



Las enseñanzas de Indra Devi (Spanish Edition)

David Lifar

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Existe un camino por el que podemos transitar para acceder a la salud, el amor y la felicidad.

Las enseñanzas de Indra Devi se basan en principios como estos:

*No hagas a los demás lo que no te gustaría que te hicieran a ti, y haz a los otros lo que te gustaría que te hicieran.

*Da luz y amor a todos: a los que te quieren y a los que no te quieren, a los que te hacen daño y a los que no conoces; la luz y el amor son más fuertes que la oscuridad y el odio.

*Haz las cosas lo mejor que puedas y, por los demás, que se haga Su voluntad.

*El desapego es la fuente de toda satisfacción profunda.

*El yoga es un sendero hacia la libertad que nos libera del miedo porque nos da confianza en nosotros mismos.

Si incorporas estos consejos a tu vida, verás que tus problemas se desvanecen y que una inmensa paz se aloja en tu corazón.

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