



# La Meditación, una fuente de bienestar (Spanish Edition)

*Serge Toussaint*

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Desde hace poco, la meditación se ha convertido en una práctica corriente en Occidente, cuando durante mucho tiempo había sido un privilegio de Oriente. Sin embargo, podemos comprobar que muchas personas la practican antes que nada o incluso únicamente para relajarse y neutralizar el estrés ligado a la vida diaria. Ahora bien, en realidad se trata de una práctica fundamentalmente espiritual. En este pequeño escrito, Serge Toussaint, Gran Maestro de la jurisdicción francófona de la Antigua y Mística Orden de la Rosa-Cruz, explica por qué la meditación constituye, no sólo una fuente de bienestar, sino también y sobre todo, una facultad que permite comulgar con nuestro Maestro interno, es decir, con nuestra alma, en lo que esta tiene de divino.

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