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Serenar La Mente by Alan W. Watts - goodreads.com

Nuestra mente busca la realizaci3n en el momento pr3ximo: dentro de una hora, un mes o dos a±os. Vivimos tratando de llegar al momento siguiente, y eso se ha convertido en un patr3n mental que nos hace vivir en un estado perpetuo de insatisfacci3n, porque no realizamos lo m3s importante que hay en la vida, que es el momento presente.

despertando a la vida: SERENAR LA MENTE

Pensar, pensar, pensarâ€¡Esta capacidad que nos hace tan humanos, se vuelve en contra nuestra cuando la mente se queda dando vueltas, una y otra vez, a los mismos pensamientos, ensimismada en recuerdos o anticipando el futuro.

Pensar, pensar, pensar: c3mo serenar la mente - Inself

209788109-123609571-Joseph-Goldstein-y-Jack-Kornfield-Vipassana-El-Camino-Para-La-Meditacion-Interior-pdf.pdf . MEDITACI3N FLUIR PARA SERENAR EL CUERPO Y LA MENTE Clemente Franco Justo MEDITACI3N FLUIR PARA SERENAR EL CUERPO Y LA MENTE Clemente Franco Justo Meditaci3n Fluir para serenar el cuerpo y la mente

Meditacion Fluir Para Serenar El Cuerpo y La Mente[1

La relajaci3n del cuerpo y la mente es de vital importancia, sin embargo solemos relegarla al final de todo, muchas veces excus3ndonos por una supuesta "falta de tiempo". La Meditaci3n nos trae beneficios en cuerpo, mente y alma.

¿C3mo Meditar y Serenar la Mente? - Ley de la Atracci3n

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