



Despertar. Taller de conciencia (Spanish Edition)

José Besil Bardawil

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Invertimos mucho tiempo, dinero y esfuerzo para capacitarnos en conocimientos racionales y materiales, pero nos olvidamos de conocer y comprender nuestra naturaleza emocional y espiritual. Ignoramos la necesidad primordial de saber quiénes somos, desde antes de nuestra concepción y hasta después de nuestra transición del mundo material, pasando por la herencia genética, religiosa, cultural y social, sin analizar ni comprender nuestros pensamientos, miedos, sentimientos, emociones y los estados de ánimo que nos provocan, al igual que el ego y su gran influencia, sin entender cómo, a través de la meditación y la oración, con la visión del corazón, podemos lograr la paz interior, conocer la verdad y alcanzar la libertad, conectándonos espiritualmente para, así, trascender.

Ésta es la invitación que José Besil nos hace en esta obra: despertar y tomar conciencia de nuestra vida, la que era antes, la que es ahora y la que será por siempre. No hay regalo más valioso que desarrollar la conciencia, pues significa descubrir la presencia de Dios en nosotros.

Despertar. Conciencia de vida es una herramienta valiosa, práctica y útil; además, su contenido y profundidad nos concientizarán acerca de lo más importante que poseemos: nuestra vida y nuestra esencia, para lograr conocer la verdad que nos hará libres.



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