



# Vipassana: il mio viaggio al contrario (Italian Edition)

*Gianluca Gualano*

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Quest'opera narra di un'esperienza reale e romanzata del protagonista, il quale si è trovato a soggiornare in una di casa di cura dell'anima e della mente, come lui stesso la chiama, dalla quale ne è uscito rinvigorito. Il racconto affronta un percorso di crescita interiore e psicologica del protagonista attraverso questo intensissimo corso di meditazione Vipassana durato dieci giorni, svoltosi nel totale silenzio ed isolamento. Il narratore, sempre solo con se stesso, lascia andare la propria mente dal passato al futuro, dai ricordi ai desideri, cercando di rimanere assolutamente estraneo ed equanime a tutte le sensazioni che gli si parano dinanzi. Dovrà cadere in un profondo baratro di insicurezza e devastante autoanalisi per poter poi alla fine ritrovare la strada verso se stesso ed il mondo; dovrà accettare di aver perso tutto per sempre per capire che è ormai definitivamente cresciuto.

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