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Lire des ebooks Initiation au bouddhisme tibétain Sa Sainteté Le Dalai-Lama PDF, ePub, mobi, Véritable « philosophie de vie », le bouddhisme tibétain est un moyen de se libérer de la souffrance. Dans cet ouvrage, Tenzin Gyatso, Sa Sainteté le 14e dalaï lama explicite les enseignements de Bouddha, l'évolution des différentes écoles et courants, la morale bouddhiste (détachement, impermanence, karma, non-violence, conscience collective...).

Il explique entre autres les trois roues du dharma, les douze attachements et les moyens de favoriser en soi un esprit d'éveil.

Une plongée lumineuse au coeur du bouddhisme tibétain.

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