



RTC- LIBRARY E-NEWSLETTER



WELCOME TO THE RTC- LIBRARY NEWSLETTER -DECEMBER 2023

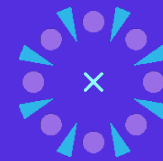
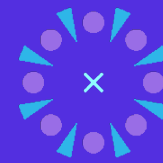


The Ultimate Goal

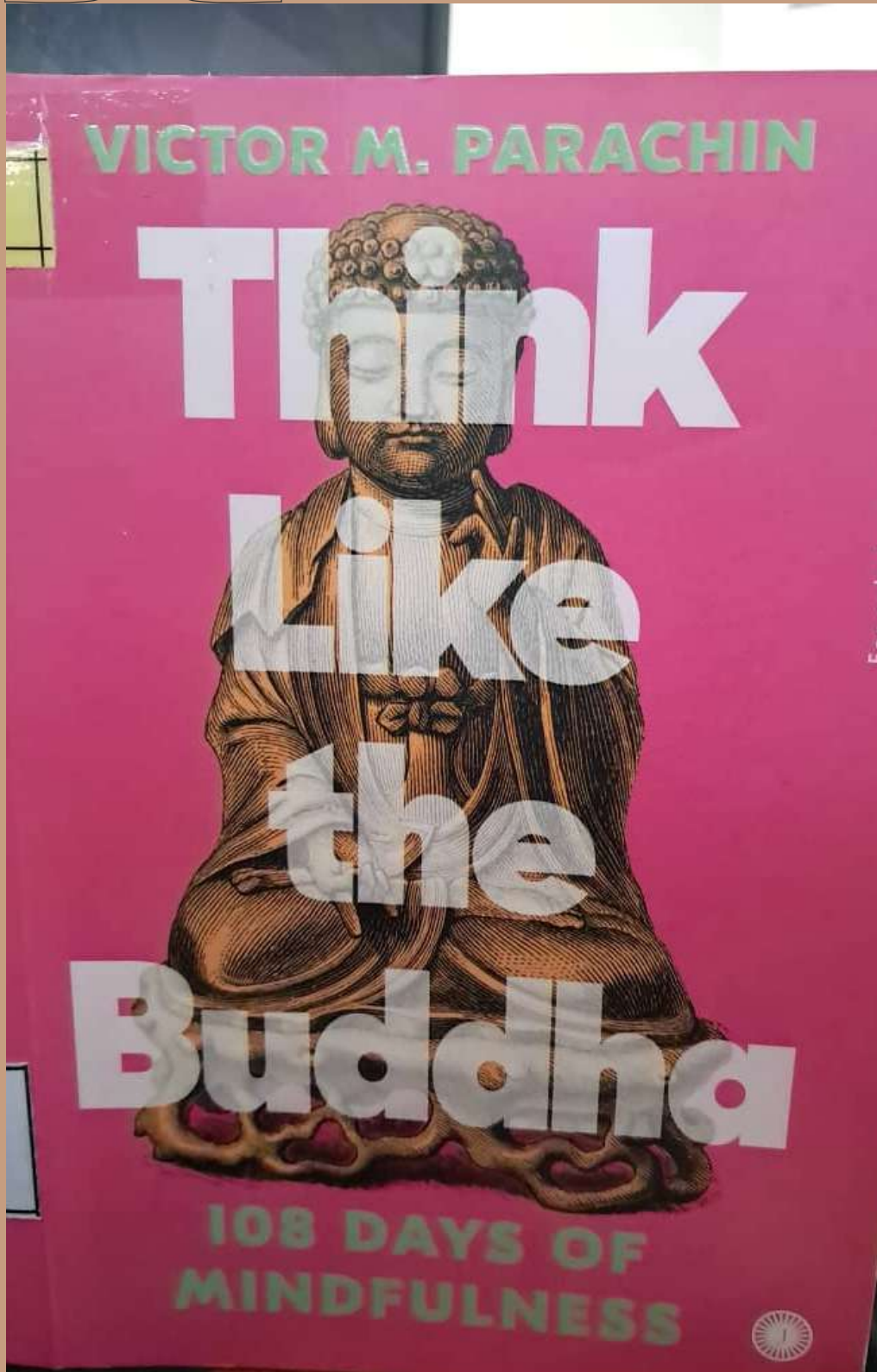
In the edge of absolute serenity lies the ultimate concept of imperfection, illuminating the ever existing idea that an individual must be of perfect virtue and honor both in the physical and of the mental. In the course of achieving perfection myself, the thoughts became haunting, dreams became mere realities and as a person confidence deprived. But in turn for what? A sense of empathy developed, enthusiasm to understand life arose and the conditioned mind was ever immune to hazardous behavior. From such came to a realization that a striking change can be often brought about by the simplest hurdles and melancholics when all that's crucial is one's attitude. Desperately wanting to be woken up from the world of dreams is a striving goal.

