



Spirituelle Therapie: Das Lebenslabyrinth lösen (German Edition)

Helga Mohrmann, Ilona Steinert

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Spirituelle Therapie verbindet Psychologie und Spiritualität. Sie zeigt einen Weg zur nachhaltigen Heilung, auf dem es um Liebe, Glück, Kraft und Einheit geht. Auf diesem Weg begegnen uns viele Herausforderungen.

Oft erscheint das Leben unübersichtlich und verwirrend wie ein Irrgarten. Tatsächlich ist es aber ein Labyrinth im ursprünglichen Sinne, also ein verschlungener Weg, der mal hierhin, mal dahin, mal zum Zentrum, mal von ihm fort, aber immer voran und letztlich zum Ziel, dem Selbst führt. Ohne Wissen und auf uns allein gestellt können wir leicht den Mut verlieren, verzweifeln, uns den Umständen überlassen und unsere Macht an andere abgeben. Krisen und schwere Entscheidungen stellen uns dann vor die Sinnfrage und geben uns das Gefühl, alleingelassen zu sein.

Spirituelle Therapie zeigt einen Ausweg. Sie bringt uns in Kontakt zu unserem Selbst und befreit und belebt das Herz. Das ist die Grundlage dafür, einen Sinn zu finden und sich am Leben zu erfreuen.

Dieses Buch beschreibt die Etappen und die wechselnden Herausforderungen auf dem Weg zum Selbst. Es hilft, den aktuellen Standpunkt zu erkennen und die richtigen Schritte einzuleiten, um auf dem eigenen Weg zum Lebensglück voranzuschreiten.

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