



Integrales Tantra: Sinnlichkeit, Tiefe und Transzendenz (German Edition)

Silvio Wirth

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Silvio Wirth präsentiert in diesem Buch eine Vision des Tantra, die die Weisheiten des traditionellen Tantras mit den jüngsten spirituellen und psychologischen Erkenntnissen verbindet. Das integrale Tantra wird so zu einer spirituellen Lebenspraxis, die die heilige Dimension der Polarität von Mann und Frau in den Vordergrund der menschlichen Entwicklung rückt. Der Autor integriert auch in aufgeklärter Weise lebensnahe Themen wie Sex, Macht und Beziehungen, die in der Spiritualität bislang häufig eine untergeordnete Rolle gespielt haben. „Integrales Tantra ist ein Versuch, die Methode und Weisheit der tantrischen Schulen systematisch für den westlichen Menschen von heute anzupassen. Tantra wird so zum ganzheitlichen Weg für unsere Zeit, der Liebe, Sexualität und Intimität einschließt.“

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