



¿CÓMO SE PUEDE SER ZEN? (Yoga, zen) (Spanish Edition)

JACQUES CASTERMANE

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En cuarenta y nueve capítulos, breves y densos, Jacques Castermane reflexiona sobre un zen para Occidente, desembarazado de los ritos asiáticos: una vía de acción y de meditación laica, en medio de lo cotidiano. Traza un camino de experiencia y de ejercitación que nos conduce a una nueva cultura del silencio y a la sencillez necesaria en un mundo cada vez más complicado y ruidoso. Nos lleva al conocimiento del modo de funcionar de nuestro propio espíritu y responde al deseo de cambiarse a uno mismo. Estos capítulos, llenos de sentido común y de lucidez, son una guía para comprender mejor el sentido de nuestra vida. «Nuestro estado de salud fundamental reside en la calma interior», nos dice el autor. Su libro pacifica el alma, devolviéndole una nueva confianza en la existencia. JACQUES CASTERMANE siguió durante más de veinte años (1967-1988) las enseñanzas del «sabio de la Selva Negra», Karlfried Graf Dürckheim. Desde 1981 anima una escuela de meditación en la Drôme (Francia): el Centro Dürckheim. Ediciones Mensajero ha publicado su obra «La alegría de ser», un libro que propone como camino hacia la sabiduría no el del discurso filosófico sino el del ejercicio espiritual: «la vía de la técnica», algo muy conocido en Oriente y bien singular en Occidente.

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