



# Das Denken Umwandeln (German Edition)

*Regine Leisner*

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## **Das Denken Umwandeln (German Edition)** Regine Leisner

Dieses Buch behandelt den berühmten Text zur "Geistes-schulung in acht Punkten" des tibetischen Meisters Geshe Langri Thangpa.

Jeder Bodhisattva (eine Person, die nach Erleuchtung zum Wohle aller Lebewesen strebt) stand einmal da, wo wir jetzt stehen und es muss ihm vernünftig und sinnvoll erschienen sein, sein Denken so zu verändern, dass seine großartige innere Entwicklung überhaupt möglich wurde. Seine Qualitäten sind nicht vom Himmel gefallen und sie sind auch kein Geschenk des Buddha. Wir werden uns also fragen müssen: Was führt uns dahin, so zu denken und zu empfinden? Wie können wir eine solche Geisteshaltung klar und folgerichtig aufbauen?

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