

Maitripa College Mission Statement

Maitripa College, a Buddhist institution rooted in the Nalanda tradition, offers graduate and lifelong learning programs in both physical and digital formats. Through the integration of contemplative practice, Buddhist scholarship, academic inquiry, and spiritual formation, grounded in three pillars of scholarship, meditation, and service, we educate students in critical thinking, ethical reasoning, and contemplative methodologies. Our programs prepare graduates to apply their learning in service to their communities and the world with compassion, joy, and equanimity.



Death & Dying

*Buddhist Resource
Guide Series*

May compassion and wisdom serve the world.

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ABOUT THIS GUIDE

Buddhism views awareness of death not as something morbid, but as a powerful support for living wisely. Reflecting on our mortality helps clarify our priorities, deepen meditation, and prepare us for death with greater peace and confidence. In this way, remembering death becomes a way of fully valuing life.

BOOKS

- 1) *Advice on Dying* by His Holiness the Dalai Lama
- 2) *Dying With Confidence: A Tibetan Buddhist Guide for Preparing for Death* by Anyen Rinpoche
- 3) *How You Live is How You Die* by Pema Chodron

For Kids

A Peaceful Piggy's Guide to Sickness and Death, Sadness and Love by Kerry Lee MacLean

TALKS & TEACHINGS

- 1) *No Regrets: Dalai Lama's Advice for Living and Dying*, at Karuna Hospice 2007 Free on YouTube
- 2) *Buddhist Tools for Facing Death: Living with the Imminence of Death*, at Maitripa College 2025 with Ven. Yönten Free on YouTube

REFLECTION

"This life is as impermanent as a water bubble;
Remember how quickly it decays and death comes."

– Lama Tsong Khapa,
The Foundation of All Good Qualities

PRACTICE

- 1) *Wholesome Fear: Transforming Your Anxiety About Impermanence and Death* by Lama Zopa Rinpoche
- 2) Guided Meditation 8 'Stages of death' Meditation led by Venerable Yönten: Free on YouTube
- 3) *Guided Meditation on Impermanence and Death* led by Ven. Yönten Video Free on YouTube

For Kids

The Invisible String by Patrice Karst (Free video available of Ven. Yönten reading)

I Wish You Happiness by Michael Wong (Free video with short teaching by Ven. Yönten)



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