



Progetto anima (Italian Edition)

Monia Zanon

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L'autrice ci accompagna in uno speciale castello che corrisponde al nostro essere, abitato da personaggi-aiutanti che risponderanno ad importanti quesiti esistenziali. Il volume è ricco di suggerimenti pratici e di meditazioni basate su un particolare sistema trans-mentale molto efficace per uscire dal labirinto dei programmi e del "già prestabilito" che ci potrebbe accadere.

L'anima ha un suo progetto? Come posso sentirmi di esistere attraverso ciò che faccio? Com'è possibile liberarsi dai cliché che mi fanno accadere tutto uguale? In questo periodo in cui tutto sta cambiando su quale parte di me posso contare? Come posso riconoscere i miei talenti? È più forte la realtà o ciò che io credo di sapere? Per quale motivo non ottengo ciò che desidero oppure, quando lo ottengo, si tratta di qualcosa che non desidero più? Cosa può influenzare i miei pensieri? Cosa sono le coincidenze e come si muovono nella mia vita? Come è possibile allinearsi all'universo e perché è conveniente? Come posso placare quella strana nostalgia che provo e non so definire?

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