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## Meditacion Para La Relajacion: Tres Meditaciones Guiadas Para Relajar El Cuerpo y La Mente

By Tharpa Publications Tharpa Publications

Tharpa Publications. No binding. Book Condition: New. Audio CD. 16 pages. Dimensions: 5.4in. x 4.9in. x 0.2in. These three meditations help calm the mind, reduce stress, and give rise to an experience of inner peace and well-being. When the turbulence of distracting thoughts subsides and our mind becomes still, a deep happiness and contentment naturally arise from within. These breathing meditations, guided by an experienced meditator, are practical methods to reduce stress and ease tensions. Inner Peace, Pure Light, and Inspiration are long enough to relax the body and mind, but short enough to easily fit into a busy schedule. A 16-page booklet includes tips for successful meditations, and answers to frequently asked questions. Las tres son maneras de meditar en la respiración que nos ayudan a calmar la mente, reducir el estrés e inducir una experiencia de paz interior y bienestar. Aunque estas meditaciones se pueden practicar en cualquier orden, es aconsejable comenzar haciéndolo de este modo y luego elegir la que nos vaya mejor para concentrarnos en ella. Además, quizás una meditación en particular le resulte más útil en determinadas situaciones o en ciertos momentos del día. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



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