



Prendida en la luz (Spanish Edition)

Amparo Ga

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En la sociedad actual, casi todas las personas llevan una vida muy estresante, además tienen que enfrentarse a demasiados problemas que les vapulean constantemente. Es evidente que determinadas situaciones existenciales todavía vienen dotadas de un mayor incremento de estrés. Este nivel de estrés es producido esencialmente por diversos factores, entre otros: las dificultades económicas, los conflictos laborales, las enfermedades graves, los divorcios, las catástrofes naturales, las muertes de los seres queridos, etc. Es aconsejable tomarse un lapso de tiempo para aislarse de la realidad y prenderse en la luz del espíritu. El libro es una guía fácil que contiene historias verídicas y ejercicios prácticos para poder prenderse en la luz. La obra propone un "Proceso completo" para mejorar la realidad individual, mediante la aplicación de este método, se consiguen unas condiciones existenciales más halagüeñas.

La autora reflexiona sobre la importancia de reservar algo de tiempo para atender los mensajes de los sueños, apreciar las intuiciones, e invita a deleitarse en los saludables estados del silencio interior. En la introspección se puede ir más allá de las autolimitaciones; es donde el ser se funde con lo divino y donde se es libre de verdad. Prendida en la luz conduce al lector a través de un intenso viaje donde se trabaja la parte mental, física, emocional y espiritual. El aspecto psicológico del individuo se aborda desde las afirmaciones, las creencias y la reprogramación mental. En el plano físico se menciona el cuidado del cuerpo y potenciar las emociones sanadoras. En el plano espiritual se indica el uso de la meditación metafísica, la visualización, la descarga de energía negativa... Por último se tratan otras cuestiones como los sueños espirituales, el perdón y la resiliencia.

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