



regles d'or pour la vie quotidienne

By Aivanhov, Omraam Mikhael

PROSVETA, 2003. Paperback. Condition: NEUF. " Habituez-vous à considérer votre vie quotidienne avec les actes que vous êtes obligés d'accomplir, les événements qui se présentent à vous, les êtres avec lesquels vous devez vivre ou que vous rencontrez, comme une matière sur laquelle vous devez travailler pour la transformer. Ne vous contentez pas d'accepter ce que vous recevez, de subir ce qui vous arrive, ne restez pas passifs, pensez toujours à ajouter un élément susceptible d'animer, de vivifier, de spiritualiser cette matière. Car c'est cela véritablement la vie spirituelle : être capable d'introduire dans chacune de vos activités un ferment susceptible de projeter cette activité sur un plan supérieur. Vous direz : " Et la méditation. et la prière. ? " Eh bien, justement, la prière et la méditation vous servent à capter cet élément plus subtil, plus pur qui vous permet de donner à vos actes une dimension nouvelle. "Omraam Mikhaël Aïvanhov

Extrait de la table des matières - I. Le bien le plus précieux : la vie - II. Concilier la vie matérielle et la vie spirituelle - III. Consacrer sa vie à un but sublime - IV. La vie quotidienne : une matière que l'esprit doit transformer -...



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