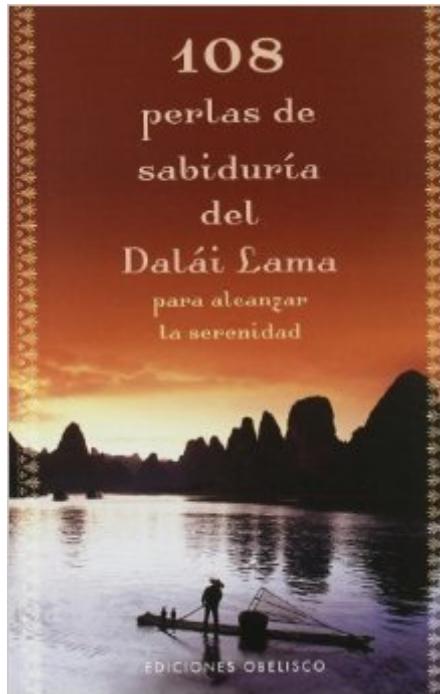


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Las enseÃanzas del Dalai Lama, llenas de sensatez y de una sabiduria pragmatica, acompanÃn dia a dia en esa VÃia de la transformacion espiritual que es el budismo tibetano. Con esta obra, en la que se proponen ocho meditaciones, cifra que representa las 108 cuentas del rosario, el mala, con el que se practican y recitan los mantras, esas oraciones que ayudan a calmar el espÃritu y el corazon, la autora espera inspirar al lector, y, al mismo tiempo, ayudarle a rozar con la punta de los dedos la compasion, la tolerancia, el amor, la bondad y el respeto infinito por los demas. /

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