



Lieben und Loslassen: Durch Meditation das Herz öffnen (German Edition)

Marie Mannschatz

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Der Wunsch, geliebt zu werden, ist uns allen vertraut. Oft erleben wir die Liebe aber als ein Gefühl, das über uns hereinbricht, uns widerfährt - sofern wir Glück haben.

Selten erkennen wir, dass Liebe eine entschiedene Absicht, ein aktives Tun erfordert.

Die erfahrene Meditationslehrerin Marie Mannschatz beschreibt, wie wir zu einem neuen Verständnis von Liebe, Mitgefühl und Herzenswärme finden und die Kraft entwickeln können, auch wieder loszulassen. Ihr Buch ist ein sehr persönliches Plädoyer für eine neue Kultur der Liebe.

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