



Abre tu corazon, abre tu mente (Spanish Edition)

Tsoknyi Rinpoche

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Los sencillos ejercicios de meditacion expuestos en este libro, amenizados con anécdotas y un gran sentido del humor, nutrirán el corazon del lector ayudandole a lograr una vida mas consciente y a abrazar el gran anhelo del ser humano: ser feliz. El mensaje de Tsoknyi Rinpoche establece un puente entre la sabiduria antigua y la vida moderna para acercarnos al amor esencial. / The author explains that a life free of fear, pain and doubt its our birthright. We long for the ability to love and be loved openly and freely, and for the confidence and clarity to meet the challenges we face in our daily lives. Within each of us resides a spark of unparalleled brilliance, an unlimited capacity for warmth, which Rinpoche identifies as essence love.

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