



MIS REFLEXIONES SOBRE HO'OPONOPONO (Spanish Edition)

MABEL KATZ

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La práctica del Ho'oponopono nos cambia la vida. Con ella comenzamos a percibir y a ver las cosas en forma diferente. Nos mantenemos más presentes y más en cero, lo cual nos permite reaccionar menos y utilizar nuestra energía mental, emocional y física para concentrarnos en los que verdaderamente deseamos en la vida. El Ho'oponopono nos vuelve más pacientes, menos temerosos y más felices. Gracias a él, tomamos más conciencia de quiénes somos, por qué estamos aquí y, sobre todo, entendemos que la gente y los eventos aparecen en nuestra vida para darnos otra oportunidad. La realidad es que lo que nos ocurre y se nos presenta siempre es una bendición, incluso aunque no lo parezca. Mabel profundizó su aprendizaje en Ho'oponopono, estando expuesta 24 horas al día durante más de una década a los Secretos más allá del Secreto de este antiguo arte hawaiano para solucionar problemas. Con esta base, creó sus exclusivos talleres y brinda su sabiduría y sus dones de una manera sencilla y práctica, como es su característica, a las audiencias alrededor del mundo. En este libro encontrarás una recopilación de varios escritos que Mabel compartió en diferentes medios y en distintas etapas de su evolución personal, los cuales expresan sus pensamientos en temas muy importantes para todos en nuestras vidas. Tú puedes estar en paz, no importa lo que pase a tu alrededor, y este es TU MOMENTO. Suelta el pasado, vive más en el presente y cambia tu vida para siempre.

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