

## The Tibetan Book of the Dead seminar

### Contents

- 1-22 The message of the book
- 2-5 Evading the issue of rebirth
- 5-7 Insanity and Enlightenment. Opening up fresh possibilities of experience
- 8 The bardo experience - removed from the familiar
- 10-12 The importance of strenuous thinking - Buddhist philosophy  
Irresponsible translations of the Dharma
- 12-14 Subjective and objective views  
Thinking and feeling
- 15-17 The bardo space in life as well as death
- 18-19 The effort of the individual
- 19-20 The bardo experience in everyday life  
Forgetting powerful experiences
- 21-22 Making the message too accessible
- 22-42 The Bardo of the moment before death
- 23-24 Self-consciousness - the problem of keeping and losing control
- 25-27 Alienation and self-consciousness  
Communication - levels and awareness
- 27-30 Duality - as confusion, loss and gain, pleasure and pain
- 31-33 Getting out of contact before being in contact  
Communicating WBO meanings of words
- 33-36 Death in terms of the elements and senses
- 36-38 Attaining Enlightenment or losing one's sanity?
- 38-40 Experiencing pain and pleasure simultaneously
- 40-42 (The luminosity) a tiny glimpse of reality
- 43-44 Seeing and believing
- 44-70 The Hell Realm
- 44-51 The building of aggressive energies and emotions  
Fighting with oneself  
Creating one's own hell realm
- 52-60 Projecting one's emotions
- 57-58 God images and projection
- 58-59 Projection and creativity
- 59 Fear as a projection
- 60-61 Fear of punishment and coercion
- 61-63 Hell - subjective and objective
- 63 Anger as motivation to Enlightenment
- 63-64 Love and projection
- 64-66 Hell as a sanction for the spiritual life
- 66 The wheel of life
- 67-70 The cold hell realm  
Uncommunicated anger
- 69 Aggressiveness rather than hatred
- 70-82a The Hungry Ghost realm  
Possession and dissatisfaction
- 72-74 Emotional impoverishment
- 74-76 Alienation from one's feelings  
Purity
- 77-80 Neurotic greed
- 80-81 Desiring one's optimum well-being
- 81-82 The spiritual person and enjoyment
- 82-82a Feeding pretas
- 83-116 The Animal Realm
- 83-84 Animals, natural functions and socially acceptable meanings
- 84-87 A sense of human and modern society  
Deflecting anger with humour

88-89	Instinct and predictable behaviour
89-92	Elements of animality in humanity
92-94	Culture and being aware of other possibilities Art and religion
94-96	Creating the positive group and the spiritual community Living too comfortable a life
96-98	Are differences threatening?
98-99	Charities, the law and change
99-100	The symbolism of the animal realm
101-107	Attitudes to culture
103-104	Culture as an alternative to the devotional
107-115	The rebirth of an animal The Jataka Tales
112-114	Human potential Mind and body, devolution and evolution
115-116	Philosophical implications
116-132	The Human Realm
117-123	An accumulation of collective experience
119	Culture Appropriation and alienation
122-123	Asuras and devas and humans
124-128	The cultural experience of the average human
128-138	Objective criteria after the effects of meditation
129-131	Changes in vision and attitude
131-132	Self consciousness and being fully human
132-156	The Realm of the Jealous Gods
132-136	The Asuras - anger and intrigue
136-139	Alienation of qualities
137	Appropriation
139-153	Competitiveness - its negative and positive elements Ancient Greek attitudes
153-154	Women's instincts to serve'
154	The offering of the sword of wisdom
155	The etymology of Asura
155-156	Unhealthy competitiveness in the spiritual life
157-177	The Realm of the Gods
151-158	Doing what you really want to do
158	The kamaloka and rupaloka - distinctions by gender
159-160	Angels and androgyny
161	The Brahmacharya
163-165	The infamous hierarchy! The individual despite social and cultural conditioning
165	Developing one's opposite qualities
167	Maintaining the state of samadhi
172	Single-sex communities
172-174	Comments on angel, hippies and communities
174-177	The confrontation of two realms The palliative approach
178	The Bardo of the Dharmata
178-180	The phase of transition
182-184	The Akasa
185-188	Finding one's level
188-191	The colours and the Five Buddhas The relaxing of the subject-object distinction
191-196	The Bardo retreat Mystics, experiences, schizophrenia
194-195	Vipassana practices and their pitfalls
196-198	The journey between dharmakaya and luminosity Contacting one's emotional nature

