

Pillole di riflessione e pratiche quotidiane

sinergie verticali, liquor, chakra e frequenze

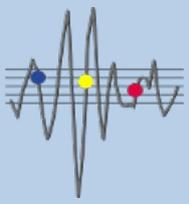


- riassunto
- tra Terra e Cielo
- colonna e liquor
- chakra
- suoni, colori e frequenze
- elasticità e sinergie verticali

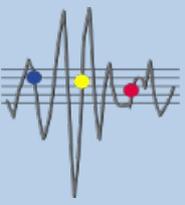


Pillole precedenti :

- respirazione
- il Sé, attenzione e propriocezione
- il sistema cranio-sacrale
- tensione/distensione ed elasticità



# Tra Terra e Cielo



Orangutan

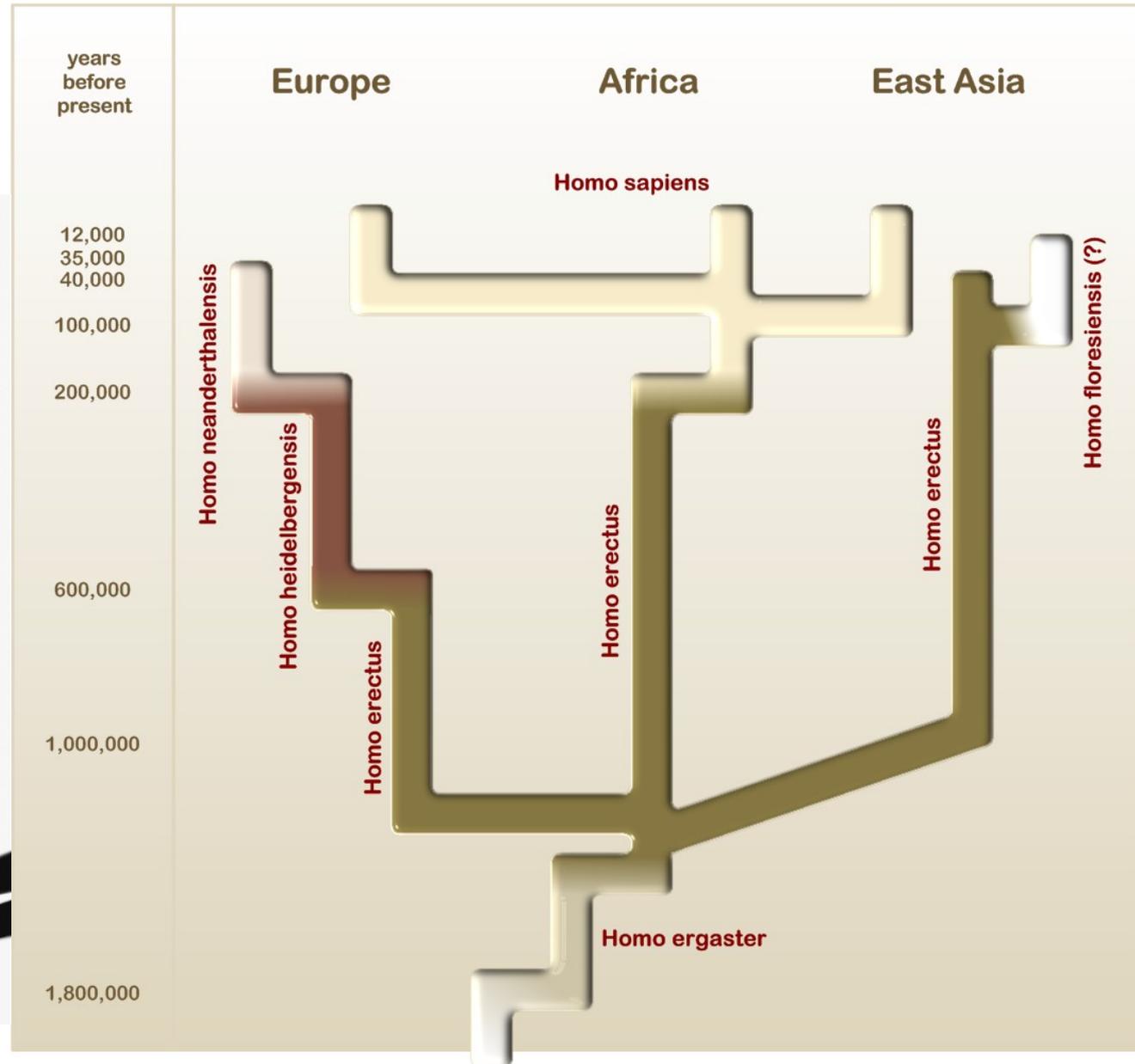
Gorilla

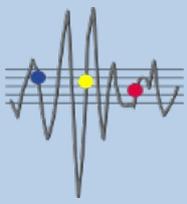
Chimpanzee

Human

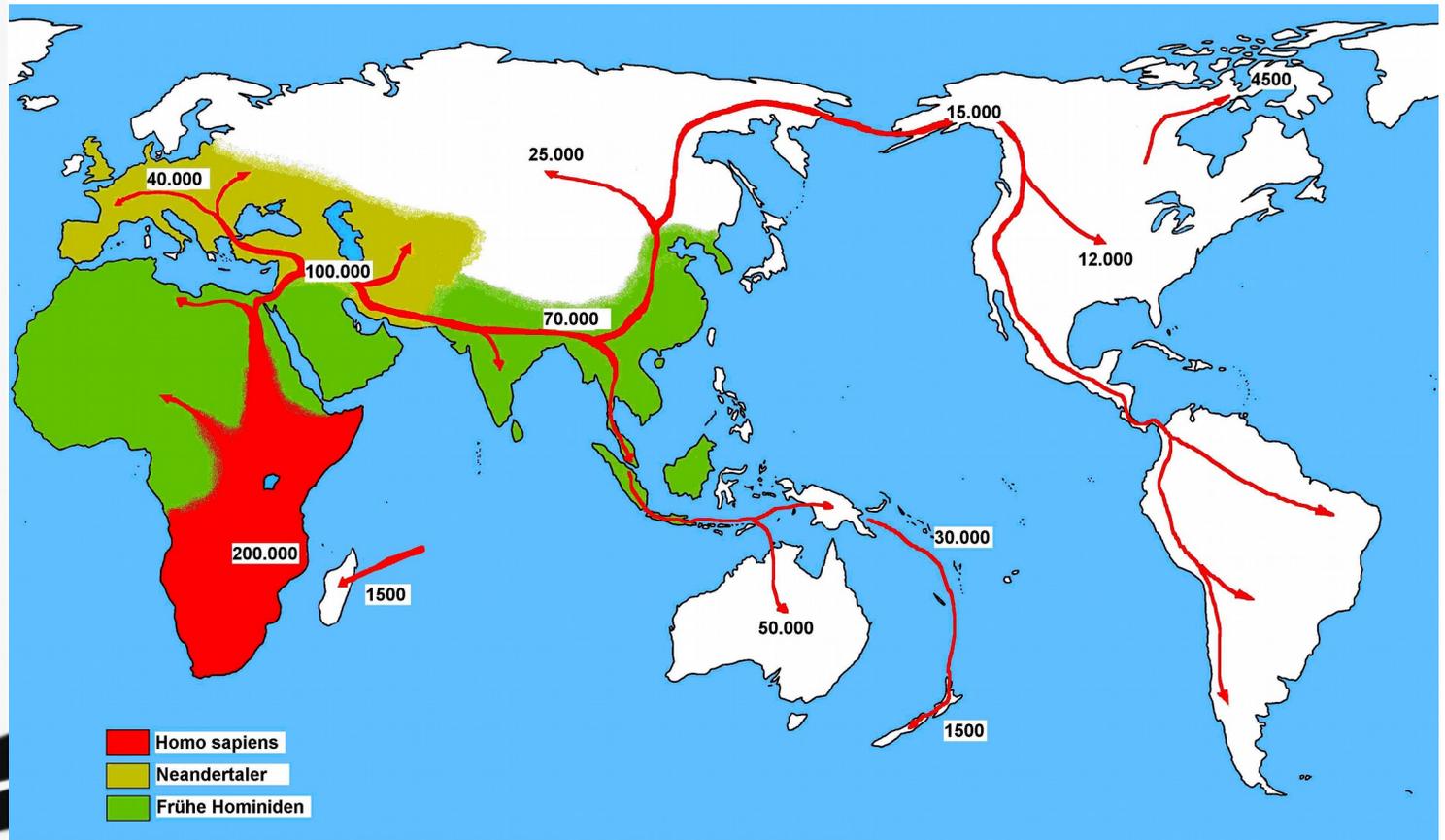


## Homo erectus

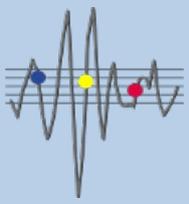




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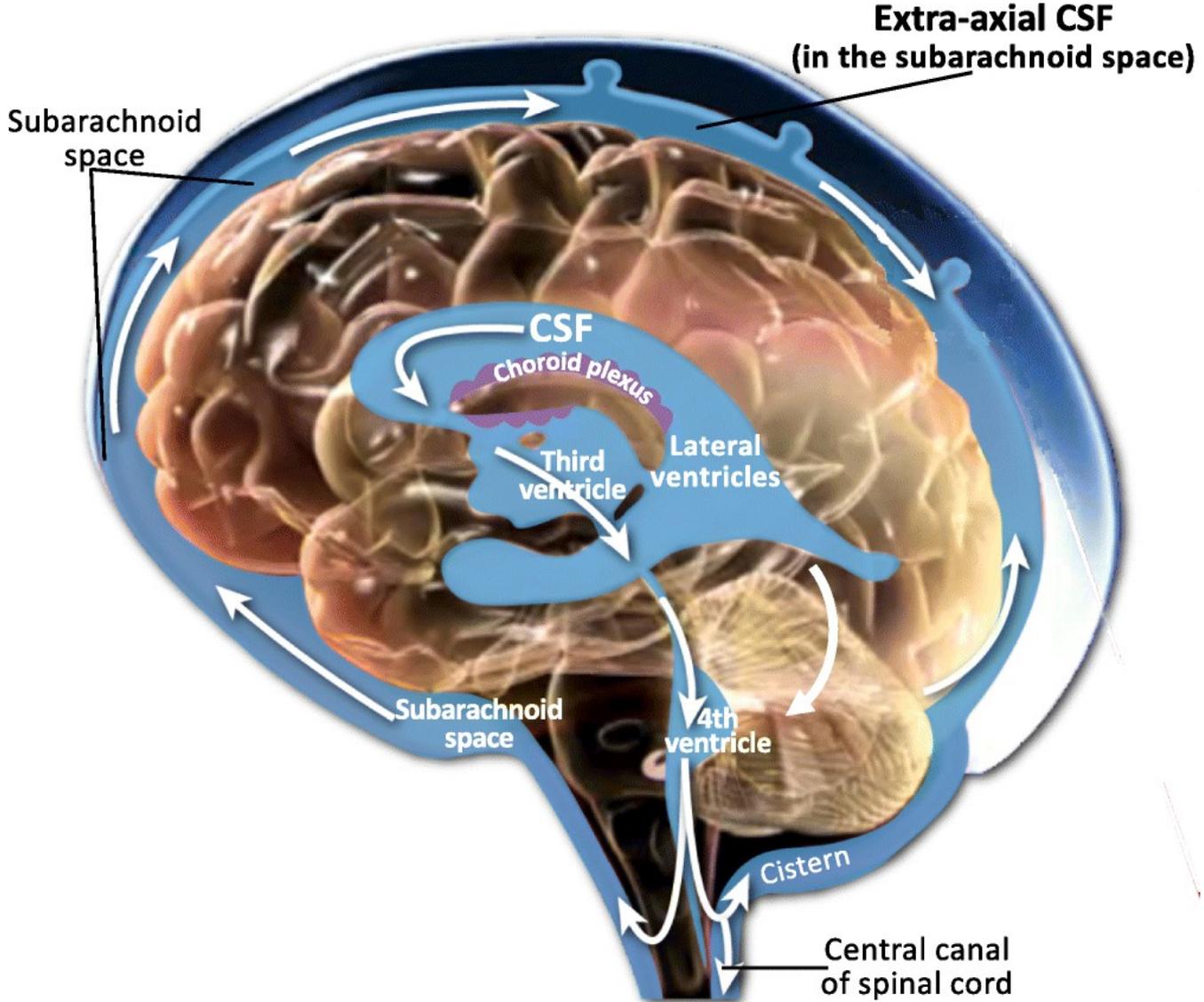
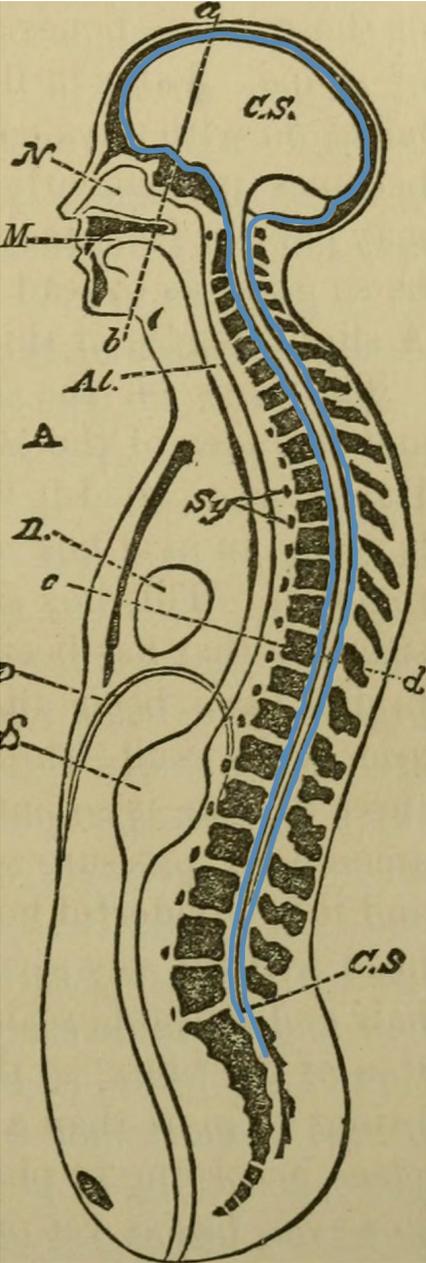


