

Advice on Assembling a Death Box

For FPMT Centers, Hospices, and Individuals

Lama Zopa Rinpoche recommends that all FPMT Centers should have a Death Box containing the essential advice and objects needed to help students and friends at the time of death. Here are the recommended contents:

Heart Advice for Death and Dying, by Lama Zopa Rinpoche

Heart Practices for Death and Dying, by Lama Zopa Rinpoche

Liberation Card for Dying Person (put together by Rinpoche and available in English, Chinese, French and Spanish. Even if the dying person doesn't speak one of those languages, it is extremely beneficial to have the mantras and images on the front).

Mantras to Place on the Body (contained in the above books, also see <http://www.fpmt.org/teachers/zopa/advice/death.asp>)

Stupa

Blessing String

Kalachakra sand

The first three items are available from the Foundation Store, www.fpmt.org/shop.