



Meditazione universale (Studi iniziatici) (Italian Edition)

Alessandro Del Genio

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La lettura di questo originale e interessante saggio sulla meditazione, che mette in parallelo il buddismo e il cristianesimo, dona una presente luce di speranza, che predispone ad abbandonare con coraggio ogni attaccamento alla paura.

L'argomento in esso contenuto è il raccoglimento guaritivo, chiamato coscienza dai buddisti e orazione dai Padri della Chiesa.

“Siate sempre consapevoli” affermava il Buddha (v. il Satipatthanasutta) e Gesù Cristo diceva “pregare sempre, senza stancarsi” (Luca XVIII, 1).

La lode perenne è simile a uno specchio luminoso il quale aiuta a vedere le perfezioni e le forze che si stanno per ricevere; aderisce e permea tutto ciò con cui entra in contatto allo stesso modo dell'acqua: questa pratica cristiana e buddista ci induce a essere calmi, suscita tranquillità ma anche efficienza nel lavoro quotidiano.

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