



La mas profunda aceptacion (Spanish Edition)

Jeff Foster

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"Todos nuestros problemas, todo nuestro sufrimiento y nuestros conflictos, tanto personales como globales, se derivan de un problema basico: la ignorancia de quienes somos realmente. Hemos olvidado que somos inseparables de la vida y, como consecuencia, hemos empezado a temerla, y ese miedo nos ha hecho entrar en guerra con ella de maneras diversas. Hemos empleado nuestros pensamientos, nuestros sentimientos, nuestras emociones y nuestros cuerpos para combatir lo unico real, que es el momento presente. Y al intentar protegernos del dolor, el miedo, la tristeza, el malestar, el fracaso... de todas aquellas partes de la vida que se nos ha condicionado a creer que son malas, hemos dejado de estar verdaderamente vivos. La armadura que nos hemos puesto para protegernos de una plena experiencia de la vida se llama yo individual , pero en realidad no nos protege de nada, solo nos mantiene comodamente anestesiados. El despertar espiritual el darnos cuenta de que no somos quienes creemos ser es la respuesta a este problema basico de la humanidad. Pocas veces esta trascendente verdad ha sido expuesta con la claridad que Jeff Foster nos la transmite en este libro. / In small venues throughout the UK and Europe, a young teacher named Jeff Foster is quietly awakening a new generation of spiritual inquirers to the experience of abiding presence and peace in our ever-shifting world. Jeff Foster invites us to discover the ocean of who we are: an awareness that has already allowed every wave of emotion and experience to arrive."

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