



Corazón de la sabiduría (Heart of Wisdom): Comentario al Sutra del Corazón (Spanish Edition)

Gueshe Kelsang Gyatso

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In this clear and detailed commentary to the "Essence of Wisdom" or "Heart Sutra," one of the most popular Mahayana Buddhist texts, the author skilfully explains the dream-like nature of all things, the relationship between our mind and our world, and the extent to which we create our own reality. Through studying, contemplating and meditating on this Sutra we can gain a perfect understanding of the nature of reality, overcome hindrances and difficulties in our daily life and finally overcome the obstacles preventing our attaining the perfect happiness of enlightenment.

"En este claro y detallado comentario a la Esencia de la sabiduría o Sutra del corazón, uno de los mas conocidos textos budistas mahayanas, el autor explica con habilidad la naturaleza ilusoria de todas las cosas, la relacion entre nuestra mente y el mundo, y el modo en que creamos nuestra propia realidad. Si estudiamos y contemplamos este sutra, y meditamos en el, podemos adquirir una comprension perfecta de la naturaleza de la realidad, superar dificultades en nuestra vida diaria y finalmente eliminar los obstaculos que nos impiden lograr la felicidad perfecta de la iluminacion."



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