



Date : 30/10/2014

Pages : 288

Format cm : 15 x 23

Prix : 16.8

EAN : 9782749140483

Meditation Saved Me

Authors: Phakyab Rinponché - Sofia Stril-Rever

Publisher : Le Cherche Midi

Category : Literature and Fiction

Genres : Biography/Memoirs

Keywords : Buddhism - Healing - Siblings

This book is an outstanding contribution to the debate on contemplative neuroscience.

After undergoing torture in his home country, Phakyab Rinponche is hospitalized for severe gangrene in his right foot. Though doctors call for amputation, the Dalai Lama gives him this advice: "You have the wisdom to heal, and once you are healed, you will teach that wisdom to the world." For three years, Rinponche on unconditional love and the yogas of internal energy he was taught. He overcomes his infection and rebuilds his bone. In this fascinating story, Sofia Stril-Rever brings to life a unique experience of awakening to the mind's luminous nature.

Sales in France: 40,000 copies