



Der Mond in der Silberschale: Zen, die Tiefe des Lebens erfahren (German Edition)

Doris Zöller

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Doris Zölls, Myô-en An, Zen-Lehrerin der Sanbo-Kyodan-Schule und von Willigis Jäger als seine Nachfolgerin anerkannt, gibt in ihrem Buch eine zeitgemäße Einführung in den Zen-Weg. Sie beschreibt die drei Stationen des Zen-Weges, die gleichsam die Stationen jeglichen spirituellen Pfades sind: 1. Wir suchen unser wahres Wesen. Eine Suche, die darin mündet, dass wir uns selbst erkennen. 2. Wir finden unser wahres Wesen, so dass wir das Leben in seiner Tiefe leben und erfahren können. 3. Wir leben unser wahres Wesen, was bedeutet, dass wir unser Leben zu seiner Erfüllung bringen. Doris Zölls vermittelt das nötige Rüstzeug, das uns hilft, diesen Weg inmitten unseres alltäglichen Lebens mit Bodenhaftung, Gelassenheit und Offenheit zu gehen.



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