



New Book by Sangmo Yangri Available Now

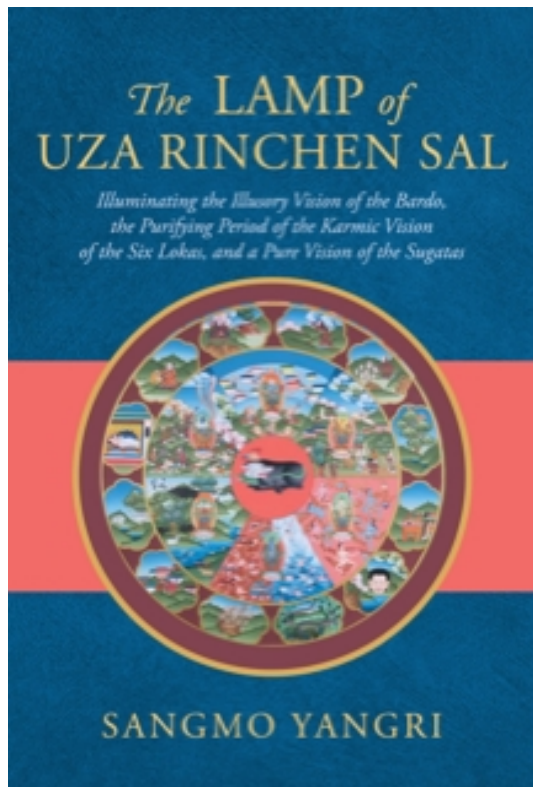
The Lamp of Uza Rinchen Sal



*You are here because your elemental body was taken away.
You are here because, just as a rainbow fades, your body has disappeared too.
You are here because, like a lustrous, fragrant flower, your life was taken by the frost of impermanence.
Mind moves like lightning, life is like a season of summer and winter, it changes.
You are here because the Lord of Death appeared like a shadow.*

The Lamp of Uza Rinchen Sal, p. 34

In this remarkable narrative by author Sangmo Yangri, the first Tibetan woman to receive a PhD in Tibetan Bon philosophical studies, Uza Rinchen Sal, a 15th century Tibetan woman, guides us through the realms beyond death. Falling ill, Uza Rinchen dies, travels with guides through the lands of the dead (the Bardo), visits the realms of the enlightened ones, and returns to life just before her body is to be burned.



Her amazing and detailed account is entirely in accord with the teachings of Bon, Tibet's oldest spiritual tradition, and the advice she receives from her guides and the many compassionate teachers along her path, both human and nonhuman, are powerful reminders that we must all practice compassion in this very life, and that the only escape from samsara is to recognize the nature of one's own mind.

The Lamp of Uza Rinchen Sal: Illuminating the Illusory Vision of the Bardo, the Purifying Period of the Karmic Vision of the Six Lokas, and a Pure Vision of the Sugatas, is Sangmo Yangri's second book for Sacred Sky Press, the publishing arm of Ligmincha International. Sacred Sky's mission is to support the translation of Bon texts and teachings, preserving this ancient tradition and making it available to modern-day practitioners.



Sangmo Yangri, Ph.D., is a scholar, teacher, and translator, and the first Tibetan woman to receive a Ph.D. in Tibetan Bön philosophical studies. A recipient of the Jawaharlal Nehru

Memorial Fund grant, she won the Prime Minister Award from the Tibetan Government in Exile in India in 2013.

Sangmo's first book, published in 2019, was *Escape from Darkness: The Spiritual Journey of the Buddha's Daughter Shenza Nechung*.

Both books are available for purchase through [Lulu.com](https://www.lulu.com).

[The Lamp of Uza Rinchen Sal](#)