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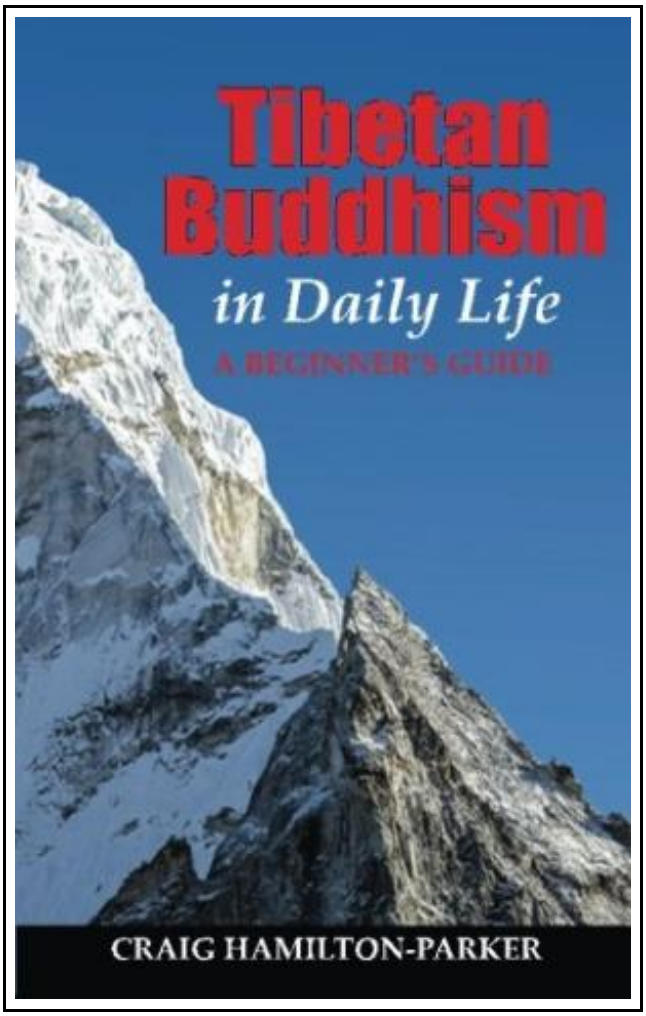

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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.As seen on BBC 2 Everyman: Mediums Talking to the Dead American Television: Spirit of Princess Diana Bio Channel: Our Psychic Family Tibetan Buddhism in Daily Life is a short introduction to the religion, magical practices and philosophy of Tibet. The book shows how to apply Buddhist teachings to everyday life: our relationships and sexuality; our family; home; work; health and spirituality. Tibetan Buddhism in Daily Life is suitable for the beginner and explores the story of the enlightenment of the Buddha and how his teachings spread to Tibet and formed a symbiosis with the indigenous, magical religion of Bon. The author hails from a Spiritualist background and invites the reader to question the nature of the self, the continuation of the personality after death, the case for reincarnation and the purpose of human life. Included are numerous Buddhist meditation and visualization techniques to help you gain direct insight into the timeless teachings of the Buddha. Topics include: Tibetan Beliefs The first Tibetans The Dawn of Religion in Tibet The Strange Religion of Bon The Teacher Padmasambhava The Great Teacher Atisha The Magical Masters Marpa and Milarepa The Life of Siddhartha Gautama Buddha The Enlightenment of the Buddha The basics of Buddhism Why do we Suffer? The Nobel Truths Tantric Buddhism Death and Reincarnation The Rebirth of the Dalai Lama Tibetan Buddhism s relevance today.

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