

Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama

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Le emozioni che fanno guarire. Conversazioni con il Dalai Lama Gyatso Tenzin (Dalai Lama), Daniel Goleman, 2009-01

Le emozioni che fanno guarire. Conversazioni con il Dalai Lama Daniel Goleman, 1998

Chiari di saggezza. Per essere più felici e consapevoli Vincenzo Mengano, 2018-02-01 Dall'antica sapienza orientale un aiuto per la nostra vita di tutti i giorni, una raccolta di profondi ed utili suggerimenti per affrontare le difficoltà che la nostra esistenza quotidianamente ci riserva..., secondo l'esperienza pluriennale di un medico occidentale a contatto con le tradizioni spirituali dell'Oriente. Dalla prefazione: alleviare la sofferenza umana è possibile? Sì. Esiste una quota soggettiva di sofferenza che possiamo eliminare, usando la mente nel modo giusto. Ovviamente tutti conosciamo il dolore causato dalla perdita di una persona cara o quello che deriva da un problema fisico, ma questo tipo di sofferenza è motivata e richiede trattamenti specifici che non rientrano in questo contesto. Qui si vuole prendere in considerazione la sofferenza inutile che noi stessi ci procuriamo con atteggiamenti mentali errati, che possiamo correggere. Vediamo alcuni esempi: rimuginare sul passato con risentimento o rimpianto oppure vivere ansiosamente proiettati nel futuro, vale a dire, dimentichi dell'unica realtà autentica, quella del presente, ci trasferiamo in una dimensione artificiale, puramente mentale, quella del passato che non c'è più o del futuro che è pura fantasia, soffrendo di conseguenza. Ancora un altro atteggiamento sbagliato: l'abitudine di valutare negativamente le proprie capacità e possibilità, per una sorta di automatismo mentale, quasi autolesionista, che condiziona e limita lo sviluppo delle proprie potenzialità. Fissarsi su pensieri ed emozioni, con il tormento che ne consegue, rappresenta un ulteriore caso di sofferenza mentale autoindotta in quanto, nella condizione naturale della nostra esistenza, siamo continuamente pervasi da un flusso mutevole e fugace di pensieri, sia positivi che negativi, associati alle relative emozioni, che sorgono e svaniscono spontaneamente: siamo noi che li afferriamo bloccandoli, aumentandone, così, la consistenza ed il peso che possono avere nella nostra vita. Facile a dirsi? Tendenze troppo radicate da superare? No, se ci alleniamo nel modo corretto e con un minimo di tenacia; del resto il raggiungimento dell'obiettivo, in questo caso, ha un riscontro immediato in termini di riduzione della sofferenza! Tutti noi sperimenteremo stati mentali più liberi e gratificanti se

porremo in atto quegli accorgimenti, qui descritti, utili per superare gli ostacoli che ci separano da una maggiore felicità. Questo libro è per tutti, indipendentemente dal credo ed orientamento culturale, e non richiede scelte di tipo religioso o filosofico; rappresenta la sintesi di conoscenze maturate, in un arco temporale di circa quarant'anni, nell'incontro tra un medico occidentale di formazione olistica ed il pensiero orientale, così come tramandato da alcuni dei suoi più prestigiosi esponenti, secondo importanti tradizioni dell'India, Tibet e Cina.

Le emozioni che fanno guarire Dalai Lama,,Daniel Goleman,2017-07-25 La meditazione può produrre effetti positivi sulla salute? Durante la Mind and Life Conference del 1991, alla presenza del Dalai Lama, scienziati occidentali e maestri buddhisti hanno cercato di rispondere a interrogativi di carattere scientifico ed etico.

La relazione mente-corpo. Embodiment, mindfulness, neurofenomenologia Stefania Mele,2010

Sviluppare la propria efficacia. Proposte di training psico-energetico per costruire percorsi di crescita personale e professionale Filippo Incigneri,2004

L'arte della longevità Vittorio Calogero,2014-08-11 La via della longevità non è lastricata di pillole miracolose e di interventi di chirurgia plastica ma è un percorso che costruiamo giorno dopo giorno con uno stile di vita sano, prendendoci cura di noi stessi e ricordandoci che ogni tanto dobbiamo ridere e sempre dobbiamo tendere alla serenità. Questo libro non è un noioso manuale; è un affascinante caleidoscopio di colorati consigli di lunga vita basati sull'esperienza di un uomo che ha imparato a prendersi cura di sé e delle persone che gli stanno intorno. Dedicato a tutti i giovani fino ai 99 anni (dopo si diventa donne e uomini maturi...), e in particolare alle persone che vogliono assumersi la responsabilità della propria salute, a chi è aperto alla risata, alla condivisione, al dialogo, a chi è stufo di farsi prendere in giro spendendo soldi in integratori e pillole ed è invece desideroso di farsi proiettare nel futuro. "Consiglio vivamente questo libro a chi ancora crede che nella vita non esistano punti d'arrivo ma che tutto sia in costante movimento e trasformazione, a chi è convinto che la realtà prodotta dai media non sia la vera realtà delle cose, a chi è consapevole che qualsiasi sogno si possa realizzare a qualunque età". (Gioacchino Allasia) Le radici di un'esistenza lunga e in salute sono l'alimentazione, il movimento e una nutrita vita interiore. La base da cui partire è la quotidianità: mangiare, muoversi, respirare, meditare. Ma cosa mangiare? Vittorio ha fatto un percorso: macrobiotica, vegetariano e vegano.

