

## UNEDITED TRANSCRIPT

Advice for Helping People Who Are Dying  
FPMT You Tube Channel Teachings  
Kyabje Lama Zopa Rinpoche  
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This is just a message to, now the helpers, helpers, Jean Yves, who's helping Kunsang, who's helping Kunsang, and, really, day and night, since, yeah, since Kunsang went to France. And Cynthia, and Cynthia, and then general, not only Kunsang, but even for just offering this message to general people.

So very, extremely important, Kyabje Khunu Lama Rinpoche, great bodhisattva, from whom His Holiness received extensive commentary *Bodhicharyavatara* in Bodhgaya, so Rinpoche used to give this buddha's name to recite for some people, most people, LAMA TÖNPA CHOM DÄN DÄ, then some people, Rinpoche changes.

So when the person's dying, the first thing, even you're able to do *powa*, transferring consciousness in the pure land buddha, the specific name to recite, Rinpoche has mentioned, also in the text, CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI SANG GYÄ RIN CHHEN TSUG TOR CHÄN LA CHHAG TSHÄL LO.

Oh that, you should recite loudly, not just blah, blah, blah, blah, you know, kind of, nobody can hear, only you recite, not like that, Western people do like that, not, there's other sick people, dying person could *hear*, yeah should recite, even whether, well, you know, when the, difficult to hear, or something, then near the ear, even loudly to recite is good, like when during the time breath is stopping, or, you know, those times, yeah, loudly, loudly recite in the ear, so like that.

So that one very important, so important, you never get reborn in lower realms, at all, so that's specific, that is, you know, the buddhas, particular bodhichitta, benefit sentient beings, particular function, sentient to not get reborn in lower realms, particular like that.

Then otherwise you can recite also, LAMA TÖNPA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI SANG GYÄ PÄL GYÄL WA SHA KYA THUB PA LA CHHAG TSHÄL LO; [and] TAYATHA OM MUNE MUNE MAHA MUNEYE SVAHA, you can repeat that, it's so unbelievable good.

Then 35 Buddha, one, there was one monk in the, I don't know which khangtsen, I think maybe \_ khangtsen, I'm not sure, there was one monk at Buxa, South India, when he was dying then Kyabje \_ [Chatrul?] Rinpoche was there, he was reciting 35 Buddha by holding the monk's hand, and then during the recitation of 35 Buddha, the monk able to die, able to stop the breath, so was very successful, very good, very fortunate.

So Medicine Buddha, seven Medicine Buddhas' names can be recited, oh then there are many others, buddhas, different buddhas' names, to recite, also can be done that, of course, you know, the *Heart Sutra*, yeah I mean, yeah, lam-rim prayers, I mean the, can recite the *Foundation of Good Quality*, or the *Three Principal Aspects of Path to Enlightenment*, so like that.

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But anyway, so yeah, so just general idea, then, I mean the His Holiness Dalai Lama's, yeah, many of the people, particularly Gelug, and received teachings from His Holiness, initiations, so, yeah recite His Holiness's mantra that's very good., very good.

Then, so thank you very much.

And then, so important, the person dying, the helpers don't stay quiet, yeah, I mean the, you know, the, so keep, by chanting the prayer, the buddha's name, and guru's name, keeps the mind in that.

And maybe there's pain, or other things, but it helps to keep the mind in that devotion, or some, compassion, or devotion, then that person dies with that, and doesn't get reborn in the lower realms so to create the condition for that.

So it's very, very important, they have great responsibility.

Then I forgot the previous one, first Western nun, Sister Vajra, she was ordained by Domo Geshe Rinpoche, the, not the first great yogi, the second one who passed away in New Jersey. He ordained, it's kind of, very miracle, I don't think any Western, there were no other Western students who were ordained by Domo Geshe Rinpoche, only within some years, only two, three only people get refuge, like that, refuge, precepts, like that. So it's very rare to, even to meet.

Thank you very much, please enjoy the death.

End of tape