

# FOREIGN RIGHTS

## Catalogue - Fall 2018



RABSEL  
Éditions

# “Ce qui clarifie *le sens*”

*In 2010, driven by a love for Buddhist spirituality, philosophy and culture, Arnaud Duhayon founded Rabsel Editions, a French publishing house located in the Normandy region, near the seaside Channel coast.*

*After 8 years of energetic engagement, guided by the insights and wisdom of people who have partnered as contributors, advisers, translators and writers from Asia (mostly from India, Tibet, Nepal and China) and Europe, Rabsel Editions has flourished, bringing the richness of Buddhist perspectives to individuals and society.*

Rabsel (Tibetan) : ‘that which clarifies meaning’

ISALOU REGEN  
SABCHU RINPOCHE

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## I wanted to tell you...I Love You

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### Foreword by Marc Lévy ( to be confirmed )

He sent her text messages from morning to night filled with red heart emoticons telling her « I love you ». Then he left her. As a famous French song goes, « love stories finish badly in general ». After several painful breakups, one wonders whether this song didn't get it right. How many broken hearts are aching at this split second on the planet ? Is it in the nature of love to hurt, or are we mistaken on what love really is ? Do happy love stories exist besides in romantic comedies ? What's the truth of love ? How does one live this mysterious and intense feeling in a fulfilling and lasting way ?

« I wanted to say... I love You » is born of a surprising and novel encounter between Isalou Regen, a western « girl next door » with a broken heart, and Sabchu Rinpoche, a great Tibetan spiritual master with an open and joyous heart.

Through questions we all ask ourselves, philosophical and spiritual exchanges inspired by Buddhist wisdom, this book offers answers that are both simple and startling, leading to a new way of seeing what is REALLY at play between two people when they say «I love you ».

### Enlightening and Liberating

**This book doesn't only talk about love, it gives you love !**

### ABOUT THE AUTHORS

**Isalou Regen:** She studied Greek philosophy at university and describes herself as a woman of communication. She also is a visual artist and won the first prize in painting at the International Contemporary Art Fair of Montrouge. Blogger with the site of «365mornings»; columnist for France Inter (Radio) and on the Eco Business Network. She published "The Magical Morning" in France, which sold 18,000 copies in one year.

**Sabchu Rinpoche:** Born and raised in Nepal, Sabchu Rinpoche is a new generation Tibetan Buddhist teacher. He was recognized by H.H. the 14th Shamarpa as a reincarnation of a former Tibetan abbot. In addition to his traditional Tibetan education in Buddhist philosophy, he followed a 3 year and 3 month meditation retreat and then went to Canada to study film at university. He currently lives in Katmandhu where his main seat is located and teaches in meditation centers in Nepal, the United States, England and France. He has taught meditation since 1995.



### New Book

255 pages, 22,5 x 14  
ISBN 979-10-93883-25-0 - 18€  
Soft cover binding

### Important Point

Foreword by **Marc Lévy**  
(the most widely sold French author in  
the world).  
(to be confirmed)

For general public

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LAMA JIGME RINPOCHE

## The Handbook of Ordinary Heroes

The Bodhisattva's Way

Buddhism is said to be universal because it transcends all notions of time and culture. A French shepherd from the Middle Ages can apply it just as easily as a Singaporean businessman from the 21<sup>st</sup> century. The Buddha's teachings offer a method for understanding how to be and how to act in other words, how to live our humanity while taking care of ourselves and others. The heroes referred to in this book are ordinary beings like us who choose to develop as individuals through their understanding and application of kindness and compassion. These heroes are bodhisattvas who wish for all beings to meet with lasting happiness and to experience protection from all causes for unhappiness. This handbook provides accessible explanations of what it means to live like a bodhisattva and offers a series of simple exercises directly related to daily life. It gives us key points for facing the difficulties we encounter in a new way and perceiving our lives according to altruistic values.

