



Meditation ohne Geheimnis: Eine Führung ins Innerste (German Edition)

Ayya Khema

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In diesem Buch stellt Ayya Khema eingehend die Grundlagen der Ruhe- und der Einsichtsmeditation dar, erläutert, wie wir uns von festgefahrenen Denkmustern und Gefühlen befreien können, und gibt wertvolle Ratschläge für unsere alltägliche Übung. "Meditation ist das notwendige Mittel, den Geist zu reinigen und zu läutern, damit wir eines Tages in die Tiefe schauen und erkennen können, wozu wir auf der Welt sind. Was könnte interessanter sein, als sich selbst zu erforschen?" (Ayya Khema)

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