



# Viaje hacia el despertar (Crecimiento personal) (Spanish Edition)

*Toni Bernhard*

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## **Viaje hacia el despertar (Crecimiento personal) (Spanish Edition)** Toni Bernhard

“Este libro es un don y una invitación a todos los lectores a despertar.” Joan Halifax, fundadora del Upaya Zen Center ¿Quién no ha soñado con vivir una experiencia semejante a la del Buda, conocer la paz y la serenidad, contar con un santuario interior desde el que contemplar a distancia los vaivenes de la vida? El camino de la iluminación, afirma Toni Bernhard, está a nuestro alcance, sean cuales sean nuestras creencias y por muy complicadas que nos parezcan nuestras circunstancias. Sabiduría, presencia y un corazón abierto: esas son las claves de la sabiduría que Buda nos legó en los antiguos textos y también los grandes temas de este libro. Obligada a soportar una dolorosa experiencia a lo largo de años y años, Toni Bernhard optó por buscar la paz y la satisfacción más allá del dolor y el resentimiento. Fruto de su propio proceso, Toni ha confeccionado la primera guía de budismo adaptada a los lectores del siglo XXI, que traduce la antigua sabiduría a términos universales e incluye prácticas al alcance de todos. Basta con empezar el proceso: la intención es el terreno donde germina la iluminación.

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