### THE AUTHOR

*Lama Jigme Rinpoche was born in Eastern Tibet (Kham) in 1949. He grew up with and received his education with the principal teachers of the Kagyu lineage of Tibetan Buddhism. On a visit to Europe in 1977, the 16<sup>th</sup> Karmapa designated Dhagpo Kagyu Ling, in Dordogne, the seat of his European activity. He named Lama Jigme Rinpoche as his official representative and the spiritual director of the center. Ever since, Lama Jigme Rinpoche has filled this role and shared the Buddha's teachings in France and throughout the world. Strengthened by many years of experience in the West, his unique and modern approach renders the Buddha's millennia-old wisdom accessible and allows students to apply it concretely in daily 21<sup>st</sup> century life.*

LAMA JIGMÉ RINPOCHÉ

## MANUEL DES HÉROS ORDINAIRES

La voie des bodhisattvas



### Important Point

First print 3000 copies,  
all sold in 1 year

New Print run of 3000 copies

156 pages, 20,5 x 13  
ISBN 979-1093883076 - 16€  
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& GERMAN.

LAMA JIGME RINPOCHE

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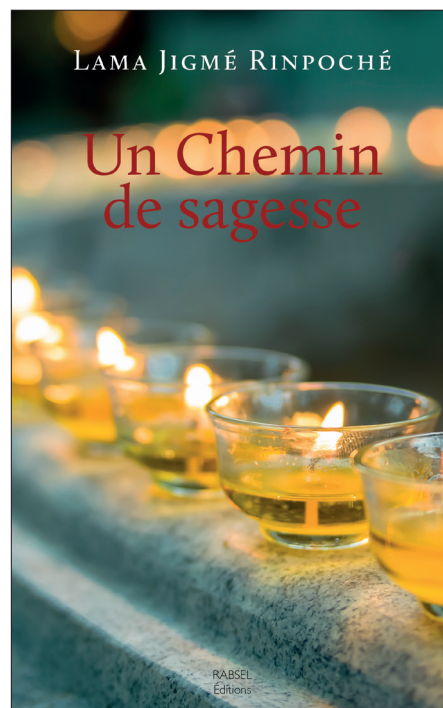
## A Path of Wisdom

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A Path of Wisdom offers a simple yet direct view of the Buddhist path according to the Kagyu tradition of Tibetan Buddhism. Buddhists and non-Buddhists alike will find in this book helpful tips and advice that can be applied in everyday life situations. far from the esoteric jargons of Tibetan Buddhism, here is a practical approach to living with clarity which enables an individual to develop understanding and insight about the self and others. Lama Jigme Rinpoche explains that the key lies in the study and understanding of the essential points taught by the Buddha and the importance of thoroughly integrating those meanings in our daily lives and practice.

### THE AUTHOR

*Lama Jigme Rinpoche was born in Eastern Tibet (Kham) in 1949. He grew up with and received his education with the principal teachers of the Kagyu lineage of Tibetan Buddhism. On a visit to Europe in 1977, the 16<sup>th</sup> Karmapa designated Dhagpo Kagyu Ling, in Dordogne, the seat of his European activity. He named Lama Jigme Rinpoche as his official representative and the spiritual director of the center. Ever since, Lama Jigme Rinpoche has filled this role and shared the Buddha's teachings in France and throughout the world. Strengthened by many years of experience in the West, his unique and modern approach renders the Buddha's millennia-old wisdom accessible and allows students to apply it concretely in daily 21<sup>st</sup> century life.*



### Important Point

Featured on  
Sagesses Bouddhistes  
tv program , 2013

New Edition Available

186 pages, 20,5 x 13  
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SPANISH, GERMAN, RUSSIAN &  
ITALIAN

ANILA TRINLÉ

## Being Present

A Skill Worth Developing

A Skill Worth Developing - the connection of Buddhism with the activity of accompanying people who are suffering brings a new perspective. Developing greater awareness of our reality, clarifying our motivation, and increasing our kindness and discernment are among the many keys to successfully being present to ourselves and others. Being present is a living process that reveals us to ourselves and, in so doing, allows us to connect with others in a new way. This capacity thus has implications in our daily lives and our personal, professional, and circumstantial relationships.

