

50 Exercices Pour Pratiquer Les Accords Toltques

Claire Bouflet

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Mon coach naturo Natacha Gunsburger, 2017-03-16 Vous voulez adopter un nouveau mode de vie équilibré ? Ce livre est fait pour vous ! La méthode inédite de Natacha Gunsburger, inspirée des grands principes de la naturopathie, vous permet de bénéficier de résultats rapides. Selon votre profil (Sanguin, Nerveux, Bilieux ou Lymphatique), vous trouverez le programme adapté à vos besoins, fondé sur les quatre clés de vie : alimentation, activité physique, gestion du stress et des émotions, et qualité de l'environnement. Des tests pour déterminer votre profil et votre potentiel bien-être. Votre super-assiette pour manger sain en un clin d'oeil. Des fiches d'autoévaluation pour prendre de bonnes habitudes. 1 programme d'autocoaching sur mesure en 4 semaines. Des mémos-conseils à garder toujours sous la main ! Découvrez votre profil et le mode de vie qui vous correspond pour ressentir pleinement les bienfaits de ce programme 100 % bien-être et santé ! Une nouvelle hygiène de vie pour vous, à partager avec vos proches !

Mieux travailler avec la sagesse toltèque Patrice Ras, 2021-09-02 Les accords toltèques sont des principes spirituels universels, simples et concrets. Ce sont des accords que l'on passe avec soi-même, et qui peuvent réenchanter notre vie professionnelle. Le bénéfice se situe en particulier au niveau relationnel

Guide pratique des soins énergétiques pour thérapeutes et particuliers Eric Jackson Perrin, 2019-09-08 Qu'est ce qu'un soin énergétique? Comment devenir praticien ou praticienne en soins énergétiques? Ce livre vous propose de découvrir et d'acquérir les bases de cette activité qui est à la fois très ancienne car on appelle encore de nos jours des guérisseurs ou guérisseuses les personnes qui pratiquent des soins énergétiques et très moderne parce que c'est un métier du nouveau monde qui est en train de se mettre en place. La pratique des soins énergétiques est le résultat d'un parcours de vie, d'un parcours de la sensibilité et de l'âme et d'une suite d'états intérieurs. C'est une expérience qu'aucun mot ni livre ne peut remplacer. Ce livre a donc simplement pour objectif de vous faire découvrir cette activité et de vous donner envie de l'expérimenter. Vous découvrirez par exemple comment rééquilibrer l'aura et les chakras, comment détecter des entités et les faire partir, comment identifier des vies passées et effectuer une libération des mémoires karmiques et comment faire appel à différents remèdes naturels.

À l'éveil de soi m'aime Marina Marteau, 2024-05-06 Les vingt et une notions de santé et bien-être contenues dans ce

guide vous permettront de briller et de libérer votre potentiel. Basées sur les corps physique, émotionnel, mental et spirituel, ces notions servent à éveiller la conscience et à connecter l'âme tout en reprenant le contrôle de la vie. Entre bienveillance, conseils et exercices, cet ouvrage est une odyssée au plus profond de ce qui constitue les êtres que vous êtes. À PROPOS DE L'AUTRICE Marina Marteau s'est formée aux médecines alternatives, et à la suite d'un burn-out, elle a pris la décision de se recentrer sur elle-même, débouchant sur l'écriture de ce livre. À l'éveil de soi m'aime - Le guide de ton bien-être est un mélange de connaissances et d'expériences de vie poignantes.

L'Octogone, un outil pour débriefer de façon constructive et positive Magali Pierre, 2019-11-29 La réunionite est l'un des 7 fléaux du 21ème siècle. Pourtant, il ne faut pas jeter le bébé avec l'eau du bain. Partager, organiser, planifier passent par la rencontre interpersonnelle. Se réunir efficacement offre l'opportunité de progresser ensemble. Le bât blesse souvent dans le débriefing. Ce livre vous explique comment utiliser l'Octogone comme facilitateur de la clôture, le suivi et l'évaluation de la réunion. Il peut être utilisé par tout professionnel de l'accompagnement (coach, consultant, formateur...), par tout animateur de réunions qui souhaite débriefer tant au niveau professionnel que privé. L'Octogone est adaptable à un large public : c'est l'une de ses forces ! À PROPOS DE L'AUTEUR Psychologue de formation, formatrice et coach en communication, animation de groupes et gestion de projet, consultante pour les organisations. Depuis plus de dix ans, Magali Pierre exerce au CFIP (Centre pour la Formation et l'Intervention Psychosociologiques), où elle accompagne les personnes, les groupes et les organisations vers plus d'autonomie, d'efficacité et de mieux-être. En quête d'approches simples (pratiques et accessibles) qui peuvent embrasser des réalités complexes, elle explore notamment l'analyse transactionnelle, la systémique organisationnelle, la communication non violente et les neurosciences. Engagée, elle défend une approche basée sur le sens, l'authenticité et la responsabilité personnelle et collective.

