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Fabrice Midal

PRATIQUE DE LA
MÉDITATION

Un regard plus clair sur votre vie et sur le monde



Isabelle Filliozat.

Tel un grand frère bienveillant, tel un explorateur expérimenté, Fabrice Midal prend le lecteur par la main pour l'accompagner dans la pratique de la méditation. Dr Rosenfeld.

Vous pouvez compléter et mettre en pratique cette lecture en téléchargeant six méditations guidées par l'auteur.

Download or Read Online Pratique de la méditation Fabrice Midal Free eBook PDF/ePub/Mobi/Mp3/Txt, "Dans ce livre inédit, Fabrice Midal nous explique de manière concrète comment méditer ; il nous guide pas à pas et répond à toutes nos questions. Par une attention prêtée à nous-mêmes et au monde qui nous entoure, cette pratique nous permet d'appriivoiser nos parts d'ombre et de découvrir la véritable paix de l'esprit. Fabrice Midal nous prend par la main pour nous conduire à l'essentiel."

À l'heure où, trop souvent, on instrumentalise la méditation, ce livre lui redonne sa juste place, sa vraie valeur, sa vocation ultime : élargir notre esprit, lutter contre l'égoïsme et devenir bon pour les autres. Alexandre Jollien.

Fabrice Midal peint le paysage de la méditation. Il en dessine les contours, met de la lumière sur ses montagnes et ses rivières, et nous guide avec sûreté sur ses chemins vers un autre regard, un nouveau contact avec soi et le monde.

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