



Taming the Tiger: Tibetan Teaching for Improving Daily Life

By Akong Tulku Rinpoche

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Taming the Tiger: Tibetan Teaching for Improving Daily Life, Akong Tulku Rinpoche, TAMING THE TIGER is based on twenty years Buddhist teaching in the West and aims to help anyone seeking the truth about suffering and happiness. The first part of the book deals with topics such as Impermanence, The Right Motivation, Facing the Situation, Body, Speech and Mind, Compassion, and Mindfulness. The second part is devoted to exercises, meditations and relaxation techniques for body and mind, including Feeling, Openness, Taking Suffering, Bringing the Buddha to Life and Universal Compassion. The exercises, designed to provide a base of self-knowledge, mind-therapy and self-healing have also been found beneficial in therapy workshops and in the treatment of psychological problems. TAMING THE TIGER comes from the Samye-Ling Tibetan Centre in Eskdalemuir, Scotland. This long-established community is well-known for its Buddhist teachings and for helping to preserve Tibetan culture. It is also increasingly renowned for its therapy courses and humanitarian activities. In 1992, Samye-Ling bought Holy Island as a retreat centre.



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