

# Le Livre De La Mditation Kitb Al Tafakkur

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imaginez un programme en 8 semaines qui puisse vous libérer du stress de l'anxiété de la déprime ou de la dépression simplement en vous enseignant de nouvelles manières de répondre à vos propres pensées et sentiments ce programme existe c'est la thérapie cognitive basée sur la pleine conscience depuis de nombreuses années il a fait ses preuves partout dans le monde

l'humanité entre dans une nouvelle ère nous allons évoluer jusqu'à devenir des êtres des lumières superpuissants nos corps d'énergie aurique connaissent un changement transformationnel alors que des nouvelles structures cristallines se forment à l'intérieur et autour de nos auras kala ambrose une enseignante de sagesse très respectée intuitive et oracle nous enseigne comment nous connecter à notre corps énergétique qui change rapidement pour étendre notre conscience et nos capacités aux niveaux physique mental émotionnel et spirituel ce guide révolutionnaire contient une foule d'exercices pratiques de diagrammes et d'instructions qui vous apprend à utiliser cette énergie de transformation pour créer un puissant changement positif dans votre propre vie et dans le monde

monte farber y amy zerner son astr logos de renombre internacional y transmiten su visi n única de los perfiles de personalidad basados en el zodiaco además comparten sus mejores tips y consejos para contribuir a nuestro bienestar meditaciones conscientes ejercicios de respiraci n y afirmaciones infusiones herbales posturas de yoga uso de cristales curativos y más todo personalizado para cada signo nuestro objetivo es que tu mente cuerpo y espíritu se sientan renovados dicen los autores

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