



# Relato de un despertar: Práctica y percepción en el sendero budista

*David Smith*

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## **Relato de un despertar: Práctica y percepción en el sendero budista** David Smith

An inspirational and personable account of one man's 20-year journey in Buddhism, this memoir describes the author's progression from a neophyte in the Zen tradition to the three years he spent as a Theravadin novice monk and his recent years as a lay practitioner in London, and serves as proof that even Western secularists can find inner happiness and fulfillment. The second part of the book consists of an interview with the author that provides an insight into the human soul and that serves as an example of a life consistent with and devoted to the principles of Dharma.

*Un relato inspirante y agradable de un hombre que hace más de 20 años emprendió el sendero budista, esta memoria describe el recorrido del autor desde un neófito en la tradición Zen hasta los tres años que pasó como un monje Theravadin y sus años más recientes como un practicante lego en Londres, y sirve de testimonio que hasta los laicos occidentales pueden alcanzar la verdadera felicidad y plenitud. La segunda parte del libro consiste de una entrevista con el autor que proporciona un entendimiento del alma humano y que sirve de ejemplo de una vida consistente y entregada a los principios del Dharma.*

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#### **Juli Gadberry:**

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Relato de un despertar: Práctica y percepción en el sendero budista, you are able to enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

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