

• FLOW-ERLEBEN •

• MANDALA-PRAXISBUCH •



Creative Meditation

• BLAUE EDITION - MIT 60 MANDALAS ZUM AUSMALEN •

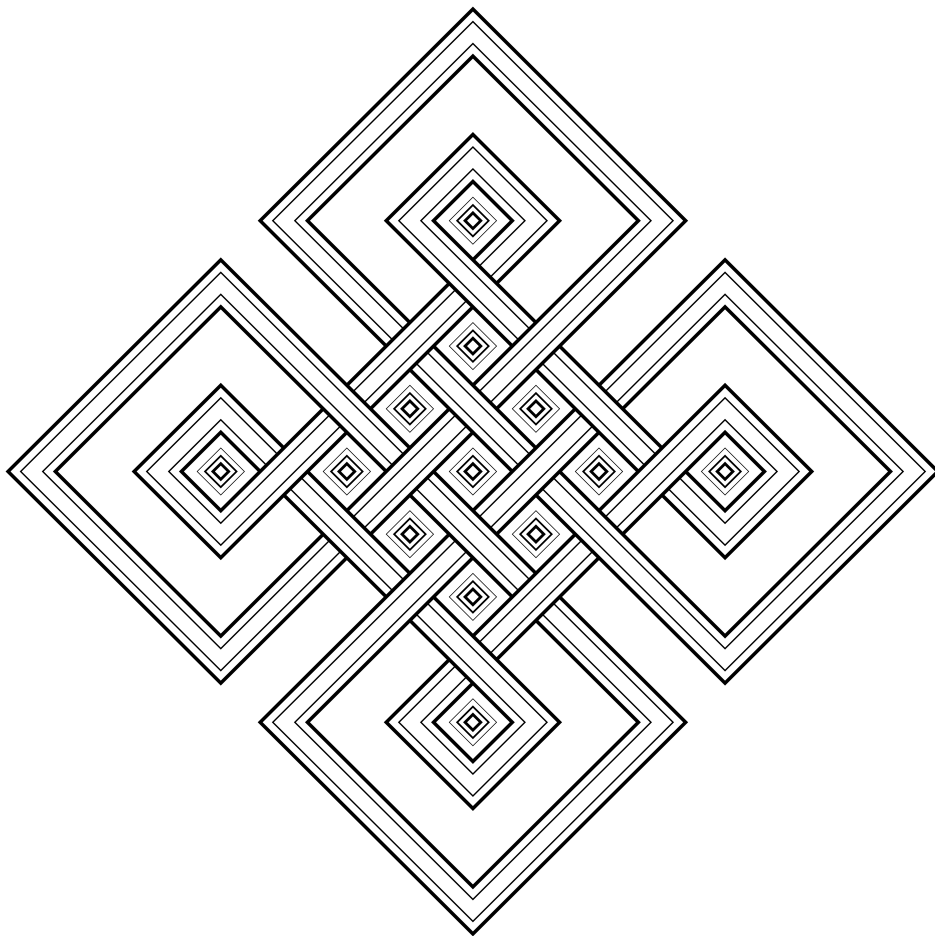


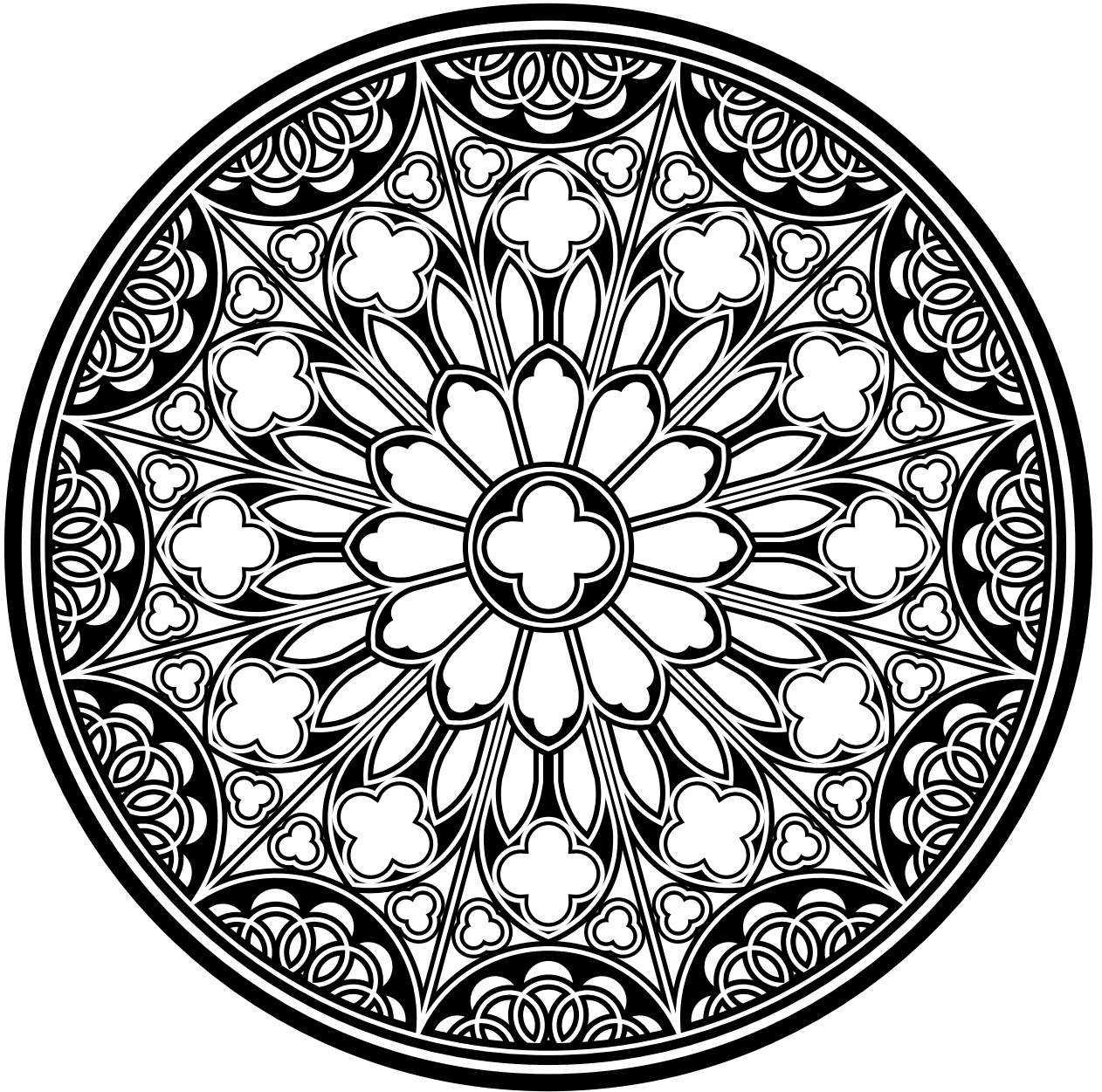
FLOW-ERLEBEN MANDALA-PRAXISBUCH

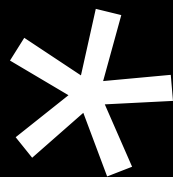
--- BLAUE EDITION ---

Creative Meditation

2023

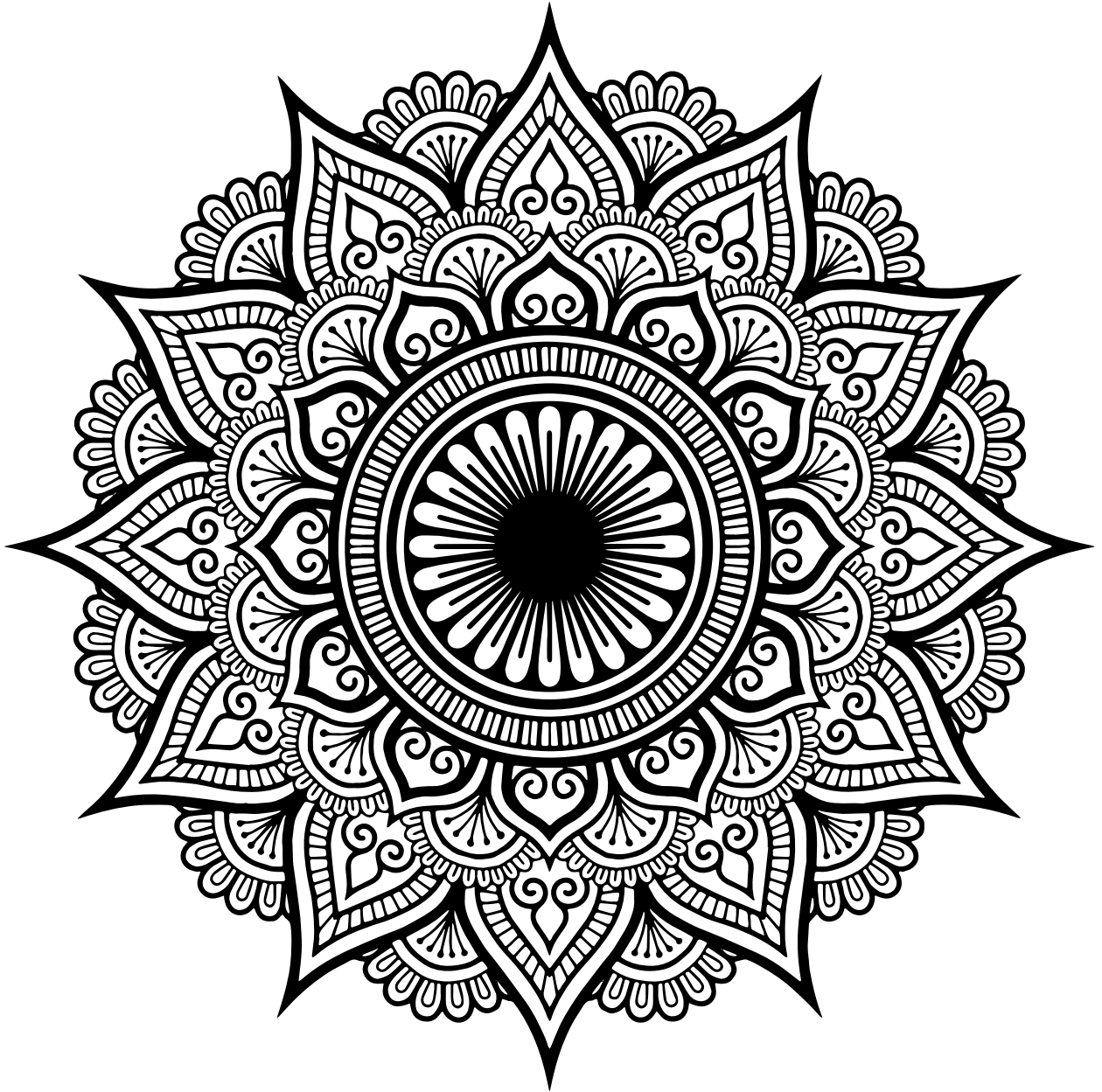


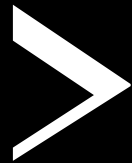




Vorwort...

