

Leggere La Via Della Liberazione Ebook Gratuito PDF/EPUB/mobi - Dalai Lama



leggere La via della liberazione Ebook gratuito PDF/EPUB/mobi Dalai Lama , «Non leggete questo libro solo per ottenere nuove informazioni, ma usatelo per trasformare la vostra mente.»Con le tre opere raccolte in questo volume il Dalai Lama illustra al lettore occidentale il pensiero buddhista. In La via della liberazione sono esposti e commentati con chiarezza gli insegnamenti fondamentali del buddhismo tibetano; con La mente e il cuore vengono trattati gli esercizi spirituali per risvegliare la propria mente e prepararla all'illuminazione. Infine, dal momento che per vivere un'esistenza piena e felice è necessario il raggiungimento di uno stato di pace totale, con l'ultimo scritto La gioia di vivere e morire in pace il lettore affronta il cammino per eliminare la sofferenza provocata dal continuo ciclo di morti e rinascite. Un libro che si propone come una guida accessibile non solo a chi segue già i precetti del buddhismo, ma a chiunque intenda accostarsi con l'aiuto degli insegnamenti del suo maggiore rappresentante.

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