



Meditaciones toltecas para el día a día (Crecimiento personal) (Spanish Edition)

Miguel Ruiz

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Por primera vez, un libro de meditaciones para el día a día basado en la sabiduría tolteca. Don Miguel Ruiz Jr., hijo del mítico chamán mexicano, vuelve con el primer libro de meditaciones creado para guiar, inspirar e iluminar a los lectores occidentales día a día por el sendero del nagual. La sabiduría tolteca enseña a sus guerreros a superar el espejismo de lo que llamamos realidad con el fin de conocer la libertad y la plena consciencia. Pero esa capacidad no es exclusiva de los chamanes del desierto. Si seguimos el camino del guerrero, todos podemos conocer la verdad y el amor que nos aguardan al otro lado del velo. La nueva obra de Don Miguel Ruiz Jr. ofrece a los lectores, sea cual sea su grado de conocimiento de la sabiduría tolteca, la oportunidad de emprender este sendero de autodescubrimiento. A lo largo de seis meses, durante unos minutos diarios, un reconocido chamán nos ayudará con sus poderosas meditaciones a acallar la mente, a superar el ego, a identificar los acuerdos que nos limitan... ¿El objetivo? Acceder a la perfección y al amor incondicional que florecen en una vida consciente.

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