



## La meditación paso a paso (Spanish Edition)

*Dalai Lama*

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# La meditación paso a paso (Spanish Edition)

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**El Dalai Lama nos ofrece en estas páginas un brillante análisis de *Las etapas de la meditación*, uno de los libros más venerados en el Tíbet.**

## La reconciliación con el espíritu

Su Santidad el Dalai Lama nos ofrece en estas páginas un comentario brillante de uno de los libros de meditación más venerados en el Tíbet: *Las etapas de la meditación*, un manual escrito por el maestro Kamalashila a principios del siglo IX. El maestro nos ayudará a cultivar la calma mental hasta llegar al despertar definitivo de la conciencia, al contacto íntimo con el ser.

Artífices pero también esclavos de una época que nos reclama cada vez más rapidez y eficacia, todos volveremos a encontrar en *La meditación paso a paso* ese sosiego tan deseado que nos reconcilia con la parte más honda de nuestro espíritu.



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