

1. Record Nr.	UNINA9910480388603321
Autore	Caplan Mariana
Titolo	Con los ojos bien abiertos [[electronic resource]] : La practica del discernimiento en la senda espiritual
Pubbl/distr/stampa	Chicago, : Editorial Kairos, 2011
ISBN	84-7245-798-2
Descrizione fisica	1 online resource (368 p.)
Disciplina	131
Soggetti	Electronic books.
Lingua di pubblicazione	Spagnolo
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cubierta; Portada; Creditos; Sumario; Dedicatoria; Prologo; Agradecimientos; Introduccion; 1. ¿Que es, de hecho, la espiritualidad?; 2. Las enfermedades de transmision espiritual; 3. La postura de la mente; 4. La psicologia del ego; 5. El materialismo espiritual y el bypass espiritual; 6. La crisis curativa; 7. El principio tantrico; 8. el secreto de Pandora: desmitificar la sombra; 9. El cuerpo como arbol de la bodhi; 10. La union entre la psicologia y la espiritualidad; 11. La cuestion del maestro; 12. Om mani padme... ¡madura!; Notas; Glosario; Bibliografia; Contracubierta
Sommario/riassunto	A handbook to a genuine spiritual life, this book explains that the spiritual path?like any other journey?is filled with detours and obstacles that can be avoided through discernment. The author defines this as a quality of open-eyed awareness and honest perception that can turn challenges into opportunity and lessons into growth. In exploring questions such as Is enlightenment less about fireworks and more about dismantling illusions? How can spiritual practice be fully integrated into daily life? and What's the best way to work