



El libro del ego: Liberarse de la ilusión (Spanish Edition)

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Osho nos muestra el camino para liberarnos de nuestro ego y llegar a ser nosotros mismos.

Fundamentos para una nueva humanidad.

El ego es justo lo contrario de nuestro verdadero ser. No es ese sustrato de nuestra existencia en el que nos reconocemos, sino una falsa identidad que adoptamos en nuestro proceso de socialización precisamente para que, reflexionando sobre lo accesorio, no nos planteemos preguntas sobre lo verdadero. El ego es un envoltorio de nuestra conciencia y, a menos que nos liberemos de él, jamás llegaremos a conocernos.

Al ser un engaño, el ego rehúye lo sencillo, pues lo delata; lo difícil sí es un reto para él, y lo imposible un reto de verdad. Así pues, cuanto mayor sea el reto que aceptemos, mayor será el ego que estamos construyendo en nosotros mismos: es nuestra ambición la que dará la medida de nuestro ego, que es también la medida de nuestro fracaso.

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