TLC Recordings & Notes for 3rd Saturdays 'Ending Well' Focusing
(with gratitude to TLC https://www.tlcserves.org/free-tlc-videos)
Titles for each TLC recording
1. The Bardo of Luminosity - A Teaching by Tsoknyi Rinpoche
2. Moving through Grief with Trust - An Excerpt from a Dharma Talk with Lama Choyang
3. New Choices: Alternative Interment & Green Burial - with Ed Bixby and Seth Viddal
4. Lighting the Path through Loss and Grief - with Jetsunma Jamyang Yeshe Palmo
5. Living with Sudden Loss - An Excerpt from a Dharma Talk with Lama Choyang
6. The Healing Nature of Presence - with Amita Lhamo
7. Knowing and Protecting Your Rights at the End of Life - Expert Advice About Advance Directives - with Rick Beeman
8. Bridging East and West: How Buddhism is Vital to Modern Healthcare - with Drubpon Pema Rigdzin (Lama Frederico Trancoso) and Liz Hamill-Howard
9. Venerable Sogan Rinpoche - The Practice of Bodhicitta translated by Christina Monson
10. The Conversation Project - How to Talk About Wishes for Care Through the End of Life - with Reverend Rosemary Lloyd

11. The Impermanence of Self and the Guru - with Lama Lakshey Zangpo Rinpoche
12. “Love, Compassion and Grief: How Death Affects the Living” with HE Namgay Dawa Rinpoche
13. “The Practice of Spiritual Caregiving: Monastic and Lay Perspectives for the End of Life” with Gelongma Lozang Yönten & Leigh Miller, PhD. 32
14. Legal Matters at the End of Life - with Attorneys Kathleen Pratt and Vanessa Kubota
15. Tibetan Medical Approaches to Care in the Dying Process - Dr. Nashalla Nyinda, Menpa TMD MA Acu LMT
16. Care for the End of Life and Terminal Illness with Stephanie Crawford, RN, BSN, Death Doula and Hospice Nurse
17. Teachings and Advice for the End of Life with Chagdud Khadro
18. Releasing Attachment to Prepare for the Bardo with Khenchen Tsewang Gyatso Rinpoche
19. The Death of Death ~ Tibetan Views on the Ultimate Journey with Andrew Holecek
20. Present at the Bedside - The Wisdom of Vimalakirti with Judith Simmer-Brown, Ph.D
21. The Healing Power of Prayer – with Chagdud Khadro
22. The Truth of Impermanence with Chakung Jigme Wangdrak Rinpoche - translated by Jacob

Archuletta
23. Before Rebirth: The Bardo of Becoming in Plain English with Loppon Yudron Wangmo
24. Meditations for Here to Hereafter - with Khenpo Paljor Gyatso translated by Vanessa Kubota A Six Part Series - Rinpoche asks that this series be viewed in its entirety.
25. Preparing for Death - with HH Kathog Getse Rinpoche translated by Dr. Robert Clark
26. Understanding the Neydren Ritual for the Deceased - with Khenpo Paljor Gyatso translated by Kersten Anchetta
27. Mindful Living, Mindful Death: Assisting a Loved One Through a Graceful Transition – with Lama Glenn Mullin
28. Caregiving at the End of Life - Joshua Hayes, Hospice RN, and Buffy Plante, RN/ICU
29. A Deep Chat About Hospice - Joshua Hayes, Hospice RN
30. The Bardos During Transition – with Khenpo Paljor Gyatso translated by Shashi Reitz
31. The Importance of Faith During the Dying Process with Elizabeth Mattis Namgyel
32. Experiencing the Bardos through Dreaming - with Khenpo Paljor Gyatso translated by Jacob Archuletta
33. Dream Yoga - A Three Part Series – with Khenpo Paljor Gyatso translated by Vanessa Kubota
34. Cutting Through Fear in the Dying Process - with Jetsunma Jamyang Yeshe Palmo

35. Natural Freedom Upon Hearing: Teachings on the Bardos - with Gochen Tulku Sang-ngag Rinpoche translated by Vanessa Kubota

36. Caring for the Body After Death Part 1 - with Lama Sonam Tsering Rinpoche translated by Ila Reitz
37. Skillful Means at the End of Life - with Lama John Ross
38. The Sutra that Reveals the Eleven Recognitions~Lord Buddha's Advice for the Time of Death -with Khenpo Tenzin Norgay Rinpoche
39. Lama Tsering Everest - Life in Relation to Death
40. Venerable Robina Courtin - How to Face Death Without Fear
41. Nourishing the Grieving Heart – with Lama Choyang
42. Dying to Talk~Living to Listen - with Dawn Gross MD PhD
43. The Heart Essence of Interdependent Origination - with Khentrul Lodro T'haye Rinpoche translated by Paloma Landry

A Description for each TLC recording
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