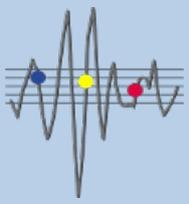




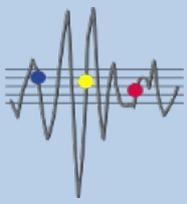
# Colonna e liquor

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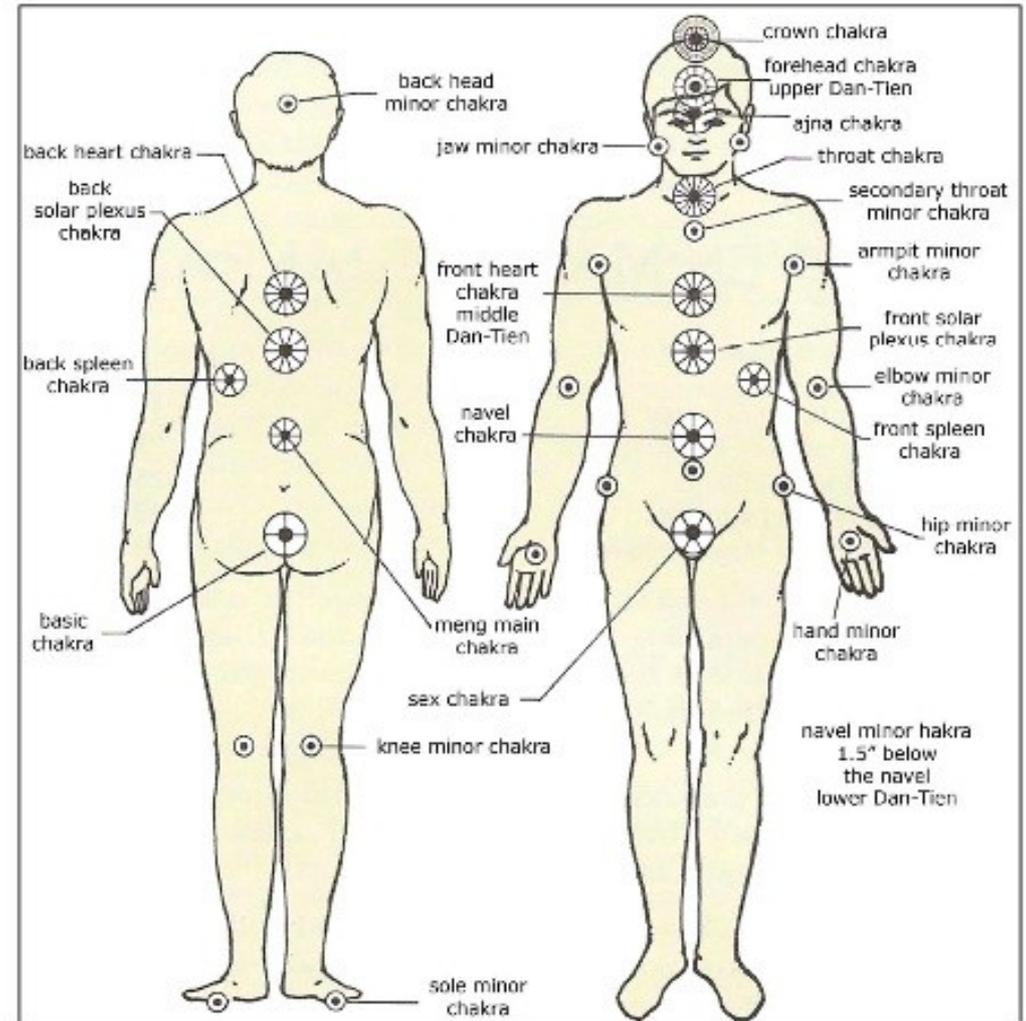
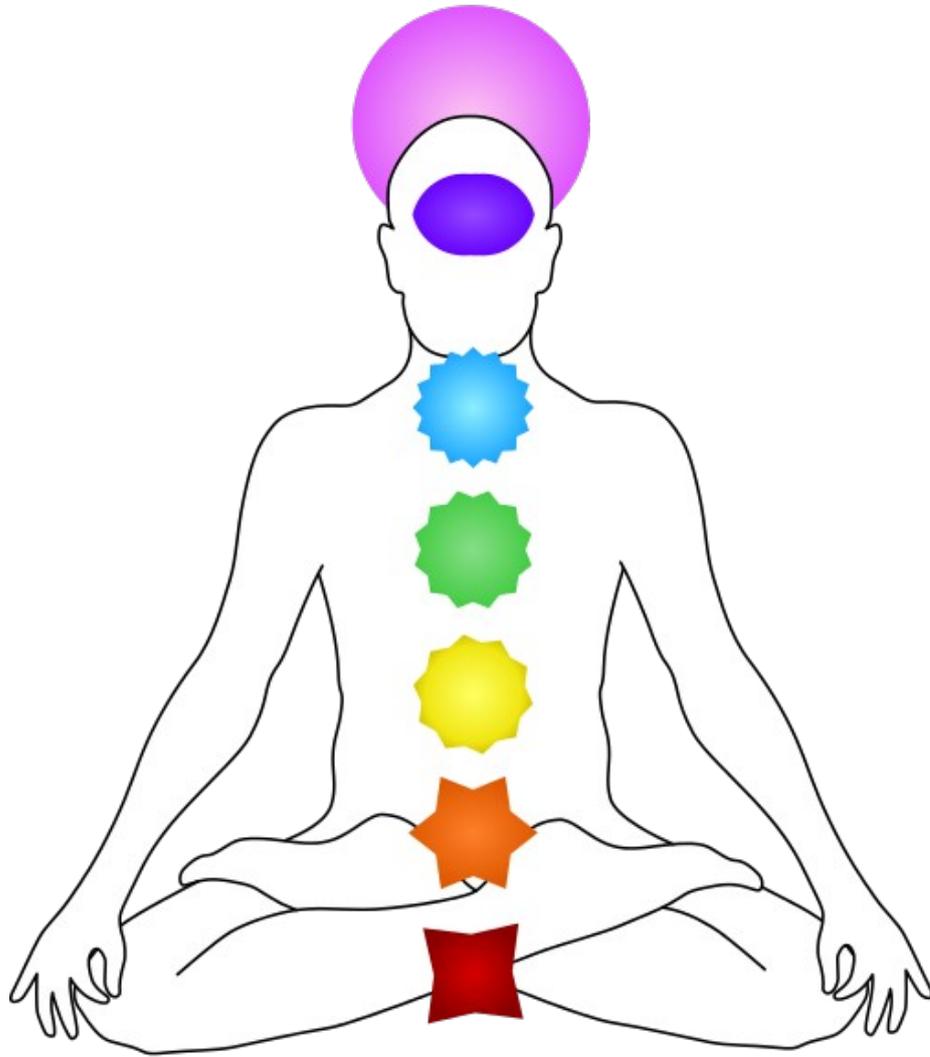


