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Huit Étapes vers le bonheur Guéshé Kelsang Gyatso 2012-04-02 Dans ce livre, Guéshé Kelsang Gyatso nous offre une explication pratique et profonde d'un des enseignements les plus appréciés du bouddhisme mahayana, Les Huit versets de l'entraînement de l'esprit qui furent composés par le maître bouddhiste tibétain Guéshé Langri Tangpa (1054-1123). Des méthodes claires et pratiques nous présentent de manière simple comment transformer les difficultés de la vie pour faire grandir efficacement nos qualités intérieures. Ces méthodes ont, des siècles durant, apporté paix, bonheur, sérénité et inspiration à d'innombrables personnes en Orient. Guéshé Kelsang nous donne ici accès à cette ancienne sagesse pour nous aider à donner du sens à notre vie et nous permettre de faire grandir nos qualités de coeur dans le contexte de notre vie moderne, très active.

The Secrets of Socrates Quotes & Philosophy Frédéric Deltour 2017-01-17 A quotes book on Philosophy, Happiness & Spirituality. Inspirational Quotes that will change your life!!! A reference quotations book from the most famous philosopher. Recognized as one of the founder of modern Philosophy, Socrates must have certainly understood something about this subject... But before going further let's define what philosophy means. Etymology is often the best way to deeply understand the meaning of words. In this context, philosophy literally means "love of wisdom." It is also the study of the nature of existence, reality and knowledge. The love of wisdom is important for Socrates as often stated in his teachings. Socrates says: "To know thyself is the beginning of wisdom." He is also at the origin of what is called the Socratic method, which is a type of dialogue in which asking and answering questions is the way to stimulate critical thinking which in turn brings deeper understanding... The following quotes will eventually bring you insights and clear comprehension. By doing so, you will become convinced about the truth lying behind these quotes and therefore your own critical thinking and sense of logic will become more

accurate. "Employ your time in improving yourself by other men's writings so that you shall come easily by what others have labored hard for."

The Character And Personality of The Leader Zacharias Tane Fomum 2016-07-31
Spiritual leadership is not automatically maintained! The leader is the one who pays the greatest price increasingly. You cannot neglect that which raised you to leadership and expect to remain as the leader. You became the leader because you loved and sought God. You were constantly in His presence. You were loyal to the leadership above you. If any of these things are now history, then you have lost the things that matter. If you are moving on today by virtue of the price you paid in the past, then you may have been demoted within the years from spiritual leadership. If your input now is regrettably small, then it could be that you are no longer God's leader. There are leaders who have lost their position before God and before man. Physically, they may still stand before man, but the leadership has moved hands. Some have moved aside even physically. With vivid examples from Scripture—such as Reuben, Eli, Moses, king Saul, Barnabas, etc.—the author shows clearly that talents, spiritual gifts, and a fine personality are no guarantee that a spiritual position will be retained. In the end, the author paints a portrait of how to jealously guard one's position and place in God's heart.

Chan Insights and Oversights Bernard Faure 2020-09-01
For many people attracted to Eastern religions (particularly Zen Buddhism), Asia seems the source of all wisdom. As Bernard Faure examines the study of Chan/Zen from the standpoint of postmodern human sciences and literary criticism, he challenges this inversion of traditional "Orientalist" discourse: whether the Other is caricatured or idealized, ethnocentric premises marginalize important parts of Chan thought. Questioning the assumptions of "Easterners" as well, including those of the charismatic D. T. Suzuki, Faure demonstrates how both West and East have come to overlook significant components of a complex and elusive tradition. Throughout the book Faure reveals surprising hidden agendas in the modern enterprise of Chan studies and in Chan itself. After describing how Jesuit missionaries brought Chan to the West, he shows how the prejudices they engendered were influenced by the sectarian constraints of Sino-Japanese discourse. He then assesses structural, hermeneutical, and performative ways of looking at Chan, analyzes the relationship of Chan and local religion, and discusses Chan concepts of temporality, language, writing, and the self. Read alone or with its companion volume, *The Rhetoric of Immediacy*, this work offers a critical introduction not only to Chinese and Japanese Buddhism but also to "theory" in the human sciences.

The Spread of Buddhism Ann Heirman 2007-05-11
This book unravels some of the complex factors that allowed or hampered the presence of (certain aspects of) Buddhism in the regions to the north and the east of India, such as Central Asia, China, Tibet, Mongolia, or Korea.

