



**Introduccion al budismo (Introduction to Buddhism): Una presentacion del modo de vida budista**

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# Introduccion al budismo (Introduction to Buddhism): Una presentacion del modo de vida budista

*Geshe Kelsang Gyatso, Gueshe Kelsang Gyatso, Kelsang*

## **Introduccion al budismo (Introduction to Buddhism): Una presentacion del modo de vida budista**

Geshe Kelsang Gyatso, Gueshe Kelsang Gyatso, Kelsang

2,500 years after the passing of Buddha, his message continues to resonate. This highly accessible, best-seller covers topics such as: Who was Buddha?; The nature of our mind; Past and future lives; Karma; Why and how to meditate; The path to enlightenment. The book explains the essential principles of the Buddhist way of life and what it means to be a Buddhist. Meditation is explained clearly and simply as a tool for developing qualities such as inner peace, love, and patience. Those developing an interest in Buddhism and meditation will find this book an ideal guide.

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156 pages

Review

"A brilliantly clear and concise introduction to this vast subject. Very highly recommended." -- *Yoga & Health Magazine*

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"This book succeeds admirably... a highly commendable and deeply felt work that I can recommend without hesitation." -- *Chalice* About the Author

Geshe Kelsang Gyatso was born in Tibet and is a fully accomplished meditation master and internationally renowned teacher of Buddhism. Resident in the West since 1977, he is the author of a series of highly acclaimed books that transmit perfectly the ancient wisdom of Buddhism to our modern world. He has also founded many Buddhist centres throughout the world.

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