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# **Conciencia zen (Spanish Edition)**

Densho Quintero



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## **Conciencia zen (Spanish Edition)**

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#### Conciencia zen (Spanish Edition) Densho Quintero

El zen, el arte de la meditación, libera nuestra mente de los bloqueos cotidianos para acceder a la experiencia directa de la vida. Zazén, o la meditación zen, es la actualización de la vida misma en el presente. Instante tras instante, dirigimos de manera intencional nuestra conciencia a despertarnos. Sin criterios a priori ni dicotomías, sin juicios de valor ni expectativas, permanecemos simplemente sentados procurando soltar todo lo que surge en la mente y liberarnos de aquello que puede obstruir nuestra visión total de la existencia. Desde la perspectiva del zen, para comprender algo, hay que abordarlo con una mente vacía. A través de diversos temas, como la vuelta al vacío original, el arte zen, el karma, la paz interior, la unidad cuerpo-espíritu, el sufrimiento en la vida cotidiana, el estrés, el aburrimiento, la adicción al yo y las ilusiones, Densho Quintero nos ayuda a comprender la estructura de lo que llamamos "yo" y nos invita a descubrir en la práctica del zen las herramientas para una vida más comprometida y consciente.

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