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A MENTE MEDITATIVA

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Peipei Pang



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TDAH e Exercícios Físicos: Movimento-se para Controlar a Mente MAX EDITORIAL, 2023-06-22 Voc sabia que a prática de atividades físicas pode ser uma das ferramentas mais poderosas no controle do TDAH Este livro revela como exercícios simples acessíveis e eficazes podem ajudar a melhorar o foco reduzir a ansiedade e trazer mais equilíbrio para o dia a dia de quem convive com o Transtorno de Déficit de Atenção e Hiperatividade O que voc vai encontrar neste livro Estratégias práticas para usar atividade física no combate impulsividade e desatenção Como o movimento ajuda a liberar os hormônios da felicidade dopamina serotonina endorfina e oxitocina Rotinas de exercícios para crianças adolescentes e adultos com TDAH Técnicas para transformar o exercício em hábito diário sem desistir no meio do caminho Exemplos práticos que mostram resultados reais na vida de pessoas com TDAH Por que este livro para voc Se voc busca uma forma natural acessível e cientificamente comprovada de controlar os sintomas do TDAH e conquistar mais qualidade de vida este guia ser seu aliado diário Transforme sua rotina conquiste mais energia e aprenda a usar o corpo como aliado da mente Descubra como o movimento pode ser a chave para organizar seus pensamentos e viver com mais equilíbrio Quiete e visione profonda Amadeo Solé-Leris, 2016-04-27 Cominciai a seguire l insegnamento del Buddha dal momento in cui capii che il vero e proprio non una religione una fede in una Divinità e in una relazione con Essa comunque articolata ma un umanesimo e più concretamente un sistema etico psicologico che propone metodi pratici per raggiungere qui e ora la piena realizzazione delle proprie potenzialità benefiche In Occidente l insegnamento del Buddha stato più volte interpretato in senso più o meno teistico il Buddha come Dio o come sua rappresentazione manifestazione Ma quando mi resi conto che il Buddha il Risvegliato non pretendeva essere un Dio o un profeta bensì esempio supremo di ciò che l essere umano può diventare mi dissi Questo sì che ha un senso il Risvegliato insegna agli altri come risvegliarsi Questo testo vuole contribuire alla comprensione della natura pratica e concreta dell insegnamento del Buddha il cui cuore l esercizio meditativo Vi sono delineate le sue caratteristiche essenziali per offrire al lettore non specializzato un introduzione generale che possa incoraggiare a farne esperienza Nel 1972 in Sri Lanka ebbi la fortuna di leggere le parole del Buddha la spiegazione di quello che lui stesso aveva sperimentato e di come anche altri possano arrivare alla stessa esperienza E così scoprii la straordinaria semplicità e la profonda concretezza del sentiero di quiete e visione profonda da lui indicato Mi dedicai quindi allo studio dell antica lingua pali e dei testi Nel 1974 feci un corso di meditazione Vipassana con il maestro indobirmano S N Goenka questa pratica dell insegnamento del Buddha mi convinse ad accettare la sua validità come guida di vita e ad impegnarmi da allora al continuativo esercizio meditativo di Vipassana Ben sapendo che una strada lunga a ogni passo mi appare giusta e benefica **Yoga O Espírito e a Prática de mover-se para a Quietude** , 2023-09-21 Este livro um manual de instruções Trata especificamente de como praticar ioga como meditar e a arte de ouvir interiormente em busca de orientação um livro de instruções cercado de filosofia que esperançosamente torna o mundo todo mais relevante Ele contém o que aprendi ao longo dos anos Gostei muito de escrever

este livro Demorou muito mais de dez anos mas adorei cada momento dif cil simples frustrante e fluido Foi um tremendo aprendizado para mim Achei que sabia o que ia escrever quando comecei Mas quanto mais eu escrevia mais eu aprendia E quanto mais aprendia mais mudava de ideia at que finalmente surgiu a clareza O principal desses aprendizados foi a percepção de que o Conhecimento acontece que a revela o intuitiva espontânea flui para a sua mente quando você presta atenção interiormente receptivo e escuta O tema ou técnica da ioga portanto e de fato o tema deste livro mover-se para a quietude a fim de ser guiado por dentro e então ser suficientemente corajoso e disposto a fazer o que o interior está levando a fazer mesmo quando você não consegue explicar seu comportamento para si mesmo ou para os outros Dessa forma você será uma presença inspirada inspiradora e significativa Espero que gostem do livro

Comunicação aberta Gustavo Gomes de Matos, A estratégia da Comunicação Aberta concretiza-se quando o ser humano encontra em si mesmo as respostas para os dilemas que o atormentam e o impedem de evoluir quando o profissional percebe a força empreendedora da sua vocação e o incrível potencial para o aperfeiçoamento contínuo quando a empresa volta-se para o seu corpo funcional buscando a fonte segura de soluções para o seu crescimento sustentado quando as lideranças políticas passam a escutar os cidadãos a fim de fundamentar as políticas públicas e medidas em prol do progresso de todos sem nenhum tipo de exclusão pelo caminho da comunicação que evoluímos com desenvoltura no ambiente organizacional na sociedade e principalmente em nosso universo interior Editora Manole

Sequestros Alienígenas II Mário Nogueira Rangel, Uf logo e pesquisador revela a partir de hipnoses em pessoas abduzidas por vni o que os extraterrestres estão fazendo na Terra

La ciencia de la meditación Ramiro Calle, 2024-04-04 Ramiro Calle el gran pensador de nuestro tiempo descifra las claves de la meditación para una vida más confortable y completa

Le radici del qigong cinese Jwing-Ming Yang, 2008

Ante la ansiedad Calle Ramiro A., 2023-02-01 Las exigencias que nos imponen o nos imponemos la descompensación de los mecanismos de adaptación la expectativa de resultados inciertos la persecución compulsiva y la avidez de logros los enfoques incorrectos de la existencia y la confusión de prioridades los conflictos internos la atmósfera hipertensa en la que muchas personas se ven obligadas a desenvolverse todo ello genera ansiedad Asimismo y sobre todo la falta de armonía interior las viejas heridas del subconsciente los conflictos básicos sin resolver las tendencias neuróticas las relaciones inmaduras las carencias psicológicas y las deficiencias emocionales Sólo en la medida en que maduramos vamos remitiendo la sensación de ansiedad El afán de posesión los impulsos de dominio el compulsivo juego de la competitividad la ausencia de ser la excesiva demanda de seguridad la avidez y el aferramiento la persecución de la felicidad en donde no puede residir la ofuscación las actitudes rigidamente egocéntricas todos estos también son factores y destacados generadores de ansiedad

Sophia Ed. 79 - Mudanças para um novo mundo Editora Teosófica, O fim dos velhos padrões é abrir espaço para relacionamentos baseados em uma nova ordem Seres assim com uma mente nova serão verdadeiros focos de luz iluminando todo o planeta Por trás das máscaras Bodhicitta a mente altruista As lições da Solidão

Sexualidad trascendente y erotismo en el yogaÉ Adrian Marcelli

Esquivel,2016-09-21 Este texto explora la visi n aparentemente insalvable entre la er tica m stica el Hatha Yoga y el Tantra y profundiza en un recorrido por develar las complejas y sutiles redes de todarelaci n trascendente del ser humano La v a superior del Tantra del Hatha y del Raja Yoga parten del deslumbrante descubrimiento de los caminos de contacto relaci n y sentido los cuales se expresan a trav s de siete dimensiones que son la base y la clave de la alquimia superior del yoga

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