



## Spiritual Dimensions of Living and Dying

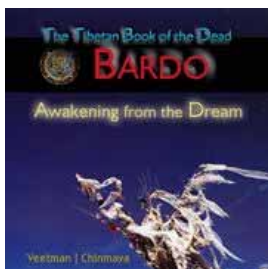
**audio- program** with  
 guided meditations  
 awareness processes  
 hypnosis and selfhypnosis  
 relaxation



**Creation and Voice: Veetman Masshöfer  
 Institute for Living and Dying**

Audioclips and details of every title on our  
 webpages [www.living-dying.com](http://www.living-dying.com)

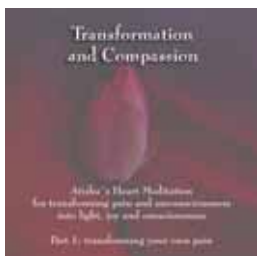
### The Tibetan Book of the Dead -Awakening from the Dream-



A contemporary edition of the ancient tibetan meditation about a conscious death and rebirth. It guides the meditator through the stages of dying and the dissolution of body/mind after death. This meditation is a preparation for a conscious and fearless entry into death. This "Liberation through Hearing" emphasizes the significance of a conscious life in compassion and awareness. BARDO describes the neuro-physiological process of the transition called death. It creates an atmosphere of soft hypnosis in which one can listen with clear awareness or let go into deep relaxation. Repeated listening allows this process and the resulting understanding to sink deeper into the memory system of the astral body, that subtle body which is present during the transition between lives.

This BARDO edition has been published in 7 languages.  
 Audiobook, Stereo Dolby, 180 min.  
 Creation and Voice: Veetman Music: Chinmaya Janke

**4 CD Set and booklet CD 1000 39.- Euro**



### Transformation and Compassion

Atisha's heart meditation about transforming pain, fear and suffering into joy, light and compassion. The natural quality of the spiritual heart center is compassion. It can transform suffering and darkness into light and healing when used in a conscious way, by riding on the breath

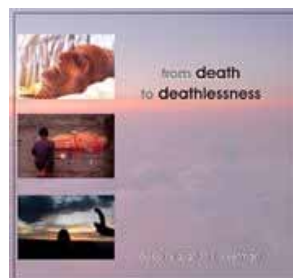
**CD 1001 19.- Euro**

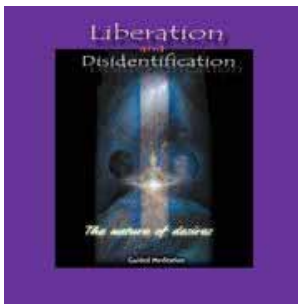
### From Death to Deathlessness

**Deep physical relaxation, suggestions for witnessing the body dying, and for the realization of our deathlessness as pure eternal consciousness.**

"Death brings a very intense possibility to understand ...In a single moment it shakes you. If you are not alert you will miss that moment, the moment is very tiny. If you are alert, then that very moment becomes a door into the divine".

**CD 1002 a 19.- Euro**





## Awareness and Desires

**Desire, its nature and function is a mysterious and sometimes painful aspect of human life and death.**

This is a guided meditation about witnessing the nature of desires and attachments, and the ultimate understanding that desire can lead us to our deepest heart's nature, our true nature

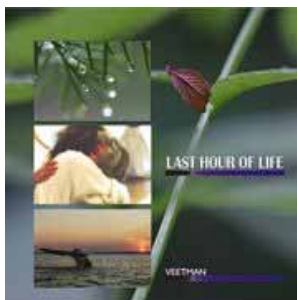
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## Consciously Entering into Death

**Witnessing your dead body burning.**

A profound meditation about impermanence and disidentification from the physical body. With preliminary explanation and an additional track of Natural Fire Sounds as a background for your own meditation without words

**CD 1003 19.- Euro**



## Last Hour of Life

Meditation in Relaxation to deepen the recognition that we have only this present moment to fully participate in life, that this moment contains everything, and how we can be nourished by the beauty, the challenges and adventures of life and existence.

**CD 1004 a 19.- Euro**

## DEATH - The Great Illusion

**Guided Deep Relaxation**

Understanding life and death as complementaries is healing and fosters fearlessness and relaxation for the conscious and the unconscious mind. Meeting your Inner Guide, you inquire about the significance of your life and your eternal evolution.

Listening in an altered state of consciousness creates seeds of understanding and authentic trust into the true nature of your being here.

