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Ayya Khema

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Wie können wir mehr Ruhe, Freude und Harmonie in unseren oft stressigen Alltag bringen? Die Lehre des Buddha mit den ewig gültigen Wahrheiten über die menschliche Existenz, ist von ungebrochener Aktualität und stößt auf immer größeres Interesse in der westlichen Welt. Die Meditationsmeisterin Ayya Khema gibt in "Buddha ohne Geheimnis" eine umfassende und anekdotenreiche Einführung in die Buddhalehre. Mit praktischen Beispielen zeigt sie uns, wie wir die östlichen Weisheiten für uns verwenden können.

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