### THE AUTHOR

*Anila Trinlé, a Buddhist nun, is a lecturer and instructor. Since the mid-1990s, along with Lama Puntso, she has participated in the reflection on and development of a Buddhist approach to issues of modern-day society such as accompanying those in grief or at the end of life, ethics, professional life, and education. Furthermore, she is a member of the ethics committee of the Buddhist Union of France and helps coordinate the creation of Buddhist chaplaincies within hospitals. Her activity is connected to Dhagpo Kagyu Ling, the European seat of the Gyalwa Karmapa, and Dhagpo Bordeaux, a growing urban center in Aquitaine, France.*



### Important Point

3000 copies sold

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The Knowledge Workshop

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84 pages, 18 x 15  
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Soft cover binding

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ANILA TRINLÉ

## What if mistakes had potential ?

Looking differently at guilt

The suffering of guilt takes its roots in the judgments we form about our errors. Yet, mistakes are bound to happen, be they of a cognitive or afflictive nature. They are born out of our emotional and imprecise representations that imprison us in our own version of reality. This is not really a problem as long as we are aware of it.

Clarifying our relationship to mistakes leads us to being less trapped in our own judgements, which will enable us to turn our errors into material for transformation.

Through the methods taught by the Buddha, especially meditation practice, we clarify our relationship to afflictive states of mind. This will deepen our capacity for reflection and broaden our discernment. Thus, our outlook on guilt will naturally change and we will find the resources necessary to adequately cope with everyday situations.

### THE AUTHOR

*Anila Trinlé, a Buddhist nun, is a lecturer and instructor. Since the mid-1990s, along with Lama Puntso, she has participated in the reflection on and development of a Buddhist approach to issues of modern-day society such as accompanying those in grief or at the end of life, ethics, professional life, and education. Furthermore, she is a member of the ethics committee of the Buddhist Union of France and helps coordinate the creation of Buddhist chaplaincies within hospitals. Her activity is connected to Dhagpo Kagyu Ling, the European seat of the Gyalwa Karmapa, and Dhagpo Bordeaux, a growing urban center in Aquitaine, France.*



### Important Point

3000 copies sold in 6 months

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The Knowledge Workshop

Reprint Available

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Sagesse Bouddhiste , 2018, France 2  
Philosophie, Arte, 2018

92 pages, 18 x 15  
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Soft cover binding

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CHARLES GENOUD

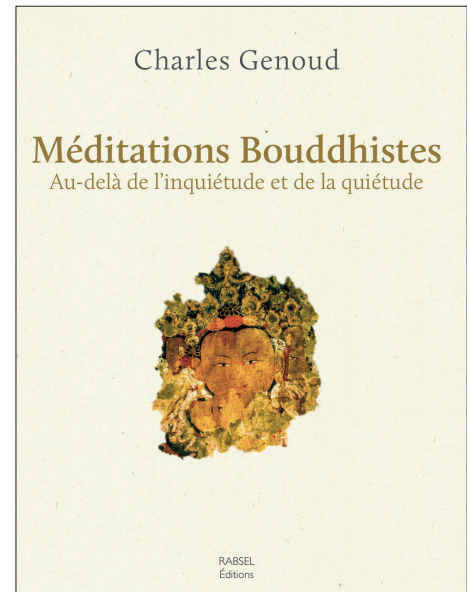
## Buddhists Meditations

Beyond worry and peace

Meditation emerges from the heart of human experience. It requires an availability to all aspects of life from one instant to the next, whether these moments are peaceful or stressful, satisfying or painful. Meditation cannot serve the purpose of a particular historical period or point in time because it is outside of time. The language used to describe it, however, must continually be reinvented.

### THE AUTHOR

*Charles Genoud has studied and practiced Tibetan Buddhism since 1970. For a number of years, he studied with Geshe Rabten and under the guidance of Dilgo Khyentse Rinpoche. At the Institute of Buddhist Dialectics in Dharamsala, India, he studied psychology, epistemology and buddhist logic. He has also practiced buddhism in the Theravadan tradition in monasteries in Burma and Thailand and in meditation centers in Nepal, the United States, England and France. He has taught meditation since 1995.*



296 pages, 21 x 16  
ISBN 979-10-93883-18-2 - 21€  
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LAMA KHENPO NGEDÖN

## The Four Seals of the Dharma

Collection « Les philosophiques »

At the end of his path, having perfected compassion and wisdom, Shakyamuni attained enlightenment, the state of a Buddha which puts an end to suffering.