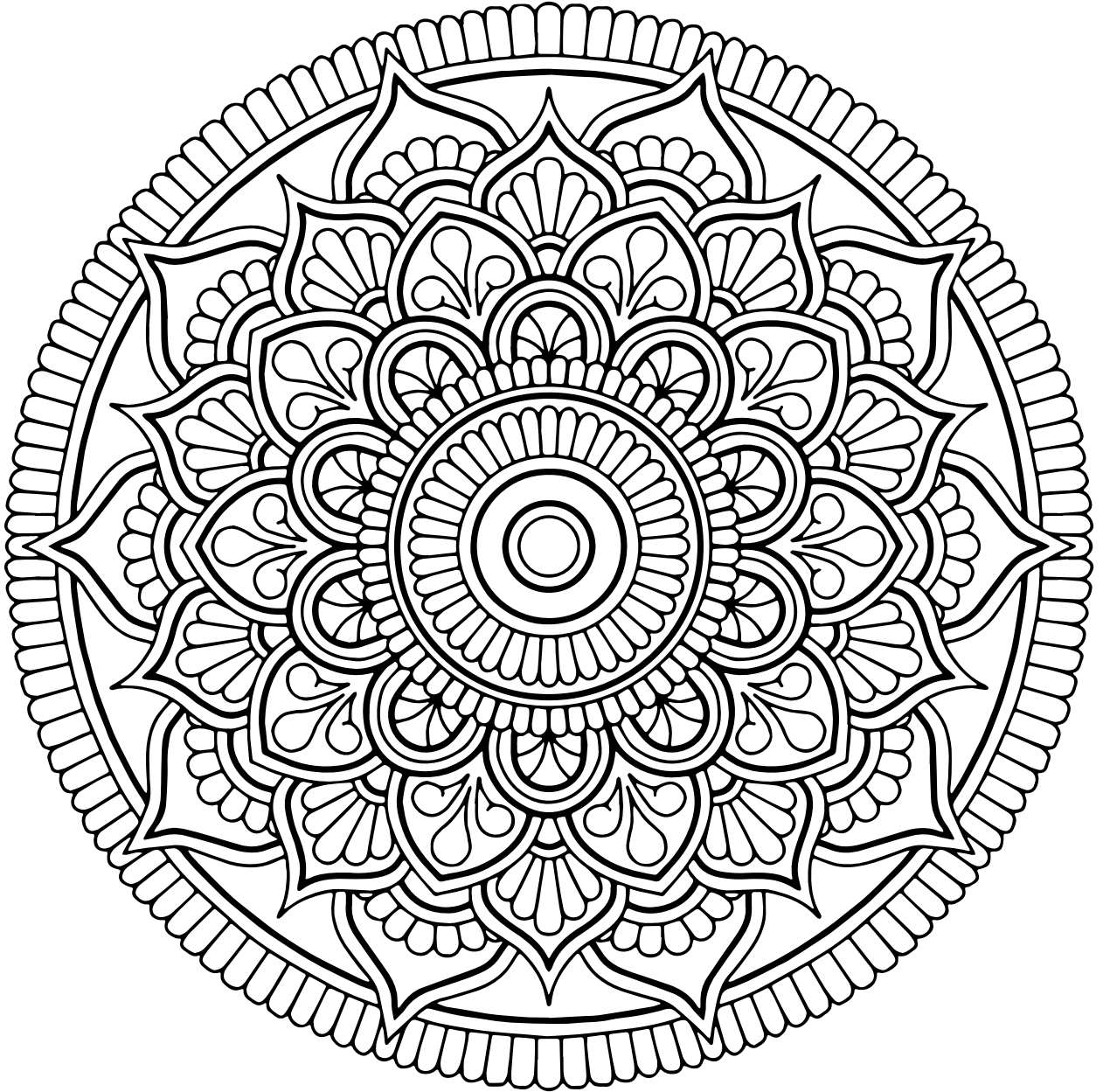


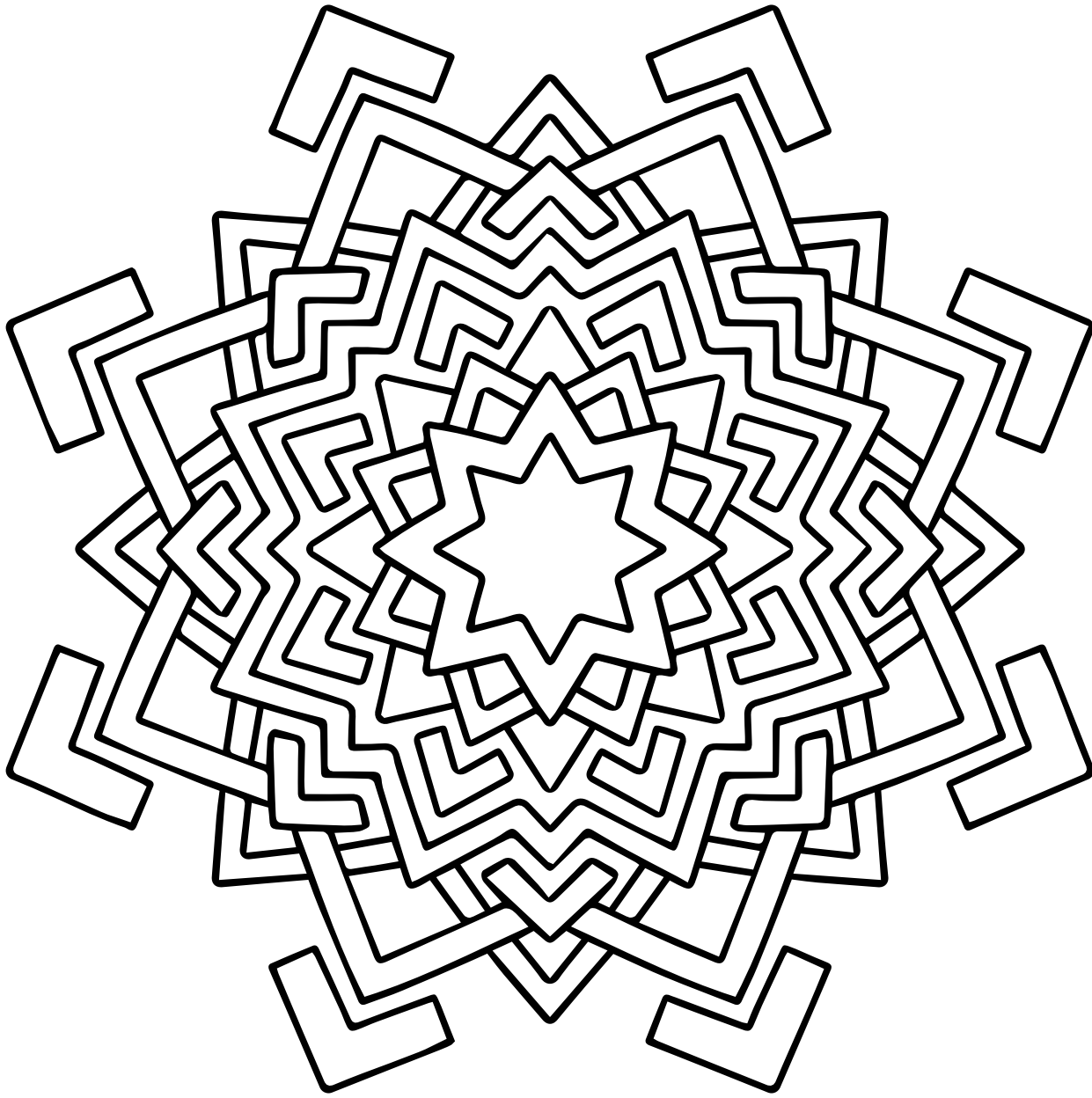


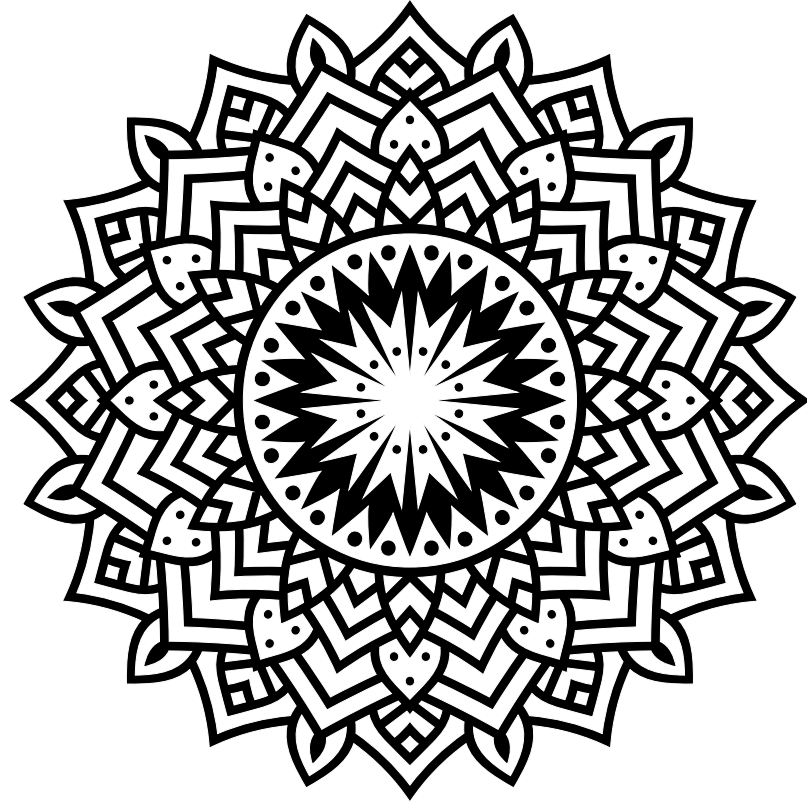


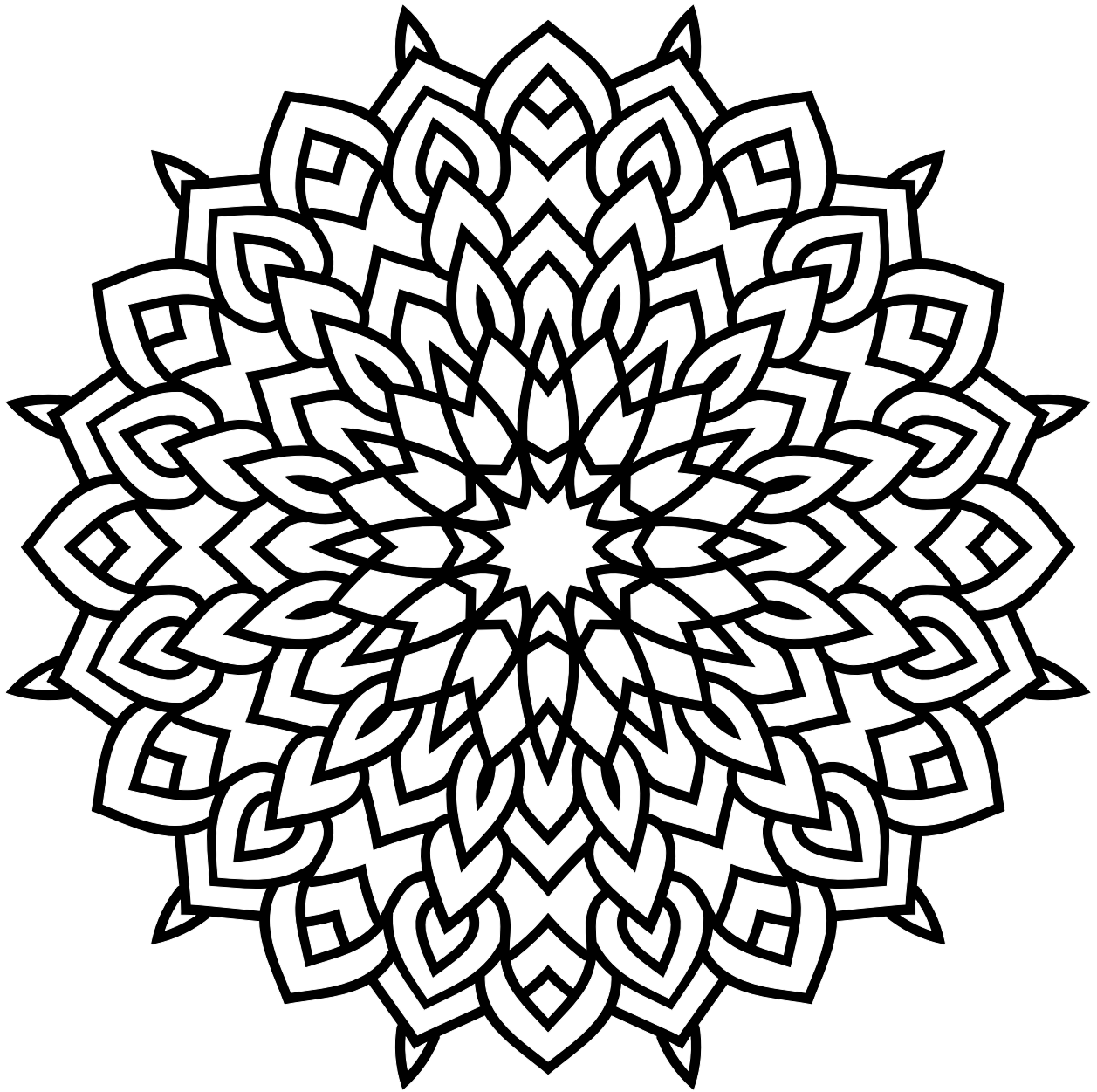
