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Espera un Milagro (Everyday Grace) (Spanish Edition)

Marianne Williamson

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Espera un Milagro (Everyday Grace) (Spanish Edition) Marianne Williamson
Los atascos, las discusiones, la rutina doméstica...

¿influyen sobre nuestras convicciones espirituales?

Según Marianne Williamson, la respuesta es sí. Es la forma en que vivimos nuestra vida cotidiana lo que determina quiénes somos. De modo que ya seas budista, musulmán, cristiano o judío, son los momentos en que tu hija sufre una decepción, tu mejor amigo destroza tus sueños o tu instinto para los negocios te impulsa a cambiar el rumbo de tu profesión, los que nos ponen a prueba y nos ayudan a forjar nuestras creencias.

En estas páginas, la autora nos muestra cómo encontrar en cada uno de esos momentos una puerta abierta al alma, nuestro almacén privado de riquezas espirituales y de poderes místicos. Se trata, de hecho, de un conjunto de consejos sencillos para dar sentido a nuestra rutina diaria, con sus retos y rituales.

A lo largo de un día y a través de cinco meditaciones potentes e inspiradoras aprenderemos a vivir una vida repleta de gracia: una vida sin sentimientos de culpabilidad ni prejuicios; una vida en la que nos tomamos un tiempo para saborear un silencio sagrado; una vida en la que alcanzamos nuestras metas; una vida en la que se producen milagros cada día.

El poder espiritual que hay en nuestro interior es la clave para realizar cambios eficaces en nosotros mismos, en nuestras vidas y en nuestro entorno.

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