



Mind of Clear Light: Advice on Living Well and Dying Consciously

His Holiness the Dalai Lama

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"Everyone dies, but no one is dead," goes the Tibetan saying. It is with these words that *Advice on Dying* takes flight. Using a seventeenth-century poem written by a prominent scholar-practitioner, His Holiness the Dalai Lama draws from a wide range of traditions and beliefs to explore the stages we all go through when we die, which are the very same stages we experience in life when we go to sleep, faint, or reach orgasm (Shakespeare's "little death").

The stages are described so vividly that we can imagine the process of traveling deeper into the mind, on the ultimate journey of transformation. In this way, His Holiness shows us how to prepare for that time and, in doing so, how to enrich our time on earth, die without fear or upset, and influence the stage between this life and the next so that we may gain the best possible incarnation. As always, the ultimate goal is to advance along the path to enlightenment. *Advice on Dying* is an essential tool for attaining that eternal bliss.

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