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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

I wanted to tell you...I Love You

Foreword by Marc Lévy (to be confirmed)

This book is born from tears and a heart broken by a separation, of a quest for truth on the subject, of keys to understand, heal and avoid a new failure, together with an astonishing and enlightening encounter with a wonderful, wise young Tibetan master.

Combining life experiences, questions that we all ask ourselves, exchanges grounded in wisdom and practical philosophy, this sincere account emerged from an authentic search and aims to:

- give a fresh perspective on love between two people and its workings that is inspired by wisdom, going to the origins of misunderstandings in relationships that put us in situations of failure and dissatisfaction;
- give simple and metaphorical keys to understand and see with greater "clarity" what is at play between two people who love each other and better live what we commonly call "love";
- revisit a cultural conception of love and the couple that may not always be a source of fulfillment and happiness to place it within a new and stronger perspective that enables us to grow together steadily and lastingly... with the eyes and smile of the Buddha.

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 she won the first prize of painting of the International Contemporary Art Fair of Montrouge. Blogger with the site of «365mornings»; columnist on France Inter (Radio) and on 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 months meditation retreat and then went to Canada to study film at university. He currently lives in Katmandu where his main seat is located and 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€
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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 21st 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 16th 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 21st 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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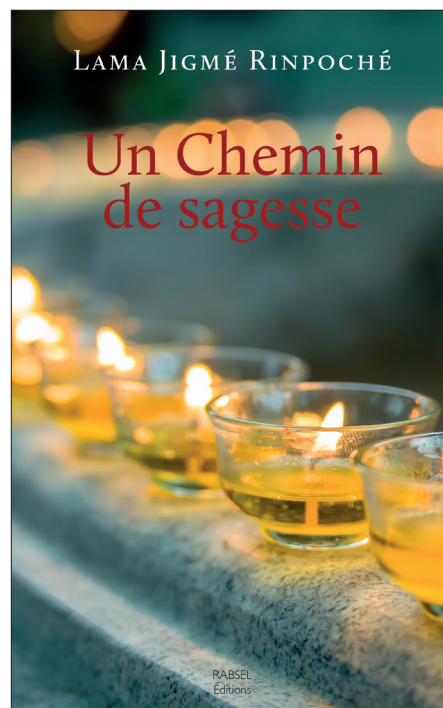
LAMA JIGME RINPOCHE

A Path of Wisdom

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 16th 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 21st century life.



Important Point

Featured on
Sagesses Bouddhistes
tv program , 2013

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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

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The Knowledge Workshop

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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

Collection.
The Knowledge Workshop

Reprint Available

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

92 pages, 18 x 15
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CHARLES GENOUD

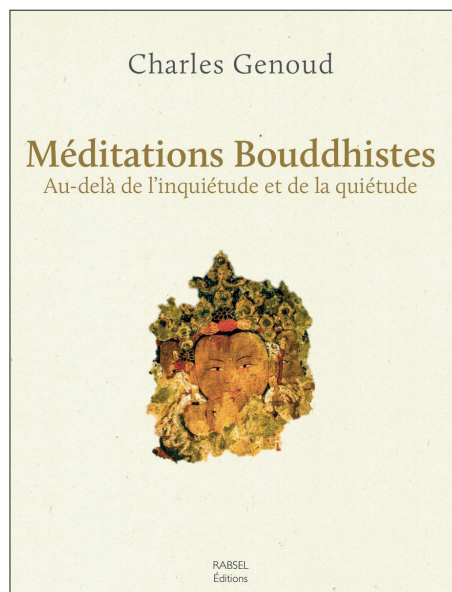
Buddhists Meditations

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:

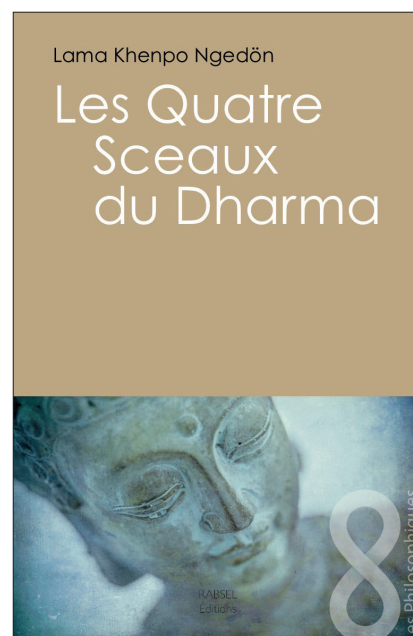
1. All compounded things are impermanent by nature.
2. All tainted things are suffering by nature.
3. All phenomena are empty and devoid of inherent existence.
4. Nirvana is absolute peace.

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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ALAIN DUHAYON

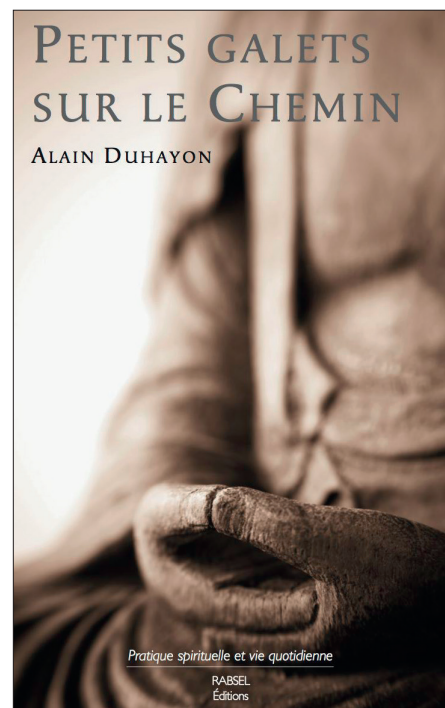
Pebbles on the Path

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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