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Godwin Samararatne



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Imparare ad amare Amana, Krishnananda, 2024-04-30T00:00:00+02:00 L'intimità è un percorso spirituale ed emotivo che richiede dedizione, un lavoro costante e consapevole. Quante volte ci siamo chiesti perché le nostre relazioni non funzionino sebbene tutto all'apparenza sia perfetto? O per quale motivo non riusciamo a trovare la persona giusta? L'amore non si improvvisa e per poterlo dare e ricevere con consapevolezza è necessario affrontare un percorso prima dentro di noi e poi verso gli altri. Krishnananda e Amana, due dei più seguiti maestri della spiritualità contemporanea, ci guidano in questa avventura con il programma *Imparare ad amare*, un cammino in quattro tappe: le prime due dedicate a nutrire e custodire l'amore per noi stessi, le due successive ad accogliere gli altri. Il passo iniziale è quello di lasciarci andare alla vulnerabilità che nella sua forma autentica ci permette di sviluppare una spontanea fiducia nel mondo e negli altri. Una volta divenuti consapevoli di questo, sarà naturale affrontare le ferite che la vita ci ha inferto e con esse la vergogna di sentirci inadatti o sbagliati. Di conseguenza ci avvieremo verso una vita libera dalle aspettative degli altri. Terza tappa di questo cammino: coltivando lo spazio interiore alla scoperta delle nostre passioni e della nostra energia. Infine, con il quarto insegnamento, saremo posti di fronte all'amore come sfida spirituale ed emotiva. Una guida concreta per accogliere l'insicurezza e imparare ad amare senza ostacoli e con sincerità, ritrovando un genuino stato di vitalità, di amore, di sensibilità e di gioia. **L'affaire**

fiscale ovvero il dispensario del tempo Armando Verdiglione, 2014-10-26 Il volume si compone di cinque libri: *La virtù e il valore*, *La direzione*, *La clinica*, *La cifra originaria*, *La cosa intellettuale*. Oltre 160 lezioni che Armando Verdiglione ha tenuto fra il 2008 e il 2011, tre anni di inquisizione sotto il pretesto fiscale, il testo di questi tre anni e la base per i prossimi trenta. La burocrazia come già aveva anticipato Vladimir Bukovskij sta diventando sempre più opprimente, schiacciante, devastante in Europa e anche nel nostro paese, dove già aveva radici solide. **PURPUREA** Raffaele Carlucci, 2013-12 Non esiste l'alba. Giselle. In questo romanzo cinematografico presento un'epopea corale che fa dell'epica tragica il suo punto di forza. Sullo sfondo di una Russia divisa tra passato e modernità, nei primi anni del 900 si intrecciano le storie di un giovane soldato messo alle strette dalle atrocità della guerra civile, dei due gemelli Andr e Giselle, ritrovatisi dopo tredici anni in una super natura solitaria e glaciale, e del sadico e spietato capitano Foska, personificazione del male assoluto. Quando le vie del soldato disilluso, dei gemelli amanti e del folle capitano si riuniranno, la tragedia attuerà il suo fatale destino senza risparmiare nessuno. *Purpurea* è il mio primo romanzo tratto da una sceneggiatura che scrissi da adolescente. Scriverlo è stato per me e spero lo sarà anche leggerlo per voi, una straordinaria esperienza visiva, sublime ed angosciante allo stesso tempo. **Aldilà. Gli insegnamenti**

di Toro Seduto e altre entità spirituali Barbara Amadori, 2021-06-10T00:00:00+02:00 Durante una dimostrazione pubblica organizzata in Sardegna nel 2008, Barbara Amadori percepisce un lungo suono di tamburi e la presenza di una Guida Spirituale, un bisbiglio da tempo rimasto sullo sfondo. Molti dal pubblico intravedono la comparsa di una figura accanto a lei. Gli statunitensi lo chiamavano *Sitting Bull* per la sua tribù era *Tatanka Iyotake*. Lui, *Toro Seduto*. Sono tempi incerti questi

