



Ratschläge für ein erfülltes Leben (German Edition)

Dalai Lama

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Kostbare Herzstücke buddhistischer Erkenntnis

Woher bezieht der 14. Dalai Lama seine erstaunliche Weisheit, die Tausende im Westen inspiriert? Wer etwas über einen Menschen erfahren will, sollte fragen, wer seine Lehrer waren. Vieles, was das spirituelle Oberhaupt der Tibeter heute mit einfachen Worten sagt, ist schon vor Jahrtausenden von großen buddhistischen Meistern wie Nagarjuna, Gampopa oder Padmasambhava in Verse gefasst worden. Den zentralen Erkenntnissen dieser Meister werden lebenspraktische Ratschläge des Dalai Lama gegenübergestellt. Sie ergänzen sich perfekt und bieten gemeinsam eine ebenso inspirierende wie hilfreiche Anleitung zum Glücklichen. Die behandelten Themen berühren unser menschliches Leben zutiefst: Mitgefühl, innere Transformation, der Umgang mit negativen Gefühlen und die Frage nach dem Sinn unserer Existenz. Eine Sammlung buddhistischer Kostbarkeiten, die die spirituelle Sehnsucht moderner Menschen stillen kann.

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