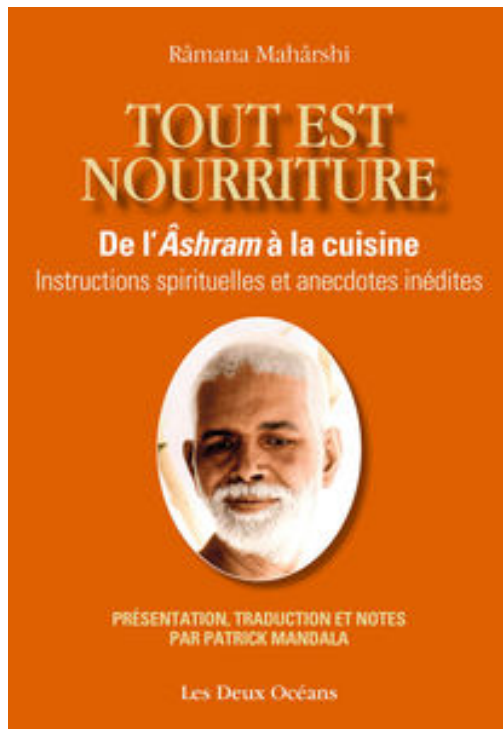


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Lire des ebooks Tout est nourriture Ramana Maharshi PDF, ePub, mobi, L'Inde a toujours unifié matériel et spirituel et l'upanishad dit « Sarvam annam », c'est-à-dire « tout est nourriture ». Si la nourriture nourrit et soutient le corps physique, elle nourrit et soutient aussi le corps subtil et causal. De nombreux textes décrivent le rôle de la nourriture dans la pratique spirituelle. Il en ressort que la « nourriture » la plus appropriée - et sa préparation - est celle qui prolonge la vie, augmente la vigueur, maintient et équilibre l'énergie, préserve de la maladie, apporte égalité d'âme et contentement. Elle est savoureuse et nourrissante, toujours bienfaisante et en harmonie avec le corps et l'esprit. Râmana Mahârshi nous invite ici à évaluer la qualité de toutes ces « nourritures » que l'on nous propose. Cette nourriture quotidienne, c'est aussi tout ce que nous entendons, voyons, disons, sentons, pensons, aux niveaux conscient comme inconscient. Elle façonne notre nature. Car si l'annam est le fait de manger, c'est aussi tout ce qui nous « dévore » lentement mais sûrement.

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