



Der Geist überwindet den Tod: Das Tibetische Totenbuch für unsere Zeit (German Edition)

Dzogchen Ponlop Rinpoche

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Das Tibetische Totenbuch gehört zu den großen Werken der spirituellen Weltliteratur. Der buddhistische Gelehrte und Meditationsmeister Dzogchen Ponlop Rinpoche schreibt anschaulich und mit großer Präzision und Kenntnis der Quellentexte über Leben, Sterben und Wiedergeburt aus der Sicht des tibetischen Buddhismus und bezieht dabei Erkenntnisse aus der modernen Bewusstseinsforschung mit ein.

"Der Geist überwindet den Tod" zeigt, wie man mit Hilfe der tibetisch-buddhistischen Lehren über die sechs Bewusstseinszustände (Bardos) und anhand von speziellen Meditationstechniken den Tod zur Transformation des eigenen Lebens nutzen kann. In der Beschäftigung mit dem Tod ist dieses Buch damit ein tiefgründiger und weiser Ratgeber für das Leben.

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