



Gioia & Benessere (Italian Edition)

Jose Maffina

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Il compito più difficile è portare nella vita di tutti i giorni un atteggiamento positivo, poiché il quotidiano è la sabbia mobile in cui si affonda, è il sasso in cui si inciampa.

Questo libro propone riflessioni e percorsi per stare bene con se stessi.

La separazione tra spiritualità e corpo, specialmente in Occidente, ha creato il diffuso pensiero che il corpo non ha nulla a che vedere con l'evoluzione spirituale, anzi per lo più è una zavorra o un ostacolo a questa realizzazione. Nella concezione del "benessere evolutivo", i due ambiti sono invece strettamente connessi e l'autrice è fortemente convinta che non ci possa essere vera evoluzione se non si tiene in considerazione anche il nostro corpo. Attraverso l'incontro con argomenti diversi si delinea un cammino quotidiano con cui misurarsi. La coerenza tra il nostro sentire e il nostro agire è alla base del benessere evolutivo.

La quotidianità e tutte le sue problematiche sono la "grande" prova. Quindi non abbiamo bisogno di rifugiarci in una grotta ed essere eremiti per percorrere il nostro sentiero spirituale, basta fare piccoli passi consapevoli e portare il cuore nei nostri pensieri e nelle nostre azioni. Con esercizi pratici.

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