



Méditation vipassana

By Rosemary Weissman, Steve Weissman

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La méditation « Vipassana » s'est développée en Thaïlande selon la tradition bouddhiste theravada. Suivant la voie de la compassion et de l'amour bienveillant, elle favorise le développement mental et l'ouverture à la vie. Les auteurs, qui pratiquent depuis des années la méditation selon cette tradition, nous font bénéficier des enseignements des retraites telles qu'elles sont organisées dans le monastère de Wat Khaon Thman.

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