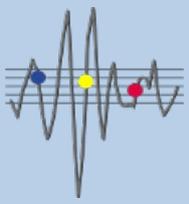


# Chakra

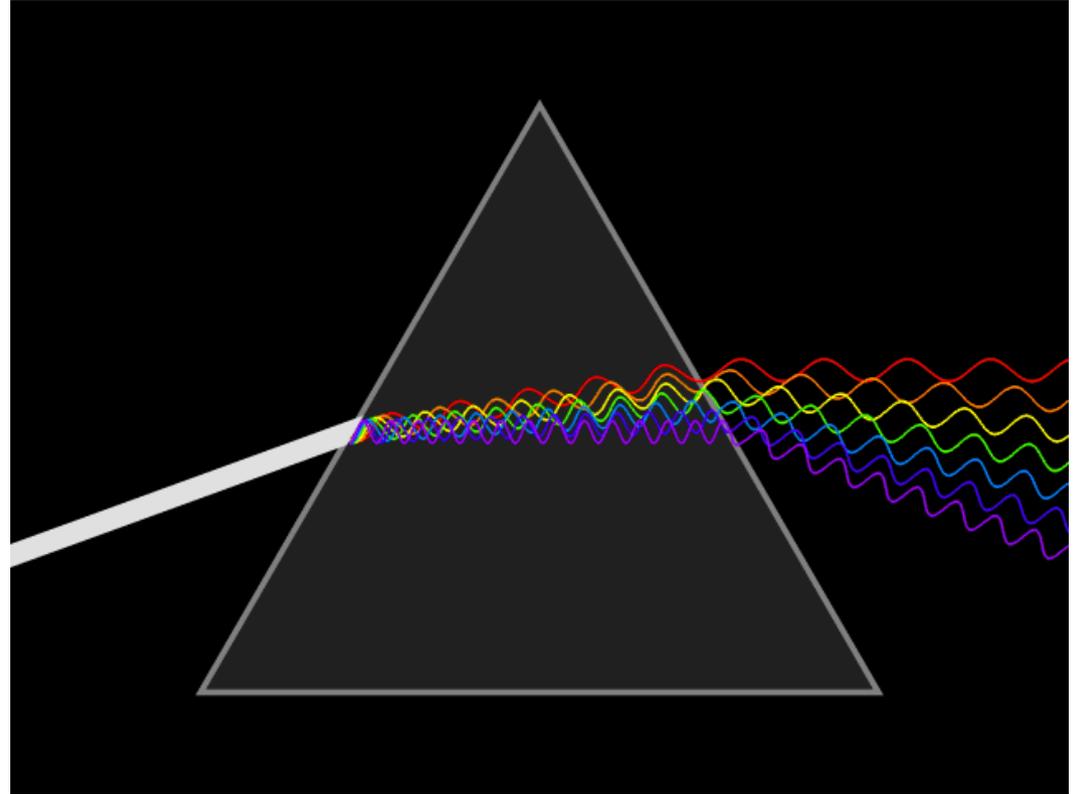


## ELEVEN MAJOR CHAKRAS & RELATED MINOR CHAKRA SYSTEM

