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**Lire des ebooks Méditer à coeur ouvert Frédéric Lenoir PDF, ePub, mobi, " C'est bien là le but ultime de l'art de méditer : être pleinement humain en harmonisant notre esprit, notre corps et notre coeur. "**

La méditation est une pratique millénaire utilisée tant en Orient par les bouddhistes qu'en Occident par les Grecs anciens, et aujourd'hui validée par la recherche scientifique. En développant notre attention, elle nous apprend non seulement à calmer les agitations de notre mental mais aussi à élargir nos perceptions sensorielles.

Dans ce livre, Frédéric Lenoir s'attache à aller plus loin en introduisant dans cette pratique la notion de coeur. Méditant depuis plus trente ans, il nous aide à harmoniser notre esprit, notre coeur et notre corps afin que nous retrouvions le goût de la bienveillance, de la confiance, du pardon et de la gratitude.

*Méditer à coeur ouvert* nous invite au plus beau des voyages, le voyage intérieur, un chemin vers la sérénité et la joie.

Ce livre comprend un enregistrement sonore de dix méditations guidées par Frédéric Lenoir, et mises en musique par Logos.

Détente du corps et de l'esprit

Présence

Reliance

Confiance

Amour

Pardon

Consolation

Acceptation

Sérénité

Gratitude

Textes écrits et interprétés par Frédéric Lenoir.

Musiques composées, produites et interprétées par Logos (Stephen Sicard)

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