

Birth, Life and Death

By Chogyal Namkhai Norbu

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Birth, Life and Death By Chogyal Namkhai Norbu

Birth, Life and Death meets two needs, often considered separate or mutually contradictory: on the one hand the natural tendency of a human being to seek health and well-being in everyday life and, on the other, the ever greater yearning for an authentic and unconditioned spiritual knowledge, which gives us the means to deal with the problems of birth, life and death in a profound though concrete way.

The book has four major sections. In the first part, *Introduction of Tibetan Medicine*, the author enlarges on the fundamental characteristics of the human organism, based on the nature of its various physical components and their interactions, as seen by this ancient medical tradition.

The *Birth* section offers the particular knowledge of the Tibetan medical tradition on such topics as the function of the elements in fetal development, the secondary causes which determine the sex of the child, and the seven possible constitutions of the child and what portends for his or her future health needs.

In the *Life* section the author explains how each individual by cultivating a profound understanding of the three doors of the human organism - body, voice or energy, and mind - can realize physical, mental and spiritual health. The author makes clear that maintaining a constant flow of presence and awareness in each moment, an indipensable condition for practitioners on any spiritual path, enables us to relax our tensions, and live serenely in good health.

The last section, *Death*, initially considers the nature of death and our attitudes towards it. What follows, however, is a kind of guide on the passage through the four "intermediate states" we will experience after leaving our human body. For Each of these states the author outlines the essential instruction that enables a person to attain liberation at that time. Finally, the profound knowledge contained in the *Bardo Thodrol*, the *Tibetan Book of the Dead*, is explained.

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Birth, Life and Death By Chogyal Namkhai Norbu Bibliography

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Editorial Review

About the Author
Chögyal Namkhai Norbu is a foremost representative of Tibetan culture on the present world scene. Born in Eastern Tibet in 1938, at the age of two he was recognized as a reincarnation of Adzom Drugpa, a renowned Master of the Dzogchen tradition. Still an adolescent, he completed the stages of the rigorous traditional studies, both secular and religious, and received teachings from some of the greatest masters of his time.

In 1960 he was invited to Italy by Professor Giuseppe Tucci, a leading figure in early Italian Tibetological studies, to collaborate with the ISMEO (Institute for Studies of the Middle and Extreme Orient) in Rome. From 1962 to 1992 he taught Tibetan and Mongolian language and literature at the Institute for Oriental Studies of the the University of Naples, and became known among scholars for his vast knowledge of the ancient history and literature of Tibet. In the mid seventies Chögyal Namkhai Norbu began transmitting the Dzogchen teaching, of which he is considered one of the most important living masters. In 1981 he founded the International Dzogchen Community, a wolrdwide association of people interested in the knowledge and practice of this ancient spiritual path. In 1988 he founded A.S.I.A (Association for Solidarity in Asia), a non governmental organization which implements projects of cooperation and solidarity in Tibet as well as in other troubled regions of the world. In 1991, in the presence of H.H. the XIV Dalai Lama, at Merigar, the seat of the Dzogchen Community in Italy, he founded the Shang Shung International Institute for Tibetan Studies, whose aim is to preserve Tibetan culture in its manifold forms.

For the last thirty years Chögyal Namkhai Norbu has been constantly teaching, responding to invitations to give lectures and lead retreats from all over the world. He is the author of numerous books, translated and published in all major languages.

Users Review

From reader reviews:

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