



# La Meditacion Paso a Paso (Spanish Edition)

*Dalai Lama XIV*

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## **La Meditacion Paso a Paso (Spanish Edition)** Dalai Lama XIV

Con la humildad que distingue a todo hombre que conoce las enseñanzas del pasado, Su Santidad el Dalai Lama nos ofrece en estas páginas un comentario brillante de uno de los libros de meditación más venerados en Tíbet: se trata de Las etapas de la meditación, un manual escrito por el maestro Kamalashila durante su estancia en el país de las nieves a principios del siglo IX.

Tras insistir en la práctica de la compasión hacia todos los seres creados, el maestro nos llevará por el camino que cultiva la calma mental, don indispensable para aprender a orientarse en las tormentas de la vida, hasta llegar al despertar definitivo de la conciencia y al contacto íntimo con el ser.

Artífices pero también esclavos de una época que nos reclama cada vez más rapidez y eficacia, todos volveremos a encontrar en La meditación paso a paso ese sosiego tan deseado que nos reconcilia con la parte más honda de nuestro espíritu.

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