



# White Light: Reise zur Glückseligkeit (German Edition)

*Shai Tubali*

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## **White Light: Reise zur Glückseligkeit (German Edition)** Shai Tubali

Es gibt diese Momente, in denen ein Gefühl der Enge sich auflöst: Mit einem Mal kehrt die Weite zurück und wir können die Dinge in einem neuen Licht sehen. Als habe unser Bewusstsein eine Grenze gesprengt. Der Autor Shai Tubali ist überzeugt, dass solche Ausdehnungen in der Natur des Bewusstseins liegen. Viele Jahre beschäftigte er sich mit den Schichten, die unseren physischen Körper spirituellen Lehren wie dem Yoga zufolge umgeben.

Diese Traditionen haben Techniken wie die Meditation entwickelt, um dem menschlichen Bewusstsein immer subtilere Schichten zugänglich zu machen bis sich die konfliktgeladene Spannung unserer Psyche letztlich in einen Zustand der Wonne auflöst. Tubalis revolutionäre Entdeckung: Wir können diese Ausdehnungen bewusst steuern und uns zunehmend in einer Wirklichkeit verankern, die uns mit anderen Augen auf unser derzeitiges Leben blicken lässt. Wie würden wir heute Entscheidungen treffen, wenn wir erleuchtet wären? Mit der Meditationstechnik White Light, die Tubali im gleichnamigen Buch vorstellt, wachsen wir verblüffend einfach in diese Perspektive hinein. Bei Neue Erde erscheint zeitgleich Chakren die sieben Energiekörper der Seele von Shai Tubali.

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