

## Help at the Time of Death

I tell people that the FPMT organization is here to help. I think it is so fortunate that we, the FPMT, are able to provide help at the time of death, because death is really a most difficult, most hard time. So the benefits provided by the organization to help at that time is so good. It's very good to do, it helps people in the world very much, and especially students. In the world, especially in Western countries, I don't think there are other organizations who put together all the ways to help with death, to help people who are dying.

Of course those who have realizations, who have good heart, they don't go to the lower realms, they have happy mind, they know where they're going. But for most people there's only suffering.

If you are able to help the person dying, not only to save the person from the lower realms, but also help the rest of the living family, it's big, it makes them so happy. Wow! Somebody able to help.

You can do prayers and things, but generally speaking help to the person is another thing. Whether you do help or not is another question. I'm not talking about specific Buddha's teaching, but I'm talking generally. You know, if somebody can do prayers, if somebody can do this or that, that doesn't mean it will help.

To help the person dying, the student, it makes the rest of the family so happy, if somebody *really* can help. So to achieve Buddha's omniscient mind, there's many teachings, help, from Hinayana, from sutra, from tantra, wow, wow, wow, wow, wow, so much to help. So what the center can do to help, that also makes people so happy. So it's good. I often say to help them is very good. When someone dies, [their family] is very sad, [feels such] loss. They don't know what to do, and also especially don't know what to do about death. So very good we can help.

There was a family in Taiwan whose mother died of cancer and so we tried to help, and then all her daughters, her whole family came to see me, and they also wanted to do practice. Before they were not involved, but because we helped their mother they all wanted to practice. So this help we gave made them happy, makes them have more faith. So that's really good. Otherwise, the family doesn't know what to do, so sad, and then they're sad for years, very sad life. What to do? The nature of samsara.

That our own organization is doing tsa-tsas, or making statues specifically for the person who died, that's a great, great, great help for their good rebirth, to be free from birth in the lower realms and then get higher rebirth or birth in a pure land - so, so, so good.

Thank you.

*Colophon: excerpted from talk given by Lama Zopa Rinpoche at FPMT International Office, Portland, USA, 21 April 21 2014. Transcribed by Ven Thubten Munsel, edited by Claire Isitt.*