



Meditar: Aquietá tu mente en la cultura de la velocidad (Spanish Edition)

Alberto Loizaga, Ignacio Loizaga

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Una guía para vivir conscientemente y en plenitud

A través de un desarrollo teórico y práctico, con instrucciones precisas acerca de qué es, por qué y cómo ejercitar la meditación en cualquier momento, los autores la proponen como un hábito necesario, fácil y accesible.

Así como nuestro cuerpo sabe cómo cicatrizar una herida, meditando podemos liberar los sufrimientos de la mente. Dejamos de estar distraídos para habitar el presente de manera plena. Por eso, este libro presenta la meditación como el camino para alcanzar la felicidad mediante esa conexión reveladora con el aquí y ahora. Y nos promete una experiencia transformadora que puede mejorar notablemente nuestra calidad de vida con técnicas específicas al alcance de todos.

Cuando meditamos y logramos esa unión con el presente, surgen ante nosotros una paz y un gozo que no dependen de factores externos; se da una experiencia de sanación que naturaliza todos los extremos y cura las heridas. Estas páginas serán la entrada a esa dimensión que se abre cuando nos conectamos con nosotros mismos y con el entorno.

Hoy podés aprender y comenzar a meditar.



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