



Glück empfangen und schenken (German Edition)

Lama Thubten Zopa Rinpoche

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»Jeder Augenblick auf Erden ist kostbarer als ein Himmel voller Juwelen.«

Lama Zopa Rinpoche

Glück ist unser natürlicher Seinszustand. Eben jetzt – in diesem Augenblick – ist es greifbar nahe! Mit dieser inspirierenden Sammlung buddhistischer Weisheiten können wir Ängste und Sorgen loslassen, umfassende Zufriedenheit erlangen, unser Leben mit Sinn erfüllen. Warmherzig und gefühlvoll, dabei offen und ehrlich führt der berühmte tibetische Lehrer vor Augen, wie wir geistige Präsenz erlangen und das Herz befreien. Durch Meditation, Achtsamkeit und Güte lassen wir Frieden und Glück wachsen – für uns selbst, aber auch für unsere Mitmenschen.

- Buddhistische Lebenshilfe – nicht nur für praktizierende Buddhisten
- Für alle, die bewusst und harmonisch leben wollen
- Ein geschenkfähiges Buch mit liebevoller Ausstattung

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