



Sette Storie per l'Anima. Parole come rimedi (Italian Edition)

Costanza Savini

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Sette Storie per l'Anima è una raccolta di racconti dove le storie e le parole, se lette giorno dopo giorno seguendo l'ordine e le pratiche collegate, aiutano ad avviare un processo di trasformazione che è insieme un rito di cura

Meditazione visiva da praticare sull'immagine di copertina Osserva l'immagine cercando di essere contemporaneamente presente a te stesso e all'opera che osservi. Cerca di essere dove sei, senza pensieri, senza desiderio di andare o essere in un altro luogo per un minuto.

Poiché probabilmente al primo tentativo il flusso di pensieri sarà disturbante e continuo, è possibile ripetere lo stesso esercizio più volte, consecutivamente.

Se hai delle brevi osservazioni da condividere, scrivile nella forma di singole "parole chiave" su un foglietto o un taccuino.

Alla fine lascia andare questa immagine facendola diventare un "dono" da inviare ad altri per la loro personale meditazione visiva.



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