



# Erhelle dein Leben! (German Edition)

*Hubert Wurz*

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*Hubert Wurz*

## **Erhelle dein Leben! (German Edition) Hubert Wurz**

Wer auf der spirituellen Suche ist, beginnt, sich auf einen "Weg" zu machen!

Er schaut sich um! Er stellt Fragen! Dann wird er eine "Methode" entdecken, die ihn auf diesem Weg begleitet. Einen solchen "Erfahrungsweg", der Jahrhunderte erprobt ist, stellt dieses Buch vor.

"Surya Namaskar" als dynamischer Übungszyklus ist gut geeignet, den neuen Tag zu "begrüßen"! Die Übungen sind voll dynamischer Kraft! Somit erhält jeder Tag sein eigenes Gepräge. Sicher, gelassen und mit innerer Zuversicht kann der Alltag gestaltet und erlebt werden!

Dem Autor ist es gelungen, in verständlicher Art ein modernes spirituelles Übungsbuch mit historischen Hintergründen und anregenden Texten als "Wegbegleiter" für unsere Zeit zu schreiben.

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