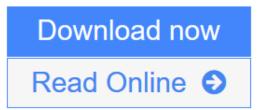


# ABRE TU CORAZÓN, ABRE TU MENTE (Spanish Edition)

TSOKNYI RINPOCHE



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Tsoknyi Rinpoche, uno de los maestros de meditación más destacados en el budismo tibetano actual, nos muestra en este libro cómo una vida libre de miedo, dolor, inseguridades y dudas, no solo es posible, sino que se trata de nuestro derecho inalienable. Todos podemos disfrutar de paz interior, amar y ser amados abierta y libremente, y afrontar los desafíos de la vida diaria con confianza y claridad. Dentro de cada uno de nosotros reside una chispa de brillo incomparable, una capacidad ilimitada para la calidez, la apertura y el valor, algo que Rinpoche denomina «amor esencial». Atemporal y eterno, el amor esencial suele estar oculto por comportamientos y creencias que nos llevan a buscar la felicidad en circunstancias y situaciones que nunca cumplen sus promesas. Basándose en enseñanzas poco conocidas del budismo tibetano, Rinpoche nos ofrece en estas páginas una serie de ejercicios de meditación que ayudarán a eliminar las falsas creencias, despertando en nosotros una energía y una claridad que colmarán nuestra vida e inspirarán al mundo.



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