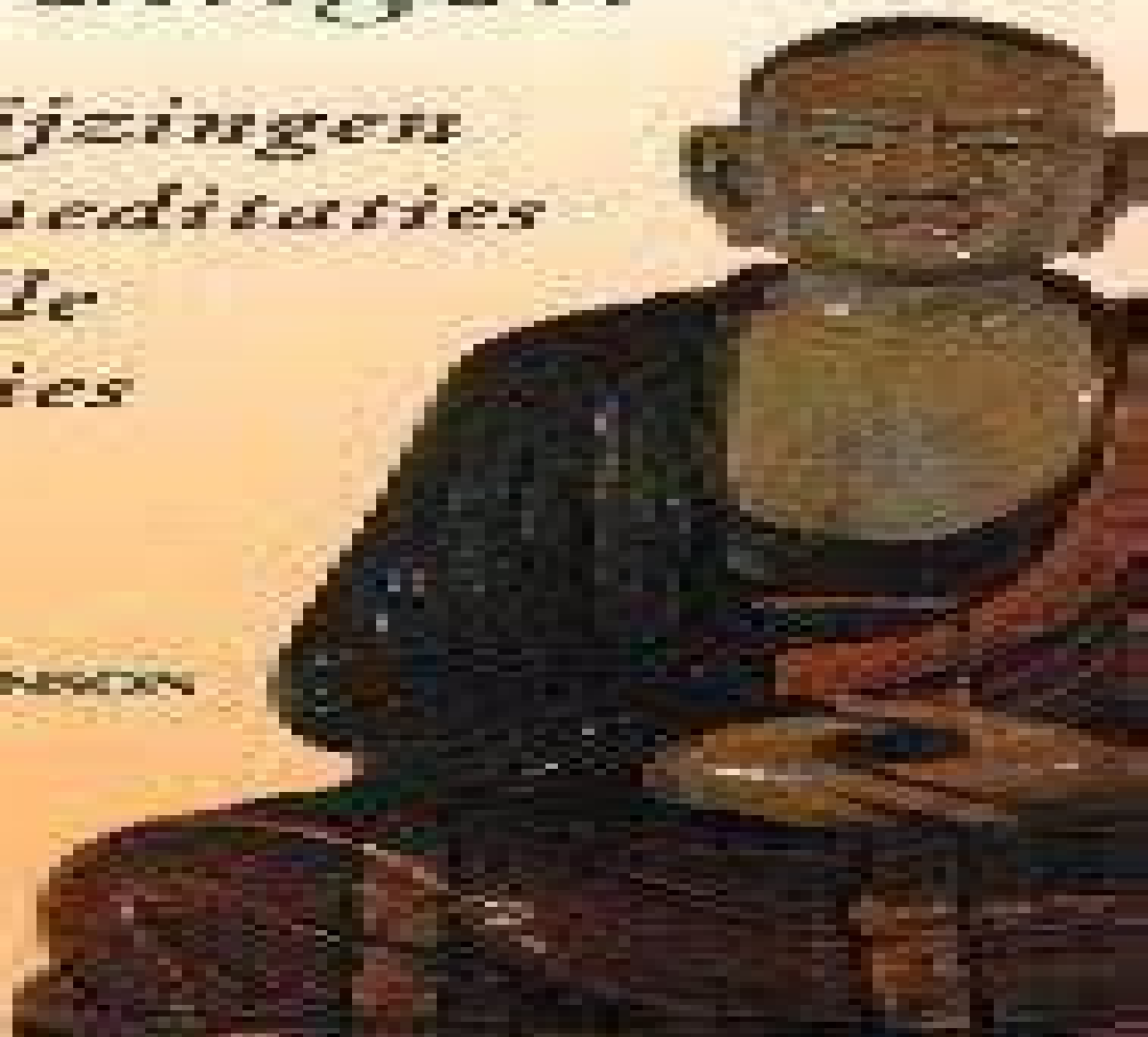


Meditatie Houdingen

*Aanwijzingen
voor meditaties
van alle
tradities*

Wim Jonkhout



Meditatie Houdingen Aanwijzingen Voor Meditaties Van Alle Tradities

Kick Bras



Meditatie Houdingen Aanwijzingen Voor Meditaties Van Alle Tradities:

Meditatiehoudingen Will Johnson, W. M. J. Meissner-Stibbe, 2000 *Mediteren voor Dummies, 2/e* Stephan Bodian, 2007 *Tussen hemel en aarde* Kick Bras, 2009-10-31 Mediteren helpt bij het ordenen van je leven en kan voor ontspanning zorgen Je kunt ervoor bij diverse tradities terecht Naast oosterse meditatie komt ook de christelijke variant steeds meer in de belangstelling Dit boek geeft een schat aan informatie over meditatie vanuit oosterse maar vooral ook christelijke stromingen en biedt een inleiding in de fundamentele elementen en vormen van meditatie voor de geestelijke weg De geestelijke weg is een spiritueel proces van omvorming door de wijsheid en liefde van God Bij meditatie oefen je een geesteshouding die openstaat voor dit omvormingsproces De auteur geeft naast veel achtergrondinformatie uit een tweeduizend jaar oude traditie ook aanwijzingen voor de praktijk **MEDITATION & ITS PRACTICES** SWAMI. ADISWARANANDA, 2014 **The Method of Meditation** Joannes Philippus Roothaan, 1897

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