



EL BUDA ENTRA EN UN BAR (Spanish Edition)

Lodro Rinzler

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He aquí una presentación inteligente, divertida y sensata de la enseñanza liberadora del budismo. Una guía que invita a reflexionar sobre nosotros mismos sin tomarse el camino espiritual como una losa ni colocar al budismo en un pedestal. El autor no pretende que el lector inicie un drástico camino de transformación personal, encuentre la iluminación o cambie radicalmente de estilo de vida, sino simplemente que viva con un poco más de compasión, con más sosiego y disfrute más. Con un tono desenfadado y directo, el autor explica las enseñanzas budistas y su estrecha relación con los aspectos más cotidianos: los amigos, el dinero, la salud, el sexo... Para ello, explora los tres vehículos del budismo tradicional y la enseñanza de Shambhala y ofrece consejos prácticos y sencillos que nos ayudarán a sincronizar con nuestra propia brújula moral y la dignidad de nuestro corazón.

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