Piccole ferite, grandi rinascite Massimo Giusti,2022-03-29 Noi esseri umani non siamo vasi di porcellana, siamo fatti per cadere, magari romperci, ma abbiamo tutte le potenzialità per rialzarci e rimettere insieme i pezzi: è questa la nostra natura. Il nostro cervello, infatti, è costituito da un'intricata rete di fili elettrici fatta di miliardi di connessioni neurali, un'immensa ragnatela che si modifica costantemente permettendoci un continuo adattamento: si chiama plasticità cerebrale. Siamo costruiti, insomma, per rialzare la testa anche dopo aver subito le ferite più dolorose o aver sopportato la più difficile delle esperienze: è ciò che viene definito resilienza. Siamo abituati a pensare che le grandi esperienze traumatiche che

possono piegare un individuo siano gli eventi eclatanti di cui si parla sui giornali o che vediamo nelle serie tv. Invece sottovalutiamo tremendamente le piccole esperienze traumatiche, i cosiddetti traumi con la t minuscola, i traumi minori che, se ripetuti nel tempo, possono segnare l'esistenza di una persona creando modalità di relazione, di comportamento e modi di pensare tossici e controproducenti. Massimo Giusti, grazie alla sua chiarezza espositiva e alla sua grande esperienza terapeutica, in *Piccole ferite, grandi rinascite* ci insegna proprio come è possibile riconoscere questi schemi che ingabbiano la nostra vita, ma soprattutto come romperli attraverso pratiche ed esercizi quotidiani. Il libro è diviso in tre sezioni: le persone sensibili, le persone razionali, le persone egocentrate. Ognuno di noi, sebbene sia un insieme complesso e meraviglioso di egocentrismo, razionalità e sensibilità, tende a mostrare in modo più spiccato uno di questi aspetti. Infatti in ciascuna delle sezioni è presente un percorso guidato con approfondimenti teorici, esercizi pratici e storie di rinascita, perché non è mai troppo tardi per iniziare a costruire la propria strada verso il cambiamento e la felicità.

Il cigno nero. Come l'improbabile governa la nostra vita Nassim N. Taleb, 2009

Medical humanities Alessandra Luciano, 2021-01-14T00:00:00+01:00 Le Medical humanities sono una delle possibilità con cui provare a mettere una pezza nell'insanabile conflitto tra scienza e religione. Cercano infatti di dare un contributo nuovo alla professione medica, integrando scienze umane e sociali nella formazione e nella pratica. Qui in particolare si tenta di portare nel discorso la spiritualità che deriva dal buddismo, e più in generale una spiritualità "senza dio" fondata sulla compassione, che è un elemento centrale nella relazione di cura.

Invito al benessere Annalisa Faliva, 2010-10-18T00:00:00+02:00 Spendiamo gran parte della nostra esistenza alle prese con sofferenza interiore e dolore fisico. L'ipnosi, l'autoipnosi e la meditazione hanno mostrato di poter fare moltissimo per le persone che soffrono e per favorire un maggior benessere. Numerose testimonianze dimostrano come l'uso regolare dell'autoipnosi possa diminuire o risolvere il dolore fisico ed emozionale, permettendo di ritrovare l'energia per vivere pienamente. Questo libro si rivolge a chiunque desideri imparare a coinvolgere l'inconscio per migliorare la propria capacità di stare bene, per espandere rilassamento e consapevolezza. L'opera è allo stesso tempo manuale di autoipnosi e di meditazione e compendio di tutti gli approcci ipnotici che hanno mostrato di essere più efficaci per una migliore gestione del malessere. Il libro si articola in nove capitoli che inquadrano il fenomeno ipnotico e insegnano concretamente a utilizzarlo. La terminologia e il linguaggio sono stati semplificati per essere comprensibili anche a chi si accosta per la prima volta a questi temi; molto materiale è predisposto per un utilizzo creativo da parte del lettore.

