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Gestalt Practice is a contemporary form of personal exploration and integration developed by Dick Price at the Esalen Institute. The objective of the practice is to become more fully aware of the process of living within a unified field of body, mind, relationship, earth and spirit.

Gestalt Practice - Wikipedia

Gia-Fu Feng (Chinese: 葛福丰; 1919–1985) was prominent as both an English translator (with his wife, Jane English) of Taoist classics and a Taoist teacher in the United States, associated with Alan Watts, Jack Kerouac, The Beats and Abraham Maslow.

Gia-Fu Feng - Wikipedia

The Good Life Website. Dhammapada Sutra by The Buddha. Aging Well. Tao Te Ching by Lao Tzu. Cloud Hands Blog . Ten Principles for Living "1. Never obey anyone's command unless it is coming from within you also.

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Los convoco a sufragar a todos y especialmente a los jóvenes y adultos que aun sueñan en un mundo mejor para sus hijos, que con su energía vital soñadora y revolucionaria, quieren y podrán, unidos con esa fuerza y confianza, cambiar positivamente nuestra realidad.

