



SABIA COMO UN ÁRBOL (Spanish Edition)

Jean Shinoda Bolen

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Sabia como un árbol nació de los paseos cotidianos que Jean Shinoda Bolen realiza por los bosques californianos y de su dolor por la muerte de un pino de Monterrey que fue talado en su barrio. El libro es una exploración poética, pedagógica, mística y realista de la interdependencia de los seres humanos y los árboles. Como sus libros anteriores, este se sustenta en su experiencia como doctora en medicina, psiquiatra y analista junguiana. La elegante visión de los árboles que aquí se nos ofrece abarca desde su fisiología hasta su papel como arquetipos y símbolos sagrados. Para ello, Bolen se apoya en la sabiduría tradicional de muchas culturas y épocas; en voces tan diversas como las de Hildegarda de Bingen, el Buda, John Muir, Greenpeace, C.G. Jung, Artemisa o el Tao. Escribe con elocuencia acerca de la deforestación, el calentamiento global y la superpoblación, así como de la labor de Amnistía Internacional y de la Comisión sobre el Estatus de la Mujer en Naciones Unidas. Con su habitual claridad y elegancia nos muestra cómo el aire y el agua que necesitamos para la vida dependen de los árboles, y cómo estos dependen de que nosotros los salvemos. Sabia como un árbol es un potente llamamiento al activismo espiritual y a un feminismo de lo sagrado femenino.

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