



Meditazione: uno studio pratico con esercizi (Italian Edition)

Adelaide Gardner

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La pratica della meditazione è “l’arte di essere” e si prefigge di ritirare la coscienza personale dalle sue persistenti preoccupazioni di ordine mondano, per addestrarla ad interessarsi a soggetti che portano alla comprensione delle verità spirituali. Esaminando questa semplice enunciazione, si vede che presuppone l’esistenza nell’essere umano di vari livelli di pensiero ed anche la capacità dell’uomo di scegliere il livello al quale vuole dirigere la sua attenzione. Una coscienza tranquilla e concentrata può infatti approfondire la conoscenza della vita e permette di raggiungere un maggior grado di sviluppo interiore. Questo studio pratico è la prova di questo fatto ed è consigliato per conoscere le corrette procedure meditative da eseguire.

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