



¿QUIÉN ES MI YO? (Spanish Edition)

Ayya Khema

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En este exquisito manual de una de las enseñanzas más importantes del Buddha, Ayya Khema nos guía hacia una mayor comprensión de la verdadera naturaleza del «yo». Interpretando el Pothapada-sutta, uno de los textos fundamentales sobre meditación, con ejemplos extraídos de su larga trayectoria, la autora explica la práctica de meditación budista tal vez más efectiva para la transformación personal. En este recorrido, el lector aprenderá sobre el lenguaje, las costumbres y la cultura de la época en la que el Buddha dio este discurso, a la vez que se sorprenderá de la enorme vigencia de su mensaje, tanto a nivel personal como social. La autora señala así el camino marcado por el propio Buddha, un camino que produce en quien lo transita una alegría trascendente y conduce a la liberación del sufrimiento.

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