



Sinn finden in der Natur: Heilsame Rituale für Lebensübergänge (German Edition)

Marscha Daniela Heisig

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Lebensübergänge können sehr beglückend sein, z.B. wenn das erste Kind geboren wird, oder schmerzhaft, etwa bei Trennungen, Abschieden, Verlusten. In einschneidenden Übergangsphasen wie diesen fragen Menschen sich oft: Wohin soll mein Leben gehen? Wie kann ich mich neu ausrichten? Was ist meine Aufgabe?

Schon immer haben Menschen sich in die Natur zurückgezogen, um in schwierigen Zeiten Orientierung zu finden, etwa bei der Visionsuche indigener Völker. Marascha Daniela Heisig knüpft an diese Tradition an. Sie zeigt, wie Menschen in Lebensübergängen mithilfe von Ritualen und rituellen Auszeiten mit den Heilkräften der Natur in Kontakt kommen können, um Kraft zu schöpfen und dem Sinn der Veränderung einen Schritt näher zu kommen.

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