



LA MAGIA DE LA CONCIENCIA (Spanish Edition)

ANAM THUBTEN

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Existe una dimensión de la realidad en la que no somos nadie y en la que no tenemos nada, por lo cual no hay nada que perder. Suena como un fracaso total, ya que nuestro ego siempre está intentando ser alguien y hacer esto y aquello. Sin embargo, resulta ser la máxima verdad, lo que es intrínsecamente así. En el momento en que vemos esta verdad benéfica y extraordinaria, y no s rendimos a ella, destruye literalmente todas las cadenas que nos ata . Todos nosotros estamos trabados con una cadena de odio, una cadena de miedo, una cadena de creencias, una cadena de falsas ilusiones... Logchempa dijo: "Los buenos conceptos son como una cadena de oro. Los malos conceptos son como una cadena de hierro. Al final ambos te encadenan". Estas cadenas no hacen más que atormentarnos y provocarnos incesantes luchas, y en ocasiones los conceptos que son como cadenas de oro nos producen una falsa comodidad. A veces, cuando nos volvemos espirituales, vamos de un lado a otro recolectando credos, lo cual tan solo añade más cadenas a nuestra mente. Pero olvidamos que estos credos espirituales no son más que un montón de cadenas de oro que no nos pueden ofrecer libertad ni felicidad incondicional. Por eso Buda animó a todos a que entraran en el camino iluminado dando el paso más importante, lo cual pasó a ser conocido como tomar refugio. La idea de tomar refugio supone dejar de guarecerse totalmente en la falsa comodidad, ya sea física o espiritual, y dirigir la atención a una inagotable fuente de libertad: lo infinito, la unidad, la verdad suprema, el fundamento básico de quienes somos.

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