



## Lo yoga delle emozioni (Italian Edition)

*Pino Perriello*

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## **Lo yoga delle emozioni (Italian Edition)** Pino Perriello

Lo yoga delle emozioni può rappresentare quel tipo di formazione adatta a riempire il vuoto pedagogico dei nostri tempi, e il tragico analfabetismo emotivo di cui la nostra società è afflitta. Se, infatti, il più prezioso sutra dello yoga è “L’energia segue il pensiero”, in queste pagine abbiamo cercato di mostrare come le nostre emozioni siano l’energia del pensiero e come, agendo sulla loro qualità, possiamo aggiungere valore alla nostra vita. Proprio come accade con il cibo di cui ci nutriamo, che può essere avariato o fresco e sano, anche le emozioni possono essere molto inquinanti o estremamente pure. Evitare le prime e favorire le seconde, farà una enorme differenza per ogni nostro singolo pensiero. E se attraverso l’hatha yoga, il raja yoga, lo bhakti yoga, il karma yoga o lo jnana yoga possiamo raggiungere uno straordinario benessere psicologico e/o fisico, con lo yoga delle emozioni possiamo realizzare quel discernimento tanto caro a Patanjali, e grazie al quale andare incontro alla conoscenza integrale delle nostre emozioni più vere e pure. Perché solo il conoscere, ascoltare e sapere interagire in armonia con le nostre emozioni, può spianarci la strada verso la saggezza e la felicità.

Indice del libro:

- Lo yoga sutra delle emozioni
- L’energia del pensiero
- L’emozione del dolore
- Il linguaggio delle emozioni
- Gestire le emozioni
- I bisogni e le emozioni
- La Meditazione Integrale
- Yoga sutra di Patanjali
- Conclusione

Abbiamo inoltre ideato degli esercizi pratici e divertenti da fare con le emozioni, che troverete al termine dei capitoli.

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