

The Organic Pilgrimage



of

The Tibetan Book of the Dead

What is pilgrimage?



Combination of a **JOURNEY**

and its **DESTINATION**

Why go on pilgrimage to Kailash?



Swami Pranavananda writes of pilgrimage in his 1949 first edition of 'Kailas-Manosarovar'

“When incense burns in a place and even after it’s been exhausted, its aroma spreads to its surroundings and remains diffused for a shorter or longer period according to its quality... Similarly the atmosphere in those places where... sages live or have lived in the past is full of subtle vibrations of their tapas (*meditation effort*). Just as a field of magnetic force is formed around a magnet, similarly there is formed a field of spiritual vibrations in those places... And just as every particle of iron that goes into that magnetic field is attracted and affected by it, likewise the mind of every person who goes into the spiritual atmosphere is attracted and affected by it spiritually, knowingly or unknowingly.”

Because it's a natural power spot!

But, why do we really do it?



Because The Ultimate Pilgrimage,
and indeed the aim of our existence,
whether conscious or subconscious,
is to go beyond our physical limitations
and to merge with our spiritual essence,
our Essential Nature
of 'Enlightenment'

But what is this Essential Nature of Enlightenment?



“Now the pure luminosity of the Dharmata is shining before you;
recognise it.

O child of Noble family, at this moment, your state of mind is by nature pure emptiness, it does not possess any nature whatsoever, neither substance nor quality such as colour, but is pure emptiness; this is the Dharmata, the female Buddha Samantabhadri. But this state of mind is not just blank emptiness, it is unobstructed, sparkling, pure and vibrant; this mind is the male Buddha Samantabhadra.

These two, your mind whose nature is emptiness without any substance whatsoever, and your mind which is vibrant and luminous, are inseparable: this is the Dharmakaya of the Buddha. This mind of yours is inseparable luminosity and emptiness in the form of a great mass of light, it has no birth or death, therefore it is the Buddha of Immortal Light. To recognise this is all that is necessary.”

Quote from Bardo of Dying of Bardo Thodol

Bardo Thodol

Commonly known as

‘Tibetan Book of the Dead’

more precisely translated by Robert Thurman as,

**‘The Great Book of Natural Liberation through
Understanding in the Between’**

Subject and Object

Subject – when purified = LUMINOSITY aspect of our essential nature,

comprises 5 impure aspects that build up a fully fledged belief in an existing self:

1. Form
2. Feeling
3. Perception
4. Conditioning
5. Consciousness

Object – when purified = EMPTINESS aspect of our essential nature,

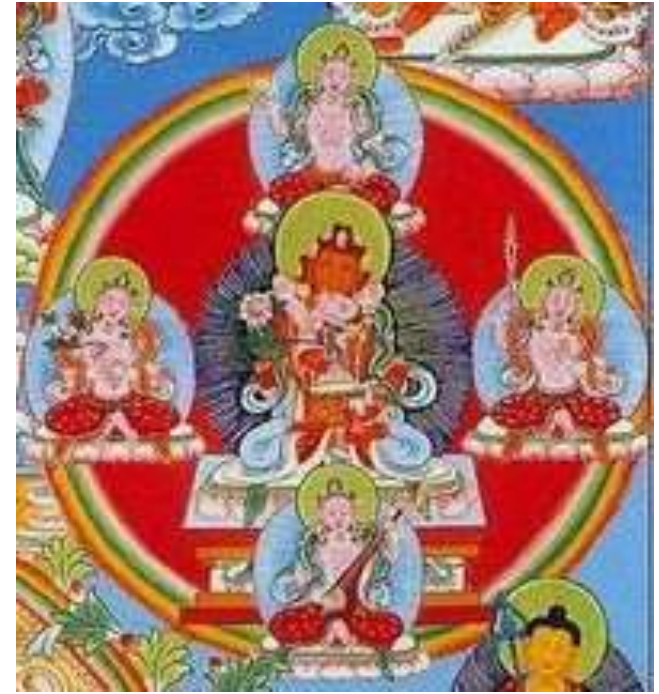
comprises 5 impure elements that create a physical body and the environment it exists in:

