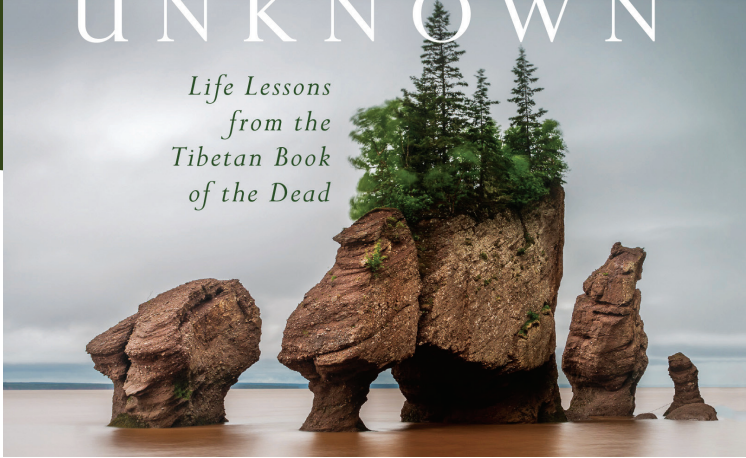


PEMA CHÖDRÖN  
EMBRACING THE  
UNKNOWN

*Life Lessons  
from the  
Tibetan Book  
of the Dead*



**SESSION ONE: THE BARDO OF DYING**

1. Introduction to Session One
2. How we live is how we die
3. Entering the *bardo* of this life
4. Everything is impermanent
5. Rebirth is a daily choice
6. What happens in the moment of death
7. Dissolving into consciousness
8. How can we grieve and learn to let go?
9. Exploring the meaning of honoring loved ones
10. Dying as an opportunity to attain enlightenment

**SESSION TWO: THE BARDO OF DHARMATA**

11. Introduction to Session Two
12. Becoming familiar with impermanence
13. Entering the challenge zone
14. Cultivating spaciousness
15. Working with young people and the intensity of grief
16. Working with the light of *dharmata*
17. Cultivating our propensities toward love and compassion
18. The bardo of retirement
19. A karmic perspective of suicide

**SESSION THREE: THE BARDO OF BECOMING**

20. Introduction to Session Three
21. Recognizing opportunities to awaken
22. Staying present with fear
23. Exploring the realms of God, humans, and hell
24. Getting out of dark places and mind-created states
25. All of life is ceremony
26. Shedding the person you once were