



# Meditieren mit Leib und Seele: Neue Wege der Gotteserfahrung (German Edition)

*Anthony de Mello*

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Der weltbekannte indische Jesuit Pater Anthony de Mello stellt in diesem Buch Wahrnehmungs-, Fantasie- und Andachtsübungen vor, durch die sich mit Leib und Seele das Bewusstsein für Gottes Gegenwart schärfen lässt. Für die vielfältigen Einheiten hat der erfahrene Meditationsleiter die kontemplativen Methoden des Buddhismus und Hinduismus mit den geistlichen Übungen des heiligen Ignatius von Loyola verbunden. Die Einheiten eignen sich für die Gruppe und den Einzelnen und erschließen auf ganzheitliche Weise neue Wege der Gotteserfahrung. Ein Klassiker der Meditation, der in zahlreiche Sprachen übersetzt worden ist.

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