



Metagenealogía (El Ojo del Tiempo) (Spanish Edition)

Alejandro Jodorowsky, Marianne Costa

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Este libro único enseña cómo estudiar y analizar nuestro árbol genealógico, para así poder entender nuestro pasado familiar y sanar nuestro presente.

Un paso más allá de las técnicas terapéuticas de la «psicomagia» y la «psicogenealogía», está la Metagenealogía, que «no es estrictamente una terapia, sino un trabajo de toma de conciencia que supone la comprensión de los elementos del pasado que nos han formado, así como el inicio de un impulso futuro al cual nosotros damos forma».

La lectura del libro y sus ejercicios hacen al lector tomar conciencia del estado de «salud» del árbol genealógico en el que ha nacido, y también le enseña a ser consciente de la tradición familiar que él carga. Una vez comprendida la influencia que ejercen en nosotros las vidas de bisabuelos, abuelos, padres, tíos o hermanos; o los lazos especiales que algunos miembros de nuestro árbol establecieron entre sí; o cómo la imposición de las ideas y tabúes familiares ha obstaculizado la expansión de nuestro Yo esencial, seremos capaces de desarrollar un nivel de Conciencia más elevado y entregarnos con espíritu libre y sin miedo a nuestro futuro.



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