Einführung

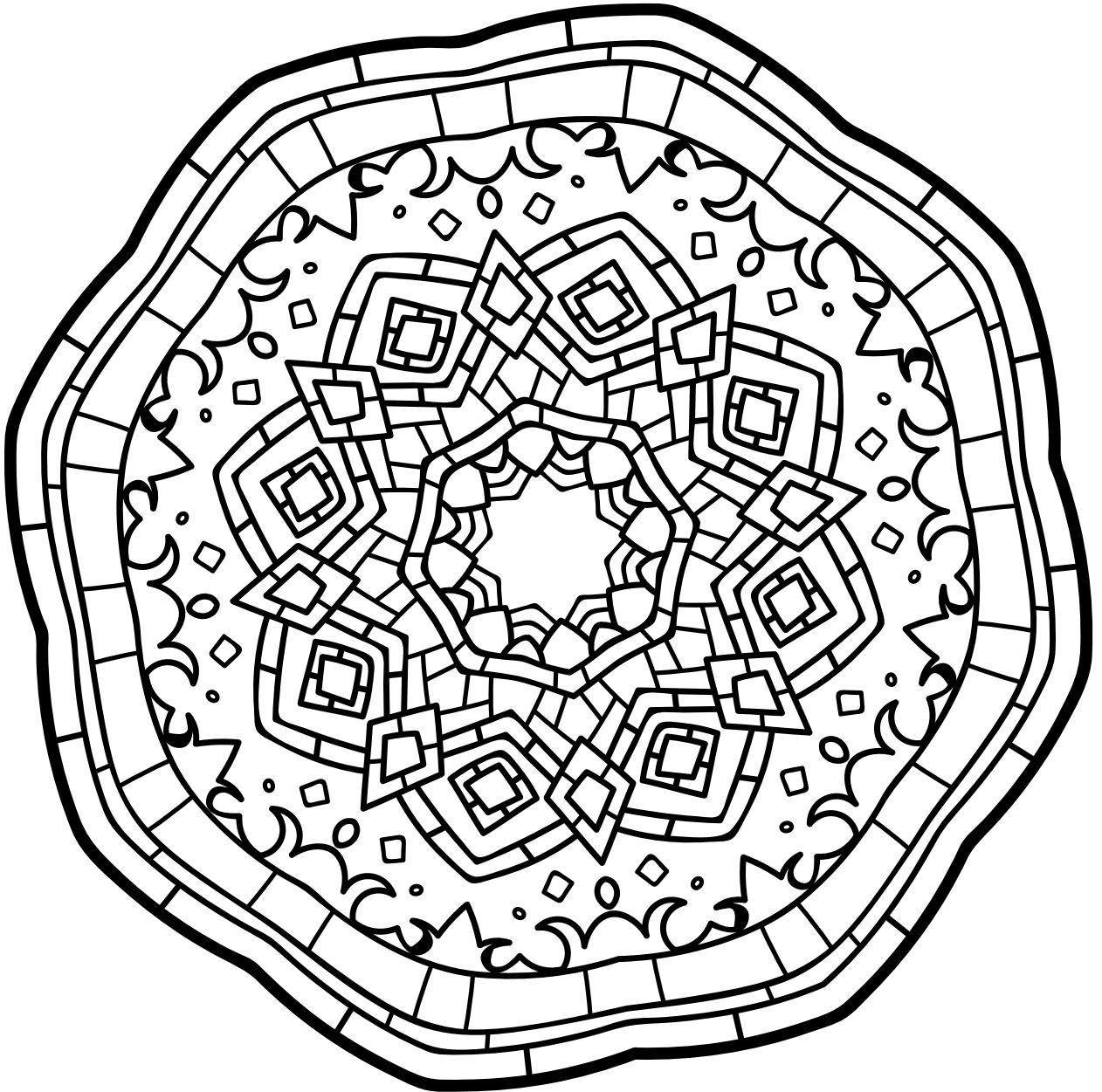


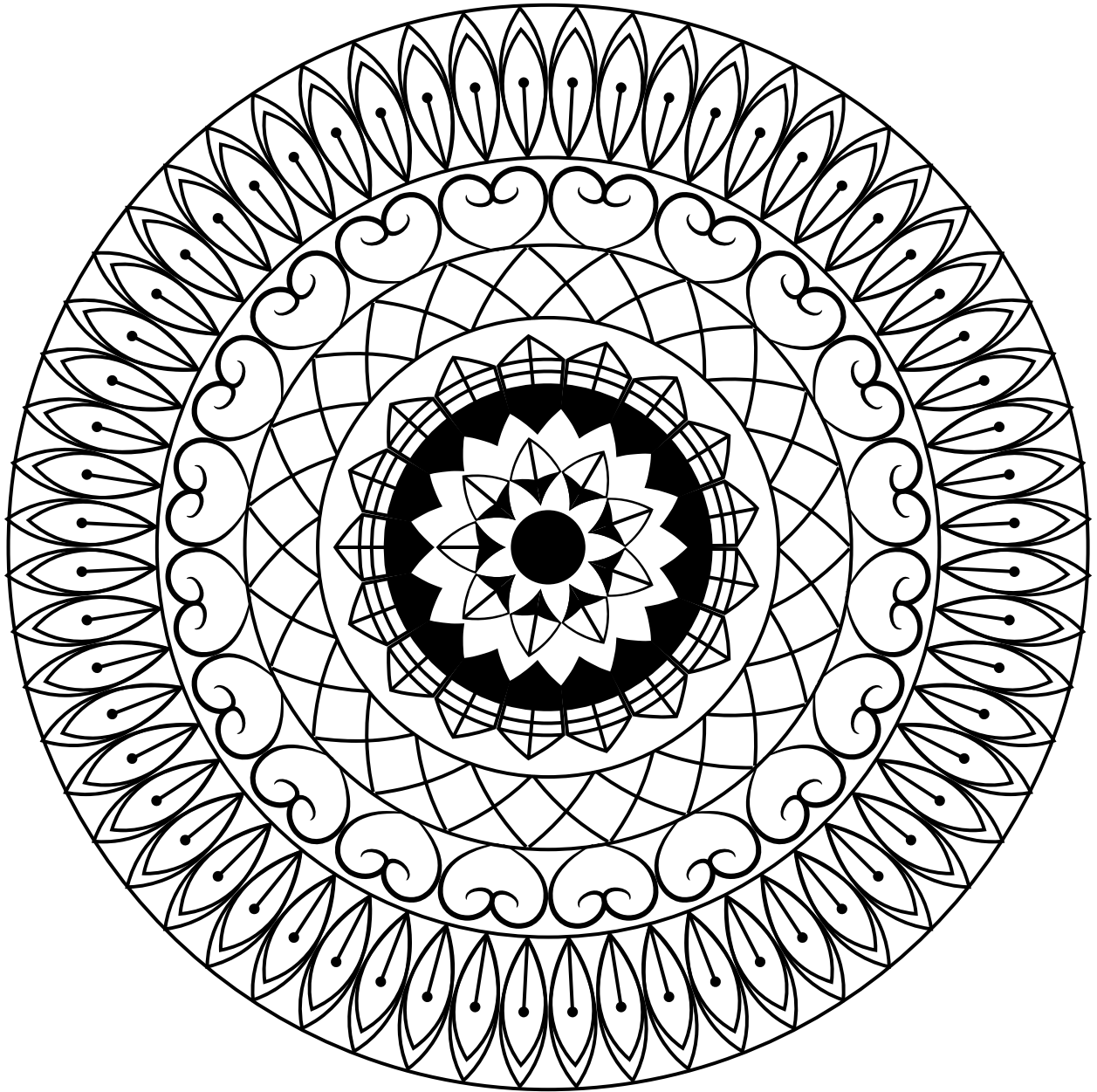


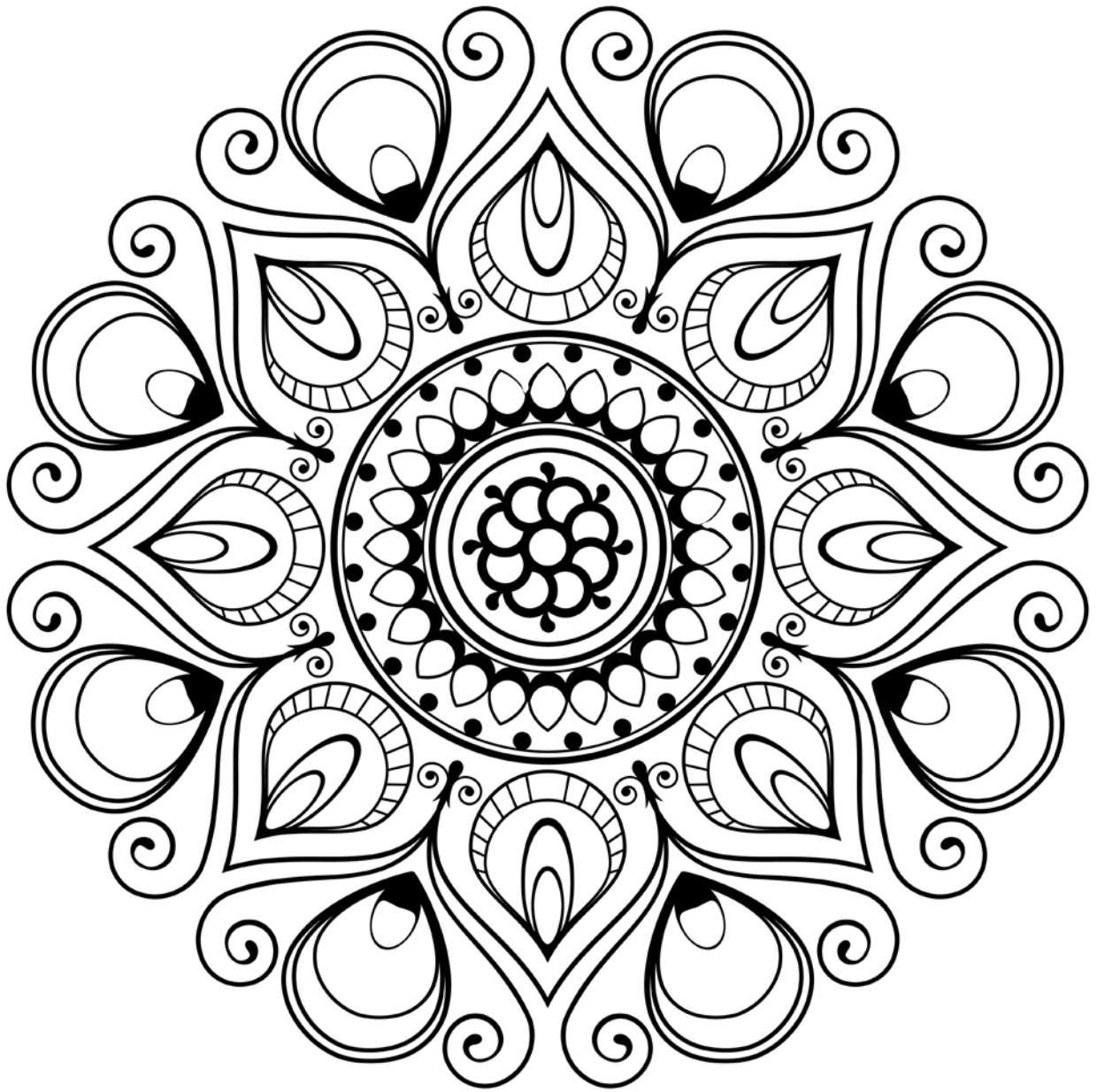


