

# **BLAZING SADHANA**

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*Blazing Sadhana* is a collection of prayers, mantras, and aspirations compiled by the Ven. Dzigar Kongtrul Rinpoche. This sadhana was created mainly to be practiced by our sangha following the death of a fellow Mangala Shri Bhuti sangha member. MSB students, especially those actively involved in the care of a dying or deceased sangha member, are highly encouraged to study Dharma teachings about the dying process and the bardos. At the end of this document is a list of relevant Dharma books.

As one prepares for the period just before and after death, questions may arise about the Buddhist view on such matters as life support, resuscitation, and organ donorship. Such questions do not have “one size fits all” answers. However, the “Appendix II: Questions about Death” section of Sogyal Rinpoche’s *The Tibetan Book of Living and Dying* includes some very helpful teachings on how to approach these complex issues. Sangha members should read this section and discuss these topics with family members before making wishes final in the context of a legal document. Sangha members may also benefit from consulting with an MSB khenchung as they prepare for the dying process and death.

It is very important that a person approaching death communicate with family about personal wishes and medical issues. Parents, children, and spouses must be clearly informed of these wishes. Mutual understanding of the dying person’s wishes is crucial; it can alleviate much anxiety and prevent possible trauma. If the dying person is married or in a partnership with someone unable to deal with legal or medical details, another person in the family or a close friend can be asked to act as an advocate during the process. The partner or advocate can make necessary contacts, such as with a Buddhist teacher, a hospice, and a mortuary or crematorium.

The *Five Wishes* document is a type of living will that is easy to understand, inexpensive, and legally binding. *Five Wishes* allows you to state: which person you want to make health care decisions for you when you can't make them; the kind of medical treatment you want or don't want; how comfortable you want to

be; how you want people to treat you; and what you want your loved ones to know. *Five Wishes* is now valid in 40 states, including Vermont and Colorado.

For more information, look at:

<http://www.agingwithdignity.org/five-wishes.php>

### *Blazing Sadhana*

- Friends and family can do the *Blazing Sadhana* practice with the body, both day and night, for the full 72 hours following the person's demise. It is best to refrain from weeping and expressing sorrow when near the body, and to ask that people not physically touch it.
- The sangha does *Blazing Sadhana* practice together before and during the cremation.
- During the 49 days following the person's death, it is beneficial to do *Blazing Sadhana* as an individual or group practice, daily or on every seventh day. On the 49th day, the MSB Sangha is encouraged to gather and do this practice as a group.

### Additional Resources

*Instruction for the Transitional State: A Concise Guide for Families and Friends of Vajrayana Buddhists*, by Julie Rogers.

*Mind Beyond Death*, by Dzogchen Ponlop Rinpoche.

*Peaceful Death, Joyful Rebirth*, by Tulku Thondup.

*The Tibetan Book of the Dead: First Complete Translation*, translated by Gyurme Dorje.

*The Tibetan Book of Living and Dying*, by Sogyal Rinpoche.

Download the *Blazing Sadhana* liturgy at:

[http://www.mangalashribhuti.org/html/study\\_practice/liturgies.html](http://www.mangalashribhuti.org/html/study_practice/liturgies.html)

Contact us to order a paper copy of *Blazing Sadhana* at:

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