1. Earth
2. Water
3. Fire
4. Air
5. Space

	'Impure' Aspect of Mind	'Impure' Element	Colour
1	Form	Earth	Yellow
2	Feeling	Water	White
3	Perception	Fire	Red
4	Conditioning	Air	Green
5	Consciousness	Space	Blue



...that
when
purified =
5 Buddha
wisdoms
and their
female
consorts in
union.



Subject and Object are
not actually separate,
but two aspects of the
same essential state:

In her introduction to the 1975 translation of Bardo Thodol, by herself and Chogyam Trungpa Rinpoche,

Francesca Fremantle writes...

“Although this book is ostensibly written for the dead, it is in fact about life and can show us how to live”

In the sense of:

- **recognition of all that appears as one’s projections**
- **dissolution of the sense of self (ego) into the light of reality**

Whereby:

- **six realms of existence,**
- **intermediate bardo states between them,**

refer very much to this life.

What are the 6 Realms of Existence?



Wheel of Existence

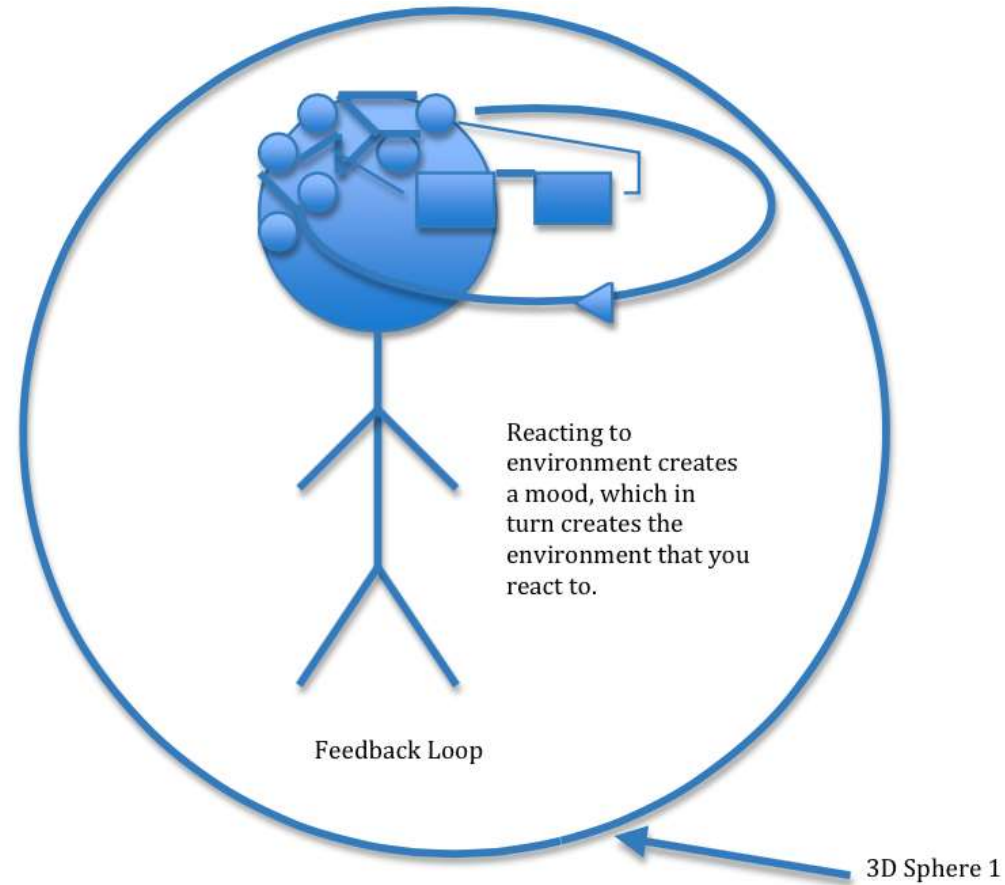
6 Realms

'Appearing' Realm (Object)	Negative Emotion (Subject)
Gods	PRIDE
Jealous Gods	JEALOUSY
Human	PASSION
Animal	IGNORANCE
Hungry Ghost	DESIRE
Hell	ANGER

