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Sandra Ingerman

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„Alles, was ich zum Leben und Glückseligkeit brauche, schenkt mir die Erde, wenn ich mich nur daran erinnere, dass ich Liebe bin und ein Wesen aus Licht.“ In der westlichen Welt sind wir fokussiert auf die Heilung durch Methoden. Die schamanische Medizin sieht den Heiler hingegen als Gefäß der Liebe. Heilung funktioniert weniger durch Zeremonien, vielmehr durch die Energie, die dahinter steht. Sandra Ingerman, eine der bekanntesten Vertreterinnen des modernen Schamanismus, teilt in ihrem neuen Buch dieses Wissen über die universale Kraft der Liebe mit uns. Mit einfachen Übungen, die wir problemlos in unseren Alltag integrieren können.

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