**CD 1004 b 19.- Euro**



## PARTNERSHIP IN MEDITATION

### 1. OCEANIC Partner Meditation

Recognizing and honouring each others Essential Being, opening for the awareness of Oneness

### 2 . Atisha's Heart Meditation for Partners

Transforming difficulties, suffering and unconscious behaviour patterns through the qualities of the spiritual heart chakra: acceptance, compassion and non-judgementalness.

**CD 1005 19.- Euro**





## DEATH – The Greatest Fiction

### Dissolution of the Elements in Dying

Witnessing the death process and the dissolution of body/ mind from the inner center.

This meditation describes the transition of consciousness through the stages of immediate death and the journey towards a new incarnation. The process dissolves the misunderstanding of death as the end of our existence

CD 1006 a 19.- Euro



## HEALING through FORGIVENESS

A guided process on authentic forgiveness, allowing us to release past wounds and hurts and see reality as it is now.

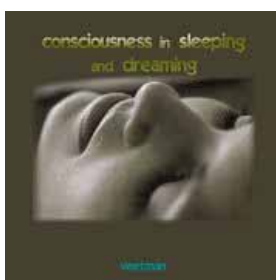
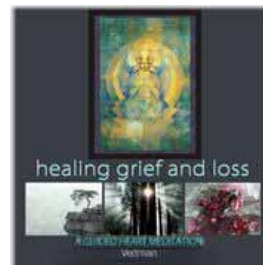
Authentic forgiveness is a quality of the heart center, it arises when we understand that the ego cannot exist in the present moment, it cannot forgive because it clings to misery and separation.

CD 1007 a 19.- Euro

## From Fear to Love : HEALING GRIEF

A transforming heart meditation. Healing the protections around the heart center, allowing the natural expression of grief, which is a necessary process for life to go on after the loss of a beloved, a friend, or a cherished part of life.

CD 1007 b 19.-Euro



## Conscious Sleeping and Dreaming

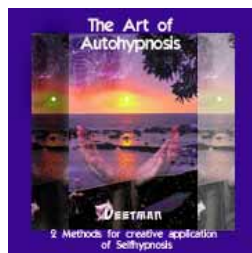
### 1. Explanation of conscious sleeping and dreaming

The significance of being conscious in dreaming and sleeping as a powerful help to be more conscious in life and death.

### 2. Hypnosis before going to sleep

Being the Witness in sleeping and dreaming through awareness of the invisible life energy entering the heart with the breath

CD 1008 19.- Euro



## The ART of AUTO - HYPNOSIS

### 2 guided techniques of Self – Hypnosis

Learning and utilizing auto-hypnosis for inner changes ,for accessing inner potentials and resources for many aspects of life, for self-healing and creating more consciousness.

Self-hypnosis is one of the most important tools for spiritual growth, which can be used in many areas of life: for meditation, to deepen your silence, and also to feel more relaxed and playful amid the speed and tension of the "market place".

Self-Hypnosis can be adapted in a creative way to apply to your unique situation - the possibilities are unlimited.

CD 1009

19.- Euro

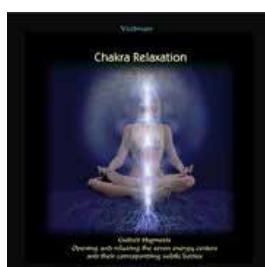
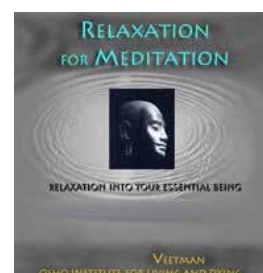
## RELAXATION FOR DEEP MEDITATION

### 2 meditations to foster deeper levels of meditation and inner silence

## Relaxing into your Essential Being

Healing Visualisation, Alertness in Relaxation, Extensive Relaxation of Body, Heart and Being into the innermost Center: the silence and peace of your True Being..

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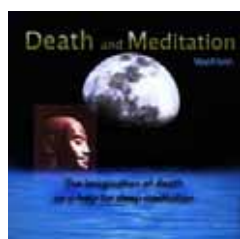


## CHAKRA RELAXATION

Relaxing the seven Chakras (Energy-Centers) and the corresponding subtle bodies, releasing deep old tensions and misunderstandings of the subtle bodies.

