

Descargar Libro En Línea PDF Epub Mobi Español En Mis Propias Palabras - Dalai Lama



Descargar libro en línea PDF epub mobi Español En mis propias palabras Dalai Lama , El pensamiento de un icono espiritual de nuestro tiempo: una guía para la buena meditación y las enseñanzas básicas del budismo.

El Dalai Lama ofrece aquí fundamentos budistas claves para aplicar en la vida cotidiana. Su Santidad define la noción de felicidad, de karma, habla del poder de la mente en la meditación y, finalmente, nos apela a tener un sentimiento de responsabilidad universal que guíe nuestras relaciones en este mundo cada vez más fragmentado.

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