



Vivir Desde el Corazon: (Living from the Heart) (Spanish Edition)

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El Corazón espiritual es la fuente de amor, paz, sabiduría y felicidad. Todo aquello que en realidad importa lo encontramos dentro de nuestro propio Ser. Vivir desde el Corazón utiliza guías y ejercicios para guiar a los lectores de forma gradual y profunda hacia experiencias de sabiduría interna y hacia la capacidad ilimitada de amar. Consiste de una colección de enseñanzas acerca del Corazón, incluyendo: Desde el Corazón: El descenso desde su mente hacia su Ser: Ofrece maneras simples de alcanzar una perspectiva más abierta y de aceptación, además de explorar su verdadera naturaleza como espacio consciente. La Sabiduría del Corazón: Dirige al lector hacia el Corazón, la verdadera fuente de sabiduría. Amar Es Dar, No Recibir: Señala la verdadera fuente de amor en su propio corazón. Nos llenamos de amor dando amor.

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