Invito al benessere. Ipnosi, autoipnosi e meditazione per la gestione del dolore Annalisa Faliva, 2008

Стратегическое изменение. Как вызвать изменения в чувствах и поведении других людей Джорджио Нардонэ, Роберта Миланезе, 2024-03-27 «Нет ничего более постоянного, чем изменения». Они затрагивают все сферы жизни человека и общества. Занимаясь решением человеческих проблем и лечением психических расстройств,

авторы задаются вопросом о том, как изменения могут быть достигнуты стратегически, то есть в соответствии с поставленными целями терапии или коучинга. Даже если изменение желательно, ему противостоит сопротивление любой устоявшейся системы отношений: система имеет тенденцию к сохранению равновесия, даже когда оно является патологическим. Ключевое понятие, на базе которого достигаются изменения – эмоциональный корректирующий опыт: он может быть достигнут как в ходе терапевтической беседы, в виде стратегического диалога, так и в виде терапевтических предписаний, которые необходимы для выполнения между консультациями. Читателя проведут по пути терапевтического процесса изменений на примере реальных клинических случаев. Книга предназначена для специалистов-психотерапевтов, психологов, медиков, студентов означенных специальностей и других читателей, интересующихся современной психологией и решением человеческих проблем. В формате PDF A4 сохранён издательский дизайн.

L'Informazione bibliografica ,1999 Analyses by author, title and key word of books published in Italy.

Bibliografia nazionale italiana ,1998

The Transformed Mind Dalai Lama XIV Bstan-'dzin-rgya-mtsho,1999 In His Characteristically Endearing And Informal Style, One Of The Greatest Spiritual Leaders Of Our Time Examines The Nature Of The Human Mind And Emphasizes The Need To Transform It If We Want To Lead More Fulfilling Lives.

Ecodharma David Loy,2019-01-29 How can we respond urgently and effectively to the ecological crisis—and stay sane doing it? This landmark work is simultaneously a manifesto, a blueprint, a call to action, and a deep comfort for troubling times. David R. Loy masterfully lays out the principles and perspectives of Ecodharma—a Buddhist response to our ecological predicament, introducing a new term for a new development of the Buddhist tradition. This book emphasizes the three aspects of Ecodharma: practicing in the natural world, exploring the ecological implications of Buddhist teachings, and embodying that understanding in the eco-activism that is needed today. Within these pages, you'll discover the powerful ways Buddhism can inspire us to heal the world we share. Offering a compelling framework and practical spiritual resources, Loy outlines the Ecosattva Path, a path of liberation and salvation for all beings and the world itself.

Sleeping, Dreaming, and Dying Dalai Lama,2002-05-01 This is an absorbing account of a dialogue between leading Western scientists and the foremost representative of Buddhism today, the Dalai Lama of Tibet. For modern science, the transitional states of consciousness lie at the forefront of research in many fields. For a Buddhist practitioner these same states present crucial opportunities to explore and transform consciousness itself. This book is the account of a historic dialogue between leading Western scientists and the Dalai Lama of Tibet. Revolving around three key moments of consciousness--sleep, dreams, and death--the conversations recorded here are both engrossing and highly readable. Whether the topic is lucid dreaming, near-death experiences, or the very structure of consciousness itself, the reader is continually

surprised and delighted. Narrated by Francisco Varela, an internationally recognized neuroscientist, the book begins with insightful remarks on the notion of personal identity by noted philosopher Charles Taylor, author of the acclaimed *Sources of Self*. This sets the stage for Dr. Jerome Engel, Dr. Joyce MacDougal, and others to engage in extraordinary exchanges with the Dalai Lama on topics ranging from the neurology of sleep to the yoga of dreams. Remarkable convergences between the Western scientific tradition and the Buddhist contemplative sciences are revealed. Dr. Jayne Gackenbach's discussion of lucid dreaming, for example, prompts a detailed and fascinating response from the Dalai Lama on the manipulation of dreams by Buddhist meditators. The conversations also reveal provocative divergences of opinion, as when the Dalai Lama expresses skepticism about Near-Death Experiences as presented by Joan Halifax. The conversations are engrossing and highly readable. Any reader interested in psychology, neuroscience, Buddhism, or the alternative worlds of dreams will surely enjoy *Sleeping, Dreaming, and Dying*.

Vital Lies, Simple Truths Daniel Goleman, 1985 A penetrating analysis of the dark corners of human deception, enlivened by intriguing case histories and experiments.

Anger Thich Nhat Hanh, 2001-09-10 [Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth. -His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. It was under the bodhi tree in India twenty-five centuries ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: wrong knowing, obsessive desire, and anger. All are difficult, but in one instant of anger—one of the most powerful emotions—lives can be ruined, and health and spiritual development can be destroyed. With exquisite simplicity, Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and in the words of Thich Nhat Hanh, can give each reader the power to change everything.

The book delves into *Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama*. *Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama* is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into *Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama*, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to *Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama*

- Chapter 2: Essential Elements of Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama
- Chapter 3: Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama in Everyday Life
- Chapter 4: Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama in Specific Contexts
- Chapter 5: Conclusion

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Le Emozioni Che Fanno Guarire Conversazioni Con Il Dalai Lama Introduction

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