



Caminando el Zen (Spanish Edition)

Pedro San José Garcés

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«El camino del zen comienza con el reconocimiento de tu propia realidad.

El reconocimiento de quien realmente eres, desde la práctica de la plena atención, te llevará a olvidar quien aparentemente eres. El olvido de quien aparentemente eres te llevará a la experiencia de unidad con todas las cosas. El camino del zen que te propongo es el camino de la cotidianidad. Su práctica te exige enfrentarte a tus propias heridas y sanarlas. Te exige enfrentarte a la vida, instante a instante, momento a momento, de forma directa, tal y como es. Es rendirte amorosamente a la existencia. Esto transformará tu vida. Camina con nosotros.»

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