



Buddhist Offerings: 365 Days

Olivier Follmi, Danielle Follmi

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In this follow-up to "Buddhist Himalayas", Olivier and Danielle Follmi have once more worked in vivid colour to document the beauty of the majestic Himalayan landscape, while delving yet deeper into the wisdom of the Tibetans. Each of the images presented here is mirrored by a meditation from one of the great masters and thinkers of Tibetan Buddhism, among them His Holiness the Dalai Lama, Kalou Rinpoche, Chogyam Trungpa, Anagarika Govinda and Shabkar. These insights, divided into 52 themes to follow the rhythm of the year, encompass subjects that touch all humanity: from money, health and faith to trust and love. Their wisdom and power offer a means for daily meditation, whatever the reader's beliefs or religious traditions.



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