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電子叢書(一) eBook Series No.1

「生命的延續－死後存在嗎？」：
現代生死科學資訊集

“The Life Beyond—Existence After
Death?” : Information on Modern
Scientific Studies of Life & Death

可於下列網址連結下載：

<http://dudjomba.com/html/main%20article%20catalogue.htm#現代生死科學資訊集>

簡介

現時坊間廣泛被討論及湧現千萬個個案的「瀕死體驗」例證，都很清楚地向人類啟示了一個重點，就是「生命會在死後繼續存在」，以至「死後世界」與「重獲生命的投胎」，都確實是存在的，而且曾經有人類經歷過。

而最重要的訊息是，人類的「意識」，並未因死亡而消失，而是不斷的繼續存在着。這種「意識」的繼續存在，也代表「生命」的仍然存在，只是存在的方式及形態不同了，存在的環境不同了，感受也不同了。

由於「死亡」已經不再是以往人類的認知那樣，死後就甚麼也沒有，而是超越想像的充滿變數及危險。以往的「死亡」，死者及其親友只需要應付「離別的傷痛、失去一切、病的痛苦、怕被人遺忘」等等問題，隨著大量湧現的「瀕死體驗」例證、科學及醫學界的精英參與研究、符合科學鑑證條件的證據出現等等，都令大眾對認識「死亡」及「死亡的過程」之廣度及深度增大了很多。

為了進一步提供一個能夠協助大眾，尋找及探究有關「現代生死科學」的不同平台，本會特別搜集了這些平台的資料，並結集成為了一本「資訊集」，免費提供各界人士參考之用。

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Introduction

Thousands of cases on near-death experiences (NDE) have swarmed up and became a hot topic of public discussion in recent times. All of these scientific materials have clearly revealed a significant message to human beings: "life continues to exist after death", and that the "world of after-death" and "reincarnation in the re-gaining of a new life" are **really existing, and that there are human beings who have truly experienced them**.

The most significant message is that a human "consciousness" does not simply vanish after death, but then it will continue to exist ceaselessly thereafter. **This kind of continued existence of "consciousness" has implication for the continuation of "life" after death.** It is only a matter of differences in the way and mode of existence, the environment of existence, and the kind of sensation.

In this regard, "death" is no longer the same as what people used to think of -- that it would be all null after one passes away. Instead, it is **a great change that is so full of variables and risks, which is way beyond our imagination.** In the past, the deceased person and his/her relatives would merely have to deal with issues such as "the grief of departing, loss of belonging, suffering of sickness, anxiety of being abandoned", etc. With a great deal of NDE cases as evidence, more experts from the scientific and medical fields have taken part in research studies, resulting in providing more evidence with scientific verifications. All of these have increased our knowledge on both the **breadth and depth** of the phenomena of "death" and the "dying process".

Our Association has collected various information and relevant data of different platforms on scientific studies of life and death in order to provide this Information Booklet on **"Modern Scientific Studies of Life & Death"** to the general public for free distribution.



電子叢書(二) eBook Series No.2

生命手冊(一)之「臨終經驗 - 給亡者護理人員的指引」

可於下列網址連結下載：

[http://dudjomba.com/html/main%20article%20catalogue.htm#生命手冊\(一\)之「臨終經驗 - 給亡者護理人員的指引」](http://dudjomba.com/html/main%20article%20catalogue.htm#生命手冊(一)之「臨終經驗 - 給亡者護理人員的指引」)

