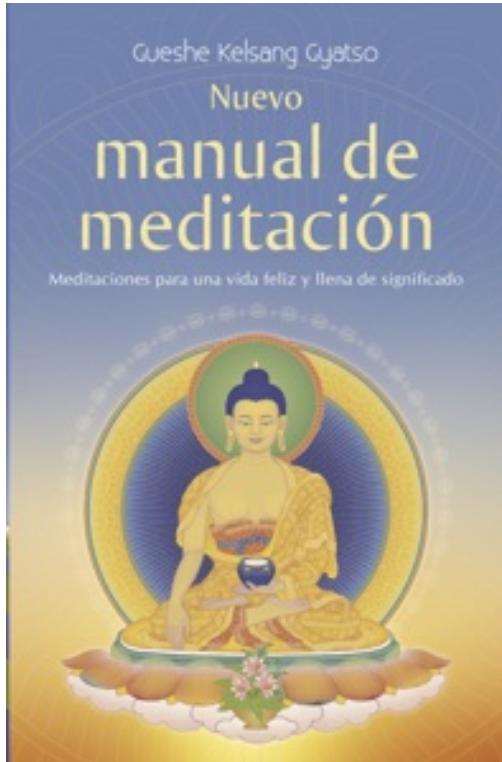


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Descargar libro en línea PDF epub mobi Español Nuevo manual de meditación Gueshe Kelsang Gyatso , Este práctico manual, que goza de gran popularidad, nos permite descubrir la paz interior y la claridad mental que se obtienen mediante la práctica de la meditación. Tras una introducción a la meditación -sus beneficios y cómo comenzar y mantener la práctica de la meditación-, el autor expone con claridad las diferentes clases de meditación, enseñándonos a dar sentido a nuestra vida, a liberarnos del sufrimiento y a cultivar las mentes de amor y compasión verdaderos.

Si practicamos estas meditaciones, que forman en conjunto el camino budista completo a la iluminación, podremos disfrutar de estados mentales cada vez más apacibles y beneficiosos, transformar nuestra vida cotidiana, desarrollar nuestro potencial espiritual y encontrar en nuestro interior una fuente inagotable de felicidad profunda y duradera. Para aquellos que estén interesados en la meditación budista, este libro es una guía y compañero perfectos.

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