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Pema Chodron

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Cada vez son mas las personas que sienten un intimo y profundo anhelo de autenticidad, de union, compasion y vitalidad. Pema Chodron nos da en este libro una llave de oro para atender ese anhelo. Se trata de una guia clara y facil que muestra al lector como abrir la mente para abrazar la totalidad de su experiencia al tiempo que descubra las bases de la meditacion, desde los detalles posturales y la respiracion hasta como cultivar una actitud de amistad incondicional; como los momentos de dificultad se pueden convertir en puertas hacia el amor y el despertar; el arte de estabilizar la mente y permanecer presente ante cualquier circunstancia; como hacer que los pensamientos y emociones sean alegrias, en lugar de obstaculos. Un libro indispensable, tanto para el maestro de meditacion como para el principiante. / When we look for a meditation teacher, we want someone who has an intimate knowledge of the path. That's why so many have turned to Pema Chodron, whose gentle yet straightforward guidance has been a lifesaver for meditators. This book explores in-depth what the author considers the essentials for an evolving practice that helps you live in a wholehearted way.

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