

MEDITACION TRANSPERSONAL: 101 claves de meditación y mindfulness



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A top quality publication along with the typeface utilized was intriguing to read through. It is amongst the most awesome pdf i have got read through. Its been developed in an remarkably straightforward way and it is only right after i finished reading this publication in which actually altered me, modify the way i believe.

(Don Pacocha)

MEDITACION TRANSPERSONAL: 101 CLAVES DE MEDITACION Y MINDFULNESS



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Mandala Ediciones, España, 2012. Encuadernación de tapa blanda. Book Condition: Nuevo. 16x11cm. A lo largo de este libro, el autor nos presenta de forma sencilla y a la vez profunda, una de las disciplinas que más en boga están hoy en el mundo occidental: La meditación. Conforme el lector se adentra en su lectura, descubre no sólo sobre lo qué es y lo que no es la verdadera meditación, sino que también comprende lo que late detrás de esta milenaria cultura del silencio y la consiguiente percepción ampliada de la vida. Las 101 claves que contienen sus páginas, son fruto de la espontaneidad y agudeza propia de un variado grupo de personas que en su afán de clarificar y comprender, han inspirado con sus preguntas el nacimiento de esta recopilación que según el autor, refuerza la idea de que ante la actual situación del mundo, "la salida está dentro". Poco a poco, el lector sentirá cómo se abren puertas insospechadas a su inteligencia cardíaca, una inteligencia activada como consecuencia del estado de atención y presencia que brota en la creciente sintonía de su lectura.



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