

### **Items to be included in the casket of the departed....**

This is written in the hope that in your moment of sadness and grief, you will find the strength and comfort to assist your dearly departed on their onward journey. I would not be able to go through my Mothers' recent passing if it wasn't for my Gurus and friends' support and guidance.

I am eternally indebted to Lama Zopa Rinpoche and Geshe Tenzin Zopa and family for their prayers, I bow down with prostrations.

- A khata
- Sand mandala (in a pouch or small stupa)
- Images of Buddha (like Medicine Buddha, Kuan Yin, Chenrizig, Ksitigarbha)
- A cd of Medicine Buddha puja, 8 great death prayers puja, Chenrizig mantra or Golden Light Sutra - to be played throughout the wake).
- Sutras can be included in as well.
- Mani pills
- Incense – to create a peaceful serene environment

In the Chinese customs, we were told to include 8 things they use daily like clothes, mala beads etc. We were also told not to cry or no tears must drop in the casket (this is to let them go in peace, let Buddha take care of them from now onwards). If you can arrange prayers with a lama for 49 days or on every 7<sup>th</sup> day, that will benefit the deceased tremendously.

For the next 49 days known as the Bardo state (intermediate and rebirth) it is believed that if the family can offer any meritorious deeds in any form like prayers, candles or donation in the name of the departed, they will take a favourable rebirth.

Angeline lim

Notes:

1. This is just a basic outline. You can seek advice from your lamas if you wish.
2. The 8 great prayers text and other teachings can be found at <http://www.fpmt.org/>