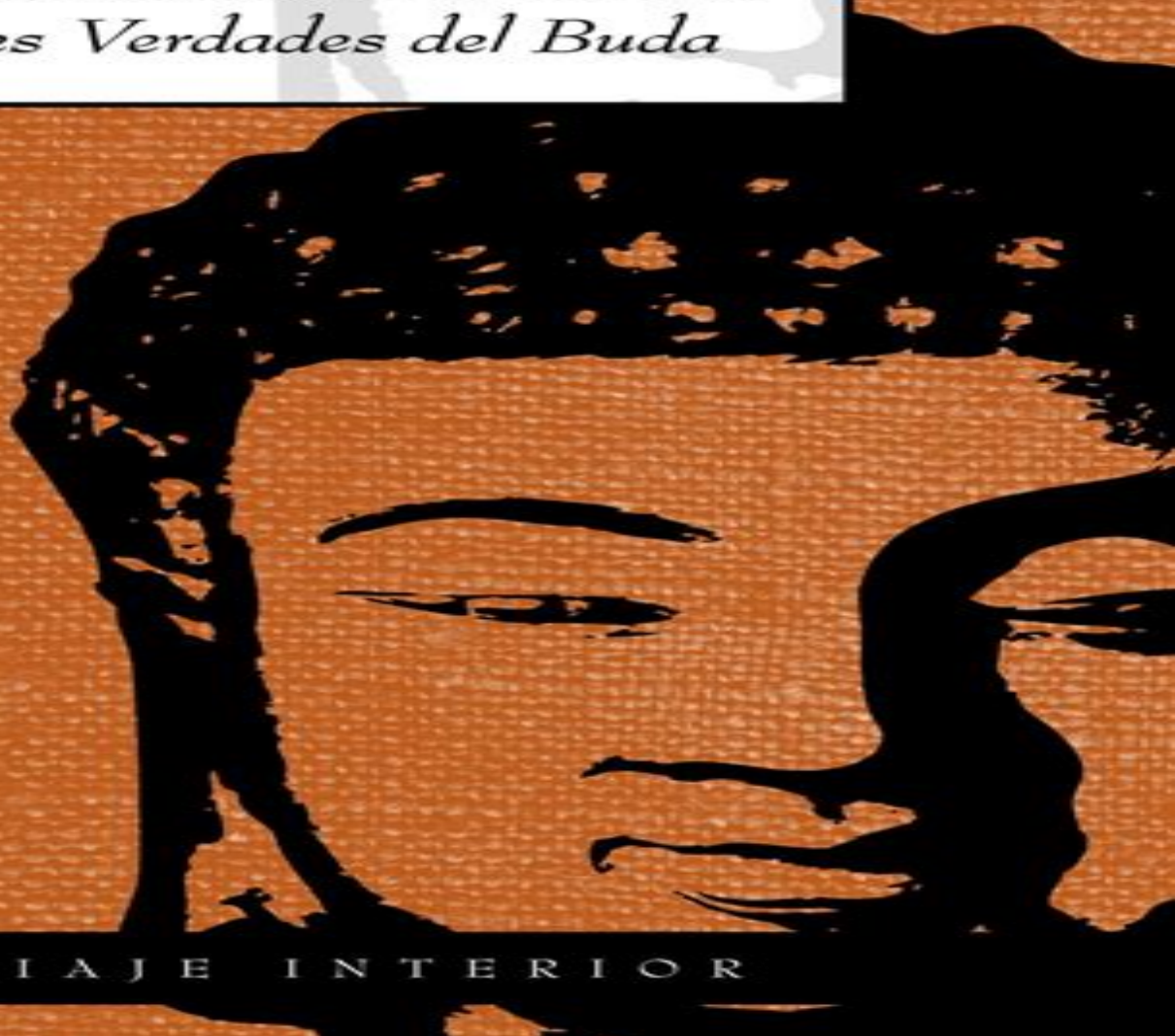


DALAI LAMA

Pacificar la mente

*Meditación sobre las Cuatro
Nobles Verdades del Buda*

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 impartió en 1997 en un centro budista de Saboya También presenta las cuestiones que le formularon y las contestaciones dadas por él Entre los diferentes temas se incluyen Qué es el karma las tres clases de sufrimiento qué es la ignorancia en la filosofía budista pueden los animales alcanzar la iluminación por qué el budismo afirma que el espíritu es luminoso los antidotos para las emociones negativas y la importancia de la compasión Todas las tradiciones budistas se basan en la primera enunciación de la enseñanza 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 prácticos de acceder a esa terapia del alma del cuerpo y del espíritu Con erudición 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 místico siempre centrado en la experiencia nos hace comprender por qué se conoce a este hombre excepcional como Océano de Sabiduría **Pacificar la mente** Dalai Lama XIV

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