

In support of the dying person's wishes a mark can be made beside the star of the practice that the dying person would like.

Before I Die / On My Death Bed

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

Lama Zopa Rinpoche suggests the following reminders and practices before, during and after death:

- ☆ To be reminded to think of others with loving kindness and compassion, to wish others to be happy and free from suffering.
- ☆ 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.
- ☆ 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.
- ☆ To be reminded about the nature of the mind – that it's completely pure.
- ☆ Recitations for Pain on audio CD
- ☆ My personal meditation practice.....
- ☆ I would like my usual daily commitments read to me, esp.....

Mantras

I would like Mantras to be recited, preferably.....

- ☆ Amitabha Buddha Mantra - first say: I prostrate to the Buddha Limitless Illumination
Then chant many times OM AMI DHE WA HRIH
- ☆ Medicine Buddha: Tayata Om Bekanze Bekanze Maha BeKanze Radza Samudgate Soha
- ☆ Compassion Buddha Mantra (short version) On Mani Padme Hum
- ☆ Zung of the Exalted Completely Pure Stainless Light mantra

- ☆ Mantra Taught by Buddha Drogen Gyalwa Cho
- ☆ Mantra to protect from heavy obstacles like pain, fear, hallucinations at the time of death:
OM SHAVADE VARA BISA LINE SVAHA
- ☆ Five great mantras for the time of death
- ☆ The text Giving Breath to the Wretched

Sutras

I would like Sutras to be recited, preferably.....

- ☆ The Noble Sutra on Entering the Great City of Vaishali
- ☆ Heart Sutra

Environment

I would like the environment to be.....

- ☆ Quiet, with people meditating or praying.
- ☆ Sometimes I would like(CDs) playing in background.
- ☆ Place the holy mantras / images of.....in a place where I can see them.
- ☆ I would likeSangha person(s) to be with me.
- ☆ I would like to be with me.
- ☆ If family members are crying I would prefer them to go to another room so I can concentrate and have a peaceful environment around me.
- ☆ I would prefer not to be sedated so I can focus on my dying process.
- ☆ Place the mantra sheet with the ten great mantras, face down on my skin, in the upper torso area.

Dedications

I would like the merits to be dedicated to.....

- ☆ In my future rebirth to meet the Dharma.
- ☆ In my future rebirth to meet a perfectly qualified Mahayana teacher.
- ☆ To become enlightened as quickly as possible
- ☆ To take rebirth in pure land.
- ☆ I would like someone to sponsor on my behalf Medicine Buddha pujas at Kopan Monastery in Nepal or at the Land of Medicine Buddha in California or at.....

During Death Essentials

I would prefer that.....

- ☆ A Stupa filled with the four Dharmakaya relic mantras is placed touching crown of my head.
- ☆ Place the mantra sheet with the ten great mantras, face down on my skin, in the upper torso area.
- ☆ Not to have anyone emotional, who is crying or hanging onto me.
- ☆ To recite the Medicine Buddha mantra in my ear.
- ☆ To recite the Amitabha Buddha mantra in my ear.

- ☆ Place on my head the Kalachakra sand (this is from a sand mandala blessed by His Holiness the Dalai Lama)
- ☆ Main practice for people to do throughout this time is Medicine Buddha Puja.
- ☆ Follow the advice ofand do the practice he/she suggests.
- ☆ When breathing stops, no one should touch the body for as long as possible (best is 72 hrs).

Prayers & Practices After I Die

I would prefer that.....

- ☆ The first time my body is touched after I have died, please touch the crown of my head or
- ☆ Tug the hair on the crown of my head so that my consciousness leaves from my crown.
- ☆ Recite the traditional eight prayers for the time of death:
 - ☆ The King of Prayers
 - ☆ The Dedication Chapter from Shantideva's Bodhicharyavatara
 - ☆ Prayer to Be Reborn in the Land of Bliss by Je Tsongkhapa
 - ☆ A prayer for the Beginning, Middle and End of Practice by Je Tsongkhapa
 - ☆ Until Buddhahood – Ji si thub chhog zhug so
 - ☆ A Daily Prayer to Maitreya Bodhisattva
 - ☆ Prayer for a Statue of Maitreya
 - ☆ Prayer for Spontaneous Bliss
 - ☆ Multiplying Mantras
- ☆ Do Medicine Buddha Puja dedicated for my future rebirth. Best to do it every day for 49 days, if that is not possible, every seventh day for 49 days. The last Puja should have more extensive offerings and should recite the King of Prayers.
- ☆ Sponsor / arrange Medicine Buddha pujas for me at Kopan Monastery in Nepal, or at the Land of Medicine Buddha in California, or at

Practices

I would like Practices to be done after my death, preferably.....

- ☆ Recite the King of Prayers
- ☆ Make thangkas and dedicate for my good rebirth
- ☆ Publish Dharma books or sponsor their publication on my behalf
- ☆ Perform self-initiation and tsog offering of(my main deity)
- ☆ Phowa - Amitabha Phowa. (See Amitabha Hospice web site for explanation)
- ☆ Purify the bones, ashes, hair or nails with the skilful Vajrayana meditation called jangwa. This puja is normally performed by highly qualified lamas.
- ☆ Medicine Buddha Jangwa (see Amitabha Hospice web site for explanation).

Meditations

I would like meditations to be done on my behalf, preferably.....

- ☆ Meditate on tonglen together with recitations of Om Mani Padme Hum.
- ☆ Meditate on emptiness..

Offerings

I would like offerings to be done after my death, preferably.....

- ☆ Make many thousands of light offerings or other extensive offerings at.....
- ☆ Make offerings to Sangha or lay students who have the same Guru.
- ☆ Make offerings to my Guru(s).....
- ☆ Make offerings to their own Guru on my behalf.
- ☆ Make charity or offerings to a Dharma centre, preferably.....

Pujas

I would like Pujas to be done after my death, preferably.....

- ☆ Perform Vajrasattva tsog puja.
- ☆ Perform Dorje Khadro fire puja as a group, dedicating for the person who died.

Retreat

I would like a retreat to be performed after my death, preferably.....

- ☆ Do Nyung Na practice
- ☆ Vajrasattva retreat, Chenrezig retreat or Medicine Buddha retreat
- ☆ Do a retreat on my main deity

Sutras

I would like Sutras to be recited, preferably.....

- ☆ Vajra Cutter Sutra
- ☆ Recite & meditate on the Heart Sutra

Mantras

I would like mantras to be recited, preferably.....

- ☆ Recite the Namgyalma mantra twenty-one times, then blow on water, sesame seeds, or perfume to bless it and then sprinkle that over the dead body. (It is best to recite the long mantra if possible)
- ☆ Recite the Five Great Mantras
 - Mantra of Kunrig
 - Mantra of Buddha Mitrugpa
 - Mantra of Namgyalma (long & short)
 - Stainless Pinnacle Heart Mantra
 - Wish-Granting Wheel Mantra
- ☆ Recite the Ten Powerful Mantras

Prayers & Practices To Do With My Ashes

I would like the following things to be done with my ashes after a Jangwa

- ☆ Sprinkled into the wind from a high mountain, whatever beings are touched by the ashes are purified of their obscurations and negativities.
- ☆ Thrown in the water because any fish or other beings touched by that water are purified.
- ☆ Made into a stupa or statue. For example Medicine Buddha, Amitabha, Chenrezig, depending on what would have the strongest effect. Any of the eight types of stupa are suitable to use for this purpose, also the Kadampa stupa. I would prefer
- ☆ Made intotsa-tsas or Mitrugpa tsa-tsas