



Lavorare con l'Energia Psichica (Italian Edition)

Helena Ivanovna Roerich

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Il pilastro della nuova era sarà il potere del pensiero. Ecco perché comprendere il grande significato del pensiero creativo e il primo passo in questa direzione sarà l'aprirsi della coscienza, acquisendo una libertà dai pregiudizi e dalle tendenze ed i concetti forzati.

“Ricordate che i pensieri sono come un boomerang; quindi un pensiero, dopo essere stato mandato con coscienza a una persona le cui vibrazioni non sono di pari frequenza, tornerà a chi l'ha mandato, rinforzato da identiche vibrazioni che, rimaste ad oscillare nello spazio, cercano riunione”.

Il pensiero puro, unito alla volontà diretta verso il Bene e l'auto-purificazione, produrrà sicuramente eccellenti emanazioni. Amore e volontà, sono in grado di rendere attiva una preghiera.

Il sonno è assolutamente necessario, perché durante il sonno il nostro corpo sottile assorbe nutrimento dalla sostanza del Mondo Sottile, che ha contatti con le energie superiori. Se privato del sonno, lo spirito si debilita. Nell'atmosfera contaminata di città è necessario dormire non meno di sette, otto ore; ed anche il cibo deve contenere un apporto sufficiente di vitamine.

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