



Die 12 Grundkräfte des Lebens: Heilsame Impulse für jeden Monat - Feste - Meditationen - Rituale (German Edition)

Hans-Gerhard Behringer

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Entlang des Jahres, von Januar bis Dezember blickt Hans Gerhard Behringer auf die Grundkräfte, die von den verschiedenen Monaten und Festen ausgehen. Der psychologische Zusammenhang zwischen den Festen und dem eigenen Leben ermutigt die Leser, sich und ihr Leben mit diesen Grundkräften in Verbindung zu bringen.

Die zum Buch erscheinende CD bietet Meditationen und Musik: zum Abschalten, Aufladen der eigenen »Akkus« und zum Erleben der verschiedenen Grundkräfte.

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