

Meditaciones para occidentales

Meditation for Westerners



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Meditation is not a fad. By now it has become a way of life, a way to combat the stress and anguish caused by our daily lives. Jordi Colomer explains how 'all roads lead to Rome'. There are many techniques that can help us to be more aware of ourselves and of everything surrounding us; to be more connected to the inner and outer worlds and to attain that so-desired harmony. In this way we can change our set of values and be more aware in each moment of reality; in short, to live our lives to the full, without limitations. The aim of 'Meditaciones para occidentales' is to spread awareness of different forms of meditation, all easy to practice and which do not need a guide, so that each reader can choose the one he or she prefers.

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