La pandemia ha costretto tutti a guardarsi dentro a cogliere il riflesso di un soffio interiore da troppo tempo dimenticato La presenza di una Guida Spirituale diventa bussola necessaria nel ribollire dell'oceano Barbara Amadori continua il suo viaggio nel Mondo dell'Oltre e questa volta si spinge ancora più nelle profondità del Mistero A permeare i pensieri una voce particolare qualcuno che ha fatto la Storia dei popoli La sua Luce accompagna la Amadori per tutto il libro Toro Seduto ci parla al di là del Tempo e dello Spazio Cosa sono Vita e Morte Cos'è il dolore Perché ognuno di noi possiede un cammino di conoscenza evolutivo Quante realtà fisiche esistono Tatanka ci prende per mano ci spiega l'incarnazione la bellezza dell'esistenza racconta di mondi lontani sussurra le parole per non perdersi lungo la strada della Verità Intrecciate a quella di Toro Seduto si uniscono altre Entità fino alla esortazione finale di valorizzare ogni istante prezioso del nostro passaggio sulla Terra e quel che resta del giorno Barbara Amadori ci dona una narrazione che squarcia l'incertezza e ci spinge a non aver paura del futuro

LSD, il mio bambino difficile Albert Hofmann, 2005 Nel 1943 Albert Hofmann sintetizzò la dietilamide dell'acido lisergico LSD L'autore in questo libro racconta la storia della scoperta dell'LSD e cerca di fare chiarezza sugli eventi che ne sono seguiti i primi 15 anni in cui l'LSD è stato impiegato quasi esclusivamente in psichiatria e nella ricerca biologica poi negli anni Sessanta la sua comparsa nel panorama delle droghe fino a diventare la droga di più largo consumo negli Usa il suo diventare una droga di culto fra gli hippy e altri movimenti di contestazione l'interruzione dell'uso terapeutico la messa al bando E l'altra faccia della medaglia le caratteristiche e le proprietà della sostanza le motivazioni avanzate da parte della psichiatria sulle istituzioni sanitarie affinché l'LSD possa essere di nuovo disponibile per il trattamento terapeutico

La via gentile della meditazione buddhista Godwin Samararatne, 2014-04-27 Sono qui trascritti e tradotti in italiano i discorsi tenuti dal maestro durante il ritiro di Hong Kong del 1997 Ricchi di straordinaria profondità umana nella loro incantevole semplicità questi discorsi sono una piccola preziosa guida per ogni praticante di meditazione buddhista

Il risveglio alla nuova consapevolezza Marina Borruso, 2010

La compassione di Gesù Davide Caldirola, 2016-03-31 Non l'abbiamo certo inventato noi donne e uomini di oggi il tema della compassione di Gesù Chi accosta con attenzione le pagine della Scrittura e quelle dei Vangeli in particolare lo deve riconoscere come un richiamo ricorrente quasi fosse un colore irrinunciabile nel quadro vivo della vita di Gesù Don Davide lo ha intuito bene ci racconta con il suo linguaggio incisivo e fresco le risonanze che numerose pagine del Vangelo gli fanno nascere nell'animo ascoltando il Maestro che prova compassione per la folla di ieri e di oggi dalla Prefazione

A precipizio negli abissi Leonardo Gatti, 2012-02-22 Oliver sapeva raccontare le storie in un modo davvero coinvolgente e aveva uno strano modo di farlo parlava sempre come se fossi io il protagonista dei suoi racconti Amava profondamente il mare ed io appena potevo correvo da lui ad ascoltare le sue storie Una volta me ne raccontò una che non dimenticherò mai parlava degli abissi e delle bizzarre forme di vita che li popolano Mi fece vivere un'avventura che mi permise di scoprire le bellezze di questo mondo sconosciuto e di apprezzarne le infinite sfumature cogliendo quella sottile differenza che distingue l'impossibile dall'improbabile L'IDEA RACCONTATA DALL'AUTORE Tutto è iniziato da un piccolo

problema di compensazione ad un orecchio che mi impediva di scendere nelle profondità del mare Non potevo resistere desideravo con tutte le forze tornare ad immergermi in apnea ma non potevo i dottori mi dissero che avrei dovuto aspettare almeno 3 mesi Era un tempo assolutamente troppo lungo così ho deciso di solcare le profondità con la fantasia visitando luoghi davvero incredibili Alla fine ci sono voluti 8 mesi per finire il libro e altrettanti per tornare in mare ma in fondo ne è valsa la pena Il libro è stato un modo per ricordare e ordinare tutte le emozioni che il mare mi ha regalato e in più la prima volta che ho rimesso la testa sotto a quel manto blu incantato ho provato una sensazione davvero magica mi sembrava una favola e probabilmente lo era e lo è ancora oggi

Il sentire della comunicazione globale Augusto Ponzio, Susan Petrilli, 2000

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