

## El camino de la iluminación (Becoming Enlightened; Spanish ed.) (Atria Espanol) (Spanish Edition)

Dalai Lama, Ph.D. Hopkins Jeffrey

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En El camino de la iluminación, Su Santidad el Dalai Lama extrae prácticas de meditación del Budismo tradicional para presentar paso a paso ejercicios contemplativos diseñados para expandir la capacidad de enriquecimiento espiritual del lector, junto con marcas claras para reconocer su progreso.

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In Becoming Enlightened, His Holiness the Dalai Lama draws from traditional Buddhist meditative practices to present step-by-step contemplative exercises designed to expand the reader's capacity for spiritual growth, along with clear milestones to mark progress.

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