



Sinnvertiefung im Alltag: Zugänge zu einer lebensnahen Spiritualität (German Edition)

Fritz Bohnsack

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Wie gehen wir um mit der Auflösung traditioneller Wertorientierungen und den entsprechenden Verunsicherungen und Oberflächlichkeiten, wie mit der verbreiteten Suche nach neuen Sinngebungen? Als Antwort analysiert der Autor die gegenwärtige Sinn- und Religionsproblematik, entwickelt ein konfessionsübergreifendes Konzept des "Seins-Vertrauens" und verweist auf Sinnvertiefung durch Muße, Stille und "Achtsamkeit" sowie eingehender durch die meditativen Wege des Zen-Buddhismus. Nach einer Skizze über Möglichkeiten der Sinnvertiefung durch Psychoanalyse wird der Leitbegriff des Bandes, das "umgreifende Ganze" (John Dewey), beleuchtet und aus den Perspektiven von Schleiermacher, Jaspers, Heidegger und Freud bestätigt. Der Band bietet somit die erste gemeinsame Zusammenstellung dieser unterschiedlichsten Zugänge zu Spiritualität.

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