Once the subtle bodies are more in balance and attuned to their natural function, our consciousness is enhanced, and our physical body responds with wellbeing / health

CD 1010 b 19.- Euro



## Autohypnosis for Death and Meditation

Guided Autohypnosis with suggestions for deep relaxation of body, breath, mind and heart, and for witnessing the body as dead.

The imagination of death as a help for deeper meditation, for understanding the essentials of meditation :inner silence , non-judgemental awareness, and non-doing; as well as for an authentic acceptance of the complementaries of life and death.

CD 1011 a

19.- Euro

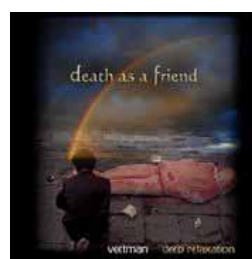
## Death as a Friend

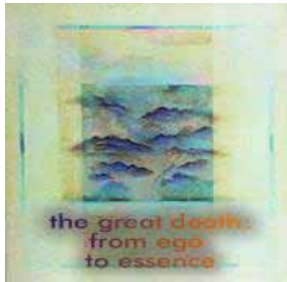
Deep physical relaxation, suggestions for understanding death as a friend that renews life and reminds you to live your life as beautifully and as present as possible.

Going beyond the negative pattern of postponing aliveness and love. "We are here to leave this world more beautiful than we found it".

CD 1011 b

19.- Euro





## The Great Death

A guided meditation about going into the unknown beyond the ego-personality, towards inner emptiness and the essential enquiry of who we really are. In Zen it is called "the great death".

CD 1012 a 19.- Euro

## Hall of Mirrors

Hypnosis on dissolving the unconscious identification with the false self-images to create space for the real being, **your Essence**.

This CD is helpful with the inner work of recognizing, and liberating oneself from, the aspect of the "**Inner Judge**", also called the Super-Ego.

CD 1012 b 19.- Euro



## WHEN THE DEWDROP BECOMES THE OCEAN

**Dissolving like a snowflake in pure air**

2 guided meditations

### A I Dissolution in Dying

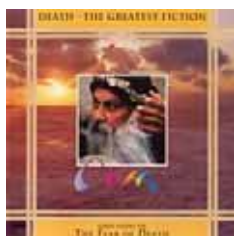
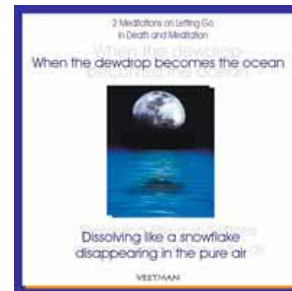
Witnessing the death process and dissolution of body/ mind from the inner center. This meditation guides the listener through the dissolution of the physical form, the inner dissolution of the ego-personality, and the conscious choice of rebirth.

### B I Autohypnosis for Death and Meditation

Guided Autohypnosis with suggestions for deep relaxation of body, breath, mind and heart, and for witnessing the body as dead. The imagination of death as a help for deeper meditation

CD 1020

19.- Euro



## DEATH- The greatest Fiction

**Osho Discourse**

60 min.

"Death brings a very intense possibility to understand ...In a single moment it shakes you

If you are not alert you will miss that moment, the moment is very tiny. If you are alert, then that very moment becomes a door into the divine".

CD OD 1100 Euro 19.-

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## SILENCE is the ANSWER

Silence is your inner being

This CD supports the meditator with a beautiful gong sound every 10 min.

This helps to stay alert and awake in silent meditation,

reminding us to stay AWAKE in the reality of the present moment.

"Silence is your inner being. What is silence? Silence is the inner space or the awareness in which, for example, these words are received and become thoughts. Without this awareness no perception, no thoughts, no world, would exist.

You are this awareness in the disguise of a person".

CD 1015 60 min Euro 19.-



## BARDO – The Tibetan Book of the Dead on film A Way of Life | The Great Liberation

2 films in english language on the Tibetan Book of the Dead, BARDO, tibetan culture and spirituality, on DVD.

**A Way of Life** The film documents the 49 days death ritual with readings from the BARDO.

Included is the history of the Tibetan Book of the Dead and coverage of its contemporary use is the **Living-Dying Project** of **Ram Dass** in San Francisco. 46 min

**The Great Liberation** The Great Liberation follows a Tibetan Monk and his disciple as they guide the soul of a recently deceased man on the greatest journey of all. Filmed against the Himalayan landscape of Ladakh, the film tells the story by combining authentic Tibetan life and ritual with artful imaginative animation. 46 min

DVD 1120 Euro 28.-

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