How to Transform Your Life Geshe Kelsang Gyatso 2017-08-01
A practical manual for daily life that shows how we can develop and maintain inner peace, how we

can reduce and stop our experience of problems, and how we can bring about positive changes in our lives that will enable us to experience deep and lasting happiness. This is a significantly revised edition of one of Geshe Kelsang Gyatso's most popular and accessible books. *How to Transform Your Life* forms the basis of hundreds of popular drop-in meditation classes and courses around the world. If you want the opportunity to study or find out more about the practices presented in this book, visit your nearest Kadampa Meditation Center or branch.

The Quotable Mark Twain R. Kent Rasmussen 1998-04-22 Here are more than 1,800 quotations, organized from A-to-Z, from America's consummate author--Mark Twain. A must-have for all Twain collectors, *The Quotable Mark Twain* is filled with his opinions about the people he knew, the places he's been, and the books he wrote, as well as more far-ranging topics, such as writers, billiards, smoking, his family, and more. The book also includes 150 illustrations taken from the original editions of Twain's publications, source citations for each quotation, an annotated bibliography, and a complete index.

I Killed Scheherazade Jumānah Sallūm Ḥaddād 2011 Fiery and candid; a provocative and courageous exploration of what it means to be an Arab woman today.

Buddhist Teaching in India Johannes Bronkhorst 2013-02-08 The earliest records we have today of what the Buddha said were written down several centuries after his death, and the body of teachings attributed to him continued to evolve in India for centuries afterward across a shifting cultural and political landscape. As one tradition within a diverse religious milieu that included even the Greek kingdoms of northwestern India, Buddhism had many opportunities to both influence and be influenced by competing schools of thought. Even within Buddhism, a proliferation of interpretive traditions produced a dynamic intellectual climate. Johannes Bronkhorst here tracks the development of Buddhist teachings both within the larger Indian context and among Buddhism's many schools, shedding light on the sources and trajectory of such ideas as dharma theory, emptiness, the bodhisattva ideal, buddha nature, formal logic, and idealism. In these pages, we discover the roots of the doctrinal debates that have animated the Buddhist tradition up until the present day.

Nietzsche and Buddhist Philosophy Antoine Panaioti 2013 An exploration of the complex and interesting relations between Nietzsche's philosophical thought and the Buddhist philosophy which he admired and opposed. The volume will appeal to students and scholars interested in Nietzsche's philosophy, Buddhist thought and in the metaphysical, existential and ethical issues that emerge with the demise of theism.

Le registre sapiential Sylvie Freyermuth 2007 Est-il aussi aisé de définir les propriétés du registre sapiential que celles des registres tragique, épique ou comique ? Le contenu de ce livre répond à la question par le caractère pluriel des contributions qui y sont réunies. En effet, afin de confronter leurs

analyses, des chercheurs issus de la communauté scientifique française et internationale (Afrique, Europe, Océan Indien, États-Unis) ont rallié Metz, en septembre 2005, pour le premier volet du colloque consacré au livre de sagesse, sous l'égide du Centre de recherche « Écritures » de l'Université Paul Verlaine. Le lecteur trouvera dans cet ouvrage des travaux d'une grande variété, tant sur le plan des champs disciplinaires - puisque se côtoient la littérature, la sémiotique, l'exégèse biblique, l'analyse du discours et la lexicologie -, que du point de vue spatial et temporel.

The Book of Dzyan Helena Blavatsky 1979 The Book of Dzyan is a sacred text containing esoteric wisdom on the nature of existence, the Seven Creations, and cosmic evolution.

The Crowd Gustave Le Bon 1897

From Buddha to Jesus Steve Cioccolanti 2010 Buddhism is not a way of harmony and cosmic unity, as Westerners tend to think. Although Buddhism is a rapidly rising religion in the West, few Westerners know what Buddhism is like from the inside. Steve, who made the journey from Buddhism to Christ, explains the Buddhist mind-set and worldview, and makes useful points of comparison.

