



Die göttliche Shakti: Die Kraft des Weiblichen im Yoga (German Edition)

Ela Thole

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INDIENS GÖTTINNEN DER KRAFT UND WEISHEIT

Shakti kommt aus Indien und steht für ein mysteriöses und machtvolleres Prinzip der indischen Tradition. Treten wir in Kontakt damit, befinden wir uns sofort in einem uralten Bereich des Geheimnisvollen und Urweiblichen. Energie oder Kraft ist das eigentliche Wesen der Shakti. Sie ist nicht nur eine anbetungswürdige Gottheit oder ein philosophisches Konzept, sondern eine in der Gegenwart ganz konkret erfahrbare Kraft. Die Autorin nimmt die Leser anhand mythologischer Geschichten und Legenden über die Shakti mit in die faszinierende Vielfalt der indischen Götterwelt und gibt Einblicke, welchen Stellenwert die Shakti im Tantrismus und Integralen Yoga besitzt. Ela Thole, erfahrene Referentin für Yogaphilosophie und integrale Spiritualität, eröffnet in diesem Buch ganz neue Sichtweisen und bringt uns diese nahe: »Viele Menschen spüren bei diesen Legenden eine verborgene Saite im Inneren mitschwingen, deren lautloser Klang nach und nach das gesamte Wesen erfasst und in Resonanz versetzt«.

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