

# Espiritual mente

Spiritually / Spiritual Mind



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Is it possible to illuminate and orientate our lives through the search for transcendence?

Even if we might not be believers, what benefits can we extract from religious practices, and how might we apply them to our daily lives? Is it possible to create a framework of universal reconciliation in which all religious beliefs could coexist, taking in philosophical concepts as well as scientific investigations? How can emotional intelligence be developed to promote wellbeing?

Bernabé Tierno goes deeply into humanity's spiritual dimension and argues for the necessity of a "universal brotherhood" which would allow us to speak "heart to heart".

The aim of this book is to highlight the unifying essence that goes over and above any differences in our eternal search for answers, since people can become closer through their hearts than through ideas.

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