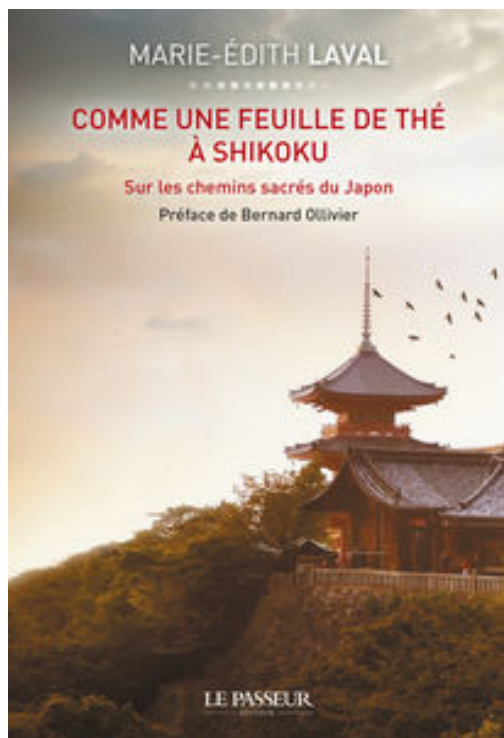


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Lire des ebooks Comme une feuille de thé à Shikoku Marie-Edith Laval PDF, ePub, mobi, Une aventure rare sur le plus long chemin sacré du Japon : le pèlerinage sur l'île de Shikoku.

1200 kilomètres emplis de vie, de fraîcheur et d'émerveillement. Un tour de l'âme en 88 temples.

En 2013, Marie-Édith Laval se lance avec enthousiasme dans une aventure hors du commun. Elle met ses pas dans ceux de Kūkai, fondateur du bouddhisme Shingon, sur le légendaire chemin sacré du Japon : le pèlerinage de Shikoku, surnommé le " Compostelle japonais ". 1200 kilomètres à pied emplis de vie, de fraîcheur, d'émerveillement et d'épreuves. Un tour de l'âme en quatre-vingt-huit temples et quatre provinces - Éveil, Ascèse, Illumination, Nirvana.

Sa pérégrination géographique autant qu'intérieure est une invitation à avancer avec confiance sur le chemin de la vie. Ce récit de sagesse, écrit avec talent et humour, sincérité et profondeur, séduira les amoureux de la marche à pied, les chercheurs de sens et les explorateurs en quête d'essentiel.

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