

## Em busca do equilíbrio (Portuguese Edition)

Paulo Borowsky



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A maior vitoria do homem é o domínio de si mesmo, o que lhe dá o autoconhecimento.

A expansão da consciência deriva do nosso autoconhecimento e entendimento das leis naturais e eternas.

O Homem equilibrado incorpora consciência, experiências e valores,que vão gerar um impulso na consciência coletiva, auxiliando na evolução de mais pessoas.

O esforço para evoluirmos é a busca para um maior equilíbrio. Com exercícios simples, mas essenciais, (ensinamentos metafísicos) o autor sintetiza o caminho para esse equilíbrio.

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