Buddhist Quotes Frédéric Deltour 2016-12-25 Thich Nhat Hanh, Buddha, Dalai-Lama... Buddhist Quotes for the Mind "Sitting quietly doing nothing, spring comes, grass grows of itself." Buddha "Love is the absence of judgment." Dalai-Lama "You will not be punished for your anger, you will be punished by your anger." Buddha Words are an interesting concept, they can elevate us and reveal the beauty of an imperceptible instant, describe a being's thought in a deep state of inspiration... They can also mislead us if we mingle them with the thing they describe... A quotation represents a condensation of the spirit, a condensation of the philosophy and attitude adopted and applied by the author in his thoughts, speeches and actions. Reading and understanding these thoughts can allow us to discover a new way of looking at the world, by widening our perception, we get a greater faculty to discern the most appropriate response in a given situation... In Buddhism in general and Zen in particular, it is said that a sentence, a word even, can awaken someone, while opening the door of knowledge and wisdom. Perhaps the reading of these sentences will open up unexplored dimension within you, perhaps you will have a moment of clear comprehension or perhaps you will have the desire to apply a certain attitude that would allow you to be more peaceful... Whatever the result of your reading, I am convinced that your life will improved, that your desire to understand will be satisfied and that you will re-established the connection with your true self which is now waiting for only one thing, for you to continue reading in order to find deep within you, this familiar sensation to have found again this treasure buried and hidden deep down for too long... I wish you beautiful reunion with yourself, with the light, joy and love which are abundantly accessible and available within all of us, at any moment! Note from the author: This book is a small book, with concise and clear quotes concerning the Buddhist teachings.

Bodhisattva Attitude Lama Zopa Rinpoche 2012-01-01 This book comprises several motivations taught by Lama Zopa Rinpoche called "bodhicitta motivations for life," intended for us to use first thing every morning to generate the mind of bodhicitta and dedicate our life to numberless sentient beings. The Bodhisattva Attitude is taken from the sutra teachings of the Buddha and is based on verses by the great bodhisattva Shantideva in his Guide to the Bodhisattva Way of Life. The verses are meant to be recited each morning to remind us of how we are going to dedicate our lives to others. We all understand the importance of motivation and attitude and how they affect the quality of our work and the result that can be achieved. Rinpoche particularly emphasizes the need for us to have a very clear direction and purpose for life. The real meaning of our lives is to bring both temporary and ultimate happiness to all sentient beings and to do this we need to achieve enlightenment. Enlightenment depends on first generating bodhicitta and training our minds in the bodhisattva attitude enables us to do that. This book is drawn from Lama Zopa Rinpoche's essential teachings given from 2008 onward. It is the first volume in LYWA's Heart Advice Series. This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever-popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting our website. Thank you and please enjoy this ebook!

Buddhism For Dummies Stephan Bodian 2011-03-08 From the outside, Buddhism seems like a bundle of contradictions wrapped inside a paradox. It is a religion without a god, a belief system without rules, and a faith that encourages its adherents to question everything, including its own teachings. You could spend a lifetime studying Buddhist texts and following its observances and still feel like you've only just barely scratched the surface. Yet, over the past 2500 years, this lovely religion that preaches compassion, generosity, tolerance, selflessness and self-awareness has commanded the fervent devotion of hundreds of millions of people around the world who believe it to be the true path to enlightenment. If you're curious about Buddhism but feel intimidated by all the exotic jargon and strange trappings, this book is for you. Written by two leading American Buddhist teachers and scholars, it offers you a uniquely friendly way to explore the fascinating history of Buddhism and discover: Who Buddha was and his significance in world history and spirituality How the practice of Buddhism can enrich your everyday life How Buddha's teachings combine to create a path to enlightenment Daily observances and meditation practices How to fulfill your highest potential through Buddhism In plain English, experts Jonathan Landaw and Stephan Bodian define the important terms, explain the key concepts and explore, in-depth a wide range of topics, including: Buddha's life and teachings and the evolution of the major Buddhist traditions How Buddhism works as a religion, philosophy of life and a practical

approach to dealing with life's problems, all rolled into one The idea that the mind is the source of all happiness and suffering How the practices of wisdom and compassion can connect you with your inner spiritual resources Meditation and other core Buddhist practices and how they can affect your everyday life How to apply Buddhist teachings at each stage along the spiritual path Whether you're a searcher of truth, a student of religions, or just curious about what's got Richard Gere and all the rest of those celebrity Buddhists so excited, Buddhism For Dummies is your intro to Buddhism basics.

The 48 Laws Of Power Robert Greene 2010-09-03 THE MILLION COPY INTERNATIONAL BESTSELLER Drawn from 3,000 years of the history of power, this is the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard way. Law 1: Never outshine the master Law 2: Never put too much trust in friends; learn how to use enemies Law 3: Conceal your intentions Law 4: Always say less than necessary. The text is bold and elegant, laid out in black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been victimised by - power.

