



Pronto soccorso emozionale (Manuali per l'anima) (Italian Edition)

Zanon Monia

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Pronto Soccorso Emozionale è un modo semplice e potente per far accorgere di come e quante strade siano piastrellate di cose che non siamo: credenze, convinzioni, programmi installati da qualcun altro che forse nemmeno conosciamo.

Questo ebook vi accompagnerà in un viaggio terapeutico all'interno dell'apparente caso, che si rivelerà essere un vero e proprio coaching dell'anima. Impareremo ad accorgerci di ciò che il momento dell'adesso attira, verso la via della liberazione da tutte quelle strutture che inibiscono la guarigione.

Come gli sciamani, antichi uomini-medicina, viaggeremo nei territori dell'accorgersi e della meraviglia per recuperare le energie perdute lasciate nei nostri irrisolti passati e che si ripercuotono nel presente. In questo viaggio ci guarderemo con occhi nuovi, liberandoci dalle parole usate a caso e dai programmi assurdi che non ci attrezzano al nuovo e al miracoloso.

Oltre il «mi piace» o «non mi piace», oltre il territorio di ciò che crediamo essere vero, esiste il mondo dell'accorgersi. Ciò che arriva alla nostra attenzione esige la nostra meraviglia, diversamente perdiamo noi stessi e il nostro tempo.

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