



## Cábala: Un GPS para el alma (Spanish Edition)

*Sergio Bergman*

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¿Qué es la cábala? ¿Para qué sirve, qué beneficios se pueden obtener de ella? ¿Cualquiera puede practicarla? ¿Es necesario tener estudios religiosos para comprenderla? Durante muchos años la práctica cabalística fue vista como algo críptico, hermético, destinado a un círculo de eruditos. Hoy entramos en una nueva era, en la que se nos impone el desafío y la necesidad de recuperar la espiritualidad en sentido amplio y universal, sin importar las tradiciones religiosas a las cuales se adhiera.

Sin caer en la trivialización ni en las tentaciones del marketing mediático, con un lenguaje accesible y directo, el rabino Sergio Bergman propone en este libro un enfoque de «cábala abierta»: un compendio de símbolos, pistas, ejercicios prácticos para orientarnos en el camino del autoconocimiento.

«Cábala, un GPS para el alma» es un instrumento para responder a las preguntas existenciales «quiénes somos, de dónde venimos, hacia dónde vamos» desde el enorme potencial que ofrece la práctica mística de la religión judía. Un conjunto de herramientas de navegación que ayudan a encontrar el rumbo hacia la propia interioridad, hacia el estado de «recepción» que expande la conciencia y aporta crecimiento espiritual: en nosotros, entre nosotros y para el bien común de nuestra sociedad.

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