



## La práctica del misticismo

By Evelyn Underhill

Trotta, 2015. Encuadernación de tapa blanda. Book Condition: Nuevo. La vida espiritual no es una carrera especial que implique la abstracción del mundo de las cosas ni envuelve a sus iniciados en una calma sobrenatural, aislándolos del dolor y el esfuerzo cotidiano. La conciencia mística forma parte de la vida de cada hombre, y hasta que este no la haga realidad no puede decirse de él que sea un ser humano completo que ha entrado en posesión de todos sus poderes. Por ello, este libro no va dirigido al erudito ni al devoto, sino a todos aquellos que quieren saber qué significa el misticismo y qué tiene que ofrecer al hombre contemporáneo: cómo ayuda a resolver sus problemas y cómo armoniza con los deberes e ideales de su vida activa. Evelyn Underhill, autora de la fundamental obra *La mística*, presenta en este breve vademécum la realidad y la importancia del misticismo como facultad; describe el entrenamiento preliminar de la atención necesario para el uso de la misma; la actitud y autodisciplina que esta facultad implica; las tres grandes formas de contemplación, y el valor práctico de la vida en la que estas son actualizadas.



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