



Anatomia dello spirito: 1 (Saggi per l'anima) (Italian Edition)

Myss Caroline

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Caroline Myss ci svela il filo invisibile che lega stress psicologici e malattie. Oltre a insegnarci a interpretare i sintomi (problemi alla schiena possono derivare da paure connesse a questioni finanziarie, il mal di stomaco da una scarsa autostima, alcune forme di cardiopatia dall'incapacità di amare...), disegna una vera e propria mappa dell'energia vitale basata sui sette chakra, i punti del corpo nei quali, secondo gli orientali, risiedono la salute e la felicità. Questo modello, ispirato non solo a dottrine buddhiste, ma anche cristiane ed ebraiche, può permettere a ciascuno di noi di comprendere la propria «anatomia» interiore, per scoprire le cause spirituali delle malattie e prevenire gli squilibri energetici prima che si manifestino fisicamente. Attraverso "Anatomia dello spirito", che non è solo il frutto di quindici anni di studio ma anche l'autobiografia di una pioniera della medicina olistica, impareremo a controllare la nostra salute, a recuperare il potere vitale e a sviluppare una nuova maturità spirituale.

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