



guía de meditación zen (Spanish Edition)

El Venerable Maestro Miao Tsan

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La práctica Zen busca la purificación de la mente y la meditación es una parte muy importante en este proceso. A través de la meditación, ganarás la capacidad de integrar tu práctica y tu vida y por ende los beneficios de la práctica -pureza y paz de la mente- serán logrados.

El Venerable Maestro Miao Tsan hace una introducción de los fundamentos de la meditación de forma tal que puedas mejorar y profundizar tu práctica espiritual. Describe los pasos a seguir mientras empleas la meditación para domar la mente y mantener la claridad a todo momento. La práctica de la meditación, como la enseña el Maestro, puede ayudarte a elevar y transformar tu vida.

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