



COMO MEDITAR (Spanish Edition)

PEMA CHÖDRÖN



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Cada vez más personas sentimos un íntimo y profundo anhelo de autenticidad, de unión, compasión y vitalidad. Pema Chödrön nos da en este libro una llave de oro para atender ese anhelo. Se trata de un guía clara y fácil que nos muestra cómo abrir la mente para abrazar la totalidad de nuestra experiencia. En él descubrirás:

- * Las bases de la meditación, desde los detalles posturales y la respiración hasta cómo cultivar una actitud de amistad incondicional.
- * Cómo los momentos de dificultad se pueden convertir en puertas hacia el amor y el despertar.
- * El arte de estabilizar la mente y permanecer presente ante cualquier circunstancia.
- * Cómo hacer que los pensamientos y las emociones sean alegrías, en lugar de obstáculos.



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Format: Kindle eBook

About the Author

Ani Pema Chodron was born Deirdre Blomfield-Brown in 1936, in New York City. She attended Miss Porter's School in Connecticut and graduated from the University of California at Berkeley. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren. While in her mid-thirties, Ani Pema traveled to the French Alps and encountered Lama Chime Rinpoche, with whom she studied for several years. She became a novice nun in 1974 while studying with Lama Chime in London. His Holiness the Sixteenth Karmapa came to Scotland at that time, and Ani Pema received her ordination from him. Pema first met her root guru, Chogyam Trungpa Rinpoche, in 1972. Lama Chime encouraged her to work with Rinpoche, and it was with him that she ultimately made her most profound connection, studying with him from 1974 until his death in 1987. At the request of the Sixteenth Karmapa, she received the full bikshuni ordination in the Chinese lineage of Buddhism in 1981 in Hong Kong. Ani Pema served as the director of Karma Dzong in Boulder, Colorado until moving in 1984 to rural Cape Breton, Nova Scotia to be the director of Gampo Abbey. Chogyam Trungpa Rinpoche gave her explicit instructions on establishing this monastery for western monks and nuns. Ani Pema currently teaches in the United States and Canada and plans for an increased amount of time in solitary retreat under the guidance of Venerable Dzigar Kongtrul Rinpoche. She is also a student of Sakyong Mipham Rinpoche, the oldest son and lineage holder of Chogyam Trungpa Rinpoche. Ani Pema is interested in helping establish Tibetan Buddhist monasticism in the West, as well as continuing her work with western Buddhists of all traditions, sharing ideas and teachings. Her non-profit, The Pema Chodron Foundation, was set up to assist in this purpose. She has written several books: "The Wisdom of No Escape", "Start Where You Are", "When Things Fall Apart", "The Places that Scare You", "No Time To Lose", "Practicing Peace in Times of War", "How to Meditate", and "Living Beautifully". All are available from Shambhala Publications and Sounds True.

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