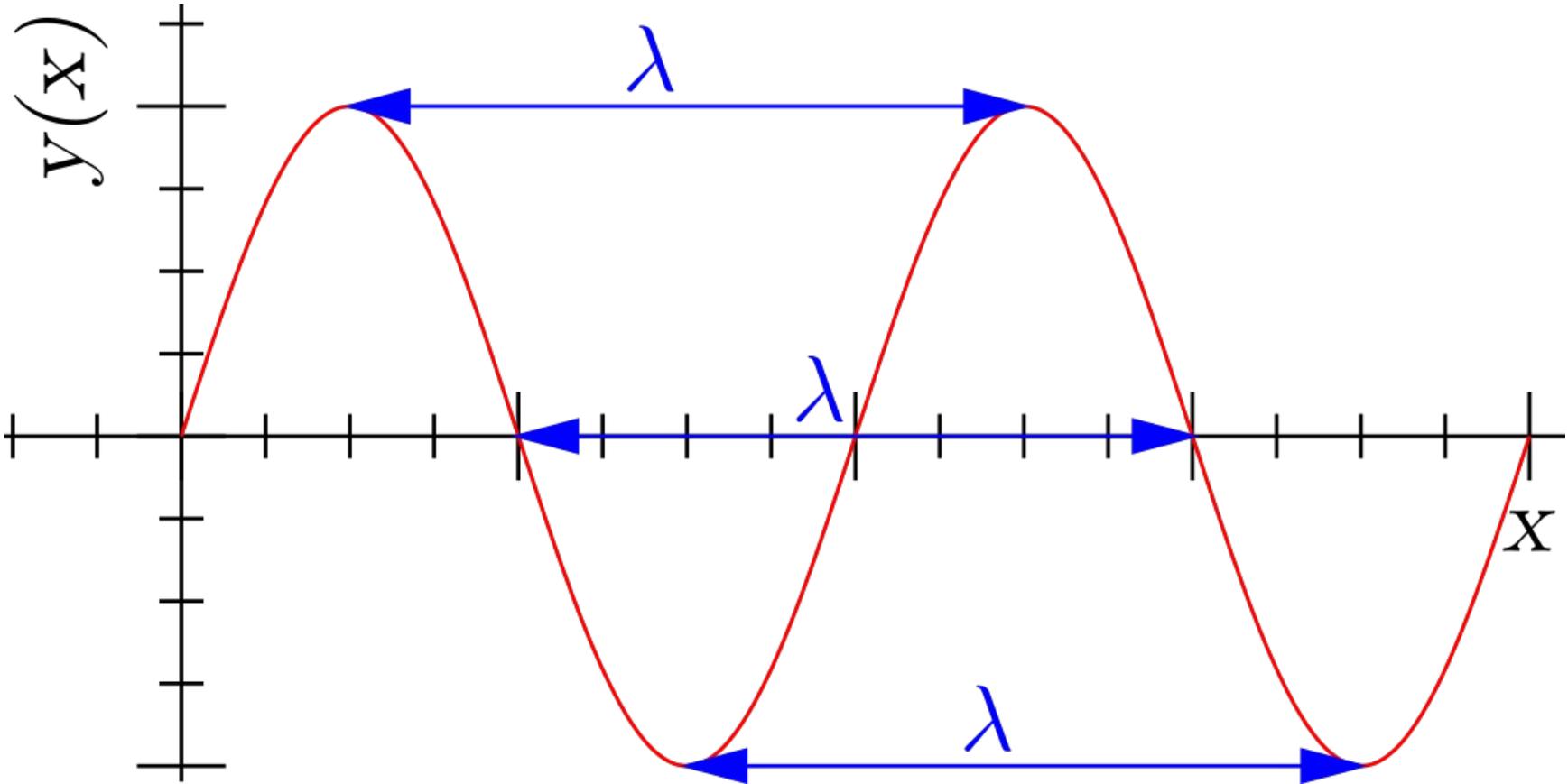




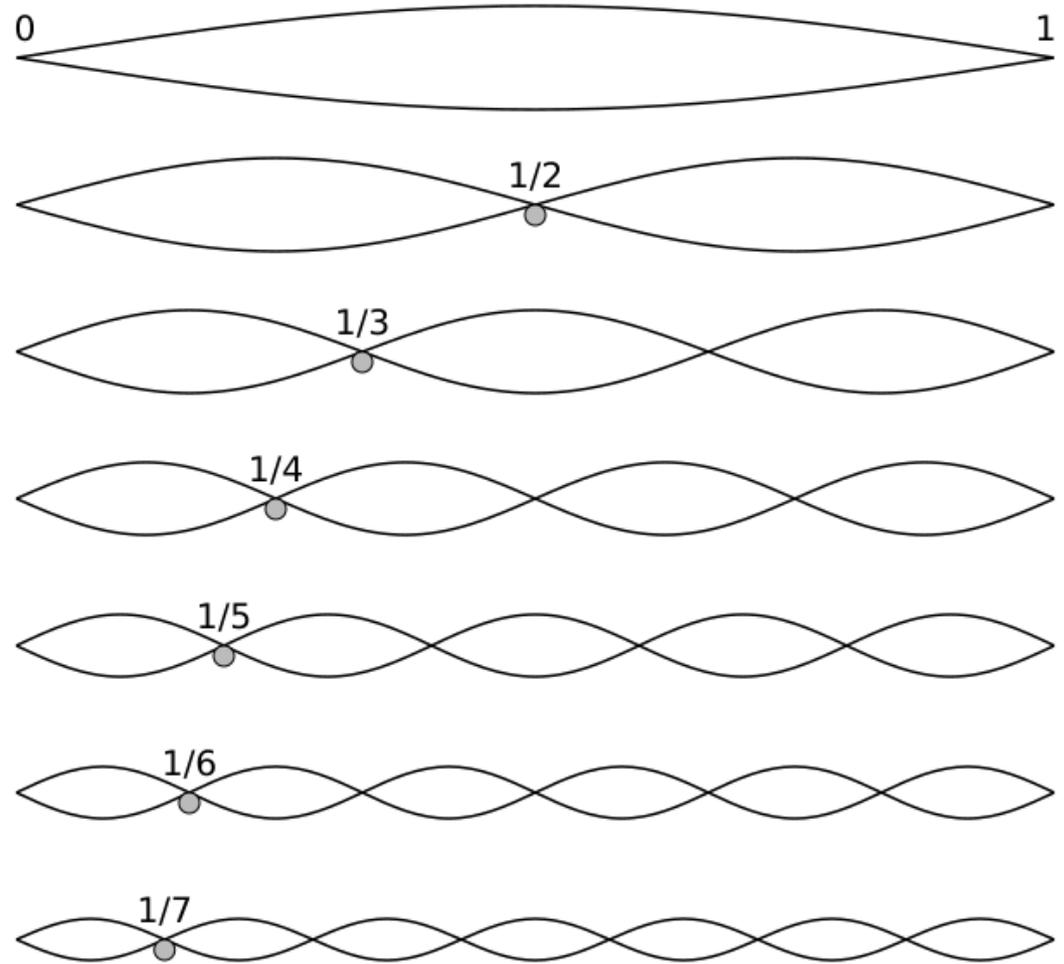
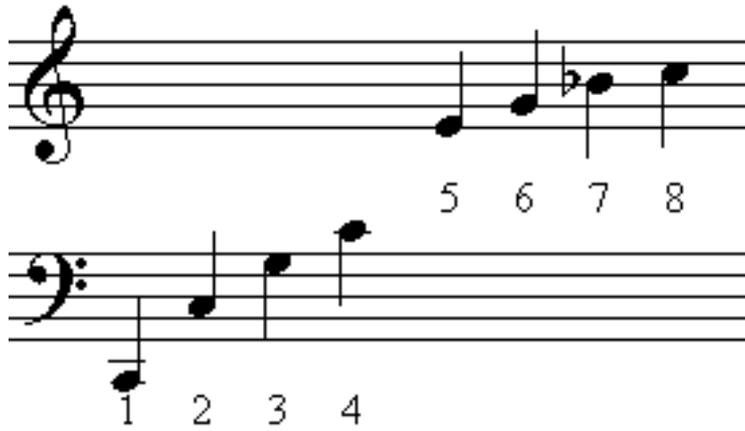
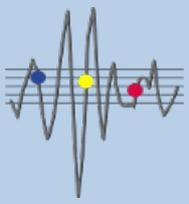
