

Amitabha Hospice in Auckland, an FPMT-affiliated organisation, have created a template for a Dharma Will which you can use as the basis for your own document. The Dharma Will is based on Lama Zopa Rinpoche's advice on prayers and practices that he recommends before, during, and after death. This advice can be found on Rinpoche's advice page on the FPMT website and in the book *Heart Practices for Death and Dying*

The information is organised such that you are led step-by-step through all the important decisions and considerations, some you may have thought of and many you may not have. You can get an online copy from Amiabaha Hospice's website or download the [PDF here](#)

Before I Die / On My Death Bed

I would like to be reminded about.....

Lama Zopa Rinpoche suggests the following reminders and practices before, during and after death:

- ☆ To be reminded to think of others with loving kindness and compassion, to wish others to be happy & free from suffering.
- ☆ To be reminded to do taking-and-giving meditation (tonglen – taking other's suffering and giving out happiness).
- ☆ To be reminded about the death process according to tantra: the evolution of the dissolution of the elements, the senses, the consciousness, all the way to the subtle consciousness.
- ☆ To be reminded about the nature of the mind – that it's completely pure.
- ☆ To be reminded that Buddha is compassionate to everyone, including me, that my loving heart is oneness with Buddha.

Practices

I would like Practices to be done beside me, preferably.....

- ☆ Medicine Buddha Puja
- ☆ Short Medicine Buddha Practice
- ☆ Chanting the names of the Thirty-five Buddhas.
- ☆ To be reminded about the nature of the mind – that it's completely pure.
- ☆ Recitations for Pain on audio CD
- ☆ My personal meditation practice.....
- ☆ I would like my usual daily commitments read to me

Mantras

I would like Mantras to be recited, preferably.....

- ☆ Amitabha Buddha Mantra - first say: I prostrate to the Buddha Limitless Illumination Then chant many times OM AMI DHE WA HRIH
- ☆ Medicine Buddha: TAYATA OM BEKANZE BEKANZE MAHA BEKANZE(BEKANZE) RADZA SAMUDGATE SOHA
- ☆ Chenrezig Mantra (short version) ON MANI PADME HUM

Sutras

I would like Sutras to be recited, preferably.....

- ☆ The Noble Sutra on Entering the Great City of Vaishali
- ☆ Heart Sutra

Environment

I would like the environment to be.....

- ☆ Quiet, with people meditating or praying.
- ☆ Sometimes I would like(CDs) playing in background.
- ☆ Place the holy mantras / images of.....in a place where I can see them.
- ☆ I would likeSangha person(s) to be with me.
- ☆ I would like to be with me.

☆ If family members are crying I would prefer them to go to another room so I can concentrate and have a peaceful environment around me.

☆ I would prefer not to be sedated so I can focus on my dying process.

☆ Place the mantra sheet with the ten great mantras, face down on my skin, in the upper torso area.

Dedications

I would like the merits to be dedicated to.....

- ☆ In my future rebirth to meet a perfectly qualified Mahayana teacher.
- ☆ To become enlightened as quickly as possible
- ☆ To take rebirth in pure land.
- ☆ I would like someone to sponsor on my behalf Medicine Buddha pujas at Kopan Monastery in Nepal, or at Chenrezig Institute or at.....

During Death Essentials

I would prefer that.....

- ☆ A Stupa filled with the four Dharmakaya relic mantras is placed touching crown of my head.
- ☆ Place the mantra sheet with the ten great mantras, face down on my skin, in the upper torso area.
- ☆ Not to have anyone emotional, crying or hanging onto me.
- ☆ To recite the Medicine Buddha mantra in my ear.
- ☆ To recite the Amitabha Buddha mantra in my ear.
- ☆ Place on my head the Kalachakra sand
- ☆ Main practice for people to do throughout this time is Medicine Buddha Puja.
- ☆ Follow the advice of & do the practice he/she suggests.
- ☆ When breathing stops, no one should touch the body for as long as possible (best is 72 hrs).

Prayers & Practices After I Die

I would prefer that.....

- ☆ The first time my body is touched after I have died, please touch the crown of my head or
- ☆ Tug the hair on the crown of my head so that my consciousness leaves from my crown.
- ☆ Recite the traditional eight prayers for the time of death; The King of Prayers, The Dedication Chapter of Shantideva's Bodhicharyavatara, Prayer to Be Reborn in the Land of Bliss by Tsongkhapa, Prayer for the Beginning, Middle & End of Practice by Tsongkhapa, Until Buddhahood – Ji si thub chhog zhug so, A Daily Prayer to Maitreya Bodhisattva, Prayer for a Statue of Maitreya, Prayer for Spontaneous Bliss
- ☆ Multiplying Mantras
- ☆ Do Medicine Buddha Puja dedicated for my future rebirth. Best to do it every day for 49 days, if that is not possible, every seventh day for 49 days. The last Puja should have more offerings and should recite the King of Prayers.

The Will goes on to define Practices after death, disposal of ashes, offerings, meditations, pujas, retreats, sutra recitations, and mantras. It is a vast and very useful document.

They also have an excellent document on the website that helps you to talk about the [Death and the Dying Process](#). Buddhists are often quite relaxed talking about death, but the rest of the Western world find it pretty uncomfortable even in situations when it is inevitable, and we're all dying so it really is inevitable.