

*“The Bardo Ceremony and recited prayers on this recording are from a traditional Bhutanese ceremony. They describe the stages of death and the passages we enter when we die. They are a practice and a preparation for death.*

*We nuns feel a deep sense of satisfaction and fulfillment when we do this practice. An inner peace comes over us. They are a beautiful blessing and prepares one to die, anytime or anywhere, without fear. They are a way shower through death.*

*Death is not something to be feared, as it is a normal stage that happens to all of us. It is therefore helpful not to wait for the time of death to use these prayers, but to prepare yourself.*

*The Bardo Ceremony and Prayers are performed many times in Bhutan on special auspicious days, both as a practice and as a preparation for death. Some people ask for this to be performed while they are still alive so that they can sit*

*and meditate on death and become acquainted with the stages of the bardo while they are still alive.*

*We nuns feel a deep sense of satisfaction and fulfillment when we do this practice. An inner peace comes over us. It is a beautiful blessing and prepares one to die, anytime or anywhere, without fear.*

*It is good to start the prayers and keep them going steadily during the time a person is dying, as it is a way shower through the journey of death.”*

—A nun from the Pema Tachocholing Shedra Nunnery

The Bardo Prayers and the White Tara Ceremony were chanted by the nuns of Pema Tachocholing Shedra Nunnery (Tang Bapzur) in the Bardo Room of the Jambey Lakhang Monastery, a 7th Century Monastery in the Bumthang Valley.

