



Iniziazione al buddhismo della via di diamante. Una via di gioia e libertà.

By Ole Nydahl (lama)

Edizioni Mediterranee, 2000. Book Condition: new. Roma, 2000; br., pp. 128, ill. (Iniziazione. 32). L'apertura dell'Occidente al buddhismo ha portato alla pubblicazione di numerose traduzioni e commentari. Questo libro, che costituisce un approccio vivo e attuale alla ricchezza spirituale del Tibet, offre una visione d'insieme, al tempo stesso concisa e pratica, su tutta la materia. Frutto di oltre vent'anni di lavoro con migliaia di studenti in tutto il mondo, è orientato prevalentemente all'applicazione del buddhismo nella vita reale di tutti i giorni. Gli insegnamenti di buddha diventano meravigliosamente vivi, allorché riusciamo a inserirli nelle situazioni quotidiane. Il volume include alcune meditazioni che hanno la funzione di trasformare i semplici concetti in esperienza diretta, vivendoli con coraggio e gioia.



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