

RYUNOSUKE KOIKE

Le jeune moine qui a séduit le Japon

LE CHARMEUR DE PENSÉES

**Le nouveau bouddhisme
à l'ère d'internet**

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Le Charmeur De Penseacutes Le Nouveau Bouddhisme Agrave Legraver Dinternet

Ryunosuke Koike



Le Charmeur De Pensées Le Nouveau Bouddhisme Agrave Legravier Dinternet:

Le Charmeur de pensées Ryunosuke Koike, 2014-07-03 Ryunosuke Koike soutient que Trop penser ne mène pas nécessairement de bons résultats tout le contraire. Lorsque une foule de pensées s'agitent en continu dans notre esprit pour la plupart totalement inutiles elles déclenchent une spirale de questions, de doutes et de réponses souvent fourvoyantes. C'est une sorte de maladie de la pensée. Dans ce manuel Koike nous enseigne comment charmer nos pensées afin de réussir ne plus penser trop et négativement et de récupérer une pensée consciente et efficace. Le nouveau bouddhisme de Koike est un véritable entraînement de l'esprit travers un parcours d'exemples communs patiemment construits autour de nos cinq sens nous apprenons reconnaître nos perceptions sensorielles et les maîtriser car en les utilisant de la juste façon nous pouvons enfin libérer notre esprit du poids des informations superflues dominer les motions et passions et ne plus vivre des tracas nuisibles. Alors changez votre mentalité de façon légère efficace et stimulante limitez le trop plein de votre esprit retrouvez votre énergie et votre créativité en charmant vous aussi votre pensée. Penser oui mais pas trop. L'art de se concentrer et de gouverner sa pensée. La pensée efficace que Koike propose est un mode d'entraînement de l'esprit qui prend sa source dans les préceptes bouddhiques. L'aspect religieux y est omis pour faire place à la pratique et à l'acquisition de la capacité d'autodiscipline volontaire qui caractérise la pensée bouddhique. Sous la houlette affectueuse de Koike nous découvrons ce qui a défaut dans notre façon de voir les choses. Quelques petites leçons de bonne conduite nous ouvrent les yeux sur les erreurs que nous commettons tous au quotidien. C'est ce qu'il nous démontre en dressant de perspicaces petites scènes de vie où nous apprenons parler écouter voir croire manger jeter toucher diriger de façon consciente et efficace. Le résultat est une méthode innovante fraîche et tout fait accessible aux lecteurs occidentaux.

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Le Charmeur De Penseacutees Le Nouveau Bouddhisme Agrave Legravere Dinternet** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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