



Meditación y Mantras

By Swami Vishnudevananda

Ed. Alianza, 2001. soft. Condition: New. Lejos de reducirse a una combinación de sílabas sin significado, un «mantra» auténtico -advierde SUAMI VISHNU DEVANANDA- es una energía mística contenida en una estructura de sonido cuyas vibraciones afectan directamente a los «chakras» o centros de energía del cuerpo, tranquilizan la mente y llevan a la quietud de la meditación. MEDITACIÓN Y MANTRAS señala las vías para acceder a ese estadio trascendental en que el que se entrega a la meditación alcanza el estado de superconsciencia y el conocedor se funde con el conocimiento y lo conocido. Para meditar con éxito, sin embargo, la lectura de los «mantras» debe hacerse en las condiciones adecuadas de respiración, ejercicio, relajación y dieta que «El libro de Yoga» (LP 7100) detalla. *** Nota: EL COSTE DE ENVÍO A CANARIAS ES 11.49 EUROS. Si ha realizado un pedido con destino a CANARIAS no podemos hacer el envío con el coste actual. Nos pondremos en contacto con usted para comunicar el coste total del envío a Canarias y si está de acuerdo, Abebooks le efectuará el cargo adicional.



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