



Viaggio nella mente (Italian Edition)

Cristina Cerioni

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Cresciuta in una famiglia razionale e pragmatica, dove i sentimenti e le emozioni venivano vissuti con eccessivo pudore e come forma di debolezza, Cristina Cerioni ha sempre creduto nella realtà dei sensi come unica, visibile, tangibile ed imprescindibile. Fino al giorno in cui, ormai adulta, sotto l'effetto di un anestetico, si è ritrovata ad osservare il suo corpo fisico disteso sotto di sé, e si è chiesta: "Chi è quella? Perché io sono quassù? Ma allora siamo in due o esisto solo io?" Solo molti anni dopo l'Autrice ha trovato risposta a quelle domande, quando l'uscita dal corpo fisico è diventata una pratica comune grazie a cui ha maturato insegnamenti preziosi riguardo la realtà dell'esperienza terrena e gran parte della conoscenza che oggi possiede. Come ogni essere umano, Cristina percorre la lunga e stretta via di realizzazione del Sé e lo fa in maniera consapevole, con la certezza che la meta è vicina. L'esperienza vissuta e descritta in questo libro è stata intensa ed istruttiva principalmente per se stessa, ma è soprattutto un messaggio d'incoraggiamento e speranza per chi crede nell'essere umano in quanto creatore della propria realtà.

L'unica vita che vale la pena di essere vissuta è sempre una festa. Se senti che non è così, adoperati affinché lo diventi!

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