



La senda de la atención plena (Spanish Edition)

Ramiro Calle

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Ilumina el presente

Más allá del Mindfulness. Métodos de entreno para alcanzar la atención plena: el aquí y ahora.

«El tema de la atención es fundamental, no solo porque se trata de una de las funciones más preciosas de la mente y la hermana gemela de la consciencia, sino porque el ser humano, si se lo propone, dispone de los métodos solventes necesarios para entrenarla y desarrollarla en alto grado, recibiendo así muchos de sus beneficios, parte de ellos detallados en esta obra.

Toda persona puede hollar la senda hacia la atención plena y el despertar de la consciencia. Pretendo que esta obra, y lo avanzo sin pudor, sea definitiva sobre el tema, dado que en esta época se han dicho muchas cosas sobre la atención, el aquí y el ahora, el vivir en la realidad inmediata o el conectar con el instante que no apuntan al núcleo del asunto...

Pretendo, pues, indagar con rigor y carácter práctico en la esencia y las posibilidades de esta lámpara de la mente que es la atención.» Ramiro Calle

La atención es una de las funciones más valiosas de la mente y hermana gemela de la consciencia. En este libro, Ramiro Calle nos brinda los métodos necesarios para entrenarla y desarrollarla a fin de obtener la capacidad de mantener una atención plena y la consciencia completamente despierta.

Maestro de yoga, Ramiro Calle ha viajado en noventa y nueve ocasiones a la India, donde ha estado en contacto con grandes maestros espirituales. Ha sido profesor de yoga en la Universidad Autónoma de Madrid y en las Aulas de la Tercera Edad.

Desde hace más de cuarenta años dirige el Centro de Yoga Shadak en Madrid, por el que han pasado cuatrocientas mil personas. Es autor de más de doscientos libros, entre ellos La claridad interior, La otra India y La sabiduría de los grandes yoguis y La dicha del alma, publicados por Ediciones B.



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Gregory McCormick:

A lot of people always spent their very own free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent all day every day to reading a guide. The book La senda de la atención plena (Spanish Edition) it is rather good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can more simply to read this book from a smart phone. The price is not to fund but this book possesses high quality.

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