After his enlightenment, in answer to numerous requests, he expounded three cycles of teachings explaining the path he followed and the methods he used. Traditionally, there is the mention of eighty four thousand teachings, the core essence of which is summed up in the four seals of the Dharma. In past times the royal seal vouched for authority and authenticity. The four seals of the Dharma establish a benchmark for what is to be considered as an authentic description of our situation and of the goal we can achieve by progressing on the path. They read as follows:

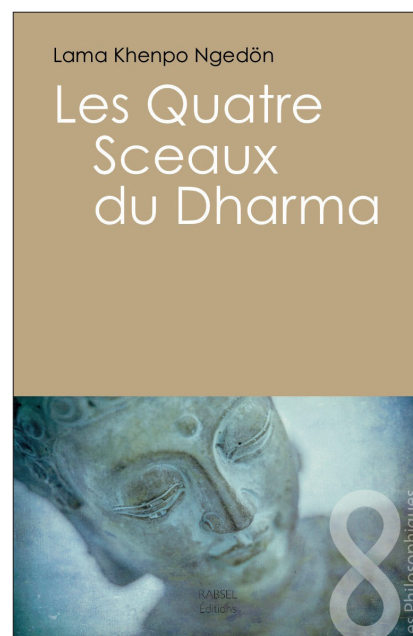
1. All compounded things are impermanent by nature.
2. All tainted things are suffering by nature.
3. All phenomena are empty and devoid of inherent existence.
4. Nirvana is absolute peace.

The first two seals explain the characteristics of our present conditions and the last two the qualities of liberation, thereby showing the way of the Buddha and setting forth the Buddhist viewpoint.

Nowadays, Buddhism is no longer regarded as some exotic movement, but rather as a genuine method practised by Westerners and putting down roots in the West. Nonetheless, do we really know what it means to be a buddhist ? Lama Khenpo Ngédön asks some very simple and straightforward questions that will set the reader on the path of discovery by following the traditional method of introspective investigation and linking the answers to these four statements.

### THE AUTHOR

*Lama Khenpo Ngédön is a scholar in Buddhist philosophy and belongs to the Tibetan tradition. He lives in Spain and teaches all around the world.*



140 pages, 20,5 x 13  
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Soft cover binding

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ALAIN DUHAYON

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## Pebbles on the Path

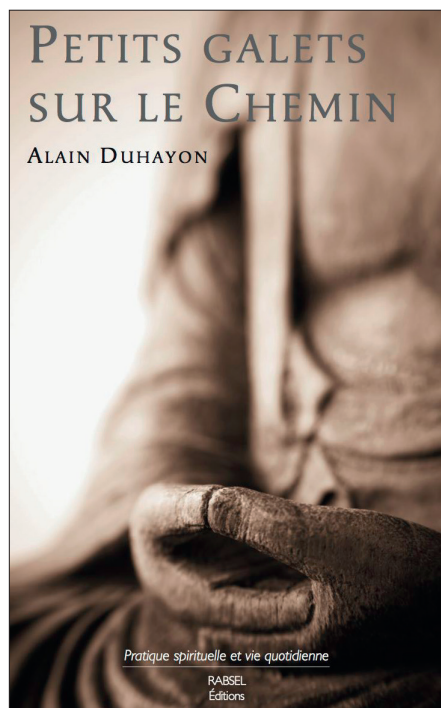
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This book is aimed at both beginners, engaging on the path of inner transformation, and practitioners of the Buddhist way who really want to deepen their comprehension of the mind process. Alain Duhayon presents here, through different themes, elements of reflexion and tools to be able to face the different situations of life and to be able to acquire and develop a better daily spiritual practice.

### THE AUTHOR

*Alain Duhayon has been teaching yoga and meditation since 1970. Nurturing an interest since childhood in dreams and meditative practice, he has made yoga-nidra, emotional transformation and meditation his main activities. In 1992, he founded the Maitri Institut, an organization that gives teachings on the workings of the mind, harmful processes and taking care of suffering. The Maitri Institute works in medical institutions in the field of palliative care and of caring in general.*

*He participated in the founding of the Buddhist Center, Karma Euzer Ling in Normandie, France.*



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## CONTACT

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