(From the Playboy interview with Jay-Z, April 2003) PLAYBOY: Rap careers are usually over fast: one or two hits, then styles change and a new guy comes along. Why have you endured while other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose yourself when you have success, to start surrounding yourself with fake people. In *The 48 Laws of Power*, it says the worst thing you can do is build a fortress around yourself. I still got the people who grew up with me, my cousin and my childhood friends. This guy right here (gestures to the studio manager), he's my friend, and he told me that one of my records, Volume Three, was wack. People set higher standards for me, and I love it.

Le Précieux Ornement de la Libération . Gampopa Seunam Richen 1999-05 Gampopa (1079-1153), le médecin de Dakpo, disciple du célèbre yogi et poète Milarépa, signa de son nom de moine, Seunam Rinchen, le Précieux Ornement de la Libération, lequel est non seulement son chef d'oeuvre mais aussi l'un des premiers grands exposés de la voie progressive vers l'Éveil. Dans un style simple et concis, le père de l'école kagyü décrit les fondements théoriques et pratiques du Grand Véhicule, les étapes de la progression mystique et son terme inconcevable, la bouddhité authentique et parfaite. L'ouvrage se divise en six parties dont chaque idée, sinon chaque proposition, est dûment justifiée par une citation du Bouddha ou d'un commentateur accompli comme Nagarjuna, Asanga, Shantideva ou Atisha. Ainsi, dans la première partie de son traité, Gampopa établit la nécessité de l'Éveil suprême et sa cause première, la nature de bouddha. Dans la deuxième, il montre que l'Éveil n'a de meilleur support qu'une précieuse existence humaine. Dans la troisième, que le maître spirituel est une condition indispensable au développement du potentiel d'Éveil. Dans la quatrième, il expose les méthodes, à savoir les instructions pratiques du maître, et les étapes qui jalonnent la voie. Dans la cinquième, la bouddhité,

ou but de la voie, se trouve minutieusement décrite. Et enfin, dans la sixième partie, sont abordées les activités bénéfiques des êtres pleinement éveillés. Gampopa disait que connaître ce texte, c'était le connaître en personne.

La Sagesse

Un Bouddhisme moderne - Volume 3 : Prières pour la pratique quotidienne

Walden Henry David Thoreau 1882

Buddhism in the Shadow of Brahmanism Johannes Bronkhorst 2011-02-14 This book deals with the confrontation of Buddhism and Brahmanism in India. Both depended on support from the royal court, but Buddhism had less to offer in return than Brahmanism. Buddhism developed in a manner to make up for this.

Livres de France 2008

Hinduism and Buddhism Ananda K. Coomaraswamy 2014-12-02 A highly original discussion of problems of philosophy of religion from the Indian point of view. The exposition shows that the Christian theologian who will take the trouble to study Indian religion seriously, and not merely "historically," will find in its teachings abundant extrinsic and probable proofs of the truth of Christian doctrine; and may at the same time realize the essential unity of all religions.

Cinema 1 Gilles Deleuze 2001-11-01

The Two Sources of Morality and Religion Henri Bergson 2020-10-31 Henri Bergson inquires into the nature of moral obligation, into the place of religion and the purpose it has served since primitive times, into static religion and its value in preserving man from the dangers of his own intelligence; into dynamic religion or mysticism as a means of producing man's forward leap beyond the limits of the closed society for which nature intended him and into the open society which is the brotherhood of man.

The Genesis of the Bodhisattva Ideal Anālayo 2010 In this book, Bhikkhu Anālayo investigates the genesis of the bodhisattva ideal, one of the most important concepts in the history of Buddhist thought. He brings together material from the corpus of the early discourses preserved mainly in Pāli and Chinese that appear to have influenced the arising of the bodhisattva ideal. Anālayo convincingly shows that the early sources do not present compassionate concern for others as a motivating force for the Buddha's quest for awakening. He further offers an analysis of the only reference to Maitreya in the Pāli canon, showing that this reference is most likely a later addition. In sum, Bhikkhu Anālayo is able to delineate a gradual genesis of central aspects of the bodhisattva ideal by documenting (1) an evolution in the bodhisattva concept reflected in the early discourses, (2) the emergence of the notion of a vow to pursue the path to buddhahood, and (3) the possible background for the idea of

a prediction an aspirant to buddhahood receives from a former buddha.

