



Confianza: Vivir espontáneamente y abiertos a la vida (Spanish Edition)

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En este nuevo libro de la serie «Claves para una nueva forma de vivir», Osho nos habla en profundidad de la confianza en todas sus vertientes.

La confianza no significa ingenuidad, pensamiento positivo, optimismo sin fundamento. La confianza auténtica requiere un «sí» auténtico. Y para descubrir este sí auténtico, debemos tener el valor de examinar y despojarnos de todo lo que es falso. Osho ha hablado a menudo acerca de la importancia de la duda, de cuestionar, de ver las cosas como son, no como otros nos dicen que deben ser.

La confianza es sin duda un valor mayor que el amor, en ella está implícito el amor, pero en el amor no está implícita la confianza. Cuando dices: «Yo confío en ti» se sobreentiende que amas. Pero cuando dices que amas, la confianza no tiene nada que ver con eso. De hecho el amor puede ser muy desconfiado y generar miedo a perder la persona la que amas.

Este nuevo libro incluye una pequeña sección de simples técnicas de meditación y otra de preguntas y respuestas sobre la naturaleza de la confianza y lo que realmente significa en la vida cotidiana.

«La confianza es comprender que solo eres una parte, una nota de una gran sinfonía, una pequeña ola en el océano. La confianza significa seguir la totalidad, fluir con la totalidad, estar en sintonía con el todo.»

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