

Below are three groups of Prayers and Practices to be done before death, during death and after death.

**Before I die / at my death bed it is important not to have anyone present who is crying and really displaying sadness and disturbing the peace in the room or place.**

### **Reminders**

I would like to be reminded about \_\_\_\_\_

“You are not alone because all the time there are numberless Buddhas and Bodhisattvas surrounding you, everywhere loving you, guiding you, that is what they do.”– Lama Zopa Rinpoche  
Bring your root lama, or His Holiness the Dalai Lama, to mind and your heart center, feel a warm presence there, breathing in and out gently, comfortably, completely relaxed.

☆To be reminded to think of others with loving kindness and compassion, to wish others to be happy and free from suffering, to wish to reach Bodhicitta, the mind of enlightenment.

☆To be reminded to do taking-and-giving meditation (Tonglen – taking other’s suffering and giving out happiness.

☆To be reminded about the death process according to tantra: the evolution of the dissolution of the elements, the senses, the consciousness, all the way to the subtle consciousness. Keep clear light in mind, like the light of dawn before the sun rises.

☆To be reminded about the nature of the mind – that it’s completely pure.

☆To be reminded that Buddha is compassionate to everyone, including me, that my loving heart is oneness with Buddha.

### **Practices**

I would like Practices to be done beside me, preferably \_\_\_\_\_

☆Medicine Buddha Puja

☆Short Medicine Buddha Practice

☆Chanting the names of the Thirty-five Buddhas. These names are included in the book, p. 179, and also included in the FPMT publication “Eight Prayers to Benefit the Dying”

☆To be reminded about the nature of the mind – that it’s completely pure.

☆Recitations for Pain

☆My personal meditation practice \_\_\_\_\_

☆I would like my usual daily commitments read to me, especially \_\_\_\_\_

### **Mantras**

I would like Mantras to be recited, preferably \_\_\_\_\_