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*Inken Prohl*

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# Zen für Dummies (German Edition)

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## **Zen für Dummies (German Edition)** Inken Prohl

Was bringt Menschen dazu, stundenlang regungslos auf einem Kissen zu sitzen? Die Faszination des Zen-Buddhismus ist groß, da nimmt so mancher Beschwerden auf sich bei der Suche nach Erkenntnis. Inken Prohl hat das Unaussprechliche des Zen in leicht verständliche Worte gefasst. Sie zeigt, warum das angebliche "Nichts" des Zen - keine Lehre und keine Antworten - gerade für westliche Sinnsuchende so attraktiv ist, was es mit der besonderen Beziehung zwischen Schüler und Meister auf sich hat und wie die vollkommene innere Befreiung erreicht werden kann.

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