# Suoni, Colori e Frequenze

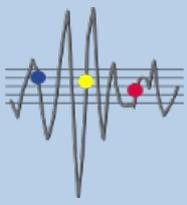


# colori, suoni e frequenze

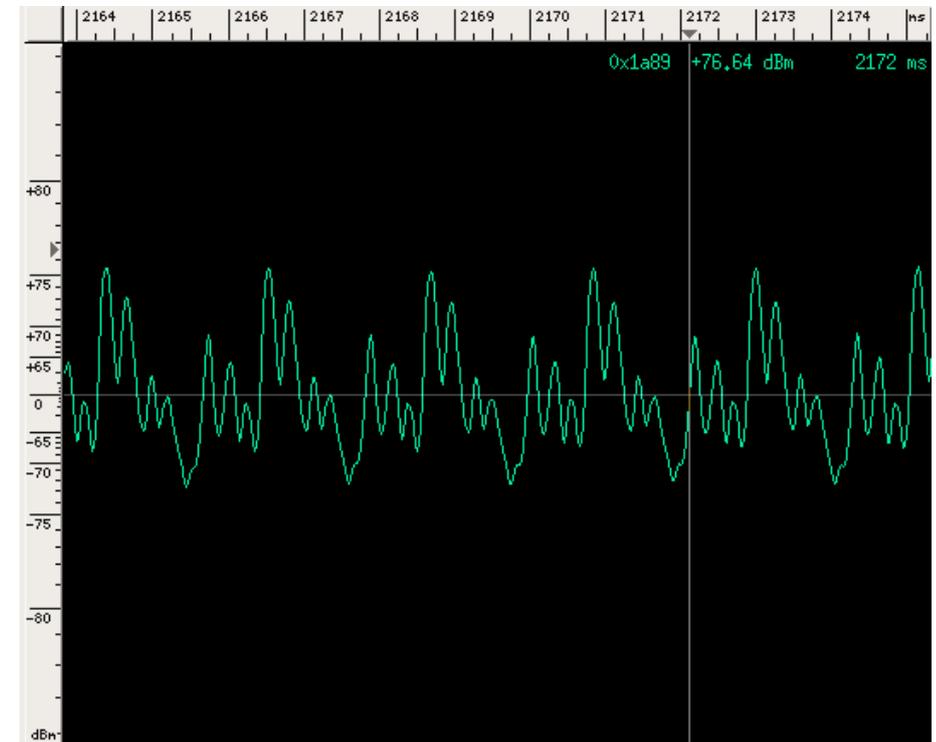
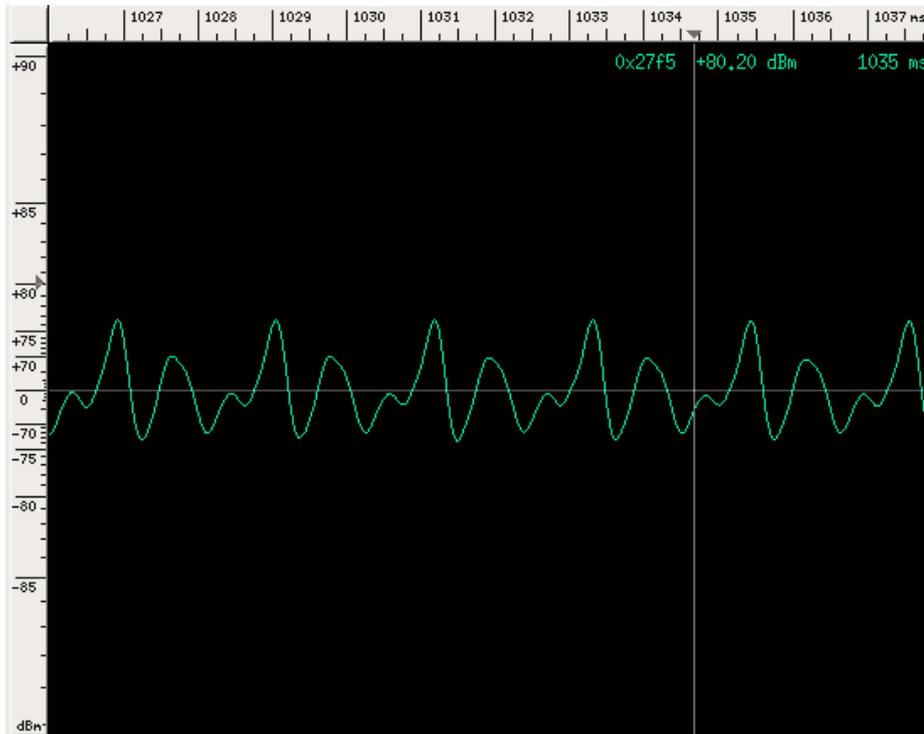