"In the world of dreams, what people desperately need is to wake up."

© Phuntsho Wangchuk Rinzin



Think Like the Buddha



This book presents mindfulness teachings via short insights or meditations. All too often we “forget” to be present. We neglect being mindful when eating, listening, speaking, working, studying, seeing the sunrise and the sunset, being with friends or sipping a cup of tea. As a result, we fail to live our lives to the fullest potential and experience the joy of living. The Buddha, who was the planet’s most prominent practitioner of mindfulness, taught this technique to others.



Think Like the Buddha offers reflections for 108 days of mindfulness. The stories and lessons are brought together to provide insight, information, instruction and inspiration for the reader to cultivate this practice daily. The book is very “user friendly”, immediately applicable regardless of any background in Buddhism, and is thus useful to complete beginners.

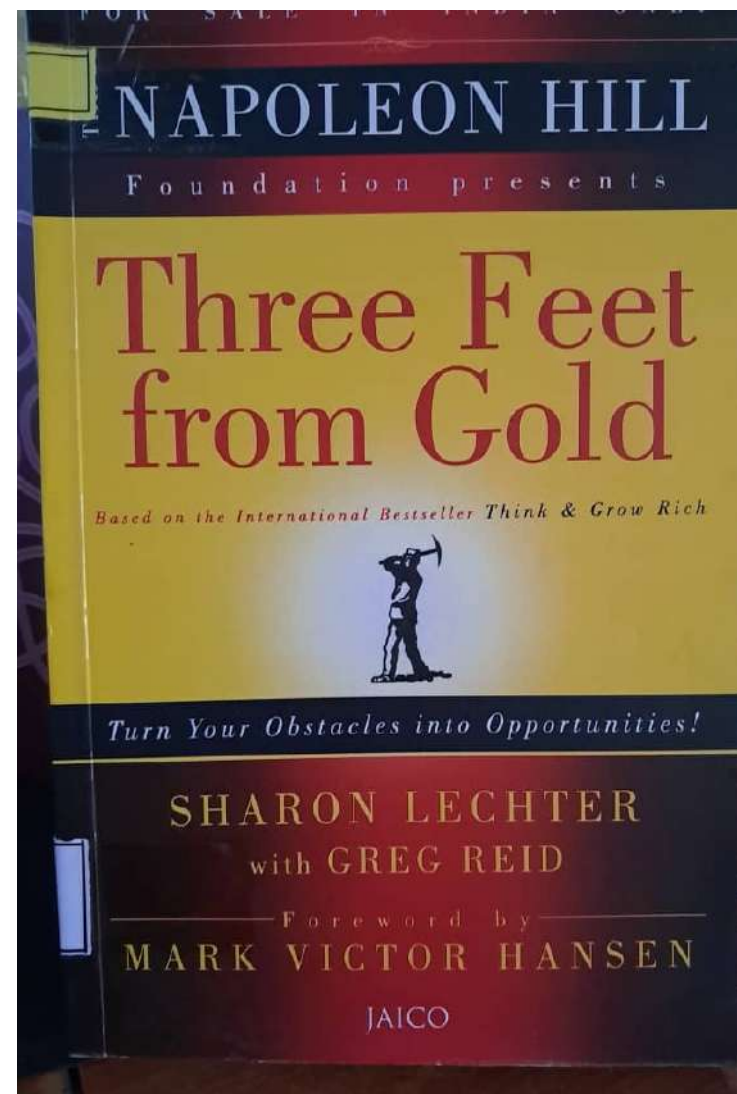
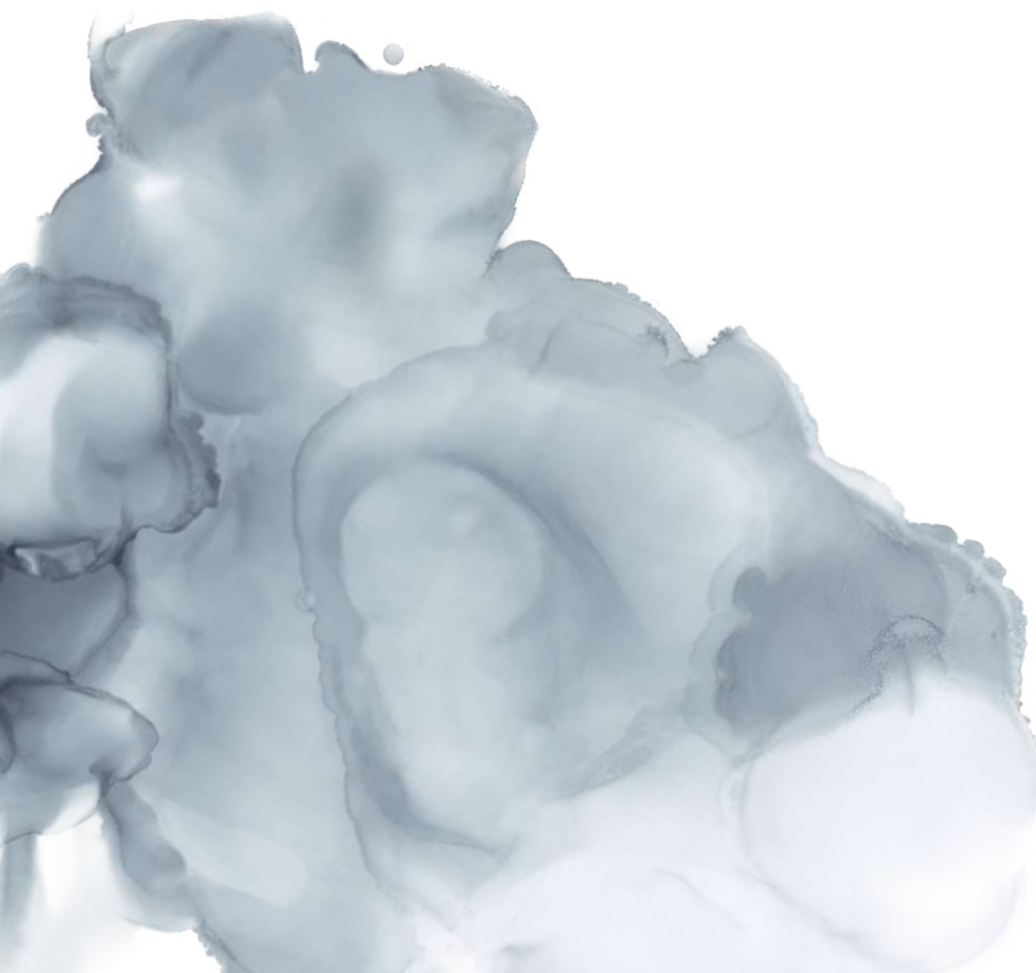


