



La via della liberazione (Saggi. Tascabili) (Italian Edition)

Dalai Lama

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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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