



BARDO THÖDOL

The Great Liberation by Hearing in the Intermediate States

Popularly known as
Tibetan Book of the Dead

ON-LINE ZOOM DISCUSSION

Hosted and moderated by
BUDDHA PRACTICE STUDY
Lance David Bergerson
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12 Sessions
Mondays at 7 to 9 PM eastern time
October 13 thru December 29, 2025



Register: buddhapracticestudy@gmail.com
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buddhapracticestudy.com

The **BARDO THÖDOL** is the book of instructions and prayers transmitted by Guru Rinpoche Padmasambhava in the Ninth Century CE to guide the life, death, liberation, and possible rebirth of humans in this world. The transmission was faithfully transcribed by the consort Yeshe Tsogyal and was subsequently buried for centuries awaiting the ripening of human karma by the evolution of human consciousness to recognize these priceless teachings.

The terma, buried treasure text, was discovered in the Fourteenth Century CE by the Tibetan Buddhist scholar and yogi practitioner Karma Lingpa. He and his descendants spread the Bardo teachings thru-out the land of Tibet and the instructions and prayers have been practiced by generations of free thinkers in the East and the West.

The apparent purpose of the teachings is a guide to be recited by holy men and women, family, and friends when someone drops their body and liberates their inner breath to the ultimate reality. If the entity is unstable, the text guides thru rebirth in order to further purify its confusions.

However, the deeper purpose of the Bardo Thödol is a contemplative and meditative guide for living beings to prepare for enlightenment in their present life, thereby recognizing themselves as a living Awakened One, a Buddha.

These discussions are for all beings, regardless of gender, age, spiritual affiliation, politics, or career. This is ancient, indestructible wisdom for modern minds that have been seduced by misguided norms of morality and the lack of critical thinking. The Bardo teachings empower everyone to take responsibility for themselves within an accessible, organized, system of logic, that brings each of us to the threshold of experience.