



Dein erleuchtetes Ego: Ohne Selbstaufgabe in die Befreiung (German Edition)

Matthias Ennenbach

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»Du musst dein Ego überwinden, bevor du Erleuchtung finden kannst!« Dieses uralte Dogma hat schon zahllose spirituell Suchende zutiefst verunsichert. Aber ist es wirklich eine unumstößliche Wahrheit? Auf klare, nachvollziehbare Weise zeigt Matthias Ennenbach: Erleuchtung und Ego lassen sich durchaus miteinander vereinbaren. Es ist für jeden Menschen möglich, inmitten des Alltags einen Zustand der inneren Befreiung zu erlangen – im Einklang mit dem eigenen, individuellen Selbst.



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