



Leben wie ein Fluss: Gleichmut bewahren in unruhiger Zeit (German Edition)

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Das buddhistische Konzept des Selbst

Der Glaube an ein beständiges Selbst verspricht Halt in einer Welt, die von fortwährendem Wandel bestimmt ist. Dass aber genau dieses Festhalten ein Hindernis auf dem Weg zur Erleuchtung ist, veranschaulicht Bodhipaksa in „Leben wie ein Fluss“. Mit einer eloquenten Mischung aus traditioneller spiritueller Erkenntnis und aktueller Wissenschaft erkundet er auf meisterliche Art und Weise das Selbst. Er lehrt den Leser, die Angst vor der Unbeständigkeit zu überwinden und stattdessen eins zu werden mit dem Fluss des Lebens.

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