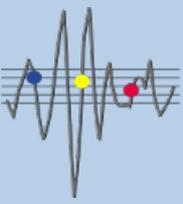
# colori, suoni e frequenze



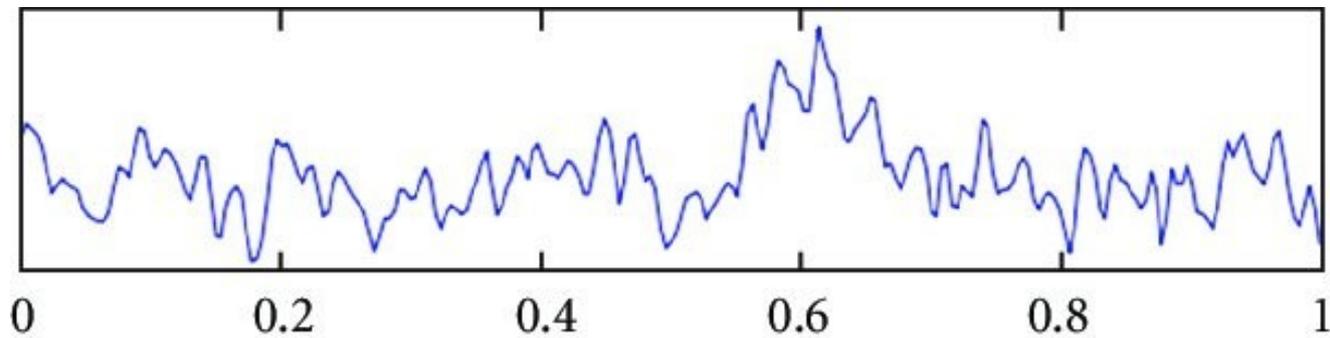


## flauto - violino

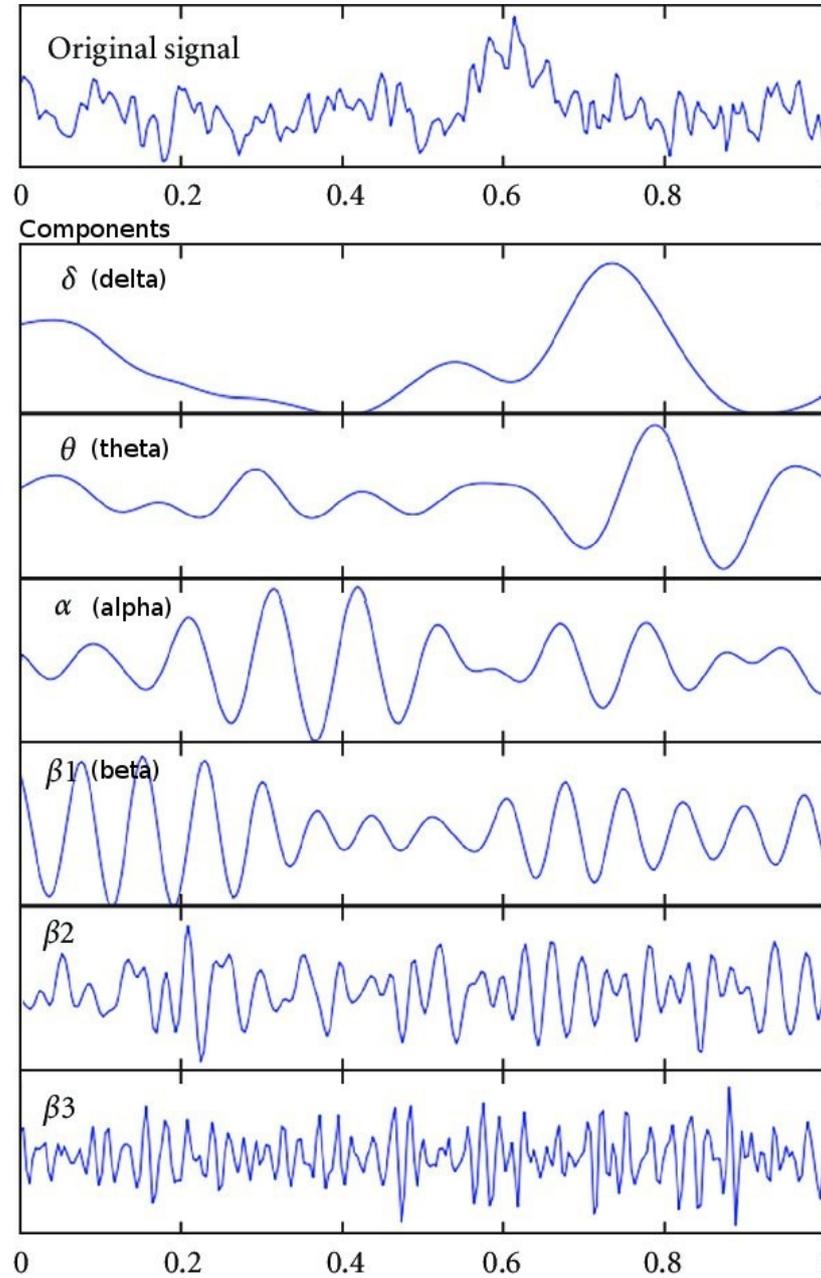
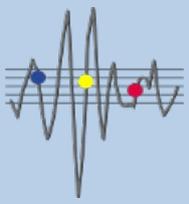


