



Ho'oponopono (NUEVA CONSCIENCIA) (Spanish Edition)

Ulrich Emil Duprée

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El extraordinario sistema hawaiano para despejar la mente de los bloqueos que impiden cumplir nuestros deseos. El ritual hawaiano del perdón, ho'oponopono, parte de la premisa de que en el mundo todo es uno, aunque no lo percibamos y nos sintamos partes aisladas. Debido a esta consistente unidad, nada puede ocurrir en el mundo sin que se produzca una resonancia universal. Por eso, sólo se pueden cambiar los problemas externos cuando se sana la resonancia interna de los mismos. Este libro pone en tu mano una técnica para liberar el corazón gracias a un poderoso mantra: «Lamento haber ocasionado esto con mi resonancia. Me perdono a mí mismo. Me amo. Te amo». Ho'oponopono es una ancestral técnica hawaiana que nos enseña, en cuatro pasos sencillos, cómo borrar los recuerdos negativos y elegir los pensamientos y las situaciones que queremos recordar.



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