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Jose Lorenzo-Fuentes

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Aprenda a curarse a través del poder de su mente

En esta obra, el autor José Lorenzo Fuentes, hace una exposición fascinante sobre los diversos métodos curativos a través de la meditación y enseña cómo aplicarlos para reactivar su propio "sistema reparador del organismo".

Aprenda qué es la Inteligencia Celular, la Astrología Médica, la Alquimia Mental y descubra el origen de las enfermendades. Conozca sobre la Meditación Trascendental y la Budista, los ejercicios de respiración, la energía kundalini, el yin y yang, la concentración mental y la curación con los cinco elementos.

Meditación: Prácticas y aplicaciones es una obra dirigida tanto para principiantes como expertos. Es un material de consulta y estudio único en su género.

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