



Percorsi di consapevolezza. Metodi olistici per la conoscenza interiore e la realizzazione di sé.

By Cheli, Enrico

Xenia, 2009. Book Condition: new. Milano, 2009; br., pp. 288, cm 14x20,5. (Percorsi di consapevolezza. 1). Milioni di persone aspirano oggi a conoscere se stesse e realizzarsi e i metodi a ciò finalizzati non sono più, come in passato, segreti e circoscritti a scuole iniziatiche e circoli esoterici, ma si rendono disponibili a tutti. L'autore fa chiarezza su questo ricco ma ancora confuso coacervo di approcci, scuole, maestri, evidenziandone analogie e contraddizioni e delineando un metodo olistico che concilia scienza e spiritualità, coniugando campi del sapere in apparenza distanti tra loro, quali psicologia, meditazione, tradizioni iniziatiche, psicosomatica, alchimia, mitologia, sociologia, scienze della comunicazione, discipline yogiche e tantriche. Il libro inizia mettendo a fuoco motivazioni e circostanze che spingono le persone verso la consapevolezza e lo sviluppo del potenziale umano. Quindi entra nel vivo del tema, illustrando principi, tecniche ed esercizi per liberarsi da condizionamenti e credenze limitanti, risvegliare il sentire inferiore, acquietare la mente, disidentificarsi dall'ego. Parallelamente esamina i fattori esteriori che possono facilitare o ostacolare tali processi: relazioni e conflitti con gli altri; attività lavorativa; mass media; alimentazione e respirazione.



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