



La postura de meditación: Manual práctico para meditadores de todas las tradiciones (Spanish Edition)

Will Johnson

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En las prácticas de meditación, el cuerpo es tan importante como la mente aunque muchas veces quede relegado a un segundo lugar. Conseguir un estado de «relajación alerta» es el denominador común de tantas técnicas meditativas que despejan la mente, abren el corazón y activan las energías sanadoras naturales, tanto del cuerpo como de la mente.

Will Johnson se propone guiar a todas aquellas personas que se atrevan a adentrarse en estas prácticas, con ejercicios para trabajar posturas y consejos que trasladan los beneficios de la meditación a todos los aspectos de la vida. El objetivo es conseguir despertar la inteligencia innata del cuerpo y facilitar el camino hacia una vida rica y plena. El despertar espiritual no es una huida del cuerpo humano, sino una entrega consciente a la experiencia de ser plenamente humano.

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