

Apodérate *de tu* Cuerpo

¿Eres feliz en tu cuerpo? ¿Te mueves en el mundo con plenitud? ¿Te gustaría hacer un uso más eficiente de todo tu ser? Este libro explora la pérdida de autoridad sobre nuestro cuerpo a causa del intervencionismo que ejercen la familia y la sociedad desde que somos niños, y ofrece un programa de cuatro semanas para apoderarte de tu cuerpo. En este libro encuentras cuatro claves que te permiten armonizar el cuerpo y la mente, entender los vínculos entre las diferentes partes de nuestro sistema, generar creatividad en nuestros movimientos, y estar entero y presente en todo lo que haces. Así reclamas tu autoridad interna no solo en cómo te mueves, sino en cómo actúas en el mundo.

Lea Kaufman es ingeniera en sistemas, actriz, bailarina y educadora somática. A través de sus talleres presenciales y en línea, así como de videoclases y entrevistas en su canal de YouTube, Movimiento Inteligente TV, se ha convertido en la exponente más conocida del Método Feldenkrais en el mundo de habla hispana. Este libro combina el conocimiento que ha desarrollado a lo largo de más de diez años de práctica de este método, la teoría de sistemas y los descubrimientos más recientes sobre el cerebro a fin de ofrecer una guía efectiva y amorosa para la transformación personal a través del cuerpo en movimiento.

editorial  Sirio



Apoderate De Tu Cuerpo

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Apoderate De Tu Cuerpo:

Apodérate de tu cuerpo Lea Kaufman, 2015-01-08 Eres feliz en tu cuerpo Te mueves en el mundo con plenitud Te gusta hacer un uso más eficiente de todo tu ser Este libro explora la pérdida de autoridad sobre nuestro cuerpo a causa del intervencionismo que ejercen la familia y la sociedad desde que somos niños y ofrece un programa de cuatro semanas para apoderarte de tu cuerpo En este libro encuentras cuatro claves que te permiten armonizar el cuerpo y la mente entender los vínculos entre las diferentes partes de nuestro sistema generar creatividad en nuestros movimientos y estar entero y presente en todo lo que haces Así reclamas tu autoridad interna no solo en cómo te mueves sino en cómo actúas en el mundo Lea Kaufman es ingeniera en sistemas actriz bailarina y educadora somática A través de sus talleres presenciales y en línea así como de videoclases y entrevistas en su canal de Youtube Movimiento Inteligente TV se ha convertido en la exponente más conocida del Método Feldenkrais en el mundo de habla hispana Este libro combina el conocimiento que ha desarrollado a lo largo de más de 10 años de práctica de este método la teoría de sistemas y los descubrimientos más recientes sobre el cerebro para ofrecer una guía efectiva y amorosa para la transformación personal a través del cuerpo en movimiento **Apoderate**

de la PALABRA Betty Sermeno Retamal, 2022-12-01 Apoderarse de la Palabra de Dios es más que leer escribir o recitar lo que dice la Sagrada Escritura Es permitirle a esta que transforme su vida Apoderarse de la Palabra es trasladarse a la escena original plasmarse en la fotografía grabarla en el programa de su mente embutirse apasionarse y sumergirse en ella Apoderarse del vestuario por lo que digas ceñirse a la promesa y responsabilidad de aquellos a quienes en un tiempo dado Dios les habló Jesús pedía que el Reino del Padre se estableciera en la tierra nosotros también pedimos que eso suceda en este tiempo De eso exactamente se trata que usted hable con el vocabulario de Dios y no más con el suyo La meta de este libro es que el Espíritu Santo le revele el hablar de Dios y usted se apodere de él *Ámate* Gustavo Santos, 2017-02-07 En este libro voy a conducirte a un viaje interior hacia el descubrimiento del guerrero que hay en ti y te voy a invitar a querer ser más y mejor a que seas consciente de que un cambio ser capaz de elevarte a la dimensión a la que perteneces A tu disposición tienes 120 frases poderosas 120 oportunidades para que el cambio y el reencuentro contigo mismo para vencer la nostalgia de la persona que fuiste y que recuperes la libertad que eres Abandona el miedo en pro del amor la pereza en pro de la acción y la irresponsabilidad en pro de la responsabilidad Es fundamental soñar creer y confiar en ti Grimorio del Papa Honorio III YPRÁCTICAS OCU, el 2008 Los Secretos De La Mente Y El Cuerpo Gianluca Pistore, Oreste Maria Petrillo, 2019-05-16