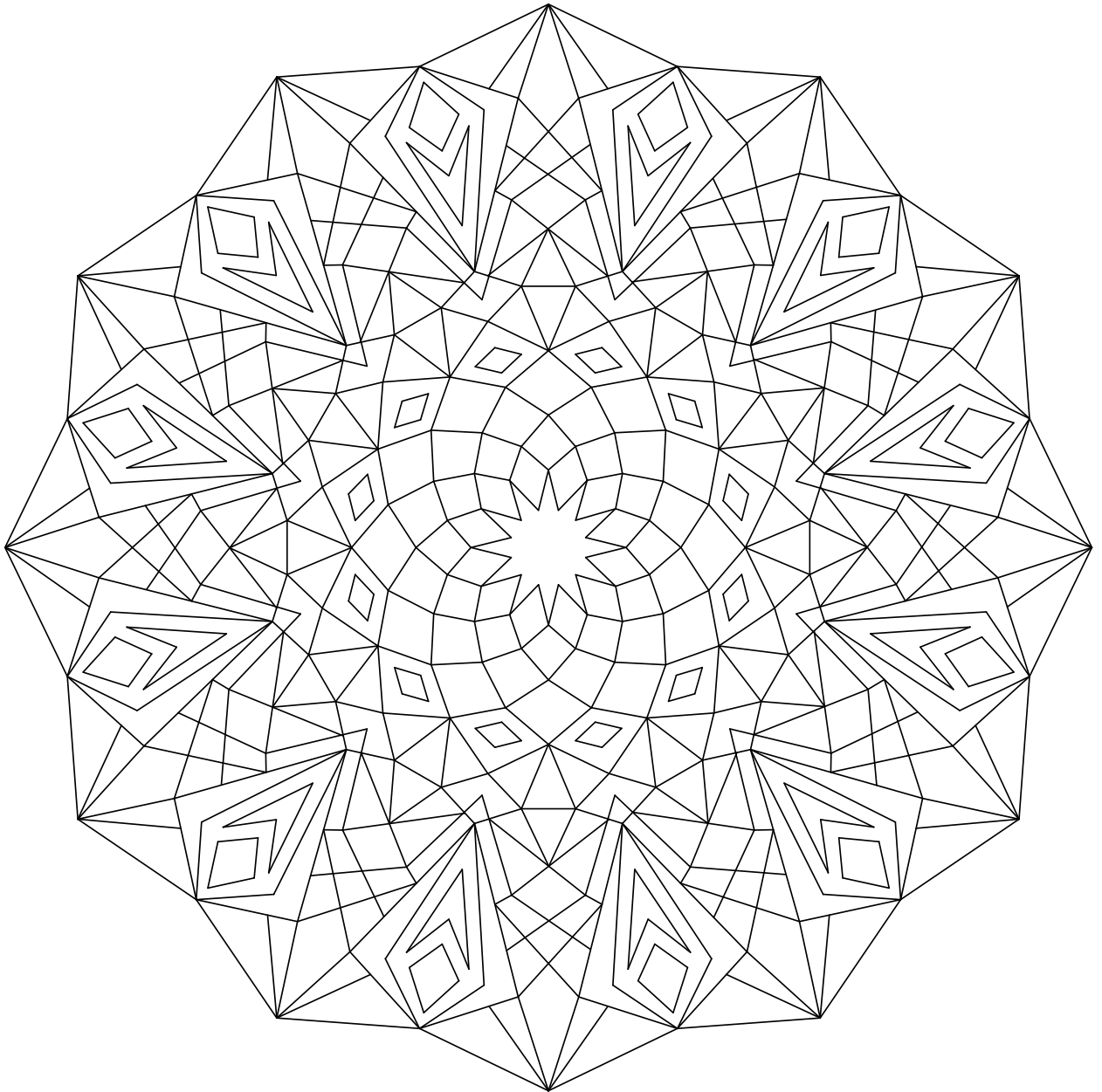








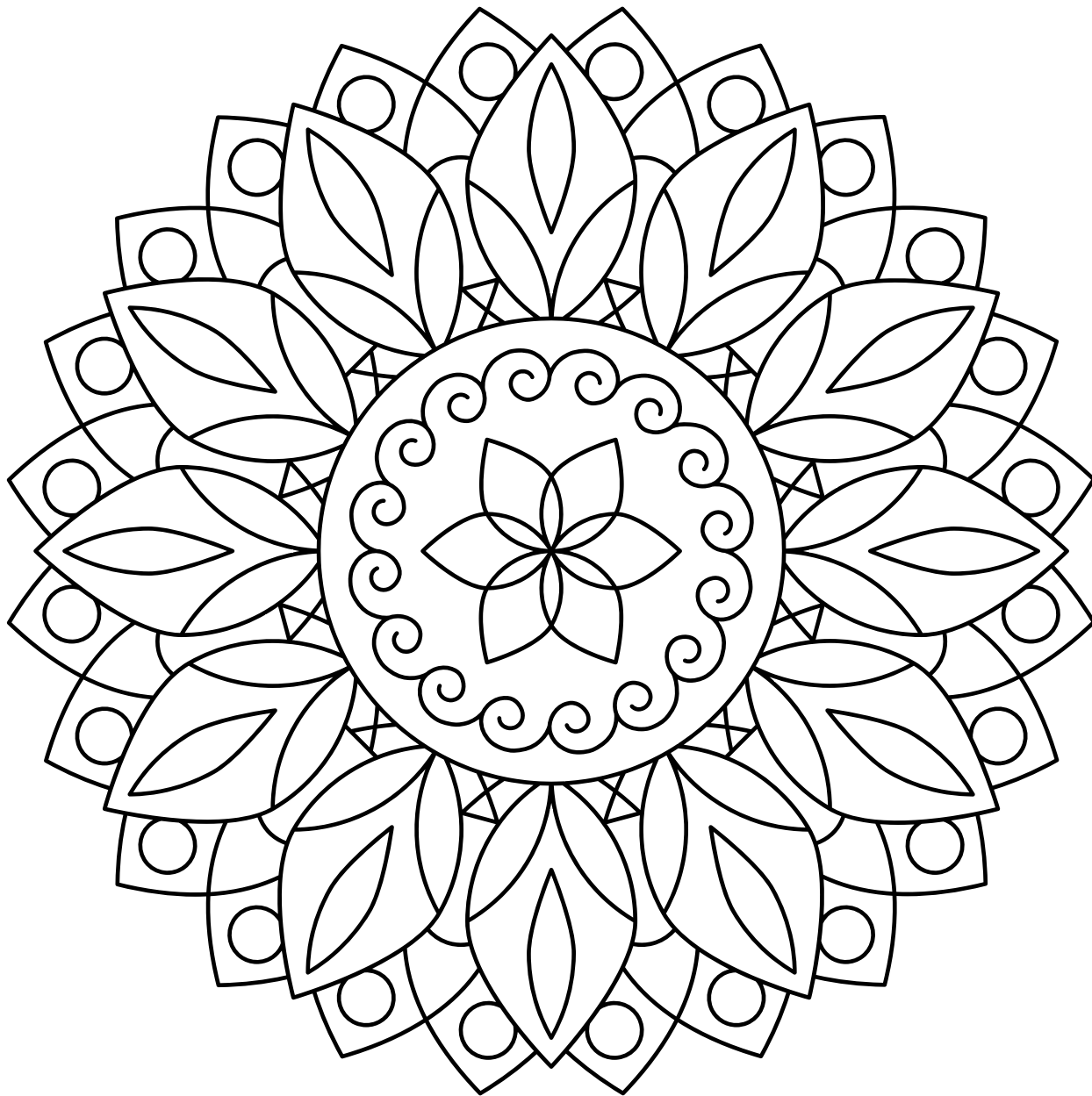


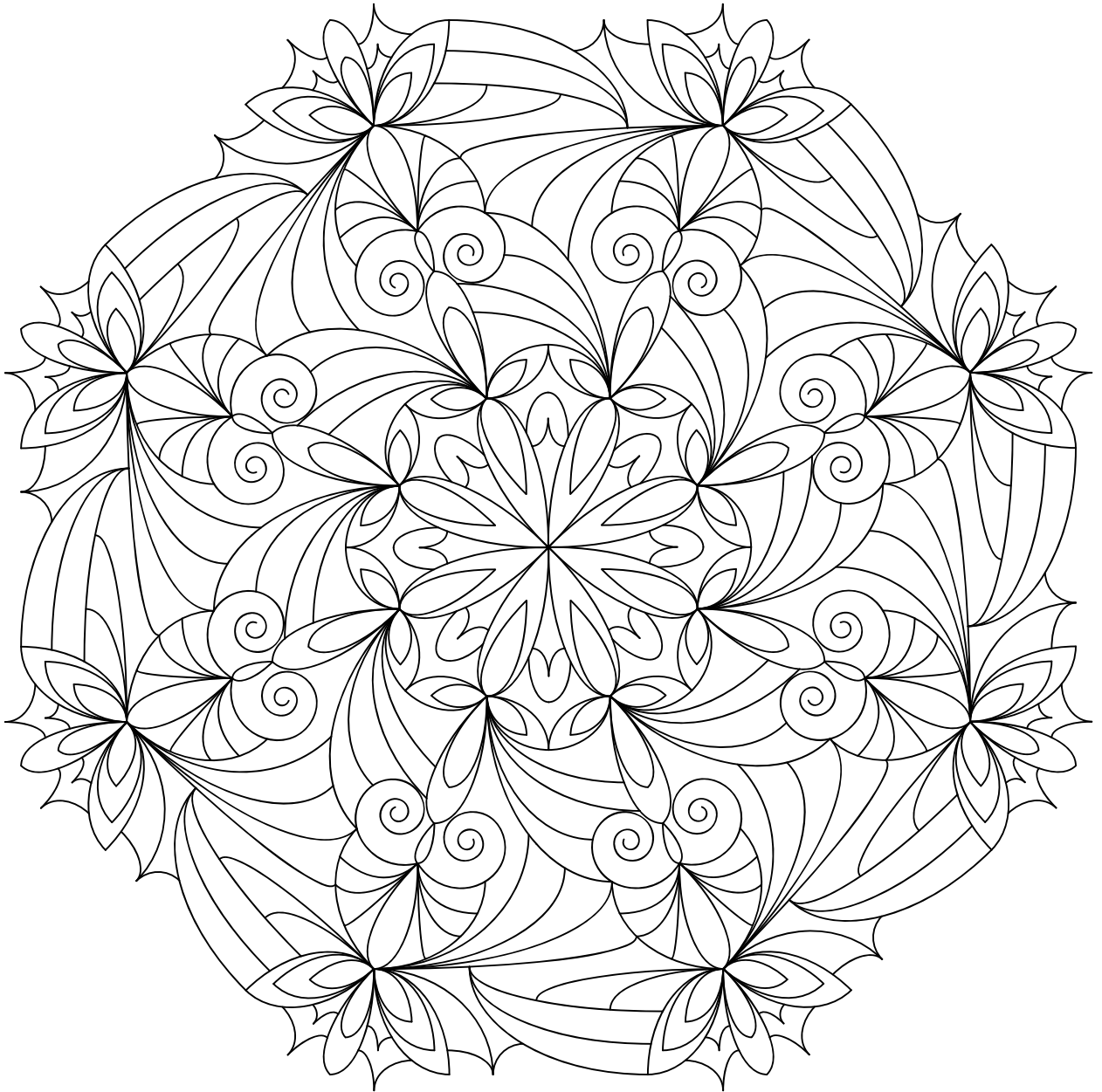


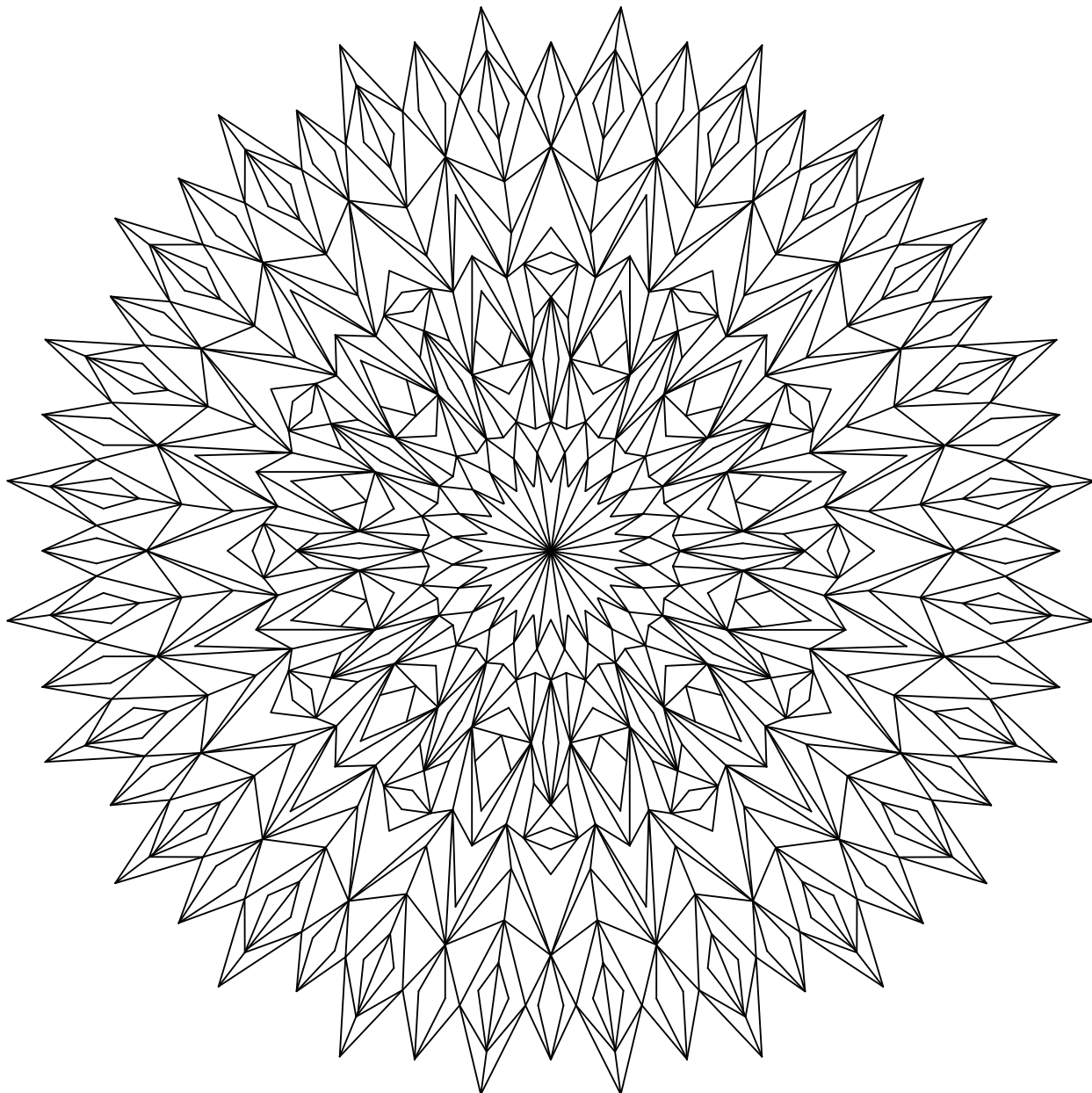
1.

