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Pacificar la mente

*Meditación sobre las Cuatro  
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EL VIAJE INTERIOR

# Pacificar La Mente

**Luis del Mármol Carvajal**

## Pacificar La Mente:

**Pacificar la mente** Dalai Lama,2000-04-02 Esta obra se compone de ocho conferencias que el Dalai Lama imparti en 1997 en un centro budista de Saboya Tambi n presenta las cuestiones que le formularon y las contestaciones dadas por l Entre los diferentes temas se incluyen Qu es el karma las tres clases de sufrimiento qu es la ignorancia en la filosof a budista pueden los animales alcanzar la iluminaci n por qu el budismo afirma que el esp ritu es luminoso los ant dotos para las emociones negativas y la importancia de la compasi n Todas las tradiciones budistas se basan en la primera enunciaci n de la ense anza de las Cuatro Nobles Verdades de Buda que hablan de la realidad del sufrimiento su origen la posibilidad de curar de todos los hombres y los medios pr cticos de acceder a esa terapia del alma del cuerpo y del esp ritu Con erudici n y profundidad el Dalai Lama revisa esas verdades fundamentales del budismo para mostrar su valor universal Su comentario tradicional y al mismo tiempo audaz racional y m stico siempre centrado en la experiencia nos hace comprender por qu se conoce a este hombre excepcional como Oc a o de Sabidur a **Pacificar la mente** Dalai Lama XIV

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