

Bhutan National Legal Institute

56<sup>th</sup> Session (28 December 2018)



# LIVING IS DYING

How to Prepare for  
Dying, Death and Beyond

Name of the Book: *Living is Dying*

Author: Dzongsar Jamyang Khentsye Rinpoche

Presenter: Sangay Chedup, Sr. Legal Officer

## Synopsis of the Book

*Living is Dying* is written by Dzongsar Jamyang Khentsye. The book grabs the attention of all the readers - both young and old. It talks about healthy living including preparations for death. Living is dying portrays both religious and natural cycle of existence. According to the book, being born is a precondition to death. The book helps us to recognize death as a natural and prepares us to face death bravely and naturally.

### Brief Profile of the Author



Dzongsar Jamyang Khentsye Rimpoche is a Bhutanese lama, filmmaker and a writer. He was born in 1961. He is the author of *“What Makes You Not a Buddhist”*, *“Not for Happiness”*, *“The Guru Drinks Bourbon”* and *“Best Foot Forward”* and other books. He is a principal custodian of teachings of Jamyang Khentsye Wangpo.



### Profile of the Presenter

Sangay Chedup is a Legal Officer at the Bhutan National Legal Institute. He studied law at National Academy of Legal Studies (NALSAR) University of Law, Hyderabad and University of Vienna, Austria.

### Discourse

According to the book, instruction given to Buddhists during the process of dying, at the moment of death and after death are the same whether a person dies peacefully in their sleep at a ripe old age or unexpectedly. This is because the causes and conditions that lead to sudden death have matured. The information about dying, death and beyond that appears in this book is a very simple presentation of one specific and ancient tradition of Buddhist teachings. Although many other authentic Buddhist traditions offer essentially the same advice, as each has developed its own

terminology and language, some details may appear to be different. These teachings about death and the *Bardos* have been passed down through a long lineage of brilliant Buddhist thinkers, each of whom went to great lengths in order to examine the process in minute detail and from every angle. Their advice may be especially useful for Buddhists or those attracted to the Buddha's teachings, but it is equally relevant for anyone who will eventually die. So even if you are not a Buddhist, if you are open-minded, curious or contemplating your own death or that of a loved one, you may well find something in these pages that will help. Everything that happens to us in life and death depends entirely on the causes and conditions that we have accumulated. Each person will therefore experience physical death and the dissolution of the body's elements quite differently. Each of our journeys through the Bardo will also be unique. So any and all descriptions of dying, death and the Bardo can only ever be generalizations. Nevertheless, when the process of dying begins, having even a rough idea about what is happening not only goes a long way towards allaying our worst fears, but it will also help us face death calmly and with equanimity. The framework of this book was created in response to a list of nearly one hundred very good questions about death that were gathered by various friends of Author.

### **Conclusion**

Judicial education is an important training component of the judiciary. Recognizing its importance, the Bhutan National Legal Institute was created. It is the only legal training Institute established to cater in-service training and provide timely and appropriate training to judicial personnel with an objective of strengthening capacity of the judicial branch of the government. Under the wise leadership and stewardship of the Honourable President, Her Royal Highness Princess Sonam Dechan Wangchuck, the Institute has been working with utmost commitment to ensure capacity development in the judiciary through conducting trainings, creating forum for the exchange of views and ideas on judicial or legal matters. In keeping with our vision, mission, core values and mandates of the Institute, the Institute has successfully conducted a series of successful Judges Book Clubs. Till now, 59 books have been reviewed, presented and discussed.

### Judges Book Club

In 2018, we reviewed and discussed 12 books. The presenters included Judges, and other legal professionals from different organisations, including officials of the Institute. The forum provided a rich ground for interaction, sharing of information and discussions. It provided good avenue for the judicial fraternity to get together and share their understanding, perceptions, and experiences of the book.



**Bhutan National Legal Institute**

