

# The Tibetan Book of the Dead

*Closer to the Light*, Melvin Morse, MD

The *Tibetan Book of the Dead* was compiled over many centuries in prehistoric Tibet. The book contains a lengthy description of the various stages through which the soul goes after physical death.

The mind or soul departs from the body, enters a void with limits [tunnel] in which consciousness still exists. He may hear alarming and disturbing [noises and sounds]. He is surprised to find himself out of his physical body [Out-of-Body Experience]. He sees and hears his relatives and friends mourning ... yet they neither hear nor see him. He notices that his 'body' does not consist of material substance and that he can travel through objects without resistance instantaneously. He may encounter other beings ... and may meet what is called a clear or pure [light]. Tibetans counsel the dying one approaching the light to try to have only love and compassion towards others. The dying one experiences feelings of immense peace and contentment, and kind of 'mirror' in which his entire life, all deeds both good and bad, are reflected for both him and the beings judging him to see vividly [life review]. Lying about one's life is impossible.