

Ecologia Mental Jorge Lomar

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the title of the book refers to the ultimate state of happiness its pages pave the way for deep inner work towards self fulfillment more than a light read it is both practical and profound and above all is a practical course in spiritual psychology for everyday life mental ecology is the art of cleaning our thoughts of old and painful scripts and purifying our minds of guilt and suffering so that piece of mind is not a passing state but becomes a permanent state through 21 points of attention to clean the mind we will experience 21 simple awareness points to apply in daily life through inner work el título de este libro alude al máximo estado de felicidad estas páginas allanan el camino para comenzar un profundo trabajo de autorrealización además de constituir una lectura amena práctica y profunda es ante todo un curso práctico de psicología espiritual para la vida cotidiana ecología mental es el arte de limpiar nuestros pensamientos y depurar nuestra mente de los viejos guiones de dolor culpa y sufrimiento de modo tal que la experiencia de paz no sea

solo un estado puntual sino que se establezca poco a poco de forma permanente a través de 21 enfoques de conciencia para limpiar la mente del mundo viviremos 21 sencillos enfoques de conciencia para aplicar en la vida diaria a modo de prácticas interiores

más allá de las palabras hay una experiencia compartida este es un libro para sentirla con él tu corazón recordará un cálido lugar donde el aprendizaje se convierte en una experiencia directa del amor un lugar sin conflicto donde vives la unidad con la totalidad este libro llega a ti en forma de curso vivencial para ayudarte a calmar tu mente descansar en la verdad y así liberar la luz de tu corazón

vivir el perdón es un curso completo para comprender en profundidad el significado del auténtico perdón y aprender a vivirlo el autor a través de su entusiasmo nos transmite una visión a la que es difícil sustraerse en sus propias palabras este libro es una celebración llevo años practicando el perdón y sigo practicando cada día porque he encontrado la auténtica paz en mi mente la mayor parte del miedo ha desaparecido de mi vida y te aseguro que esto ha de ser compartido por este motivo este libro es una gran celebración a la que estás invitado una introducción a un camino espiritual que es para ti si el corazón así te lo indica

manuel morera montes uno de los escritores de moda en el panorama literario valenciano y autor de manolín ya es un hombre el niño de los pies zambos reflexiones sobre una transformación poemas y críticas de la vida cotidiana o su último éxito la novela de ficción el embrujo de los primogénitos vuelve a sorprendernos con un libro por encargo siempre transmite en sus libros su carácter optimista y constructivo lo que le ha llevado a aceptar este maravilloso encargo que contagia optimismo a los demás como bien dice el propio autor un libro con la intención de aportar su pequeño grano de arena en unos tiempos tan complicados como los actuales encargo hecho por médicos y psicólogos por sus cualidades como escritor y sus experiencias personales manuel morera debido a su forma directa y sencilla de escribir aporta en este libro algo más que en cualquier otro de auto ayuda en como endulzar nuestro destino transmite esperanza numerosas razones para valorarnos ante todo a nosotros mismos y sencillas normas para ser un poco más felices con varias ediciones vendidas de muchos de sus libros y demostrado su alto poder de motivación en reflexiones sobre una transformación libro recomendado de auto ayuda es imposible prescindir de esta lectura no es otro libro es mucho más seguro que usted querido lector agradecerá haberlo leído

te atreves a soltar el esfuerzo a dejar de buscar la felicidad donde no se encuentra y a descansar en la paz de este instante si crees que es posible confiar en la vida en lugar de temerla y evitarla si quieres aprender a intimar con tu existencia abrazando todo en ti este libro te puede acompañar te invita a abrirte a cada experiencia cotidiana y a explorar la libertad de ser descubrirás el poder que vive en tu corazón

the intelligence of love is journey from fear to love understanding why we experience fear and suffering while we discover our true essence this book serves as a journey of awareness that allows us to open ourselves up to a liberating truth and to personal power from the perspective of a new paradigm under which it returns to the fundamental millennia truth the universe is mind collects and examines the beliefs that keep us from a full life we submit ourselves to the tyranny of fear what we usually call ego in this trip we go up to heaven and back down to everyday life with its small or large personal hells in heaven we can enjoy an eternity of being in the everyday world we broaden our vision and reorient our intelligence that leads us to peace and freedom what is truly intelligence and what is truly love these two questions require us to drill down to the very roots of our life experiences the origin of the universe the workings of the mind and the indescribable underlying reality of spirituality la inteligencia del amor es un viaje del miedo al amor comprender los motivos por los que experimentamos miedo y sufrimiento al tiempo que vamos descubriendo nuestra esencia verdadera es todo un viaje de la conciencia que nos permite abrirnos a una verdadera liberación y a una toma de poder personal desde el punto de vista del nuevo paradigma bajo el cual se regresa a la verdad milenaria fundamental el universo es mente se recopilan y examinan las creencias que nos impiden una vida plena y por tanto nos someten a la tiranía del miedo lo que habitualmente llamamos ego en este viaje subimos al cielo y bajamos a la vida cotidiana con sus pequeños o grandes infiernos mentales en el cielo podemos disfrutar de la eternidad del ser en el mundo de cada día ampliar nuestra visión y reorientar nuestra inteligencia nos llevar a la paz y a la libertad que es verdaderamente la inteligencia y que es verdaderamente el amor estas dos preguntas nos obligan a profundizar hasta las mismas raíces de la experiencia vital el origen del universo el funcionamiento de la mente y la inefable realidad subyacente lo espiritual

en este libro fruto de un brote de inspiración nùria guinart nos habla de manera directa franca como se habla a un amigo tomando un café desde la frescura de su claridad nos ofrece una visión liberadora que nos hace tomar conciencia de que todas nuestras limitaciones vienen dadas por la

mente programada que nos separa del mundo vivir en la separación niega la divinidad de la que todos participamos entonces si por qué no gozar de nuestra vida en un vínculo de amor indestructible tú eres la respuesta te anima a soltar el lastre de la identidad condicionada y conectar con la mente creadora amorosa y libre es un canto a la unidad a la sencillez a la responsabilidad sin peso una invitación simple y sincera a transitar nuestra felicidad

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