



NACIMIENTO, VIDA Y MUERTE (Spanish Edition)

Chögyal Namkhai Norbu

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Este libro responde a dos cuestiones básicas del ser humano: por un lado, la natural búsqueda de la salud y bienestar cotidiano, y por otro, el cultivo de una dimensión espiritual. En ambos casos hay que abordar el nacimiento, la vida y la muerte con profundidad y concreción. El reconocido maestro Namkhai Norbu comienza exponiendo las características del organismo según lo concibe la medicina tradicional tibetana. En la sección dedicada al nacimiento, se abordan, por ejemplo, las causas secundarias del sexo del bebé y los tipos de constituciones del niño. En la sección correspondiente a la vida, se demuestra cómo la comprensión de las tres puertas del organismo (cuerpo, voz y energía) puede mejorar la salud física, mental y espiritual. Finalmente, el autor aborda el tema de la muerte y nuestra actitud hacia ella, y ofrece una lúcida guía –basada en las enseñanzas del Bardo– para atravesar el cambio de estado que experimentaremos al abandonar nuestro cuerpo. Un libro del que se beneficiarán no sólo los practicantes de dzogchén o del budismo tibetano, sino también quienes deseen indagar en enfoques sobre la salud alternativos a la medicina occidental.

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