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VIVRE LE ZEN EBOOKS 2019



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u003cbu003eIntroduisez la méditation dans vos actes quotidiensu003c/bu003e. Un mélange habile de pleine conscience et de Zen - direct, simple et sage.u0026#xa0;u0026#xa0;Avec clarté et compassion, Bayda applique des principes du bouddhisme Zen à la vie quotidienne. Il explique comment toute expérience, aussi bien agréable que désagréable, aide à découvrir sa voie' vers la sagesse et un coeur ouvert et propose des suggestions réalistes pour aider à accomplir le voyage de la vie en faisant le lien entre le coussin de méditation et la vie de tous les jours. Son style clair et naturel rendent accessible à tous un propos qui lui font mériter sa place parmi les auteurs-enseignants de méditation.

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