



Mente radiante: "Aprende a usar tu mente (Spanish Edition)

Peter Fenner

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Nuestro estilo de vida occidental hace que en muchas ocasiones nos cueste comprender y practicar la filosofía y las enseñanzas orientales. Este libro surge de la intención de hacer accesibles estas enseñanzas, de liberarlas de toda religiosidad y de mostrar a los lectores los principios y las potencialidades que podemos encontrar en ellas en nuestra vida diaria. Según el autor se puede aprender a vivir como un individuo único al mismo tiempo que liberado y capaz de identificarse con toda la existencia, en un estado que él llama de "mente radiante". Peter Fenner cristaliza la sabiduría contemplativa de Oriente en una guía esclarecedora y accesible para vivir libres de la torpeza y de la ignorancia que nos impiden simplemente "ser" sin apellidos. Este libro te enseñará entre otras cosas: * A vivir aquí y ahora sin ser controlado por tus deseos inmediatos. * A profundizar en tu identidad única y con la naturaleza. * A usar la comunicación como un camino de apertura para ti y para otros. * A emplear herramientas para identificar tus fuentes conscientes e inconscientes de sufrimiento y aprender a trascenderlas.

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