



La verdad del silencio: Por los caminos del asombro (Spanish Edition)

Teresa Guardans Cambó

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"Hay quien va por la vida viéndola, dejándose sorprender por la existencia".

Esta obra es una aproximación laica a los fundamentos de la experiencia mística. Ayudándose de pensadores contemporáneos como Eugenio Trías, Marià Corbí o María Zambrano, la autora fundamenta el silencio de sí como peculiar vía de conocimiento y explora las formas en las que éste pueda favorecerse. Es una invitación a adentrarse en la lucidez asombrada como núcleo de una experiencia de vida plenamente humana.

Mediante la relectura (y el redescubrimiento) de los maestros del camino interior -exploradores del conocimiento silencioso-, se pondrá en evidencia la práctica de un peculiar esfuerzo de desegocentración como medio de sutílización de las capacidades humanas. La exploración de La nube del no-saber, del Bhagavad Gîta, o de las obras de Maestro Eckhart, Rûmî, Al-Yîlî, Lanfranchi, Juan de la Cruz, Teresa de Jesús, Nisargadatta Maharaj o Yoka Daishi entre otros, nos acerca a unas lecciones de vida que, nacidas de la experiencia mística, dejarán al descubierto la aportación propia e insustituible de ese rico legado.

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