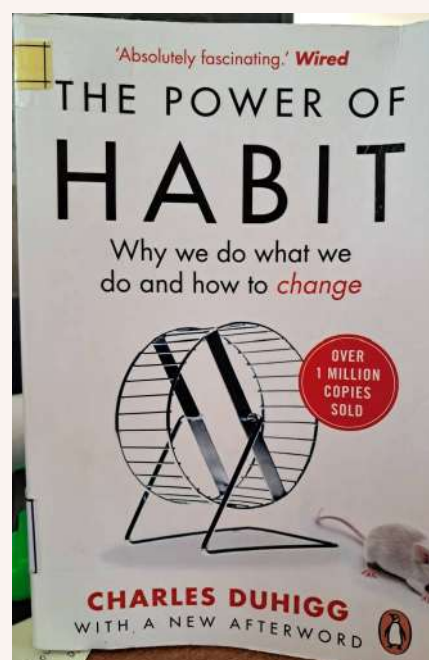
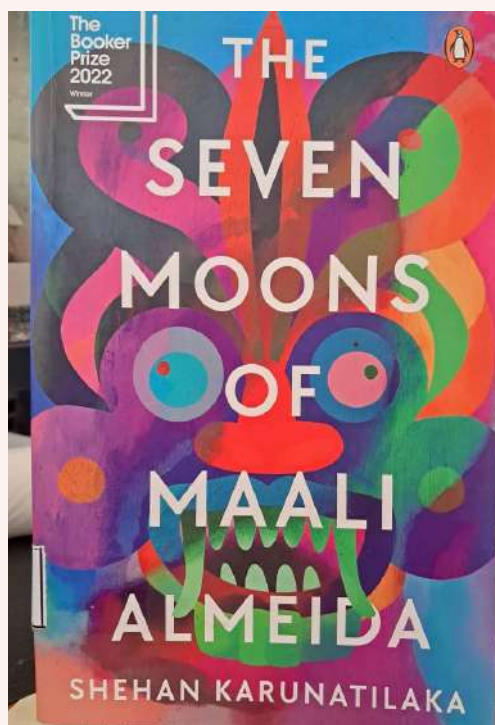
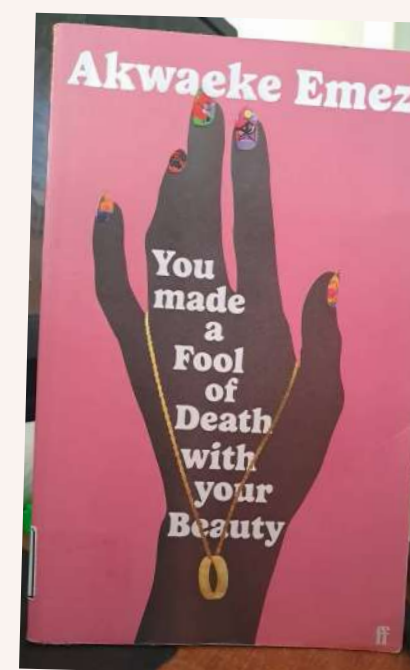
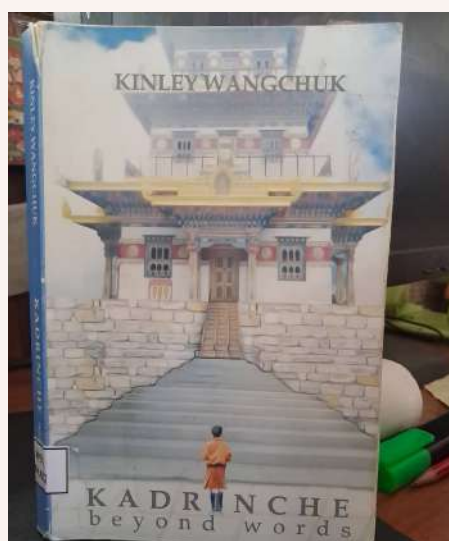
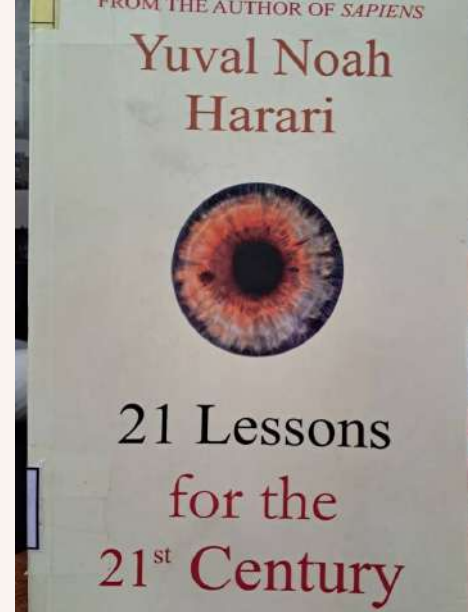
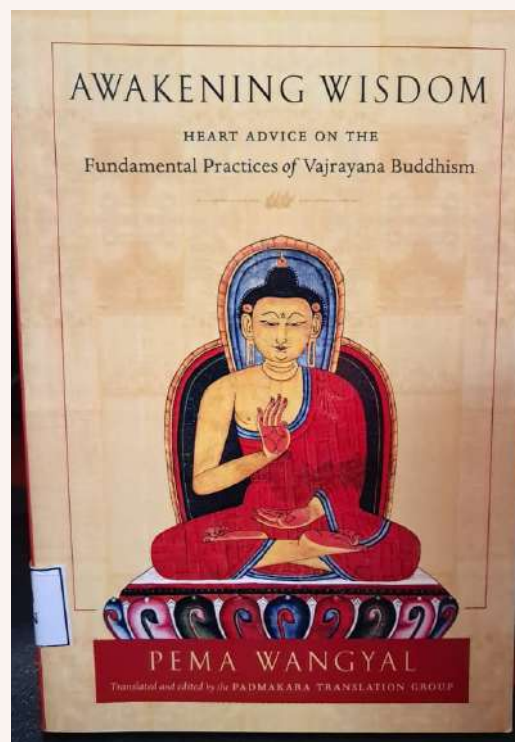
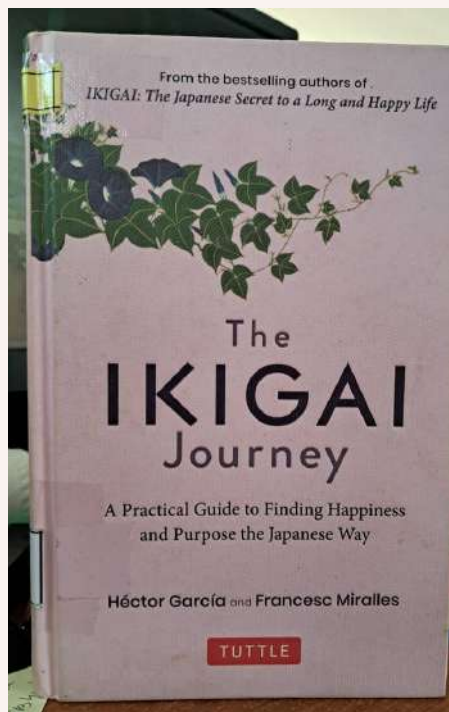
The stories and teachings in this book cover a wide variety of specific topics—divorce, illness, losing a job, determining a course of action, etc. All these meditations are infused with the message of compassion that all today are hungering for.

