

Advice On Dying And Living A Better Life

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the practical advice covers things like developing an awareness of death, liberating oneself from the fear of death, and meditating while dying. after that, there is a fair bit of deeper Buddhist meditation training that one doesn't receive unless they have been in committed studies for a while. it covers the ment.

Advice on Dying: And Living a Better Life by Dalai Lama XIV

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Advice on Dying: And Living a Better Life: Dalai Lama ...

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Coping with death abroad - GOV.UK

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DailyOM - Advice on Dying by Dalai Lama

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