



# Meditation für Anfänger: Lass die Seele schweben (German Edition)

*Daria Dix*

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## Meditation lässt die Seele schweben

Warum interessieren Sie sich eigentlich für Meditation?

Na klar! Sie haben von den Wohltaten dieser Technik für Körper und Seele gehört oder gelesen und möchten sich jetzt endlich auch Gutes tun. um einfach besser zu leben.

Glückwunsch.

Meditation ist ein praktischer Weg, seinen Körper und seine Seele zu erleichtern. Meditation ist frei von Medikamenten, überall einsetzbar, schnell zu erlernen und hilft Überbeanspruchungen auszugleichen und abzubauen. Man wird wieder leistungsfähiger, der Alltag wird wieder heller, körperliche Beschwerden können sich verbessern, die Konzentrationsfähigkeit steigert sich wieder.

Dieses Buch vermittelt schnell grundlegendes Basiswissen und führt in die praktische Anwendung ein.

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