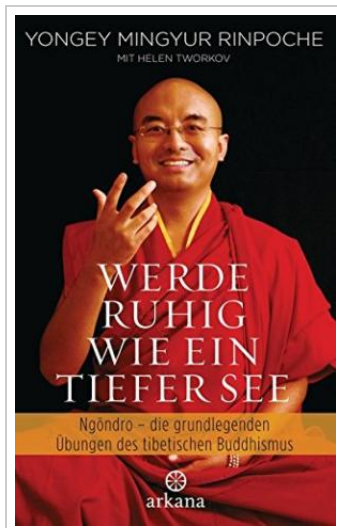




Werde ruhig wie ein tiefer See

By Rinpoche Yongey Mingyur

ARKANA Verlag Nov 2015, 2015. Buch. Book Condition: Neu. 21.5x13.5x cm. Neuware - Tibetisch-buddhistische Praxis - erfrischend und fundiert. Bewusstheit zu erlangen bedeutet, die natürliche Beständigkeit und Klarheit unseres Geistes zu erkennen, die jenseits von äußeren Umständen und Stimmungen immer bestehen. Wir können diesen Prozess nicht erzwingen. Aber wir können lernen, die erleuchtete Natur des Geistes zuzulassen. Yongey Mingyur Rinpoche erhellt in seinem neuen Buch die vorbereitenden Übungen des Tibetischen Buddhismus (Ngöndro): zeitlose Meditationen und Praktiken mit großer Transformationskraft, die die zentralen Lehren des Buddha praktisch erlebbar machen, etwa Gleichmut, bedingungslose Liebe und Mitgefühl zu entwickeln. Im Zentrum der Betrachtung steht besonders der Gedanke der Kostbarkeit und Vergänglichkeit des menschlichen Lebens, angesichts derer die meditative Praxis besonders dringlich und auch lohnend erscheint. Der für seine außergewöhnliche geistige Klarheit ebenso wie für seine Herzlichkeit und seinen erfrischenden Humor bekannte und beliebte tibetische Lehrer bietet hier einfühlsame Begleitung, Ermutigung und Inspiration für jeden, der den buddhistischen Pfad ernsthaft beschreitet. 512 pp. Deutsch.



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