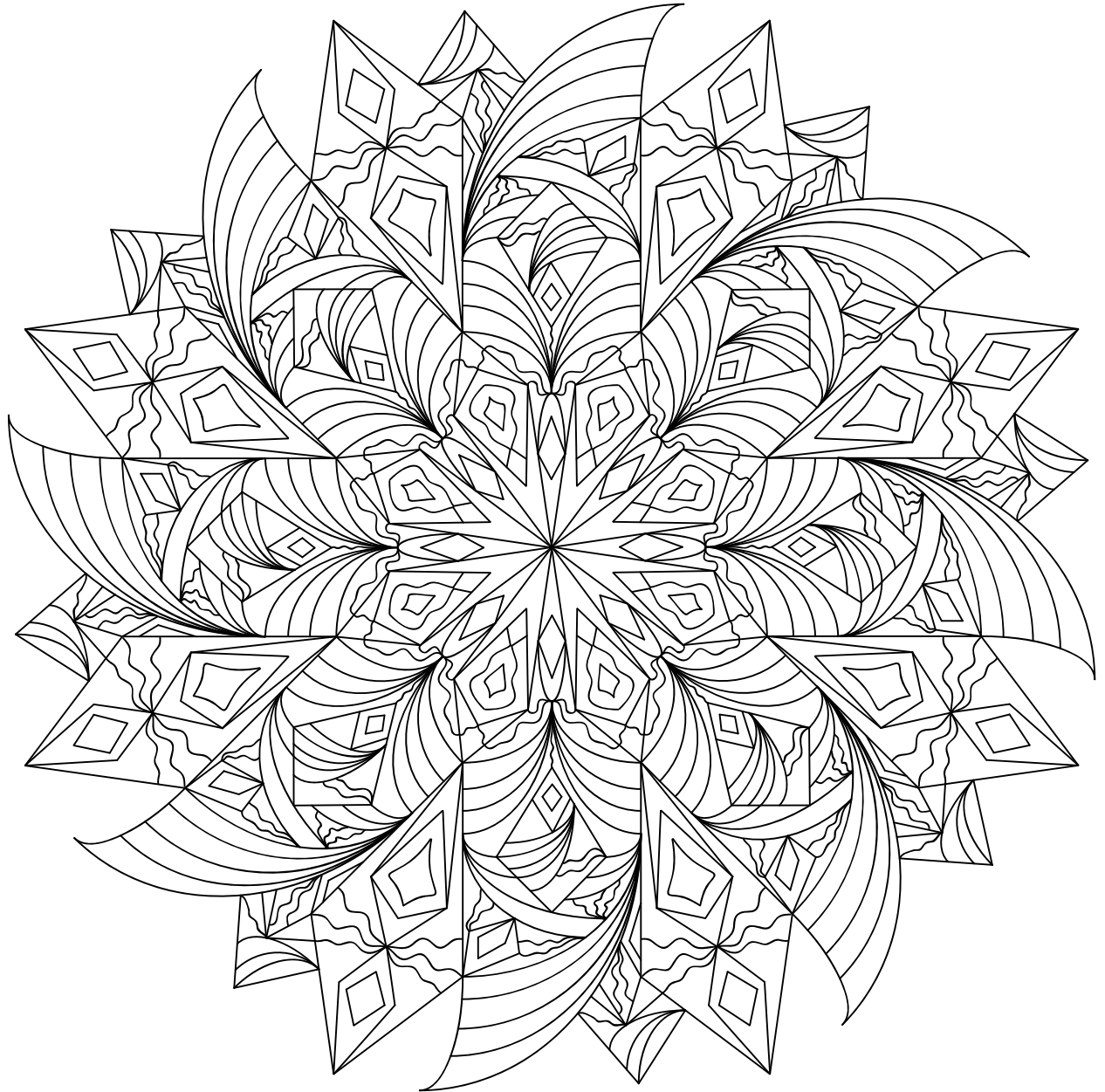
*Flow-Erleben
verstehen*

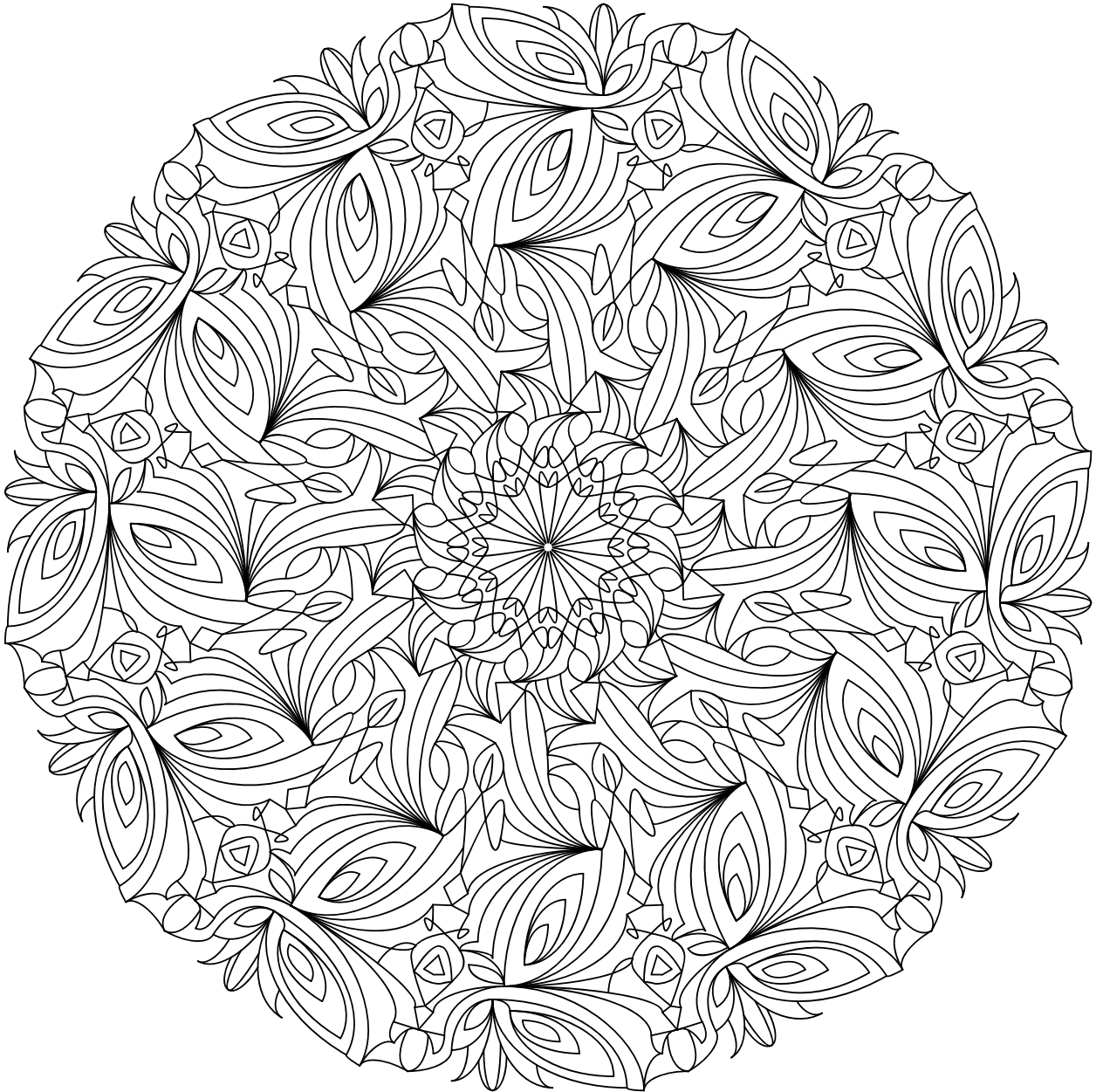


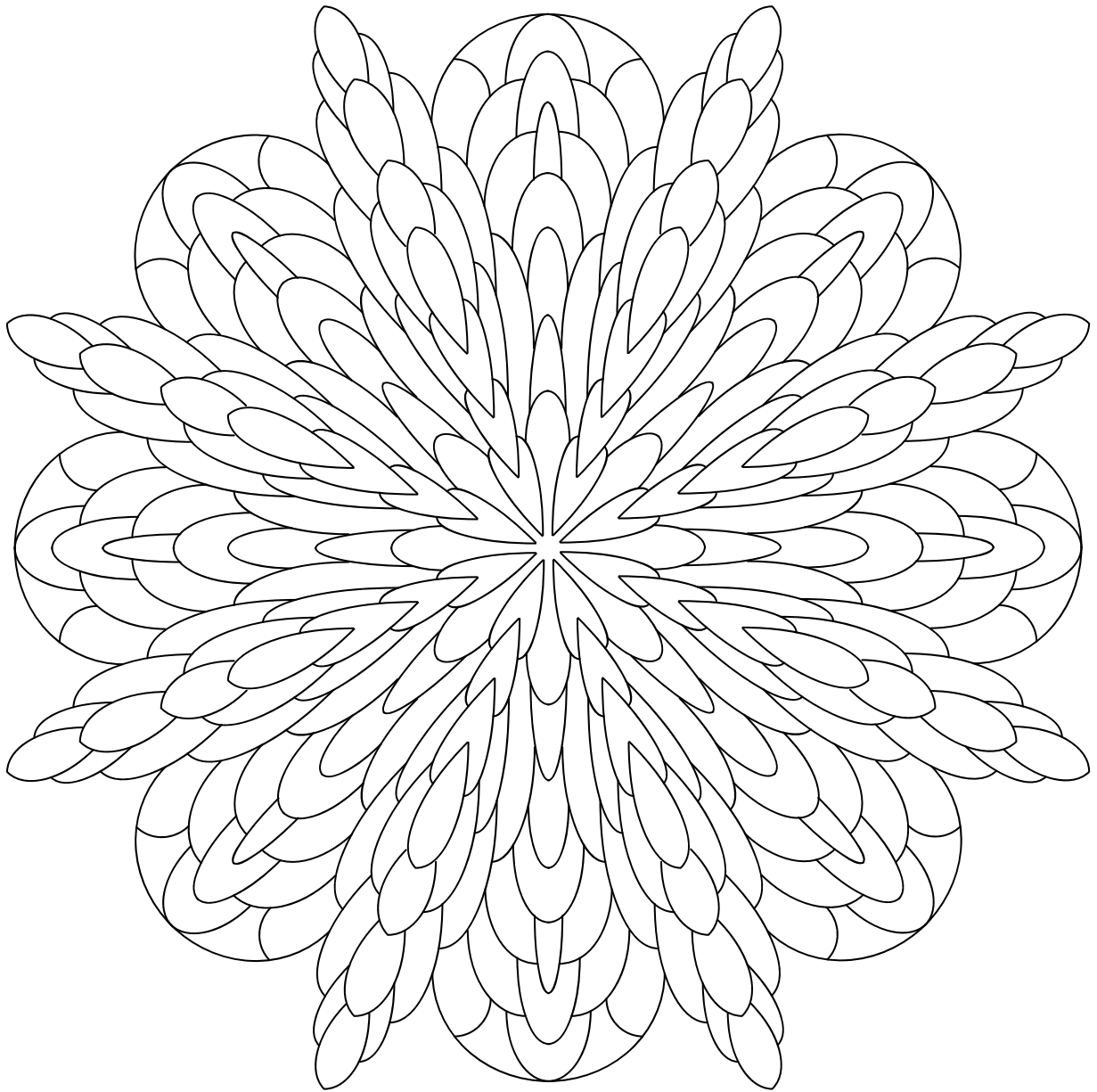








