



Hoch wie der Himmel, tief wie die Erde: Meditationen zu Liebe, Beziehungen und Arbeit (German Edition)

Sylvia Wetzel

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Um Beziehungen und Arbeit, unsere zentralen Bereiche im Leben, ranken sich unendlich viele Sehnsüchte und Erwartungen: nach der großen Liebe, erfüllter Sexualität, nach Erfolg, Kreativität und Vitalität. Unsere Ängste, Unsicherheiten und eingefahrenen Gewohnheiten scheinen der Erfüllung dieser Sehnsüchte aber meist im Weg zu stehen.

Die Meditationslehrerin Sylvia Wetzel setzt mit ihrem Buch bei diesem Spannungsverhältnis an. Sie zeigt vor dem Hintergrund buddhistischer Lehren, dass wir unsere Handlungs- und Denkmuster nur dann wirklich verändern können, wenn wir einige Annahmen über uns, unsere Gefühle, unser Denken und unsere Erwartungen hinterfragen. Das Buch enthält dafür viele praktische Übungen, die den Bezug zur eigenen Erfahrung herstellen.



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