



# Liebende Zuwendung: Freude im Herzen (German Edition)

*Pema Chödrön*

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## **Liebende Zuwendung: Freude im Herzen (German Edition)** Pema Chödrön

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Dieses Buch lehrt uns, ja zu sagen zum Leben und Freundschaft zu schließen mit uns selbst, mit der Welt und mit allem, was sie uns an Freude und Leid zu bieten hat. Wenn man anfängt zu meditieren oder sich mit einer spirituellen Disziplin zu befassen, hofft man oft, auf irgendeine Weise zu einem besseren Menschen zu werden. Doch das ist im Grunde nur eine Art subtiler Gewalt gegen das, was man wirklich ist, gegen das eigene Wesen. Liebende Zuwendung sich selbst gegenüber - das, was im Buddhismus Maitri genannt wird, bedeutet nicht, dass wir irgendwelche Eigenschaften von uns ausmerzen müssen. Maitri bedeutet, dass wir so verrückt, so wütend, so ängstlich und so eifer süchtig sein dürfen, wie wir es nun mal sind und schon immer waren. Die Basis unserer Übung sind wir selbst, wer immer wir in diesem Augenblick sind.

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