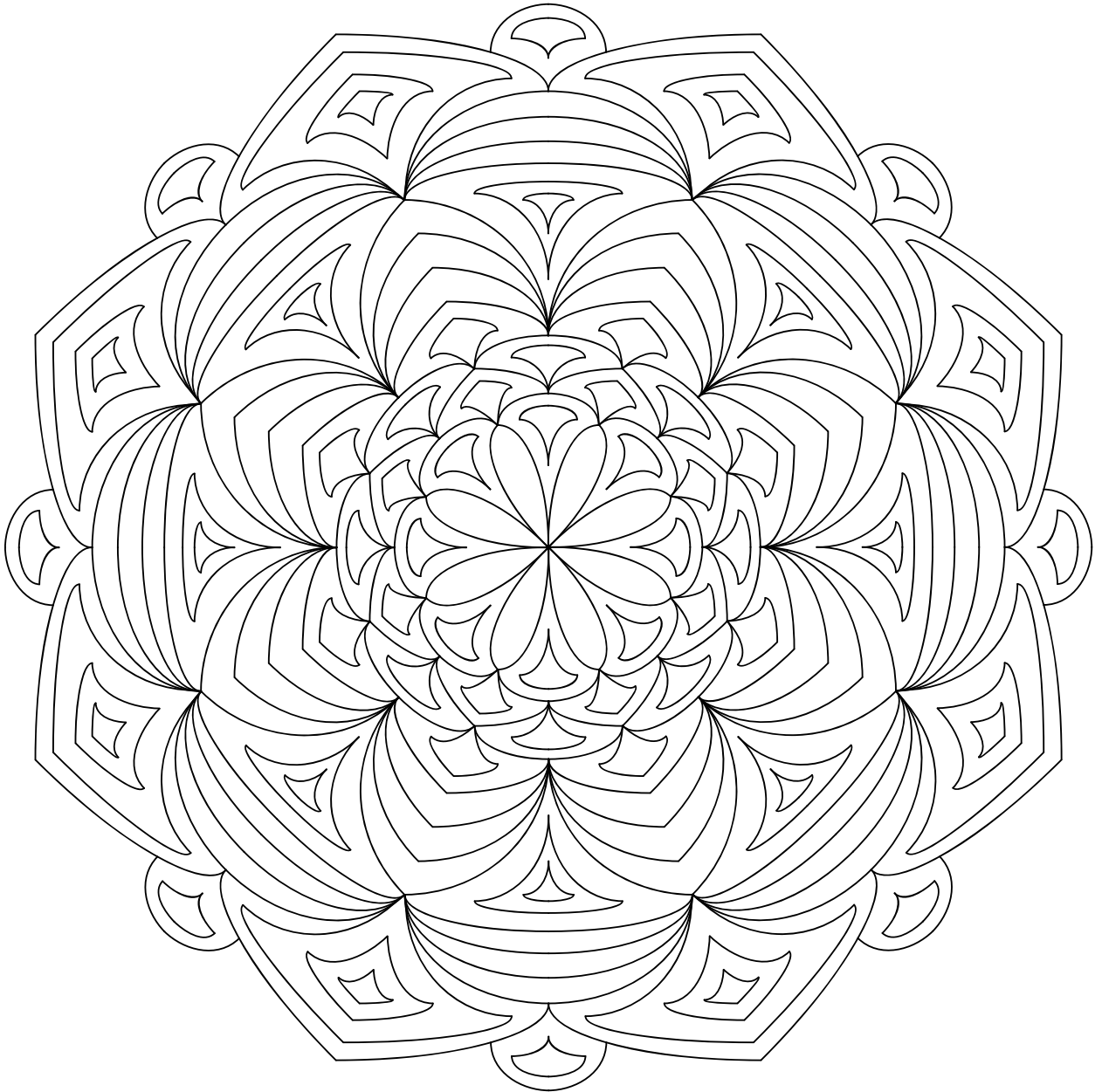


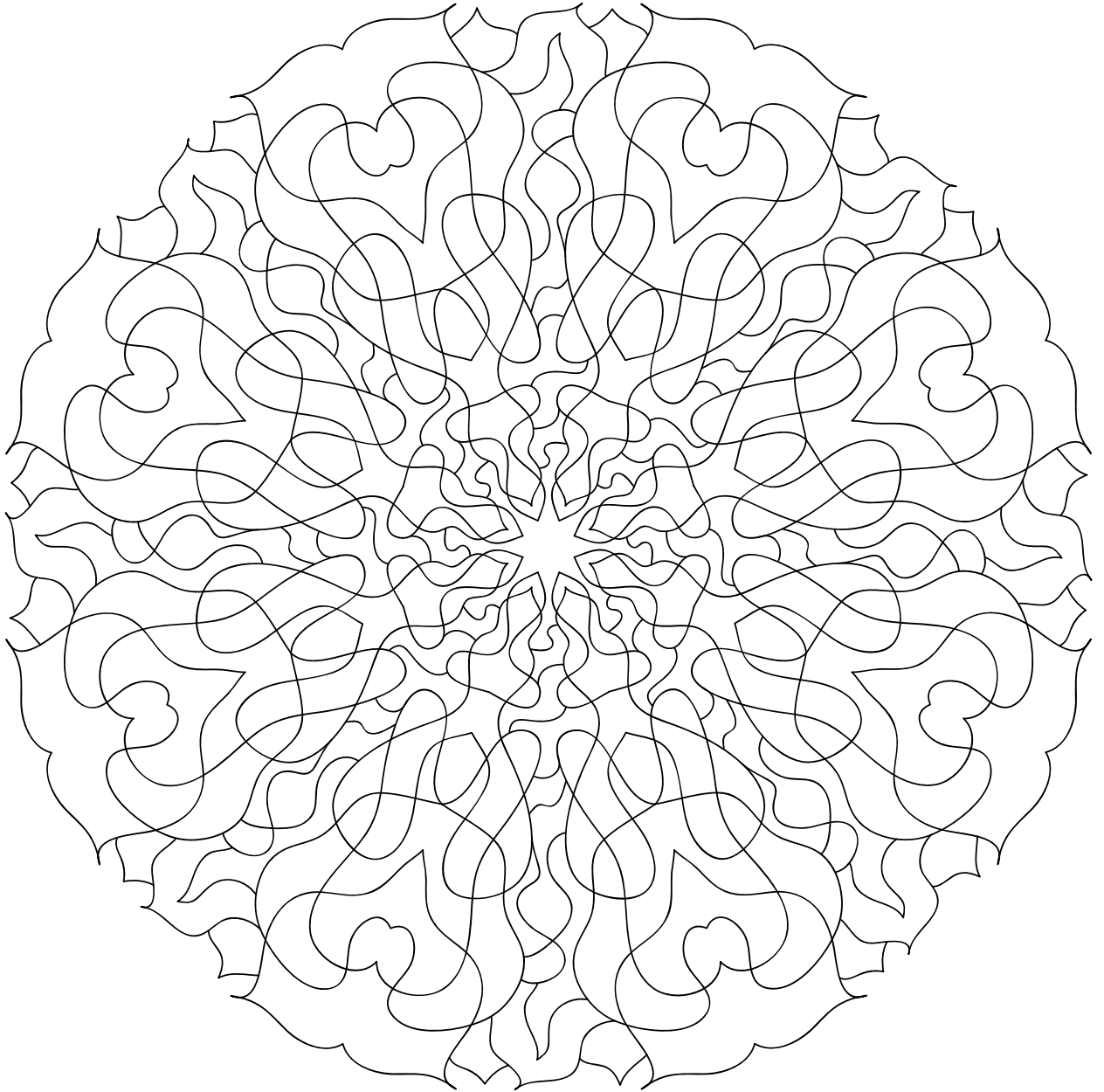


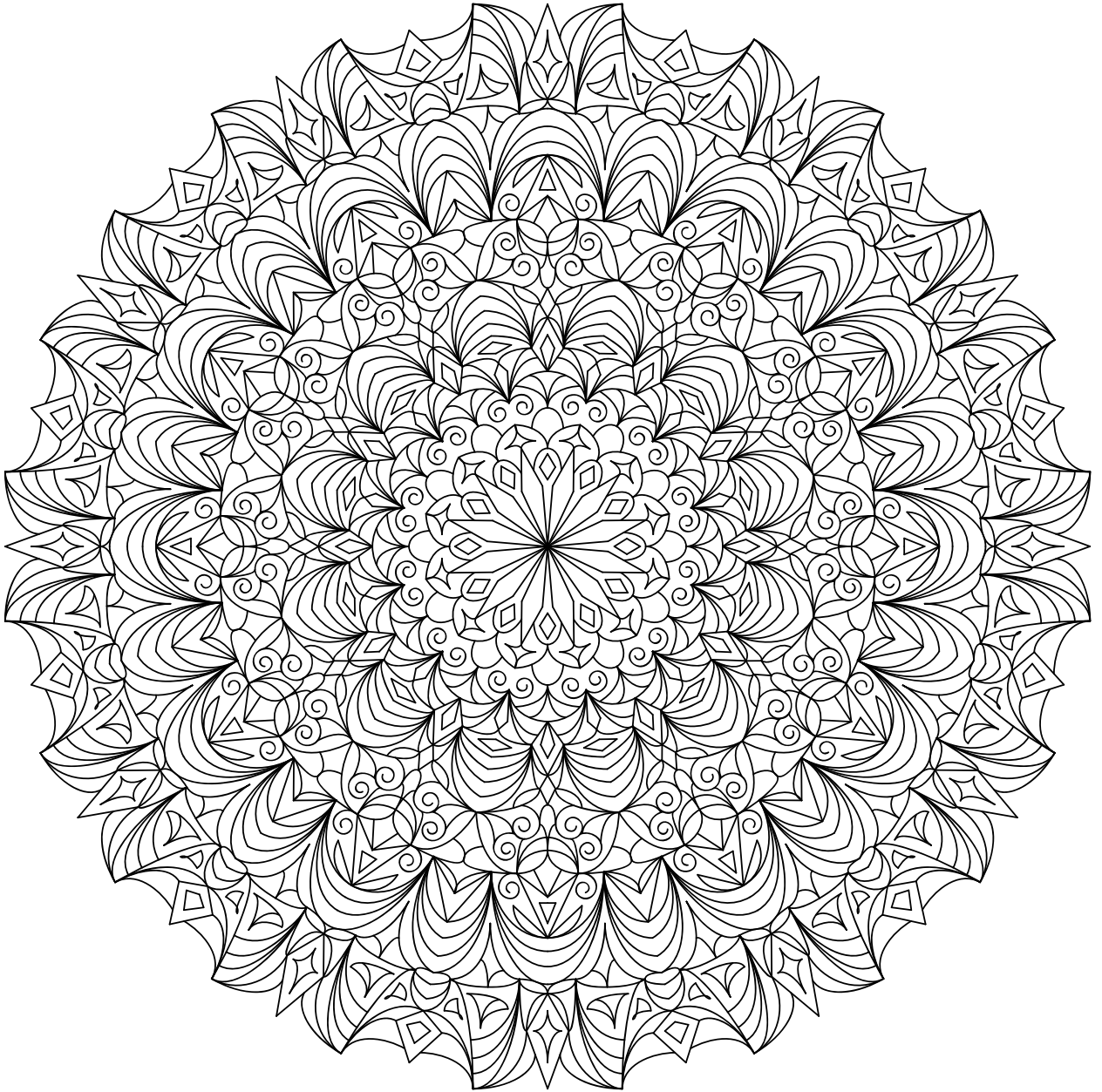
2.

