



Meditación y creatividad: Siempre nueva (Spanish Edition)

APO HALMYRIS

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Esta edición enfatiza el enfoque pragmático, ofreciendo una serie de técnicas preparatorias para emprender un camino seguro y atento hacia la meditación.

Familiarizarse con algunas de las maneras de estimular la creatividad lleva tiempo, perseverancia y atención. Aprender los métodos de la meditación es una tarea definitivamente exigente, pero un premio en sí mismo.

Este texto, ¿es un curso práctico, o más bien un camino contemporáneo para continuar el auto descubrimiento consciente?

Las discretas lámparas de aceite que colocaron los maestros siguen siendo visibles.

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