Viaje a través del libro de ejercicios de Un Curso de Milagros Volumen 2 Kenneth Wapnick, 2020 La presente obra es la segunda entrega de Viaje a través del Libro de ejercicios de Un curso de milagros colección que nuestra editorial publicará en siete volúmenes Estos libros contienen los comentarios del autor Ken Wapnick el editor original del Curso sobre las 365 lecciones del Libro de ejercicios de Un curso de milagros Entre los grandes méritos de esta colección está la incomparable claridad y comprensión que Ken tenía de los principios metafísicos del Curso de sus niveles de interpretación y de las claves

prácticas para la mejor comprensión de sus contenidos y vocabulario Sentimos un profundo agradecimiento por su contribución y por la luz que aporta a todo el material Se trata en nuestra opinión de una obra maestra por su claridad brillantez e integridad Un documento imprescindible para entender la pureza no dual de Un curso de milagros así como su aplicación en la vida diaria Estamos seguros que muchos estudiantes comprometidos con la práctica de los ejercicios también se sentirán agradecidos Es nuestro deseo que pueda llegar a todos aquellos que buscan una guía clara para entender e integrar la profundidad de las enseñanzas de Un curso de milagros

El obispo Godofredo José Ramón Arana Marcos, 2017-12-29 Al comienzo del siglo XII muy cerca del centro de Francia los personajes de esta novela encarnan un remolino de dramas que conocemos como Edad Media El obispo Godofredo la condesa Ermenilda el comerciante Adalberto y su hermano Abelardo nos muestran una Europa constructora y compasiva cruel y deletérea que lo mismo deseca terrenos e importa nuevos animales de sustento en sus monasterios cistercienses que padece hambrunas que la pueden llevar a la muerte y a la destrucción En estas agonías y esperanzas un papado dividido y errante un clero venal y reformador Personalidades de hierro y astutas Una nueva Edad Media con su trágico resplandor

El poder de vivir tu vida preciosa GEORGES DIDEROT, 2023-02-08 En alguna ocasión Jim Rohn afirmó Principios básicos los llamo porque principalmente provienen de la Biblia Mi mentor Earl Shoaff me dijo que la Biblia era un buen libro de texto para grandes ideas historias y ecuaciones de éxito Descubrí que eso era cierto Sr Shoaff me dijo que la Biblia era un excelente libro para saber cómo vivir una vida mejor Descubrí también que eso era muy cierto Jim Rohn continuó afirmando y dijo que descubrí que era cierto lo que el Sr Shoaff le enseñó acerca de que la Biblia es tanto práctica como espiritual Jim Rohn continuó diciendo y declaró Si miras tu cuenta bancaria tus ingresos y no estás contento hay varios lugares en la Biblia para verificar y ver qué diantre está mal para que entonces puedas hacer los cambios Al querer compartir la grandeza con toda la población del mundo a través de nuestra obra titulada EL PODER DE VIVIR TU VIDA PRECIOSA durante nuestra búsqueda nosotros también descubrimos que la Biblia lo tiene todo Ya sea de manera espiritual mental material emocional y físico vital a través de las enseñanzas bíblicas compartimos todos los principios básicos para vivir una vida mucho mejor en todo el sentido de la palabra Es en el libro de Job donde se revela el arte de conocer bien los altibajos de la vida Los salmos son los que nos dan el modelo de la verdadera oración Los proverbios nos enseñan el arte y la sabiduría de hacer lo correcto en todos nuestros asuntos durante nuestro viaje aquí en la tierra que llamamos vida Es en los Eclesiásticos que se ocupa del verdadero modo de disfrutar tan plenamente como lo permite el orden presente de las cosas buenas que te han sido otorgadas como ser humano Y los Cantares es donde la sabiduría se eleva a la contemplación del Gran Arte Supremo de la verdad y del amor puro Así compartimos el Espíritu de Dios en todas sus manifestaciones demostrando el poder mental espiritual y físico que todos y cada uno de nosotros poseemos como ser humano Nuestra obra es mucho más práctica que filosófica Por lo tanto demostramos con varios versículos de la Biblia y ejercicios prácticos cómo expresar el existente poder sobrenatural que todos poseemos Así al aceptar sin resistencia las enseñanzas

