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# El Cuarto Camino (Spanish Edition)

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Se basa en la creencia de que el ser humano necesita un procedimiento o sistema para despertar (a través del autoconocimiento, atención consciente y del entorno, movimientos, posturas, danzas y sobre todo “el recuerdo de sí”). Dentro de esta doctrina se reconocen otros tres caminos, pero no son prácticos debido al modo de vida actual. Según indican las escuelas de cuarto camino hoy día, hay un tipo de camino para cada tipo de persona y el sentido es encontrar la parte olvidada de sí mismos; en pocas palabras despertar del sueño, de la mal llamada consciencia de vigilia en la cual se está inmerso, que no es más que otra manera de sueño.

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