



# Toutes formes de méditations vers la plus simple qui soit ! Lisez ! (French Edition)

*Sylvain Mercier*

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*Sylvain Mercier*

**Toutes formes de méditations vers la plus simple qui soit ! Lisez ! (French Edition)** Sylvain Mercier  
Saviez-vous que de méditer est insuffisant !?

Pour méditer, il est primordial de débiter par une relaxation !

Extraits de ce guide :

Ce qui m'a été transmis par un chamane dans les années 90s concernant les différents noms donnés à la méditation m'a fait comprendre la différence entre la méditation par les chakras, les méridiens par exemples et une méditation directe ou, sans détours.

Que la méditation soit du principe du yoga, zen, avec les méridiens et autres, vous devez passer par des procédés plus ou moins complexes comme, vous imaginer les 7 chakras...

Une méditation simple comme je la pratique depuis des années.

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