The conceptualisation process of the mind (SUBJECT) causes potential energy to form into geometric patterns of LIGHT and harmonic vibrations of SOUND that may subsequently create any of the 6 realms of existence to arise through a dance of the elements (OBJECT) into an infinite variety of appearances.

Whereby
depending on the frequency of input of mind, so
does a corresponding realm appear.

Ad infinitum....



The Bardos (in between states) of Bardo Thodol

1. The Liberation through hearing in between begins in the **Bardo of Dying**, describing to the dying person how he/she should comport him/herself during the dissolution of the gross and subtle elements into the Clear Light essence.

2. The instructions continue into the **Bardo of Dharmata**, where the dead person is told what visions and sounds may be experienced in this state.

3. And ends in the **Bardo of Becoming**, where the dead person is advised to avoid re-entering a womb, but in case it is unavoidable, how to choose a 'good' womb!

6 Bardos (in between states)

3 Bardos relating to Death:

- Bardo of Dying
- Bardo of Dharmata
- Bardo of Becoming

3 Bardos relating to Life:

- Bardo of Sleep
- Bardo of Meditation
- Bardo of Life

Bardo of Dying/Sleep

(purification of consciousness of mind)



Bardo of Becoming/Life

(purification of gross elements of body)



Bardo of Dharmata/Meditation

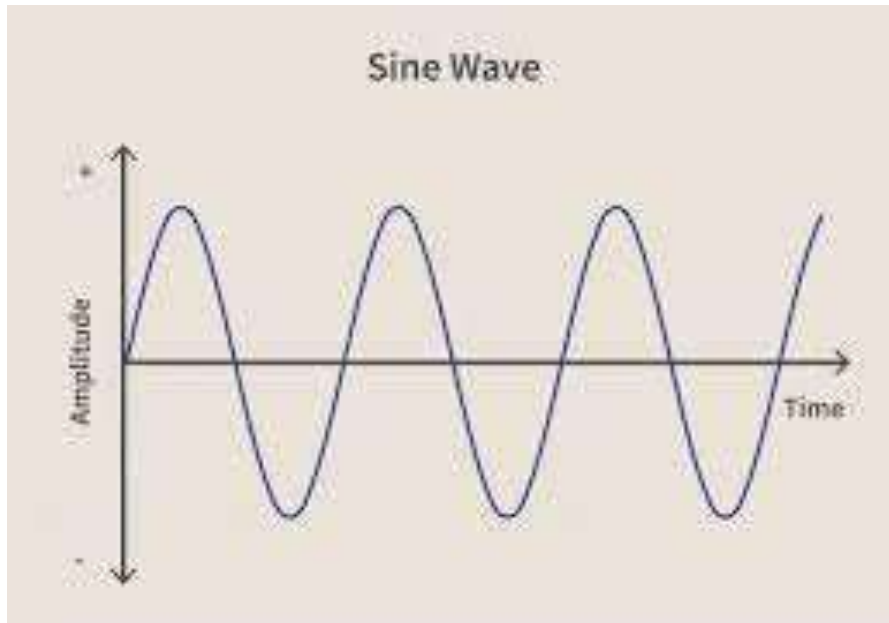
(purification of subtle elements of speech)



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No matter which realm we may be occupying at any moment, the nature of this existence is suffering.



Temporarily there may be happiness and fulfillment, but ultimately there will always be the opposite of hardship and suffering because the nature of the 6 realms of Samsara is duality.

Existential Spinning

