



Mudras: Geheimsprache der Yogis (German Edition)

Ingrid Ramm-Bonwitt

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Das erfolgreiche Standardwerk zu einem Thema, das ständig an Beliebtheit gewinnt. Mit ihren Händen drückt die indische Tänzerin das Leben des gesamten Universums aus. Die Hände des Buddha enthüllen die Geheimnisse seiner Weisheit. Hände sind die Träger wichtiger Symbole, die sogar in die christliche Kunst Eingang gefunden haben. Die Bedeutung dieser Gesten, der Mudras, für den Westen wieder entdeckt und verständlich beschrieben zu haben, ist das Verdienst Ingrid Ramm-Bonwitts.

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