



Lebendige Stille: Einstimmung und Einübung (HERDER spektrum) (German Edition)

Silvia Ostertag

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Ankommen und eins werden – mit sich, mit dem Ganzen. Dazu muss man in die Stille gehen, abschalten, horchen, sich öffnen, schauen – und schweigen. Mit inspirierenden Texten unterstützt die Autorin Leserinnen und Leser auf diesem Weg. „Es genügt, auf die Stille zu horchen, die Stille holt uns dort ab, wo wir gerade sind mit unseren Gedanken und Gefühlen; die Stille schließt ein, was werden will; alles ist in der Stille aufgehoben.“ (Silvia Ostertag)

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