



Meditationen, die unser Herz öffnen (German Edition)

Jack Kornfield

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Meditationen, die unser Herz öffnen (German Edition) Jack Kornfield
Weisheitsworte, die die Seele berühren

Jack Kornfield versammelt in diesem liebevoll gestalteten Buch uralte Weisheit, moderne Geschichten und zahlreiche Meditationen, um Heilung, Frieden und Mitgefühl in unser tägliches Leben zu bringen. Mit großem Einfühlungsvermögen gelingt es ihm, die Herzen seiner Leser zu erreichen. Sein Mitgefühl und seine Nächstenliebe sind unmittelbar spürbar, allein schon die Texte zu lesen tröstet und beruhigt. Die Meditationen und Weisheitsworte öffnen unser Herz und lassen uns den Herausforderungen des Lebens mit Gelassenheit, Freude und Hoffnung begegnen. Ein spirituelles Schatzkästlein, das man immer wieder zur Hand nehmen will, weil uns seine tiefe Weisheit unmittelbar anspricht.

- Über die heilende Kraft der Vergebung und Herzensgüte
- Buddhistische Worte der Weisheit und des Mitfühls

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