



Sei der Wandel, den du dir wünschst: Die verändernde Kraft der Meditation (German Edition)

Ed & Deb Shapiro

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Innerer Halt in haltloser Zeit

Wir alle wissen, dass wir vor tiefgreifenden Veränderungen stehen, die Risiken bergen, aber auch eine Chance zu echtem Neubeginn darstellen können. In diesem Buch stellen die größten spirituellen Lehrer unserer Zeit die Meditation als machtvolles Werkzeug der inneren Veränderung vor: Jack Kornfield, der tibetische Karmapa, Byron Katie, Jon Kabat-Zinn, Marshall Rosenberg, Mingyur Rinpoche, Marianne Williamson – dies sind nur einige der vielen Namen, die für Seriosität und authentische spirituelle Erfahrung stehen. Gemeinsam zeigen sie unterschiedliche meditative Wege auf, die uns befähigen, Sicherheit und Orientierung in uns selbst zu finden, statt im Außen vergebens danach zu suchen. Über alle religiösen und kulturellen Grenzen hinweg stellen sie bewährte Methoden vor, mit deren Hilfe wir Stress in Entspannung verwandeln können, Wut in Antriebskraft, Angst in Gelassenheit oder Enttäuschung in Vergebung. Meditation ist längst keine Praxis mehr, die spirituellen Zirkeln vorbehalten ist. Nur im Zustand der inneren Ruhe erlangen wir die Stärke, um notwendige Veränderungen in Gang zu setzen. Und es ist der Wandel jedes Einzelnen von uns, der die Welt als Ganzes heilen kann.



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