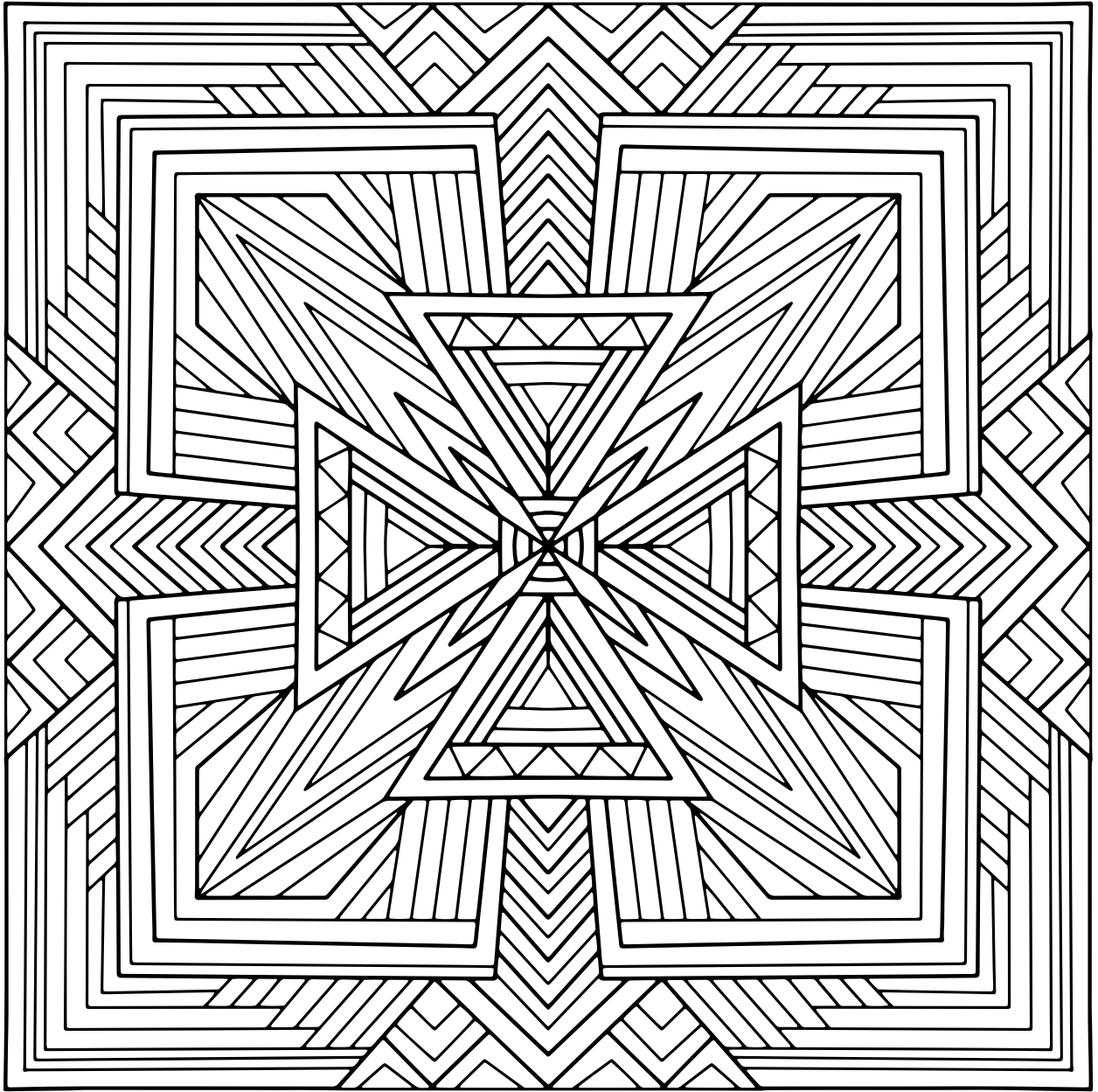
*Die Kraft der
Achtsamkeit*

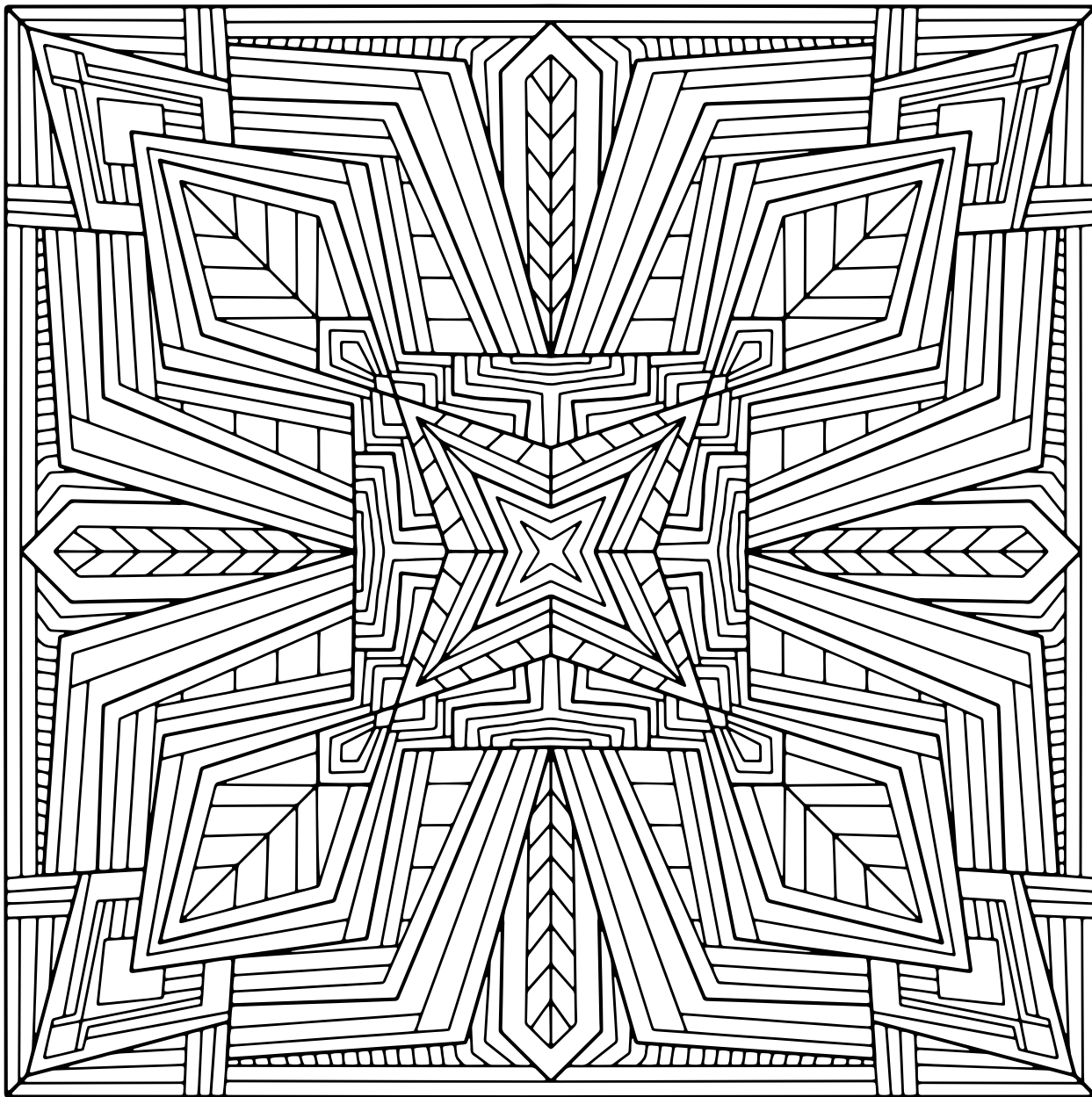


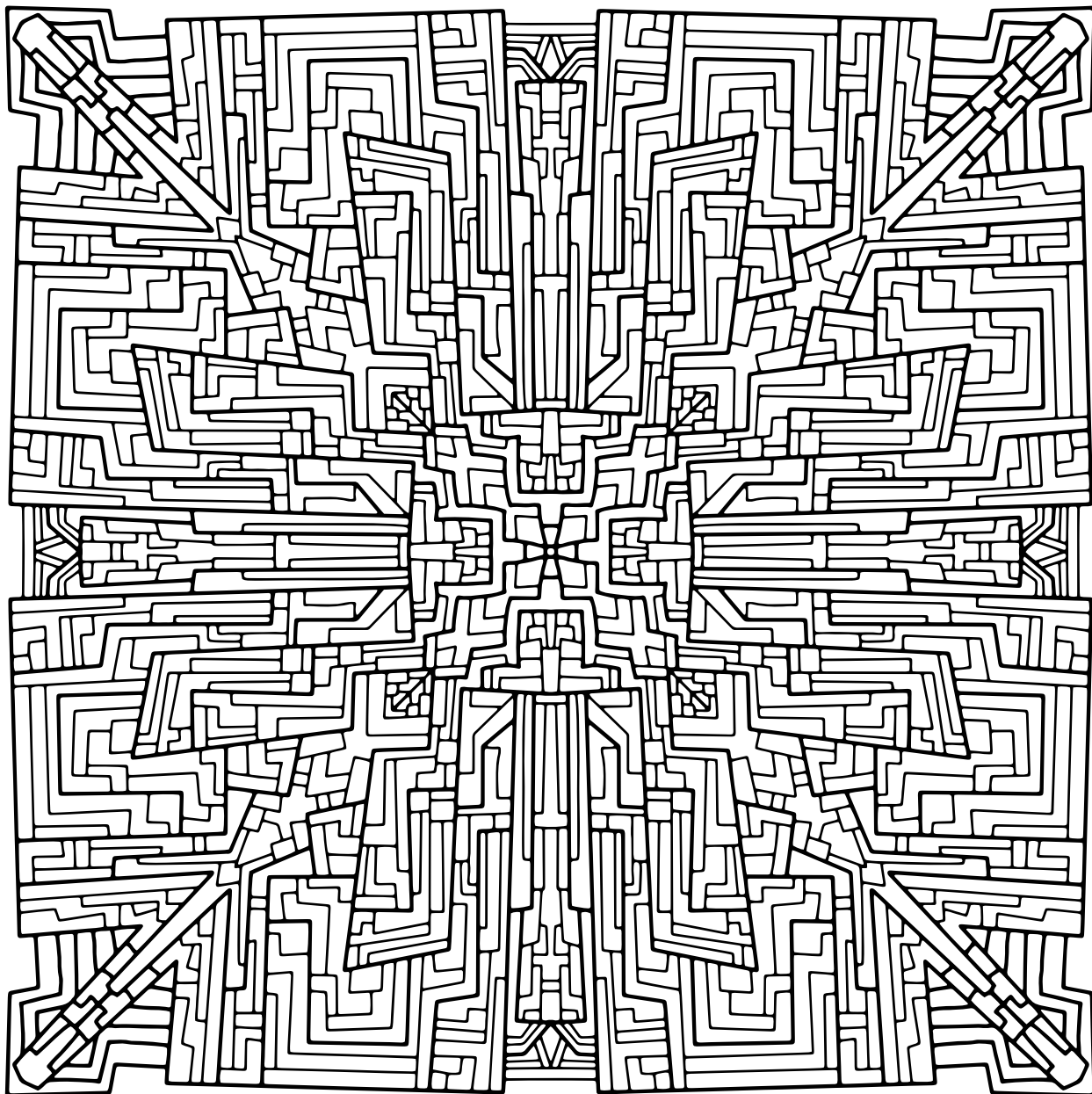


