



Guía de las obras del Bodhisattva (Guide to the Bodhisattva's Way of Life): Cómo disfrutar de una vida altruista y llena de significado (Spanish Edition)

Gueshe Kelsang Gyatso, Shantideva

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This famous and universally loved poem for daily living has inspired many generations of Buddhists and non-Buddhists since it was first composed in the 8th century by the famous Indian Buddhist master Shantideva. This new translation, made under the guidance of Geshe Kelsang Gyatso, conveys the great lucidity and poetic beauty of the original, while preserving its full impact and spiritual insight. Reading these verses slowly, while contemplating their meaning, has a profoundly liberating effect on the mind. The poem invokes special positive states of mind, moves us from suffering and conflict to happiness and peace, and gradually introduces us to the entire Mahayana Buddhist path to enlightenment.

"Este famoso y universalmente admirado poema para la vida diaria ha inspirado a innumerables generaciones de budistas y no budistas desde que fue compuesto en el siglo VIII por el reconocido maestro budista indio Shantideva. Leer con detenimiento estas estrofas contemplando su significado tiene un profundo y efecto liberador sobre la mente. Este poema inspira estados mentales positivos, nos ayuda a transformar el sufrimiento y el conflicto en felicidad y paz, y nos introduce de manera gradual en el camino budista mahayana completo hacia la iluminación."

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