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Richard Moss

Le mandala de l'Être



Albin Michel

Lire des ebooks Le Mandala de l'être Richard Moss & Muriel Seck PDF, ePub, mobi, Au fond de notre coeur, nous savons tous que l'esprit humain est beaucoup plus que ce « moi » qui se sent menacé ou insatisfait en permanence. Intuitivement, nous sentons que nous avons la capacité de nous reconnecter à la source de notre être et de nous sentir pleinement vivants. Essentielle et authentique, cette aspiration est le coeur véritable de la vie spirituelle de l'humanité.

Le Mandala de l'Être est un manuel pour retrouver la sagesse de notre vrai moi, une aide à la découverte de notre identité totale - y compris dans ses aspects les plus obscurs. En effet, il est impossible de ressentir la plénitude en essayant d'éliminer une partie de notre expérience existentielle.

Ce livre représente la synthèse de tout ce que le docteur Richard Moss a appris durant trente ans de pratique psychothérapeutique et d'enseignements autour du monde : comment vivre en individu authentiquement libre, affranchi de l'emprise de la peur.

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