



Motionless Journey: The Himalayas from a Hermitage (new edition)

Author: Matthieu Ricard (Photographer)

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Matthieu Ricard's runaway hit in a smaller, friendlier format. An original approach to Buddhist spirituality.

This collection of photos is the record of a motionless journey to the heart of Nepal's Himalayan foothills. Photographer and Buddhist monk Matthieu Ricard spent a year in retreat at the Pema Ösel Hermitage near Kathmandu. Surrounded by spectacular scenery, Matthieu remained seated, awaiting the light that illuminates the path to awakening. These photographs are the fruit of this long "wait without waiting," a visual and spiritual voyage immortalizing the magnificent landscapes around him, of elation at witnessing nature's harmony mingling intimately with meditation's serenity.

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