



Mach dein Leben hell: Lichtvolle Wege aus der Schwere des Seins (German Edition)

Daniela Hutter

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Blockiert von Mustern, Begrenzungen und negativen Gedanken, schleppen viele von uns sich durch einen grauen Alltag, in dem wir von der Fülle des Lebens abgeschnitten sind. Doch wie können wir heller, lichter, leichter leben? Die Tiroler Bewusstseinstrainerin Daniela Hutter plädiert für eine praktische, gelebte Spiritualität jenseits kurzfristiger Wow-Effekte: Meditation, vegane Ernährung, die Kommunikation mit der geistigen Welt und ein intensiver Kontakt mit der Natur sind die Eckpfeiler eines Bewusstseinsprozesses, der die innere Verbindung zu uns selbst wieder herstellt und die eigene Schöpferkraft erschließt. Geschichten aus dem Leben der Autorin und aus ihrer Beratungspraxis machen die Empfehlungen greifbar. Willkommen im Land des Lichts!

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