

Descargar libros gratis La vida interior - Christophe André QBook



Christophe André explica en este libro la importancia de la interioridad en un mundo donde lo exterior (las apariencias, la urgencia, el rendimiento) a menudo se anteponen a la vida interior y múltiples exigencias nos desconectan de esa parte oculta de nuestro espíritu.

La vida interior es todo aquello de lo que tomamos conciencia cuando apartamos poco a poco nuestra atención de las demandas exteriores. Entonces nos damos cuenta de que tenemos un cuerpo, de que respiramos, de que nos invaden sensaciones agradables o desagradables, de que habitan en nosotros emociones y pensamientos.

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