



El libro tibetano de la vida y de la muerte (Spanish Edition)

Sogyal Rinpoche

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En este exhaustivo trabajo, el maestro de meditacion budista y conferenciante internacional Sogyal Rinpoche presenta unas sencillas y poderosas practicas de la tradicion tibetana, asequibles a cualquier persona sea cual sea su religion o tradicion cultural, para que pueda transformar su vida, prepararse para la muerte y ayudar a los moribundos. El libro tibetano de la vida y de la muerte expone con claridad y un rigor sin precedentes la majestuosa vision que nos ofrece el Libro tibetano de los muertos y combina la milenaria sabiduria de Tibet con la moderna investigacion sobre la muerte, los moribundos y la naturaleza del universo para comprender, encarnar e integrar las ensenanzas budistas a la vida cotidiana. Sogyal Rinpoche nos ofrece no solo una obra maestra espiritual, sino tambien un manual, una guia, un libro de consulta y una fuente de inspiracion sagrada. / Popular Tibetan teacher Sogyal Rinpoche has transformed the Tibetan Book of the Dead, conveying a perennial philosophy that is at once religious, scientific, and practical. Through extraordinary anecdotes, Rinpoche introduces the reader to the fundamentals of Tibetan Buddhism.

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