簡介

療養院的護理人員和善終服務人士常說，他們感到一個人在生命最後數周或數天，面對引起存活的議題、或有關死亡和臨近死亡這類困難問題時，如何應對顯得準備不足。

我們希望這本指引對你在「臨終關顧」方面能提供支持，並幫助你對死亡過程有更深入的了解。但這本指引並非企圖專斷、預測或決定死亡應是如何，亦非希望把臨終作任何浪漫化。

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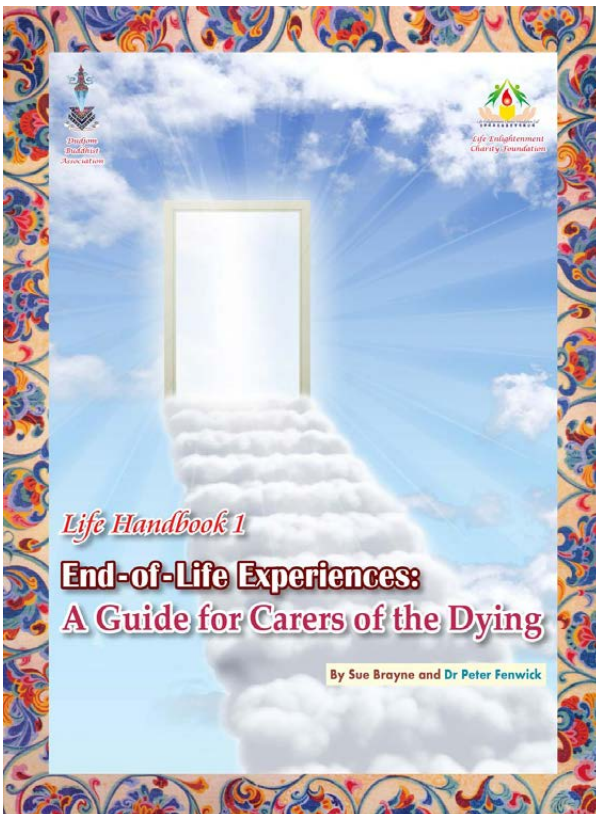
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再者，不少臨近命終者對死亡的恐懼至難以思辨，或者拒絕承認他們的生命已近尾聲。

因此，尊重個人需要基本上是必要的，並且警惕將個人對死亡及臨終的信仰強加諸他人的危險。

然而，死亡過程可從異於平日的某些行為或言語判別。

學習認識這些事情能幫助護理人員及臨終者在步向死亡時有所舒緩。



電子叢書(三) eBook Series No.3

Life Handbook 1 - End - of - Life Experiences: A Guide for Carers of the Dying

可於下列網址連結下載：

[http://dudjomba.com/html/main%20article%20catalogue.htm#Life Handbook 1](http://dudjomba.com/html/main%20article%20catalogue.htm#Life%20Handbook%201)

Introduction

Nursing home carers and hospice workers often say they feel ill-prepared to deal with existential issues, or difficult questions about death and dying, that may arise during the last few weeks and days of a person's life.

We hope this guide will provide support for you in end-of-life care, as well as helping you gain a better understanding of the dying process. What it's not intended to do is dictate, predict or determine how death 'should be', not does it wish to romanticise the end of life in any way.

In addition, many of the dying find death frightening to contemplate, and may deny that their life is drawing to a close.

So, it is essential to respect the person's individual needs, and be aware of the danger of imposing on them your own beliefs about death and dying.

Nevertheless, the dying process may be recognised by certain behaviour and language which differ from the ordinary.

Learning to recognise these things can help both the carer and the dying to ease the passage towards death.

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電子叢書(四) eBook Series No.4

生命手冊(二)之「臨近命終 - 給亡者親友的指引」

可於下列網址連結下載：

[http://dudjomba.com/html/main%20article%20catalogue.htm#生命手冊\(二\)之「臨近命終 - 給亡者親友的指引」](http://dudjomba.com/html/main%20article%20catalogue.htm#生命手冊(二)之「臨近命終 - 給亡者親友的指引」)

簡介

我們希望在您關切的摯愛臨近死亡的困難時刻時，這本小冊子能給您支持和方向。

死亡是激起人情緒的題目，在現代的文化，我們很少有直接或個人體驗。因此，我們往往漠視或恐懼死亡或步向死亡。我們寧可逃避，却不願接受死亡為我們生命經驗中的一部份。

這指引是累積我們研究「臨終經驗」所得，觀察在死亡過程中「身體、情緒和靈性」方面的演變，和作為親屬或朋友對您可能造成的衝擊，尤其是假若你之前從未有接觸瀕死人士的經驗。(文中靈性是指有關尋找意義、目標和希望)

