



La cábala y el poder de soñar: Despertar a una vida visionaria (Spanish Edition)

Catherine Shainberg

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Una dinámica exposición de la antigua y arraigada tradición sefardí de soñar que nos legó el renombrado cabalista del siglo XIII Isaac el Ciego

- Incluye ejercicios y prácticas para acceder por propia voluntad al estado onírico con la finalidad de relacionarse con la vida en un estado de conciencia potenciada
- Escrito por la asidua discípula de la estimada cabalista Colette Aboulker-Muscat

En *La cábala y el poder de soñar*, Catherine Shainberg expone prácticas esotéricas que nos permiten desbloquear los poderes transformativos e intuitivos de la mente cuando soñamos. Se trata de prácticas utilizadas por profetas, videntes y sabios de la antigüedad para controlar los sueños y las visiones. Shainberg se basa en la antigua tradición sefardí de la cábala, así como en relatos y mitos ilustrativos de toda la región mediterránea, para enseñar a los lectores a beneficiarse del poder intuitivo de sus sueños. Shainberg nos muestra que soñar no es un fenómeno que simplemente sucede mientras dormimos, sino que soñamos en todo momento. Al enseñar a la mente consciente a estar despierta durante el sueño, y a la mente ensoñadora a manifestarse en la conciencia diurna, seremos capaces de revolucionar nuestra conciencia. Los ejercicios de visión interior propuestos por la autora estimulan imágenes creativas y transformativas que van definiendo el sendero a la autorrealización.

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