

Prayer to be recited at the bedside of dying non-Buddhists

Dear friend,
life has come to a full circle.
Like a cloud in the sky,
a breeze over the ocean,
a mist over the mountain,
all conditioned phenomena are impermanent.
Your body, your mind and your world are impermanent.

Dear friend,
your life is coming to an end,
a full circle.
Do not be attached to your body,
children, family, house and possessions.
Let go, don't hold on,
be free of attachment, anger or regrets.

Dear friend,
you are dying,
the only thing that matters to you most right now
is the state of your mind.
So, do not be distracted –
bring your mind to the awareness of the clear light in your heart.
Just rest in the awareness of clear light;
do not be afraid or worried.

Dear friend,
I am here with you.
I am your spiritual friend,
I am not afraid to watch you die.
Let go of any attachment and worries,
rest in awareness,
rest in the clear light, right here, right now.

This prayer was written by Dungsey Gyetrul Jigme Rinpoche at the request of one of his students during the Bardo teachings at Ripa International Center in summer 2018.