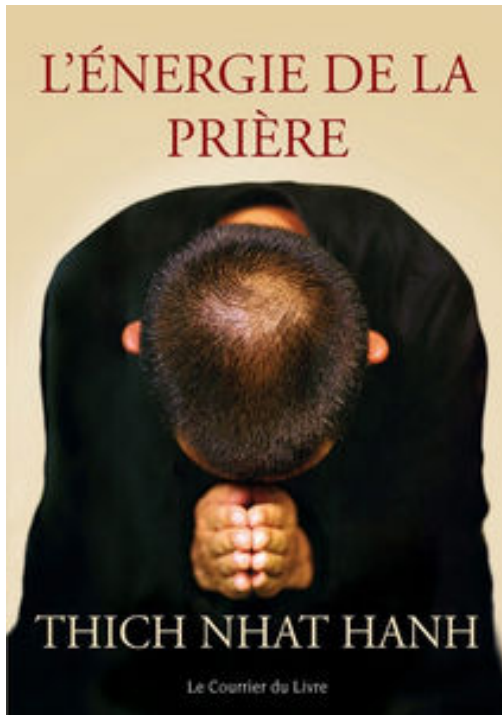


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Lire des ebooks L'énergie de la prière Thích Nhất Hạnh PDF, ePub, mobi, Pourquoi prier ? et à qui nous adressons-nous dans la prière ? Pourquoi certaines de nos prières sont-elles suivies d'effet et d'autres pas ? Dans ce petit manuel d'une limpide profondeur spirituelle, le maître zen Thich Nhat Hanh nous révèle, à travers sa longue expérience méditative, tous les aspects de cette mystérieuse énergie qui nous porte à prier. Dans une vision universelle et oecuménique, Thich Nhat Hanh envisage la prière comme un besoin humain fondamental, ne relevant d'aucune religion particulière, mais aussi naturel à l'homme que respirer. Et pour donner force à l'acte de prier, le maître Zen nous engage à développer nos capacités d'attention, de concentration et de pleine présence à la vie. L'énergie de la prière nous introduit à une variété de techniques spirituelles bouddhiques, mais nous offre aussi une magnifique méditation sur le Notre Père et démontre que la prière représente une pratique de gratitude accessible à tous, susceptible de nous ouvrir à l'amour et de nourrir nos

vies de sérénité, de joie et de bonheur. Dans notre époque en mal de spiritualité, ce petit guide est un ami précieux.

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