

Descargar Libro En Línea PDF Epub Mobi Español Abrir La Mano Del Pensamiento - Kosho Uchiyama



Descargar libro en línea PDF epub mobi Español Abrir la mano del pensamiento Kosho Uchiyama , Este libro describe la práctica del zazen con una claridad y sencillez inusuales. Los numerosos ejemplos de la vida cotidiana a los que recurre el maestro Uchiyama demuestran que el Zen, lejos de tratarse de un camino ultramundano, consiste en descubrir con honestidad quiénes somos y desarrollar todo nuestro potencial en las actividades cotidianas. Las claves están en lo que el autor describe como el regreso a una experiencia anterior a las elaboraciones mentales que nos impiden vivir la vida en toda su dimensión y la confianza en nuestro ser íntimo, más allá de las complicaciones y las competencias.

Además de explicaciones sobre la postura y las bases de la meditación, esta obra incluye el famoso discurso de despedida como abad del templo de Antaiji, en el que Uchiyama sintetiza su experiencia y sus enseñanzas.

Con toques de humor, filosófico por momentos y siempre ameno, Abrir la mano del pensamiento es, ante todo, un gran libro para el practicante budista, especialmente útil para

quienes aún no han encontrado un maestro Zen.

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