



Buddhas Geschenk der Geborgenheit: Wie wir tiefes Vertrauen erfahren (German Edition)

Wilfried Reuter

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Tiefes Vertrauen erfahren

Besonders in herausfordernden Situationen spüren wir immer wieder, wie schnell unsere (Selbst-)Sicherheit ins Wanken gerät und eine ängstliche, verletzte Seite zum Vorschein kommt. Wilfried Reuter schenkt uns eine buddhistische »Gedankenmedizin«, die uns zum ureigenen Kraftort zurückführt. So können wir die Verbindung mit dem Leben, mit anderen, mit uns selbst stärken und vertiefen. Denn diese Verbundenheit ist Voraussetzung dafür, sich in der Welt geborgen zu fühlen.



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