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Nicole Korchia, *Femme Actuelle*

Notre chaton a grandi, et reçoit de nouvelles leçons de sagesse du dalai-lama et des moines de Dharamsala.

Comment trouve-t-on le bonheur profond qui vient du coeur, et vous fait ronronner ?

De toutes les questions que l'on se pose, c'est la plus importante, car nous sommes tous à la recherche du « bonheur »... Notre esprit n'est-il que notre cerveau ? Comment fonctionne l'intuition, et quelle est la nature de nos

pensées ? Comment s'ouvrir à l'amour et faire confiance à la vie ? Et enfin quels sont les secrets qui conduisent à une paix intérieure plus grande ?

Apprendre à calmer son esprit grâce à la méditation, pratiquer le lâcher-prise et être plus dans l'instant présent, ne pas juger mais accueillir ce qui est : voilà les découvertes que fera notre chat malicieux...

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