



## Segreto dell'essenza (II) (Italian Edition)

*BRUCCO CARLOTTA*

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Questo libro guida il lettore a cogliere l'essenza della Via verso la libertà. È un inno alla vita con le istruzioni per trovarne pienezza e gioia. Ci si sente prendere per mano e condurre al cuore dell'esistenza, attraverso percorsi ed esperienze vissute in prima persona. Ogni grigiore, ogni durezza scompaiono per lasciare il posto a colori e profumi vivaci e luminosi. Ci si trova ad entrare nella sostanza vera delle cose dove i confini sono sempre meno rigidi e si comincia a respirare il proprio essere profondo attraverso i segreti delle più antiche e dirette vie spirituali.

Viene esposto in modo semplice e diretto l'essenza della via spirituale, con particolare attenzione all'atteggiamento interiore da generare nei confronti della vita per renderla una continua e costante meditazione: un inno alla gioia che richiama spontaneamente al Sé, a Dio, alla propria vera natura. Parte importante

è dedicata al modo di affrontare il dolore in tutte le sue manifestazioni per imparare a trasformarlo e a non averne più paura. Particolare attenzione viene data

ai metodi per entrare sempre più profondamente nel momento presente. Questo libro è strutturato come un viaggio iniziatico che conduce all'interno del proprio reale sentire per accedere ad una consapevolezza di Sé sempre più grande.

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