



# **Budismo: Un maestro, muchas tradiciones (Spanish Edition)**

*Dalái Lama*

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El budismo es practicado por millones de personas en todo el mundo, desde las cuevas del Himalaya hasta los templos de Japón o los retiros en Estados Unidos. Todas estas tradiciones tienen su origen en las enseñanzas impartidas por un maestro indio hace 2500 años, que se difundieron en todas direcciones y en numerosas lenguas, haciendo del budismo una de las religiones más influyentes en el mundo actual.

En este libro, su Santidad el Dalái Lama y la monja budista estadounidense Thubten Chodron trazan convergencias y divergencias entre las dos principales corrientes budistas: las tradiciones sánscritas del Tíbet y Asia Oriental, y las tradiciones pali de Sri Lanka y el Sudeste Asiático.

Los autores se ocupan de las prácticas y los principios centrales del budismo (las cuatro nobles verdades, la práctica de la meditación, el cultivo del amor, el significado del nirvana, entre otras), y ponen de manifiesto cómo las tradiciones coinciden en ocasiones y difieren en otras, en sus interpretaciones. El planteamiento respetuoso de los autores ilumina las muy diversas maneras en que todas las formas de budismo, en su fecunda diversidad, comparten una herencia y unos objetivos comunes.

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