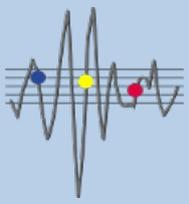


di cosa si tratta ?

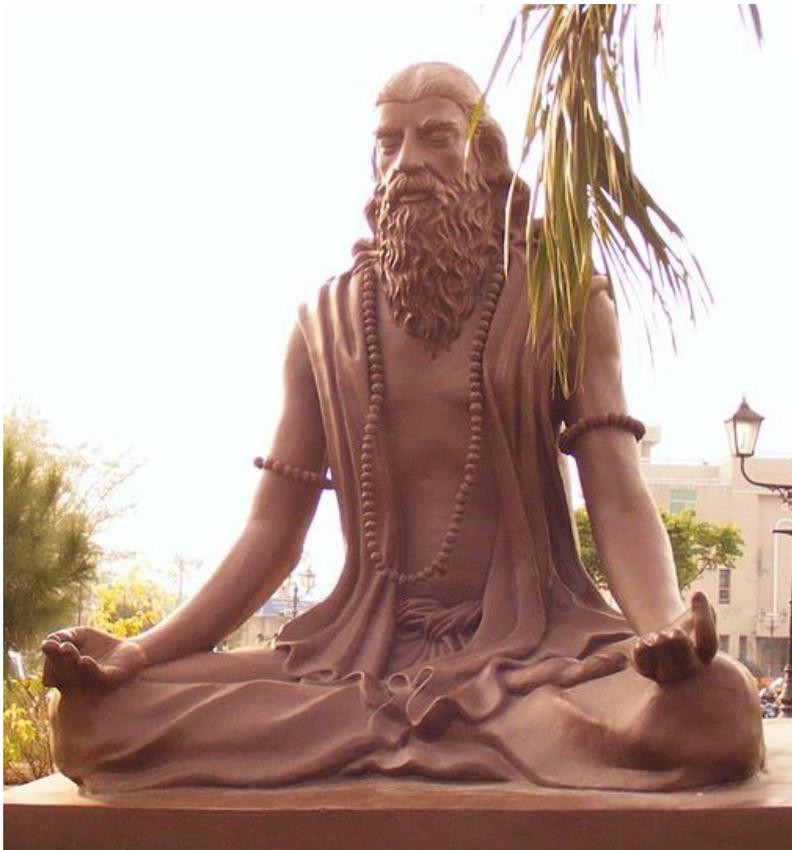


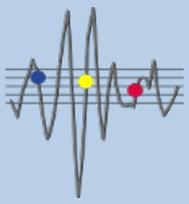
# colori, suoni e frequenze

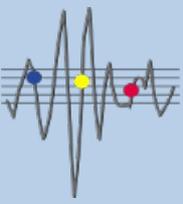




## Meditazione: Patanjali e una lezione in Perù







## COMINCIAMO DAL CORPO

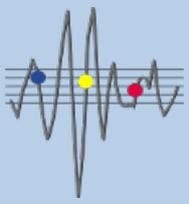
Questo esercizio dura circa 5 minuti e va praticato 1 volta al giorno.

Questa pratica può sostituire quella dedicata alla propriocezione (vedi pillola 2) ed è una sorta di continuazione della pillola 3.

(il file audio-guida in formato mp3 è pubblicato sul sito [www.harmonio.org](http://www.harmonio.org) nella pagina dedicata alle pillole. Per scaricarlo click destro e dal menù a tendina seleziona “Salva destinazione con nome”)

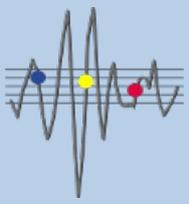
La sintesi è:

- seduta/o, chiudo gli occhi
- lascio andare l'aria lentamente (non la spingo fuori).
- Per circa tre minuti mi concentro sulla verticalità della mia colonna
- Dopodiché praticherò un momento di “silenzio interiore”.

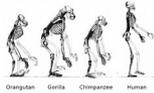


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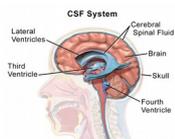
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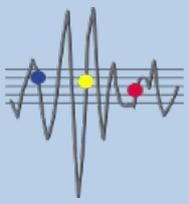


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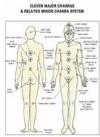
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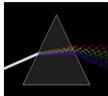
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