THE MAGIC Rhonda Byrne 2012-03-06 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

La Route pour l'Hiver (La Prisonnière des Faes t. 2) Lily Archer 2020-04-14 Je commence à apprécier de plus en plus le roi Fae. Chaque fois qu'il me touche, chaque fois qu'il me regarde et chaque nuit passée dans ses bras diminuent doucement ma résistance. Quand son côté sauvage prend le dessus, il y a quelque chose en moi qui veut se laisser aller et tout lui donner. Chaque jour qui passe, l'attirance est de plus en plus difficile à nier. Mais la route pour le royaume d'Hiver est pleine de dangers, et je dois me concentrer pour trouver mon chemin afin de rentrer chez moi, pas sur les promesses de plaisir que Léandre murmure à mon oreille la nuit. Malgré cela, combien de temps vais-je résister au poison du baiser de l'Hiver ? Note de l'auteur : Voici le deuxième livre de la Série de La Prisonnière des Faes. Assurez-vous de lire le Livre 1 d'abord, ou vous risqueriez de vous perdre dans les bois enchantés avec un roi Fae sauvage.

The Erl-King Michel Tournier 2014-08 This novel follows the passage of strange, gentle Abel Tiffauges from submissive schoolboy to adult misfit - a man without a sense of belonging until he finds himself a prisoner of war, and then a teacher, and then the 'ogre' of a Nazi school at the castle of Kaltenborn.

Le Chemin de la Grande Perfection . Patrul Rinpoché 1997-04 Ce livre se présente comme un guide des préliminaires de L'Essence du cœur de l'immensité, un cycle de pratiques méditatives appartenant à l'école du bouddhisme tibétain appelée Grande Perfection. En fait, il est considéré par de nombreux maîtres de toutes les écoles comme le guide suprême, à la fois profond, vivant et détaillé, de toutes les pratiques préliminaires et, d'une façon plus générale, comme un enseignement fondamental sur le Véhicule de Diamant, dont il expose l'essentiel en termes clairs et simples. Le style direct, familier, et la grande variété des citations, anecdotes et proverbes qui appuient chaque idée importante épargnent au lecteur la monotonie des exposés classiques. La constante référence à l'expérience vécue dénonce la futilité de l'approche simplement intellectuelle et situe bien la pratique authentique du bouddhisme comme une réelle transformation intérieure.

Un catéchisme protestant Antoine Nouis 1997 Lire la Bible, oui, mais par où commencer ? en quoi cette histoire, vieille de plusieurs milliers d'années, nous concerne-t-elle aujourd'hui ? de leur côté, bien des chrétiens militants qui par toute leur vie témoignent avec passion de leur foi, découvrent que celle-ci ne va pas sans questions. Des contradictions, des échecs, des impasses posent des interrogations qui restent bien souvent sans réponse. Ce livre veut répondre à ces attentes, non pas en apportant une vérité toute faite mais en entraînant celui qui s'y plonge dans une lecture de l'écriture qui parle au cœur comme à l'intelligence et qui ouvre un chemin d liberté. Michel Bouttier écrit dans la préface : " la façon de progresser ne perd jamais de vue nos

interrogations personnelles : ce catéchisme est une œuvre éprouvée, fruit d'une élaboration collective, issue d'une conversation constante... malgré son épaisseur, ce catéchisme se découvre inachevé. Chaque étape se termine, non sur des réponses, mais sur des questions. Il communique une envie contagieuse de parler à son tour... Le mot catéchisme voudrait retrouver son sens original, totalement oublié : ni enseigner, ni répéter des phrases gravées sur le papier, afin de l'être ensuite dans les esprits, non pas articuler et ajuster réponses sur questions, mais faire retentir... "

Les Livres du mois 1995

PROVERBES et CITATIONS PHILOSOPHIQUES, CITATIONS SAGESSE et PENSEE POSITIVE.

