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RABSEL
Éditions

“Ce qui clarifie le sens”

In 2010, driven by a love for buddhist spirituality, philosophy and culture, Arnaud Duhayon, fonded Rabsel Editions, a France Publishing House, located in the Region of Normandie, along the sea coast of the Chanel Sea.

After 7 years, a lot of energy, alongside with people sharing visions and working as contributors, advisers, translators and writers from Asia (mostly from India, Tibet, Nepal and China) and Europe, Rabsel Editions has come a long way and accomplished much.

It is important to tell that Rabsel Editions will, by the end of 2017, benefit of a distributor, for the first time, spreading books over the French speaking countries only. Up until now, Rabsel Editions was is own distributor.

LAMA JIGME RINPOCHE

The Handbook of Ordinary Heroes

The Bodhisattvas' 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



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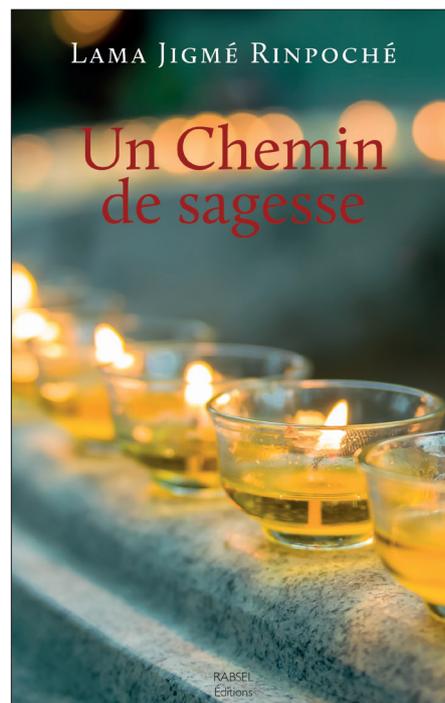
LAMA JIGME RINPOCHE

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

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Sagesse Bouddhiste , 2013
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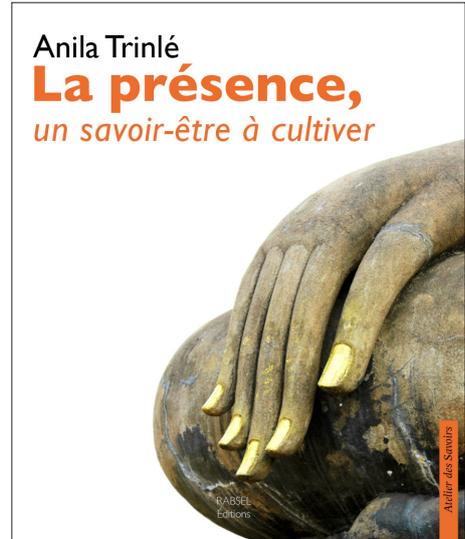
Being Present

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 so many keys to successfully being present with 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 the problematics 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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CHARLES GENOUD

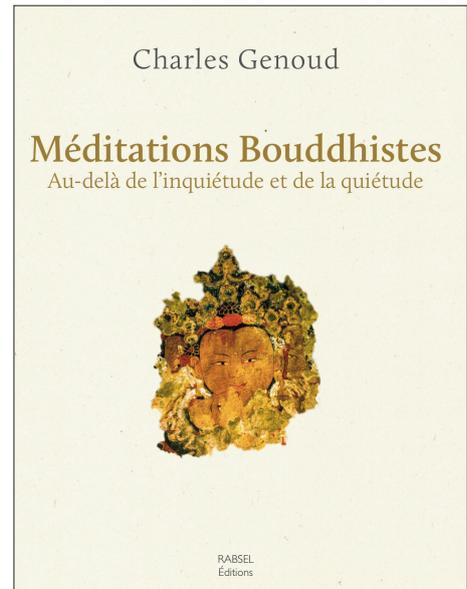
Buddhists Meditations

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.



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ALAIN DUHAYON

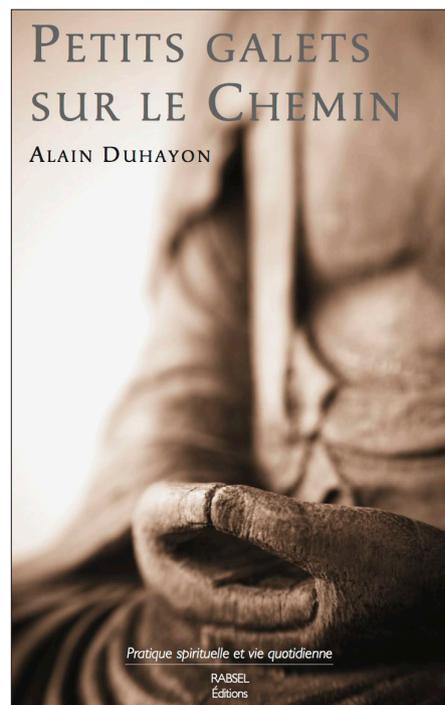
Little shingles on the Path

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 teaches Yoga and meditation since 1970. In search since childhood on dreams and meditative practices, he made of yoga-nidra, emotional transformations and meditation his main activities. In 1992, he founded the Maitri Institut, an organisation where are given teachings concerning the negative mind processes and the taking care of sufferings. The Maitri Institut participates in medical institutions concerning the field of palliative care and caring in general.

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



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NGAWANG TENZIN NORBOU

The excellent Ewer of elixir

In 1981, in a cave on the slope of Mount Everest, a practitioner of Buddhism from France discovered the lost pages of the commentary on a sacred text, the 37 practices of Bodhisattvas. His master, a Tibetan Lama who lived in France, dreamed about this commentary for years.

Once back in France, he gave it to his Tibetan master and they realised that they had the all commentary written by Ngawang Tenzin Norbu, a Tibetan master of the Nying-mapa lineage who lived in the 19th century.

The root text, the 37 practices of Bodhisattvas, was written by the great Tibetan scholar and master Thogmé Zangpo (13th century).

This commentary is remarkable, both in terms of the way of Bodhisattva it expresses - showing the completeness of this text as a practical guide towards awakening - as well as in terms of clarity of the commentary and the richness of the quotations he used to make the complexity of the subject understandable to anyone.

A Bodhisattva is a person who holds the awakened mind in itself, total and ultimate altruism, the oath to accomplish the *great work*: to liberate, to free all the sentient beings from suffering by leading them towards awakening.

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