



Vom Mut zu wachsen: Die sieben Stufen der Integralen Heilung (Integrale Reihe) (German Edition)

Dr. Wilfried Ehrmann

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Mal sind wir Helden, mal Verlierer, heute Liebende und morgen Egoisten - stets getrieben von der Sehnsucht, über unsere inneren Widersprüche hinauszuwachsen. Denn intuitiv wissen wir: Ganzheit ist für uns zum Greifen nah.

Der Psychotherapeut Wilfried Ehrmann zeigt anhand der sieben Stufen der Bewusstseinsentwicklung eindrucksvoll, wie die gesamte Menschheitsgeschichte verborgen in uns wirkt - mit all ihrem kreativen Potenzial, aber auch den Schatten, die unser Fortschreiten behindern. Wer weiß, woher er kommt und wohin er geht, findet den Mut zu wachsen. Wer von Stufe zu Stufe wächst, wird lebendig und frei. Eine faszinierende Entwicklungsreise vom Ego zum wahren Selbst und darüber hinaus - mit zahlreichen Praxisübungen zur inneren Transformation!

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