

~ *Preparing for Death: View* ~

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Now we will talk about the three bardos connected with death and dying. The first is what we call the “bardo of the moment of dying.” This is the real practice for when you are actually facing the process of dying, but it is very important that you practice this right now, using your imagination. Then you will have a clear idea and experience when you are really experiencing death and dying.

Normally, we say that death and dying is the best opportunity to connect with your fundamental mind, or luminous mind. This is what we sometimes call the “mother luminosity”. Mother luminosity means the real fundamental nature, awareness, or pure awareness, which is always with us and is beyond concept, suffering, and all of the *kleshas*. It is really joyful, peaceful, and calm. There is no “in and out” — it is everywhere and nowhere, at the same time.

So, all suffering, unease, and pain come from not seeing this. As a result, our mind becomes very narrow, small, up and down, right and wrong, etc. There is a lot of sectarianisms, pieces, divisions, and boxes. We put ourselves into our own prison. But when we go to sleep, the process of sleeping helps to dissolve all of these boxes and concepts. Then you will experience clarity, clearly and vividly. If you rest with that, then you will die with great joy, bliss, contentment, and happiness. Traditionally, in our lineage, we say that at that moment you will achieve enlightenment. How nice, right? It is quite a good opportunity.