我們需如何應對死亡，乃視乎我們與亡者關係的性質。例如，我們對兒童的死亡，反應與對長者親人的死亡會頗不同。一位摯友的死亡對我們的影響或會大於一位近親。對父母其中一位的死亡或會比另一位顯得更傷慟。

當知道何所預期，可減輕您們將目睹或體會死亡的任何畏懼，當您身邊的人臨近生命終結時，幫助您擔當正面和支持者的角色。



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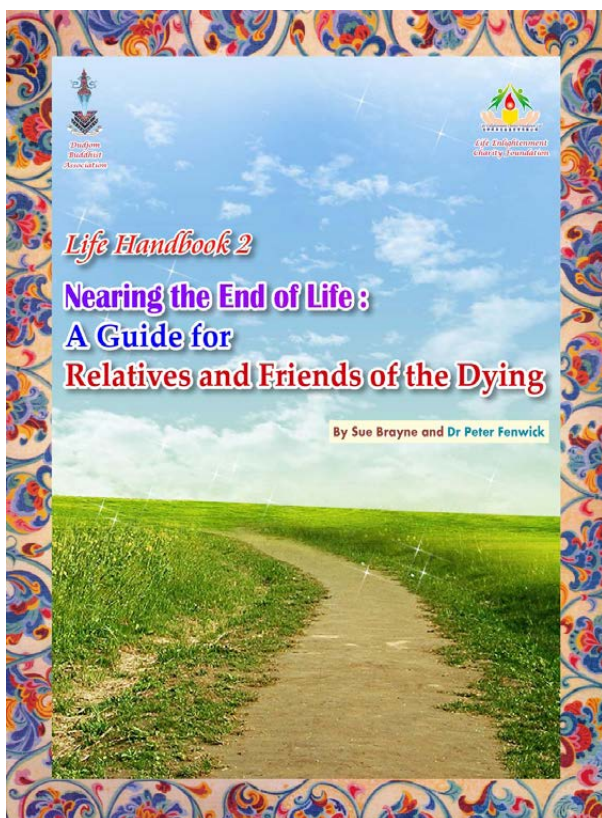
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電子叢書(五) eBook Series No.5

Life Handbook 2 - Nearing The End of Life: A Guide for Relatives and Friends of the Dying

可於下列網址連結下載：

[http://dudjomba.com/html/main%20article%20catalogue.htm#Life Handbook 2](http://dudjomba.com/html/main%20article%20catalogue.htm#Life%20Handbook%202)

Introduction

We hope it will provide support and direction for you during the difficult times when someone you love and care for is dying.

Death is an emotive subject. In our modern culture most of us have little direct or personal experience of it. As a result, we can often be ignorant or afraid of death and dying. Rather than accepting it as part of our life experience, we can find ourselves running away.

This Guide – which draws on our research into end-of-life experiences – looks at the physical, emotional and spiritual progression of the dying process, and the impact this can have on you as relatives and friends, especially if you have never been with a dying person before. (Spirituality, within this context, is concerned with the search for meaning, purpose and hope).

How we respond to death depends on the nature of our relationship to the dying person. For instance, we will react quite differently to the death of a child than to the death of an elderly relative. We may be affected by the death of a close friend more than a close relative. We may grieve more acutely over the death of one parent than the other.

Knowing what to expect can lessen any dread of what you may see and experience, and can help you to play a positive and supporting role when someone close to you approaches the end of their life.

以上叢書亦可於「生命提昇」網站免費下載：

http://www.lifeenlightenment.org/index.php?option=com_content&view=article&id=39%3A2010-01-18-13-34-42&catid=11&Itemid=32&lang=en

「敦珠佛學會」及「生命提昇慈善基金會」受兩位作者(彼得芬域醫生及蘇碧妮)委托及授權，將其寫給病人親友的兩冊指引，以中英文出版以饒益社會各界人士，免費贈閱。

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