



Guía de las obras del Bodhisatva (Guide to the Bodhisattva's Way of Life): Cómo disfrutar de una vida altruista y llena de significado (Spanish Edition)

Gueshe Kelsang Gyatso, Shantideva

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"Este famoso y universalmente admirado poema para la vida diaria ha inspirado a innumerables generaciones de budistas y no budistas desde que fue compuesto en el siglo VIII por el reconocido maestro budista indio Shantideva. Leer con detenimiento estas estrofas contemplando su significado tiene un profundo y efecto liberador sobre la mente. Este poema inspira estados mentales positivos, nos ayuda a transformar el sufrimiento y el conflicto en felicidad y paz, y nos introduce de manera gradual en el camino budista mahayana completo hacia la iluminacion."



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