anzas de este libro cada lector podr Ser Hacer y Obtener el deseo de su coraz n con una f rmula pr ctica de la fe y la acci n indicada Sabr s tu verdadera identidad no solo por ser parecido a Dios seg n su imagen y semejanza sino tambi n como alma encarnada chispa divina y la criatura m s maravillosa de Nuestro Creador Tendr s la certeza de que no est s aqu por accidente ni tampoco por coincidencia sino para cumplir un prop sito definido Si practicas las ense anzas de esta obra podr s hacer los ejercicios pr cticos para crear los h bitos progresivos y efectuar los cambios diarios con el fin de transformar tu Yo interior Tanto en la antig edad como la actualidad nuestra obra contiene ense anzas pr cticas de los empresarios y celebridades m s famosos y exitosos de la historia del mundo su forma de pensar y hacer las cosas para alcanzar el xito Todo aquel que haya le do y entendido nuestra obra poniendo en pr ctica sus principios podr hacer uso de su propio poder sobrenatural apreciando esta forma divina que todos y cada uno poseemos Todos aquellos que estudien este libro comprender n su relaci n con Dios con s mismos el mundo y todas las fuerzas universales **Ciclomancia (Traducido)**

Frank Rudolph Young, 2023-11-27 Verdaderas t cnicas m gicas para lograr los deseos de tu coraz n magia que deber a traerte nueva salud nueva felicidad nueva prosperidad Porque la Ciclomancia como afirma el Sr Young demuestra claramente que la magia existe y muestra c mo se pueden conseguir resultados incre bles sin mover un dedo Para darle s lo una breve muestra el Sr Young afirma que este libro muestra c mo usted puede Mover objetos sin tocarlos Escuchar una conversaci n en cualquier lugar y en cualquier momento Viajar a cualquier lugar con su Cuerpo Astral y obtener informaci n de primera mano que no se puede conseguir por ning n otro medio Retroceder en edad y volver a ser joven Hacer que los dem s vean s lo lo que usted les dice que vean Materializar objetos de la nada El Sr Young se ala que la Ciclomancia otro nombre para la Magia Blanca es simplemente el uso de ciertos poderes ocultos que todos poseemos Poderes que nos fueron dados mucho antes de que se inventaran los libros Poderes olvidados Por ejemplo como la mayor a de la gente probablemente no recuerdes c mo mover objetos sin tocarlos Pero posees el poder de hacerlo Poderes como Visi n de Rayos X Proyecci n Astral Atracci n Mental Hipn tica y O do Poderoso por nombrar s lo algunos Y sin embargo estos poderes m gicos no son dif ciles de usar en absoluto Al contrario no requieren ninguna destreza manual ni equipamiento caro de ning n tipo Basta con leer las instrucciones y hacer los ejercicios dice el Sr Young y despertar poderes asombrosos que nunca so posibles **El divino**

Gustavo Álvarez Gardeazábal, 2019-10-07 El divino es una novela que transcurre en Ricaurte un pueblo del norte del Valle del Cauca donde el paisaje es particularmente prodigioso Circundado por el r o Cauca Ricaurte y sus alrededores se levantan sobre un valle verde esmeralda que comienza en el pie de monte de la cordillera de los Andes y se extiende por kil metros como un mar verde y promisorio Como en C ndores la novela El divino de Gardeaz bal parte del microuniverso del pueblo cuenta la historia doble de un milagro y una pesadilla El milagro es la aparici n en una pe a del cono del Divino Ecce Homo La pesadilla es la historia de Mauricio Quintero un joven bello fuerte y atl tico que para salir de la pobreza se mete en el negocio ilegal del narcotr fico El pueblo venera e idolatra la figura del cono que ahora cuenta con santuario y pedestal pero

as mismo el pueblo de Ricaurte ama venera e idolatra al otro divino el pagano que ahora viste ropa de marca usa bisutería fina y anda con guardaespaldas En la novela se unen en un solo haz lo religioso y lo pagano el pecado y la culpa el cielo y el infierno Dos figuras antagónicas y complementarias que siempre han estado presentes en las culturas de origen judío cristiano Fabio Martínez

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