198-199	Angels - origins and hierarchies
200	The nature of the visions
201-202	Receptivity - Cooking our egos' A limited self means limited visions Limiting one's visions The liberation through hearing on the after-death plane
206-208	Saving rather than transforming one's soul
208-210	The visions of the Tathagatas
210-215	Communication - transcending subject-object duality Sex as a basis for communication.
213-215	East and West - warmth and friendliness
215-225	Vision of the peaceful deities
215-218	The power in peace
216	Four Brahma Viharas Metta, karuna, mudita and upeksha
217	The cessation of everything mundane
218-225	Fear of peace Fear of silence
225-228	The experience of the wrathful deities
226-227	The peaceful as unyielding The wrathful as reactive
228-258	The six realms and the Tathagatas
229-240	Style, lifestyle and commitment
231-232	Role playing
233-234	Sloppy usage of language
235-238	Western reluctance to evaluate, to order hierarchically Expressing a genuine conviction
239-240	Experiencing the realms Spirituality of mind and body
241	The unfamiliarity of the Bardo
241-256	The Subtle Body
243	Bhante's first experience of acupuncture
249	Aura and attraction
252-254	Other kinds of bodies
254	Multiplication of bodies
256-258	Concern about life after death
259-280	The First Day
259-260	Functioning in the luminosity
260-261	The timing of the Bardo experience
261-262	The experience of unconsciousness The waters of Lethe
262	The development of the Buddha families
262-265	The priority of the teaching rather than the myth
263	Sakyamuni
265	Vairocana
265-267	Solar symbolism
267-269	The panoramic vision Decentralising oneself
269	Blue
270	White
271-273	The eight-spoked wheel The wheel turning king
273-274	The soft white light of the Gods
275-280	The wisdom of the Dharmadhatu Clinging to a source of happiness
279-280	A reaction to the unsupportable
280-295	The Second Day Aksobhya, Vajrasattva
281	Transcending the water element

281-283	The vajra
283	The elephant throne
	The Buddha Eye, the five types of eye
283-288	Buddha-lochana, the female consort
	Women and communication
286-287	Blake's definition of the "emanation"
288-292	Ksitigarbha and Maitreya
	Potential of growth
	The Earth Goddess bearing witness
289-291	Being supportive in the context of spiritual growth
292	Female bodhisattvas, Lasya, Pushpa
293-295	The vajra-like intellect
	Criticism
295-304	The Third Day
296-297	Ratnasambhava, Mamaki
	Dana mudra, wisdom of sameness
	The negative aspects of generosity
298	The horse throne
299	Correlations between jnanas and vijnanas
300-301	Akasagarbha and Samantabhadra
302	Mala and Dhupa - female bodhisattvas
302-304	Pride and riches
	Greed and the West
305-314	The Fourth Day
305	Amitabha
	Red
306-308	Accumulating wisdom
	Fire and Peacock
	Transformation of energy
308	Panadaravasini, Padmanatesvara, Sakyamuni
314-330	The Fifth Day
314-316	Amoghasiddhi, the karma family
	'Green'
315-318	The union of opposites, green and the crossed vajra
316	The shang-shang and cymbals
	Symbols and their meaning
318	Samaya-Tara, Sama-Tara
319-320	The Tara mantra
	The Tara practise for male Order members
320-322	Vajrapani and Sarvaniveranaviskambhin
	The clearing away of all hindrances
322	Gandha and Nairedya
323-324	Skandhas and realms
324-326	Female and male Bodhisattvas
326-327	Jealousy
328-329	Karma and vipaka
329-330	The iconography of the two aspects of Enlightenment
330-354	The Sixth Day
330-332	The Forty Two peaceful deities
332-338	The principle of no escape. Going for Refuge
	A situation of basic bewilderment
334-336	Francis Thomson - 'The Hound of Heaven'
338-340	The eastern gatekeeper, the Victorious one - Vijjaya
339	Making the vow
341-342	The southern gatekeeper, the lord of the lord of death
	Not fearing death
342-343	The western gatekeeper - the Horse-headed Hayagriva
342-344	The northern gatekeeper - the anti death potion. Amrtakundali
	Suicide

345-346	The female principles of the gatekeepers The hook, the lasso, the chain and the bell
347-349	Facing the Buddhas of the six realms The futility of human life
349-350	Changing the Buddha at the centre of the mandala
351-354	Wealth and riches in the mandala of the five Buddhas Amoghasiddhi and Ratnasambhava The Five Wisdoms
354-363	The Seventh Day
355-361	The vidyadharas, the communication principle "The green light of the animal realm" Opportunity for choice
361-362	Focusing on the abdomen in meditation The chakras
362	The hara
363	Visualizing the counting in meditation
363-388	The wrathful deities
364-369	The subjugation of Rudra
364-369	Transforming the energy of the ego
365	The Heruka
366-368	Misunderstanding the Tantric Teaching Looking for approval and recognition from one's teacher;
370-371	Compassionate anger The Herukas
371-374	The gauris
371-372	Nipping rationalizations in the bud
374-378	Shifting the energy of the ego
376	Crabb the poet - a story
378-380	The relevance of the wrathful deities in the western culture
381	The FWBO Heruka-ites'
383	The dakini - abandoning oneself to the dharma
385-388	Work is the great Tantric Guru
389-401	The dying person
389-393	Honesty in communication with the dying
394-399	Reading the Bardo Thodol to the dying
395-399	The Bardo experience in this life and after death Transitional stages/crisis communication after death Stages of death
400-401	Comments on the translation