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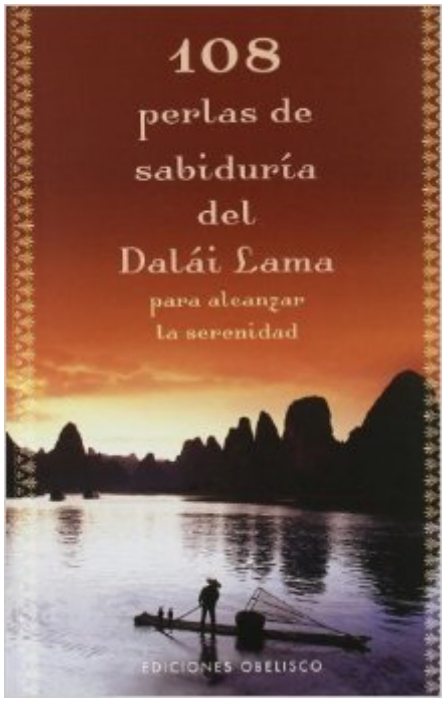

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Synopsis

Las enseÃ anzas del Dalai Lama, llenas de sensatez y de una sabiduria pragmatica, acompaÃ an dia a dia en esa Via de la transformacion espiritual que es el budismo tibetano. Con esta obra, en la que se proponen ocho meditaciones, cifra que representa las 108 cuentas del rosario, el mala, con el que se practican y recitan los mantras, esas oraciones que ayudan a calmar el espiritu y el corazon, la autora espera inspirar al lector, y, al mismo tiempo, ayudarle a rozar con la punta de los dedos la compasion, la tolerancia, el amor, la bondad y el respeto infinito por los demas. / Reflections from the Journey of Life is a collection of some of the Dalai Lama's most inspirational edicts, taken from Catherine Barry's personal interviews with him. The themes are love and happiness, emotions, unity of all life, violence, death, the environment, desire, humility, and more. A true guide to universal wisdom, this book offers contemplations and advice on the ever-changing moods of the soul and spirit. His wisdom comes not only from the knowledge bequeathed to him through lineage, but also from his life experiences and depth of empathy for humankind. The Dalai Lama shares his unparalleled insight, tolerance, and understanding with a wide-ranging scope.

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