



## La meditazione in azione (Italian Edition)

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# La meditazione in azione (Italian Edition)

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## **La meditazione in azione (Italian Edition)** Cesare Maramici

Questo breve saggio cerca di spiegare cosa sia la meditazione ed è indirizzato prevalentemente a chi si avvicina per la prima volta a questa pratica, utilizzando un linguaggio volutamente semplificato. La meditazione, in questi ultimi decenni di crolli delle certezze religiose e politiche, è diventato un argomento molto inflazionato. Scuole e tecniche di meditazione nascono ogni giorno nelle nostre società occidentali per sopprimere ai bisogni di spiritualità dei singoli individui, pertanto, ho cercato di mettere un po' di ordine tra le tante proposte di meditazione e di trovare un filo conduttore con l'obbiettivo di dare semplici suggerimenti a chi intende iniziare questo percorso. Questo saggio affronta il tema della meditazione cercando di creare un ponte tra i riferimenti ai testi classici (soprattutto indiani) e le esperienze di carattere personale dell'autore nei molti anni di pratiche spirituali (soprattutto yoga e meditazione). Il testo sottolinea l'importanza della spiritualità in azione, del tentare di coniugare il progresso spirituale ottenuto attraverso la meditazione con la quotidianità. Nella sua ultima parte vengono presentate sinteticamente alcune delle principali tecniche di meditazione, cercando di classificarle attraverso dei denominatori comuni.

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