

Gueshe Kelsang Gyatso

Tesoro de contemplación

EL MODO DE VIDA DEL BODHISATVA



Tesoro De Contemplacion El Modo De Vida Del Bodhisatva

Jessica J Manson



Tesoro De Contemplacion El Modo De Vida Del Bodhisatva:

Tesoro de contemplación Gueshe Kelsang Gyatso, 2013-12-13 Muchas personas tienen el deseo compasivo de beneficiar a los demás pero pocas saben cómo lograrlo en la vida diaria. El Bodhisatva es un amigo del mundo cuya compasión es tan intensa que es capaz de transformar todas sus actividades diarias en medios para beneficiar a los demás. En el célebre y apreciado poema del siglo VIII Gu a de las obras del Bodhisatva del maestro Shantideva se expone con gran primor el camino del Bodhisatva. En su comentario Gueshe Kelsang revela la eficacia y profundidad de este maravilloso poema adaptándolo al mundo moderno. Este práctico manual es esencial para aquellos que desean seguir este modo de vida especial que se caracteriza por su gran empatía y compasión por los demás. **Tesoro de contemplación**, *El Budismo Tibetano Esencial* Robert A. F. Thurman, 1998-05-02 Esta obra es clave para comprender la doctrina que ha llevado a la transformación radical de la sociedad tibetana modificando la conducta personal y comunitaria dirigiéndolas hacia la universalidad del amor y la liberación de la sabiduría. El budismo es una doctrina vigente y liberadora que busca permanentemente el avance evolutivo del hombre y la intensificación de sus emociones, sus percepciones y su inteligencia intuitiva. La esencia del dogma y las enseñanzas de los Budas. La relación del budismo con otras religiones y creencias. La interacción entre budismo y tantrismo. La propagación del budismo desde la India a toda Asia. **Bibliografía española**, 2003 **El voto del Bodhisatva** Gueshe Kelsang Gyatso, 2016-09-04 El tema de este libro es la disciplina moral del Bodhisatva. El término Bodhisatva en sánscrito se utiliza para designar a aquel que motivado por la gran compasión ha generado la mente de bodhicitta, el deseo espontáneo de alcanzar la Budeidad por el beneficio de todos los seres sintientes. Puesto que todos poseemos en nuestro continuo mental las semillas de la gran compasión y de la bodhicitta y algún día tendremos la oportunidad de encontrar un maestro de Dharma mahayana si nos adiestramos en las enseñanzas mahayanas podemos convertirnos en un Bodhisatva. La disciplina moral del Bodhisatva es una moralidad superior y el camino principal que nos conduce hacia la felicidad última de la gran iluminación. En general la disciplina moral es la determinación virtuosa de abandonar cualquier acción perjudicial. Por ejemplo si reconocemos las desventajas de matar, robar o mantener una conducta sexual incorrecta y tomamos la firme decisión de abstenernos de cometer estas acciones estamos practicando la disciplina moral. De igual modo la determinación de abstenernos de mentir, causar desunión con la palabra, pronunciar palabras ofensivas, chismorrear, tener codicia, tener malicia y sostener creencias erróneas es también practicar la moralidad. En el Sutra del pratimoksha Buda dice que es mejor morir que quebrantar la disciplina moral porque la muerte solo destruye esta vida mientras que romper la moralidad acaba con cualquier oportunidad de disfrutar de felicidad en innumerables vidas futuras y nos condena a experimentar los sufrimientos de los renacimientos inferiores una y otra vez. En los países budistas se considera que la disciplina moral es muy importante y por esta razón se respeta mucho a los monjes y monjas. No obstante no solo ellos han de practicar la disciplina moral todos necesitamos hacerlo porque es la raíz de toda nuestra felicidad futura.

Aunque seamos un gran erudito si ignoramos la práctica de la disciplina moral no tendremos éxito en nuestras actividades y nos encontraremos con numerosos problemas en el futuro. En cambio si observamos la disciplina moral con sinceridad podremos solucionar todos nuestros problemas y completar las prácticas espirituales. Cómo solucionar nuestros problemas humanos Gueshe Kelsang Gyatso, 2011-01-01. En este mundo ajetreado las experiencias de felicidad son breves y efímeras y la paz interior se nos escapa. Los estados mentales negativos como el deseo incontrolado y el odio nos causan innumerables problemas tanto a nosotros mismos como a los demás y nos impiden satisfacer nuestros deseos más profundos. Gueshe Kelsang comienza con una exposición de las enseñanzas de Buda conocidas como Las cuatro nobles verdades que nos ofrecen una solución clara y sencilla a todos nuestros problemas y nos conducen al oasis de paz infinita que existe en nuestro corazón. A continuación se concentra en particular en cómo superar el problema del odio aprendiendo a cultivar la paciencia y mantenerla incluso en las circunstancias más adversas. En la actualidad abundan los libros de autoayuda que dicen ofrecer soluciones a los problemas humanos pero esta obra aborda el tema de manera directa y con una franqueza peculiar y ofrece consejos sencillos y prácticos para mejorar las cosas. Este libro nos muestra cómo encontrar paz interior en momentos de turbulencia. Publishing News. *Guía de las obras del Bodhisatva* Gueshe Kelsang Gyatso, Shantideva, 2005-05. This famous and universally loved poem for daily living has inspired many generations of Buddhists and non Buddhists since it was first composed in the 8th century by the famous Indian Buddhist master Shantideva. This new translation made under the guidance of Geshe Kelsang Gyatso conveys the great lucidity and poetic beauty of the original while preserving its full impact and spiritual insight. Reading these verses slowly while contemplating their meaning has a profoundly liberating effect on the mind. The poem invokes special positive states of mind, moves us from suffering and conflict to happiness and peace and gradually introduces us to the entire Mahayana Buddhist path to enlightenment. Este famoso y universalmente admirado poema para la vida diaria ha inspirado a innumerables generaciones de budistas y no budistas desde que fue compuesto en el siglo VIII por el reconocido maestro budista indio Shantideva. Leer con detenimiento estas estrofas contemplando su significado tiene un profundo y efecto liberador sobre la mente. Este poema inspira estados mentales positivos, nos ayuda a transformar el sufrimiento y el conflicto en felicidad y paz y nos introduce de manera gradual en el camino budista mahayana completo hacia la iluminación. **Tesoros de la meditación** Gueshe Tamding Gyatso, 1997. **El yoga de Buda Maitreya** Gueshe Kelsang Gyatso, 2018-01-12. Sadhana de autogeneración. El yoga de Buda Vajrapani Gueshe Kelsang Gyatso, 2017-11-17. Vajrapani es una emanación de Buda Vajradhara cuya función es destruir las perturbaciones mentales de los seres sintientes confiriéndoles un poder especial en su cuerpo y mente. Vajrapani significa Sostenedor del Vajra e indica que es el sostenedor del mantra secreto, el sostenedor del linaje de las enseñanzas técnicas de Buda. El verdadero vajra es la unión del gran gozo y la vacuidad, la mente más sutil de gran gozo que realiza la verdad última de manera directa que tiene el poder de erradicar todas las perturbaciones mentales. Con la práctica de la sadhana ritual de oraciones para alcanzar

realizaciones espirituales de autogeneración como Vajrapani podemos eliminar todos los engaños y alcanzar la unión del gran gozo y la vacuidad

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