

A PHILOSOPHICAL INQUIRY INTO DEATH AND LIBERATION ACCORDING TO THE TIBETAN BOOK OF THE DEAD

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The primary objective of this research is to undertake a philosophical exploration of the concepts of death and liberation as articulated in the Tibetan Book of the Dead (**Bardo Thödol**). Whereas most Western philosophical and scientific traditions interpret death merely as the cessation of biological processes and the termination of life, Tibetan Buddhism offers a radically different perspective. This study aims to explore on that prospective adopting qualitative and interpretative approach, relying on textual analysis of both primary and secondary sources as methodology. The primary materials include the Tibetan Book of the Dead and related Buddhist scriptures, while the secondary materials encompass philosophical commentaries, scholarly works, and contemporary research. Comparative and interpretative methods are employed to clarify key concepts and to situate them within broader philosophical discourse. According to the Tibetan Book of the Dead (**Bardo Thödol**), death is not regarded as an absolute end but as a transitional passage a psychological and spiritual threshold that opens the possibility of attaining deeper realization. In this sense, death becomes not a fearful conclusion but a moment of profound opportunity for human consciousness. Central to this interpretation is the notion of bardo the intermediate states of consciousness which describe multiple transitions of the mind during and after death. The Bardo doctrine demonstrates how, within these liminal states, human beings encounter both fear and possibility. If one transcends attachments and recognizes the true nature of reality during the bardos, liberation (**nirvana**) can be attained. Thus, death is reframed not as annihilation but as a multidimensional process through which new modes of awareness and emancipation emerge. This vision challenges conventional understandings of the meaning of life and redefines existence through the lens of spiritual transformation. The findings suggest that death should not be conceived merely as an end to biological life or existential struggle, but rather as a transformative threshold carrying the potential for liberation and renewed insight into the meaning of human existence.

Keywords: *Death, Liberation, Tibetan Buddhism, Bardo, Consciousness*