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American Book of the Dead

E. J. Gold

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American Book of the Dead

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American Book of the Dead E. J. Gold
With over 120,000 copies sold, this unique contemporary work brings the timeless Tibetan Bardo teaching into current American culture and language, with 49 days of readings for someone who has died or who is preparing for the dying experience. This book has been and still remains an important tool for providing a spiritual service to a dying person as opposed to grieving, processing loss, or mourning for that person's passage. Front matter includes "Notes on the Labyrinth" (or the Bardo...) and other commentary by the author that provides insights for an American reader who wishes to provide this guiding service to a family member, spouse, friend, or anyone who is terminal. The reading instructions very clearly outline when and what to read, without any limitation of belief system--the practice is presented as non-denominational, not requiring Buddhist or Christian or Jewish prayers, but also not in conflict with any of these. A schedule of readings shows graphically how to carry out the full series of 49 days of readings, at approximately 10 to 20 minutes per reading. The book has been in use since 1974 in various editions, taught in university courses on Death & Dying and related subjects (it is referenced in a recent handbook of acting exercises, for example...), and used by hospice workers and nurses internationally. The American Book of the Dead is often referenced in discussions of the 1970's West Coast spiritual renaissance, and many of the baby boomer generation will recall it in circulation when they were in college or beginning their careers. Translated editions have appeared in Spanish and Greek languages, with editions in preparation in German, French, Italian, and Polish. There is a course available by correspondence and on the internet that gives additional training for readers who wish to pursue the practice of performing "Labyrinth Readings" or "Bardo guiding" as a service to others--beyond one's own family and personal network.

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