



Wendezeit der Medizin: Band 3: Zur Kunst des Einfachen (German Edition)

Klaus Bielau

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Diese Essay-Sammlung wendet sich an Ärzte und Therapeuten. Doch wer sind diese? Jeder, der es will, sei sein eigener Arzt, sein eigener Therapeut! Es gibt dann keine Laien mehr. Wer von uns sich zur Verantwortung fürs eigene Leben gerufen fühlt, der wird, der ist sein eigener Experte.

Wer nicht liest in den Büchern des Lebens, wer Natur und Kosmos, Menschen und die Einheit von allem nicht studieren will, der bleibt blutiger Anfänger, Laie ein ganzes Leben lang, für den ist alles kompliziert und undurchschaubar – er bleibt Opfer.

Doch das Leben kann einfach sein, unkompliziert – wenn wir beginnen, das Warum und vor allem das Wozu der Dinge zu verstehen. Das Geheimnis der Einfachheit ist: Konzentration auf die Gegenwart, auf das Hier und Heute.

Aber Vorsicht: Nebenwirkungen! Alte Denkbilder, alte Lebensmuster könnten sich auflösen, Zweifel und Unsicherheit überhandnehmen.

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