THREE FEET FROM GOLD

This is the book that inspired Little Conversations Today. This book has had the most impact on me than any other book I have read to date. The impact came about 10 pages into this 156 page masterpiece and is a MUST READ for everyone. This book changed the way we view EVERYTHING. When you read this book the first thing you will realize is the EVERYONE has adversities and faces almost insurmountable walls on their pathway in life. The difference is that people who truly make a difference in the world, see the wall and climb it instead of turning around and giving up. Temporary defeat seems to be a part of everyones life, so let's make sure it remains temporary.

Sharon Lechter and Greg Reid with The Napoleon Hill Foundation have truly shared a new vision for us all, no matter what we consider success to be. We all hit a point where we are faced to make a decision, do we move forward or give up "Three Feet From Gold"?





This moment

Consciousness, how distinct and enigmatic it is. The idea that it was the sole reason for literally everything we know of and perceive as of now. The unnoticeable little collisions happening billions of times at this moment. The air flowing swiftly, movement of gentle waters, mother nature ever brewing beauty and disasters. Tiny creatures fluttering over the soft perfumed fragrances of florets' ever perceiving of beauty light and its hues. An array of different yet similar phenomena of perfect yet flawed, beautiful but scared and flavorful yet tasteless. Just a fraction of these and countless more, and then i will have some idea on consciousness.

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Introducing Pickleball to the college community.



The Virtual Library



Digital Resources
Passwords

Research4Life

username: BHU523
password: 13313

Sage Knowledge

Log into Research4Life
Copy & paste URL in separate
window

ScienceDirect Scopus

Log into Research4Life
Access through Institution:
Research4Life

The Economist

username: library@rtc.bt
password: bhutan2022

library@rtc.bt

*Need help searching the
databases? Book an appointment*

RTC DATABASES, EJOURNALS &
DIGITAL RESOURCES

Accessible through the MyRTC
Library Portal:

A-Z RTC Digital Resources &
Databases

Research4Life (direct link)

Need help in searching the
databases? Just 'Ask A Librarian'

KOHA ACCOUNT

If you are interested in having
access to your koha account,
please visit the library front
desk to get your username
and password or send us an
email at library@rtc.bt

RENEWAL OF LIBRARY BOOKS - CAN BE DONE THROUGH EMAIL

Step 1: You will receive an
automated email from the
library when the due is near.

Step 2: If you would like to
renew, Please reply to the
same email.

Step 3: Library staff will
renew your book and send
you the new due date.