



Erleuchtung finden in einer lauten Welt: Buddhas Botschaft für den Westen (German Edition)

Jack Kornfield

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Das neue große Buch von Jack Kornfield.

Erwachen heißt so viel mehr als stillzusitzen und zu meditieren. Es meint, ganz im Hier und Jetzt zu leben und das alltägliche Leben aus einer anderen Haltung heraus zu gestalten. Wenn wir danach streben, müssen wir also nicht ins Kloster oder in einen Ashram gehen, wir können genau da beginnen, wo wir sind. Der große buddistische Lehrer Jack Kornfield beschreibt die tiefen Erfahrungen, die durch regelmäßige Meditation möglich werden. Wir lernen Mitgefühl, Freude und Gelassenheit, können aber auch Herausforderungen begegnen, wenn alte innere Verletzungen wieder auftauchen. Gehen wir diesen Weg dennoch weiter, das zeigt Kornfield auch an seiner eigenen Lebensgeschichte, können wir uns selbst heilen. Und indem wir uns selbst heilen, heilen wir die Welt.

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