



Cómo comprender la mente: La naturaleza y el poder de la mente (Spanish Edition)

Gueshe Kelsang Gyatso

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Este libro nos ofrece una profunda exposición de la mente y nos muestra cómo integrar el entendimiento de su naturaleza y funciones de manera práctica en las experiencias diarias para mejorar nuestra vida. La primera parte es una guía práctica para cultivar y mantener una mente positiva y abierta, nos muestra cómo identificar los estados mentales que nos perjudican y la manera de abandonarlos y reemplazarlos por otros beneficiosos y apacibles.

En la segunda parte se describen con detalle las diversas clases de mente y se revela la profundidad del conocimiento budista sobre la mente. Al final hay una exposición detallada sobre la meditación, que muestra que si controlamos y transformamos nuestra mente, alcanzaremos un estado duradero de gozo, que no está condicionado por las circunstancias externas.

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