

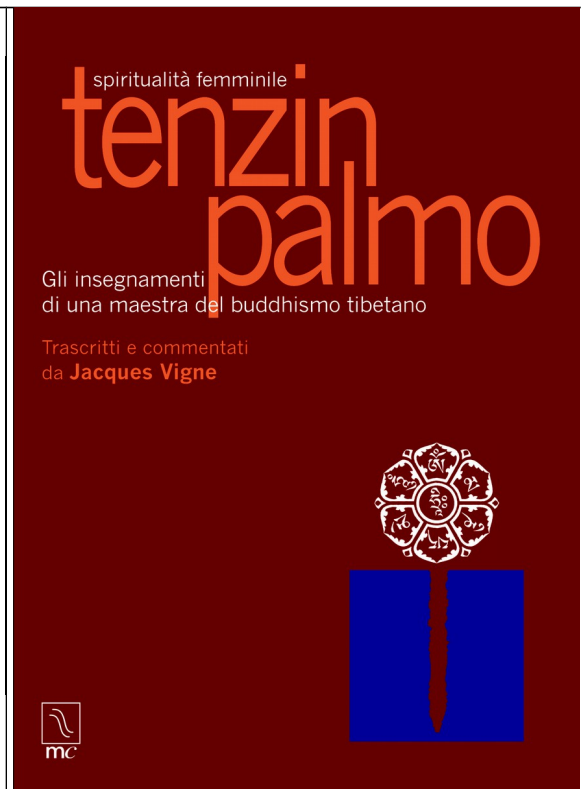


THE TEACHINGS OF A MASTER OF TIBETAN BUDDHISM COLLECTED BY JACQUES VIGNE

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Author	Jacques Vigne	
Title	TENZIN PALMO Spirituality of Women – Teachings of a master of Tibetan Buddhism	
ISBN	978-88-88432-46-5	
Format	15x21	
Pages	208 - printed on  paper	
Price	Euro 24.00	
Shelf	Spirituality, Meditation, Buddhism, Psychology, Religions	
Released	October 2016	



Born in the West, Tenzin Palmo intuitively knows our limits in understanding Buddhism, and translates in simple words teachings that can help us in life and our daily activities. What makes her style pleasant and genuine is the way she relates with readers: Tenzin Palmo never puts herself on a pedestal, as sometimes spiritual teachers tend to do.

Jacques Vigne

The **first book in Italian** on the personality and teachings of Tenzin Palmo: an opportunity to meet Buddhist tenets of the Tibetan tradition through the narrative of her life.

Raised in London, one of the first Western women to be ordained Buddhist nun, Tenzin Palmo spent twelve years in retreat, living in a cave in the Himalayan forest. Subsequently she **founded the Dongyu Gatsal Ling community of nuns**, re-establishing the tradition of women orders that was so important in Tibetan history.

This is one of the reasons why Tenzin Palmo in 2008 has been awarded the title of *Jetsunma*, Reverend Lady.

The book contains her teachings on the “Seven ways of training the mind”, collected live by Jacques Vigne during two recent seminars held in India: the *Lojong* or Training of the Mind is **a basic text of Buddhism**, an ancient compilation of precepts that allow to transform ordinary situations, positive or negative, in opportunities to unfold and evolve one’s mind.

The purpose is to educate the mind and change habits that make us suffer. Many questions asked by participants to the seminars, based on personal experiences, are also reported. Answers supplied by Tenzin Palmo indicate **the road to interior peace in a world that puts us to test.**

The author

Jacques Vigne, a French psychiatrist that has been living in India for twenty years, has written important texts that bridge Western science and Indian philosophy.

In Italy MC Editrice has published, of Jacques Vigne: *Vijayânanda, Un medico francese in Himalaya*, Milano 2007, *Anoressia e conoscenza interiore*, Milano 2010, *Meditazione, emozioni e corpo cosciente*, Milano 2012, *Dalla depressione alla rinascita*, Milano 2013, *Guarire con il sole e con la terra*, Milano 2014, *L’urgenza di una meditazione laica*, Milano 2015, *Il gioco delle parole aperte*, Milano 2015



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