50 exercices pour pratiquer la sagesse toltèque Virgile Stanislas Martin, 2021-05-27 Exercice n°00 : Ce livre est-il fait pour vous ? Parmi les propositions ci-dessous, cochez celles qui vous correspondent. Les mots sont une arme redoutable. Vous ne croyez pas aux scénarios féériques. Se surpasser

Une année de méditation pour se reconnecter à Soi Claire Bouflet, 2025-06-27 De nombreuses études prouvent que la pratique de la méditation a un impact réel sur notre santé générale. Il n'est toutefois pas simple d'arrêter de penser. Notre cerveau en est incapable ; sa fonction essentielle est d'anticiper les éventuels dangers. Néanmoins, notre vie actuelle est loin de la vie de nos ancêtres où le danger était omniprésent. La plupart du temps, notre mental est occupé à ruminer des erreurs passées ou à anticiper de futurs projets, nous perdons alors tout le sens de l'instant présent. La méditation de pleine conscience permet d'observer ces pensées et de les laisser traverser notre mental, comme les nuages traversent le ciel, pour se maintenir dans le présent. À travers ce livre, l'auteure propose de nous accompagner pour ouvrir la porte vers le présent...

Livres hebdo, 2010-05

Comment vaincre ses complexes ? Irène Guittin, 50 minutes, 2016-02-29 Découvrez enfin tous nos conseils et nos astuces pour vous débarrasser de vos complexes et vous épanouir. Qui pourrait se targuer de ne pas avoir de complexes ? Qu'ils soient physiques, psychologiques ou culturels, ils ont cette fâcheuse tendance à nous empoisonner la vie. Pourtant, il est tout à fait possible de les transformer en atouts en acceptant ce que l'on est et en apprenant à ne pas voir dans le regard de l'autre un juge sévère. Car c'est là la véritable clé d'une vie plus épanouie ! En 50 minutes, découvrez tous nos conseils et nos exercices afin de retrouver confiance en vous, mais aussi toute l'estime que vous méritez. Ce livre vous donnera des informations et des solutions pour : • comprendre d'où viennent vos complexes ; • vous accepter tel que vous êtes, avec vos qualités et vos défauts ; • vous affirmer dans cette nouvelle image que vous aurez de vous-même. Le mot de l'éditeur : « Dans ce numéro de la collection 50MINUTES Équilibre, Irène Guittin revient sur l'un des maux les plus courants dans notre société : les complexes. S'ils nous manipulent et nous enferment dans un cercle vicieux, il est tout à fait possible d'en sortir en travaillant sur l'image que vous avez de vous-même. Apprenez à vous voir tel que vous êtes réellement et non avec un regard qui déforme la réalité, et profitez enfin de la vie qui s'offre à vous ! » Stéphanie Dagrain À PROPOS DE LA SÉRIE 50MINUTES | Équilibre La série Équilibre de la collection « 50MINUTES » présente de nombreuses thématiques et problématiques liées aux relations que nous entretenons avec nous-mêmes. Grâce aux témoignages et aux nombreuses astuces mis en lumière par nos auteurs, découvrez pas à pas les clés pour vous sentir plus épanoui et plus serein.

Livres de France, 2006

Petit cahier d'exercices des quatre accords toltèques Patrice Ras, 2015-04-13 Si vous avez aimé les accords toltèques, des accords simples, universels et puissants, cet ouvrage vous permettra d'aller plus loin dans la mise en pratique de cette sagesse. Une fois intégrée à votre quotidien, votre vie deviendra une expérience de liberté, de bonheur et d'amour. Au menu de ce petit cahier, vous trouverez des tests pour vous auto-évaluer, des citations pour réfléchir, des contes pour nourrir votre imagination, des tableaux pour comparer, des jeux pour vous détendre, des dessins humoristiques pour visualiser... « Les accords toltèques proposent un véritable travail personnel et spirituel. Au moment où l'on s'engage totalement, la providence éclaire notre chemin. »

Petit cahier d'exercices des quatre accords toltèques Patrice Ras, Jean Augagneur, 2011-05-25 Vous avez aimé les accords toltèques ? Alors sans doute avez-vous eu envie de les mettre en pratique ? Mais l'idée n'est pas si facile que cela... d'où ce petit cahier d'exercices pour vous aider à transformer l'essai, tout en vous amusant... Au menu : des tests pour vous auto-évaluer, des citations pour réfléchir, des recherches pour aller plus loin, des contes pour nourrir votre imagination, des tableaux pour comparer, des jeux pour vous détendre, des théories pour prendre de la hauteur, des schémas pour visualiser, etc. Vous trouverez la plupart de ces ingrédients pour tous les accords toltèques. Voici enfin un petit cahier pour faire des exercices à votre rythme et dans l'ordre que vous préférez... En fait, ce qui compte le plus, n'est-ce pas votre plaisir

d'apprendre ou de progresser ? Amusez-vous bien !

Les quatre accords toltèques en pratique Patrice Ras,2019-03-14

Les accords toltèques Miguel Ruiz,José Ruiz,2023-10-10

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