



Corpo, Energia e Spirito (Italian Edition)

Giovanni Andreoli

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Il taoismo da sempre ha avuto una grande attenzione per la salute psicofisica e per le tecniche di guarigione. Molti testi classici hanno identificato tre tesori che vanno coltivati per trovare un percorso di pienezza della vita

. I tre tesori sono:

- Corpo o vitalità
- Energia o Qi
- Spirito o anima

Lo sviluppo di questi tre tesori sono una fonte di conoscenza e di benessere anche per l'uomo contemporaneo. Infine presentiamo il Tao te ching, l'opera fondamentale di Lao tze, la figura più importante del pensiero filosofico taoista

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