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Vollkommen wach: Durch Meditation unsere ursprüngliche Weisheit entdecken (German Edition)

Gaylon Ferguson

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Vollkommene Wachheit ist unser natürlicher Zustand. Wir sind von Natur aus bereits erleuchtet, vollkommen, weise und voller Mitgefühl. Dieser Zustand ist nicht etwas außerhalb unserer selbst, das wir erst noch erreichen müssten. Wir sind bereits da. Aber es ist auch wahr, dass es einiges Bemühen erfordert, um mit diesem vollkommenen Sein in uns in Kontakt zu kommen - und um dieses Bemühen geht es bei der spirituellen Praxis.

Gaylon Ferguson stellt dabei für die Praxis der Achtsamkeit zwei Aspekte in den Vordergrund: zum einen das Vertrauen zu entwickeln, dass wir tatsächlich bereits vollkommen erwacht sind, und zum anderen die Hingabe an eine tiefgehende Meditationspraxis. Das Buch enthält ein Vorwort von Sakyong Mipham, dem Leiter von Shambhala International, eine Reihe von Meditationsübungen und wertvolle Kommentare und Einsichten von Praktizierenden dieser Tradition.

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