Frédéric Deltour 2016-08-25 Grâce aux retours de nos lecteurs nous avons pu rectifier une erreur d'édition. Ce livre est la version modifiée. Citations et Proverbes pour trouver la paix intérieure ! Des citations philosophiques et des pensées positives... Découvrez entre autre des proverbes Africains, des citations Bouddhiste, les paroles de JESUS, du BOUDDHA, de SOCRATE ou encore du DALAI-LAMA... "La sagesse, c'est permettre à autrui d'être différent de soi." Dans ce livre de citations, Frédéric Deltour a rassemblé les paroles qui ont su éveiller chez lui une conscience de la réalité plus élargie, des paroles qui lui ont servi de balises, des mots qui ont su diriger son esprit et son attention vers l'essentiel... Les paroles de philosophes, poètes, maîtres spirituels et d'écrivains qui savent nous transmettre grâce à quelques mots des enseignements spirituels ou des compréhensions profondes sur la vie et notre esprit. Avec cet ouvrage Frédéric souhaite servir le lecteur en recherche de paix intérieure et de sérénité, il a regroupé des citations venant de différentes traditions et sans parti pris, il a choisi de partager ces mots, quel que soit leur auteur. Comme dirait l'un d'entre eux: "On peut se passer de religion mais pas d'amour ni de compassion." Humblement Frédéric nous avoue qu'en tant qu'auteur, il a réalisé que ses mots et paroles ne viennent pas de lui, du moins directement. Il nous dit: En faisant le vide dans notre esprit, en nous reconnectant à notre nature véritable, en marchant dans la nature ou en regardant les étoiles, nous avons tous ce potentiel de voir l'invisible et de le matérialiser dans cette réalité pour qu'il devienne perceptible à travers nos 5-6 sens... Et pour commencer en beauté et humilité, souvenons-nous que: "Celui qui cherche la sagesse est un sage, celui qui croit l'avoir trouvée est un fou." Puissiez-vous trouver la paix de l'esprit...

Growing Up with Lucy Steve Grand 2004-08-01 This is his account of battling the odds to create one of the most advanced robots in existence.

The Life of Jesus Ernest Renan 1887

Creation Steve Grand 2001 Mankind now has within its grasp the power to synthesize true artificial life, playing out Dr Frankenstein's dream in both cyberspace and the real world. In this book, Steve Grand, a leading exponent of artificial life, provides the first authoritative and comprehensive tour of the frontiers of this burgeoning new creation. He surveys what has been achieved so

far and looks at future possibilities for generating autonomous, intelligent, even conscious living things. The fundamental questions he tackles range widely: what is life? What should the minds, brains and bodies of these new life forms be like? What philosophical guidelines and computational frameworks are necessary? At the heart of this brilliantly accessible and thought-provoking book is the author's unique imaginative vision - a vision based on his experience of making some of the most advanced artificial life currently available.

Livre de Citations Bouddhiste Frederic Deltour 2019-02-07 Citations et Proverbes Bouddhiste / Spiritualités et Philosophie Bouddha, Dalai-Lama, Thich Nhat Hanh... Les mots sont un concept intéressant, ils peuvent nous élever et révéler la beauté d'un instant sinon imperceptible, décrire la pensée d'un être dans un moment de profonde inspiration... Ils peuvent aussi nous induire en erreur si nous les confondons avec la chose qu'ils décrivent... Une citation représente un condensé de l'esprit, un condensé de la philosophie et de l'attitude que l'auteur a adopté dans sa vie et qu'il applique dans ses pensées, paroles et actions. Lire et comprendre ces pensées peut nous permettre de découvrir une nouvelle façon de voir le monde, en élargissant nos perceptions, nous obtenons une plus grande aptitude à discerner l'attitude la plus appropriée dans une situation donnée... Dans le Bouddhisme en général et le Zen en particulier, il est dit qu'une phrase, un mot même, peuvent éveiller une personne, ouvrir la porte de la connaissance et de la sagesse. Peut-être que la simple lecture de ces phrases ouvrira en vous une dimension encore inexplorée, peut-être aurez-vous un moment de claire compréhension ou peut-être aurez vous envie d'appliquer une certaine attitude qui vous permettra d'être plus en paix avec vous-même... Quel que soit le résultat de votre lecture, je suis convaincu que votre vie s'en trouvera améliorée, que votre désir de comprendre sera assouvi et que vous retrouverez cette connexion avec votre être véritable qui n'attend qu'une chose en cet instant, que vous continuiez votre lecture pour ressentir au plus profond de vous, cette sensation familière d'avoir retrouvé un trésor enfoui et caché depuis trop longtemps... Je vous souhaite de belles retrouvailles avec vous-même, avec la lumière, la joie et l'amour qui sont abondamment accessibles et disponibles en chacun de nous, à tout instant !

Un an de nouveautés 1999