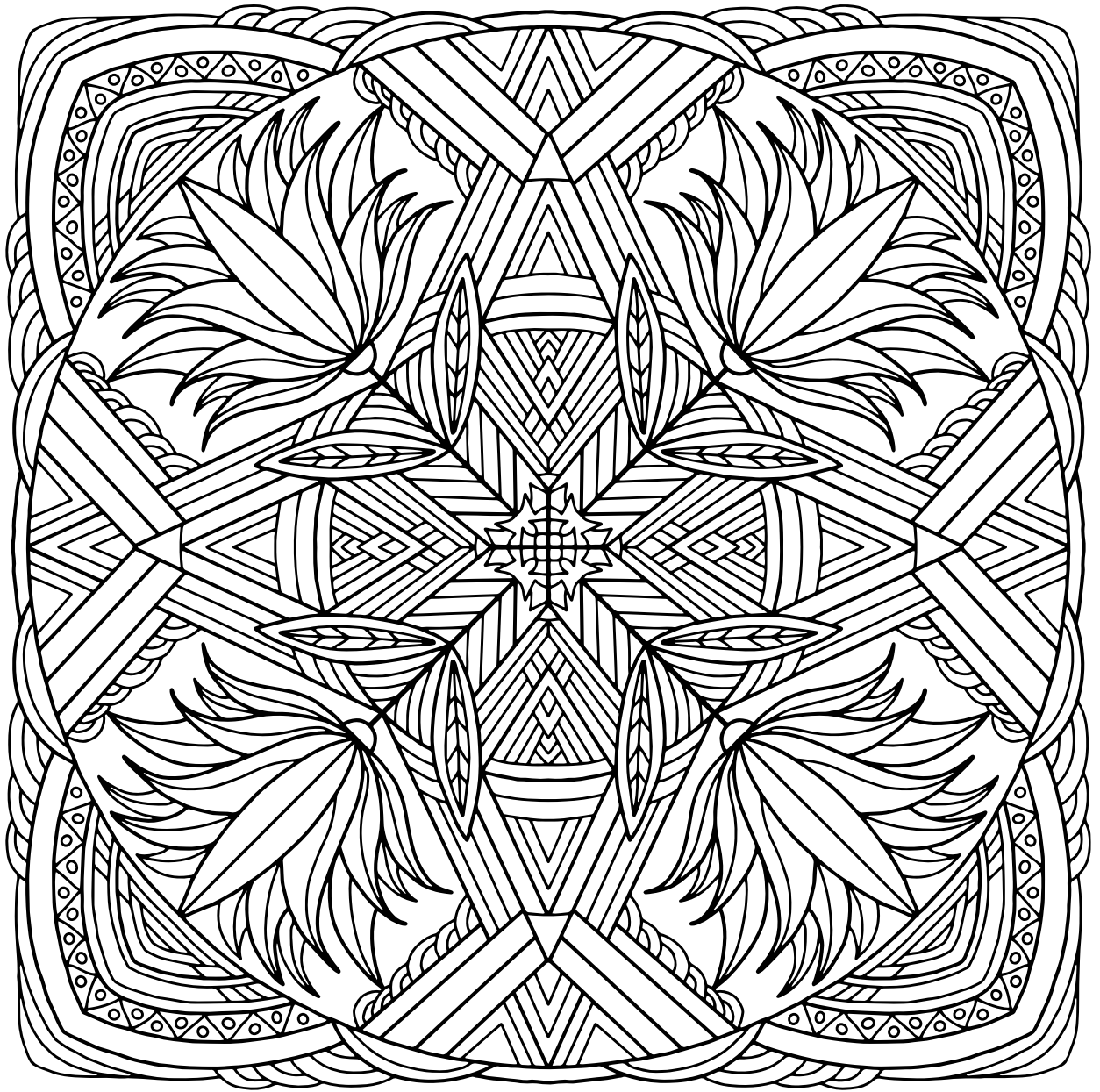


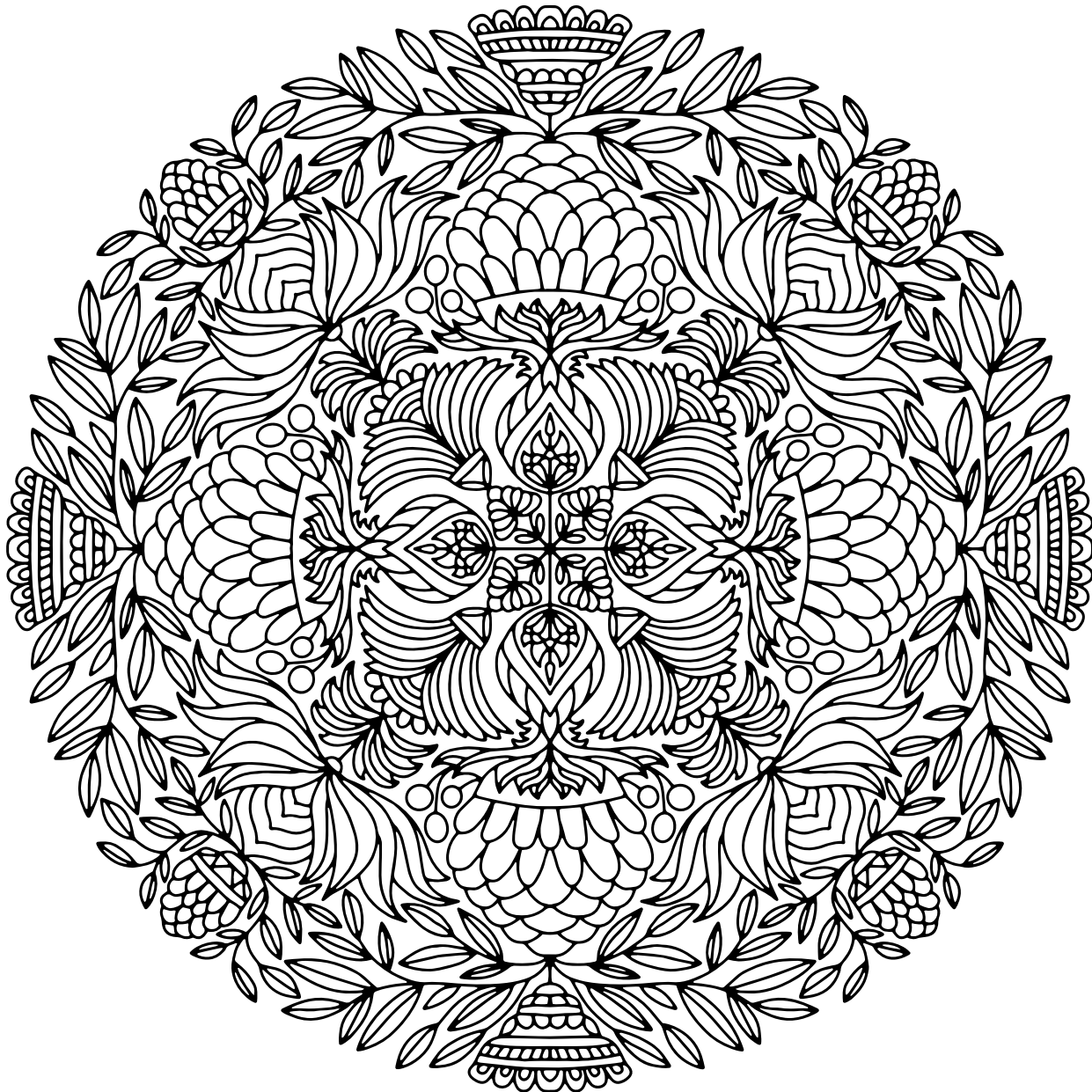


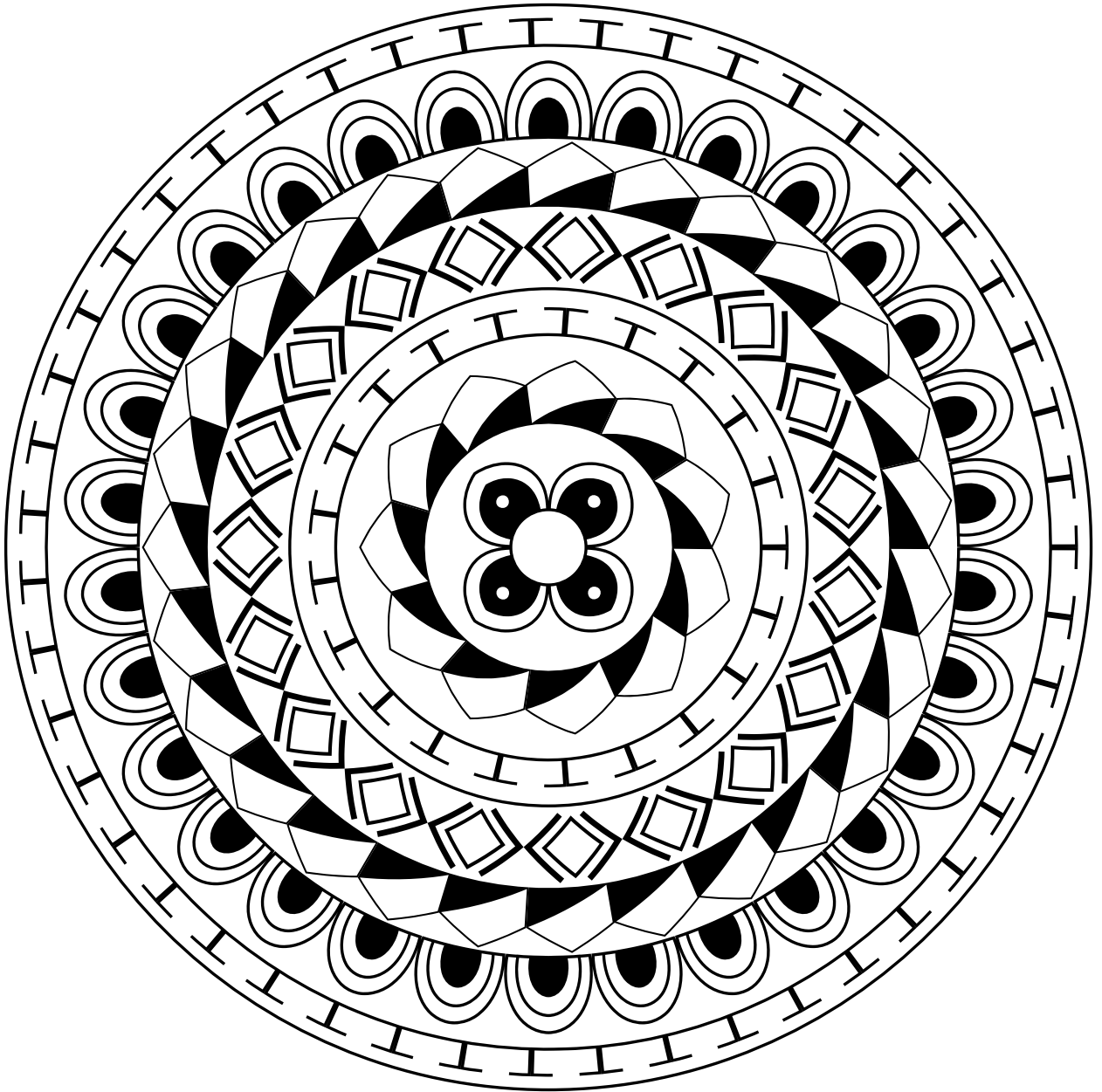


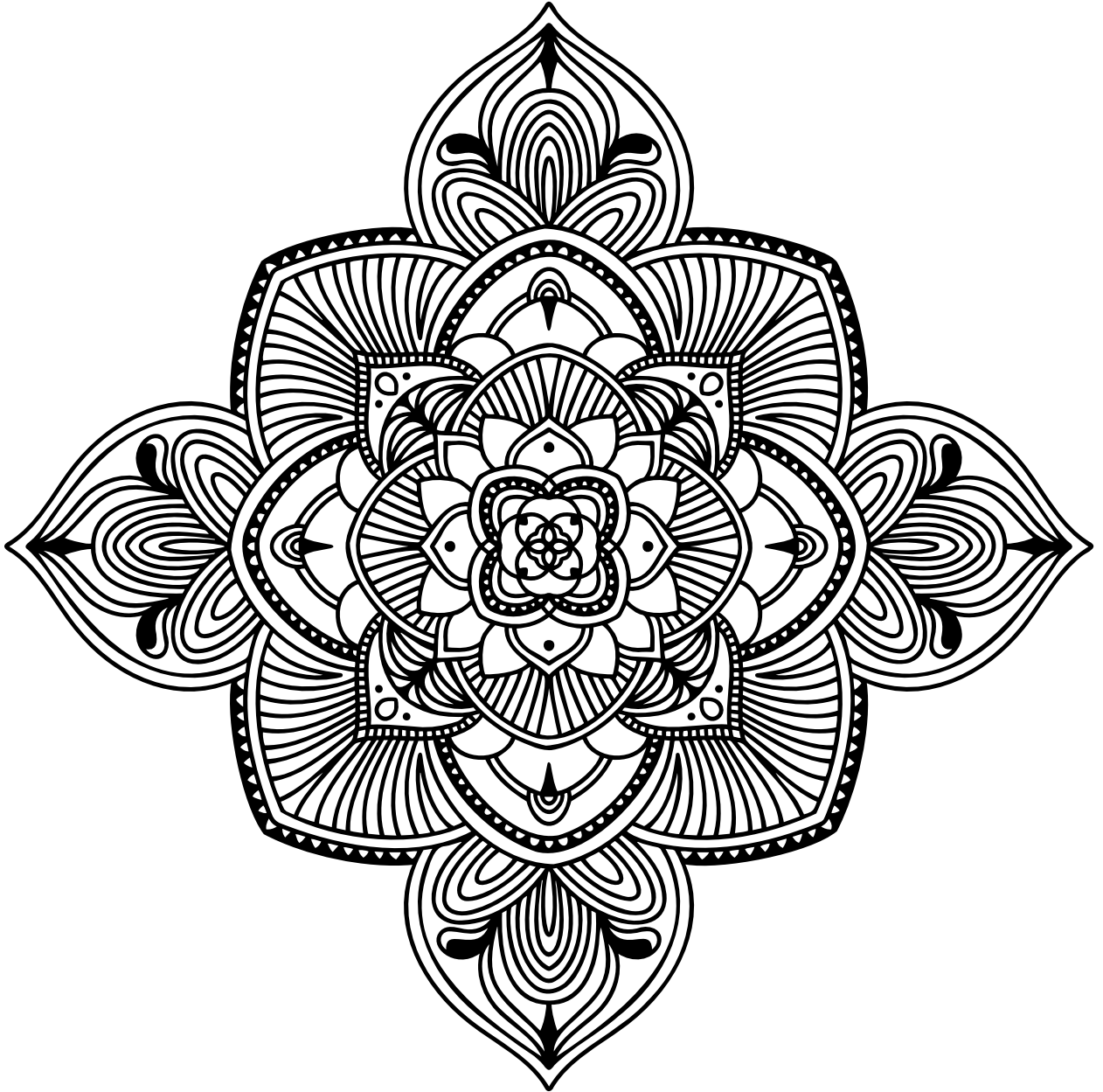








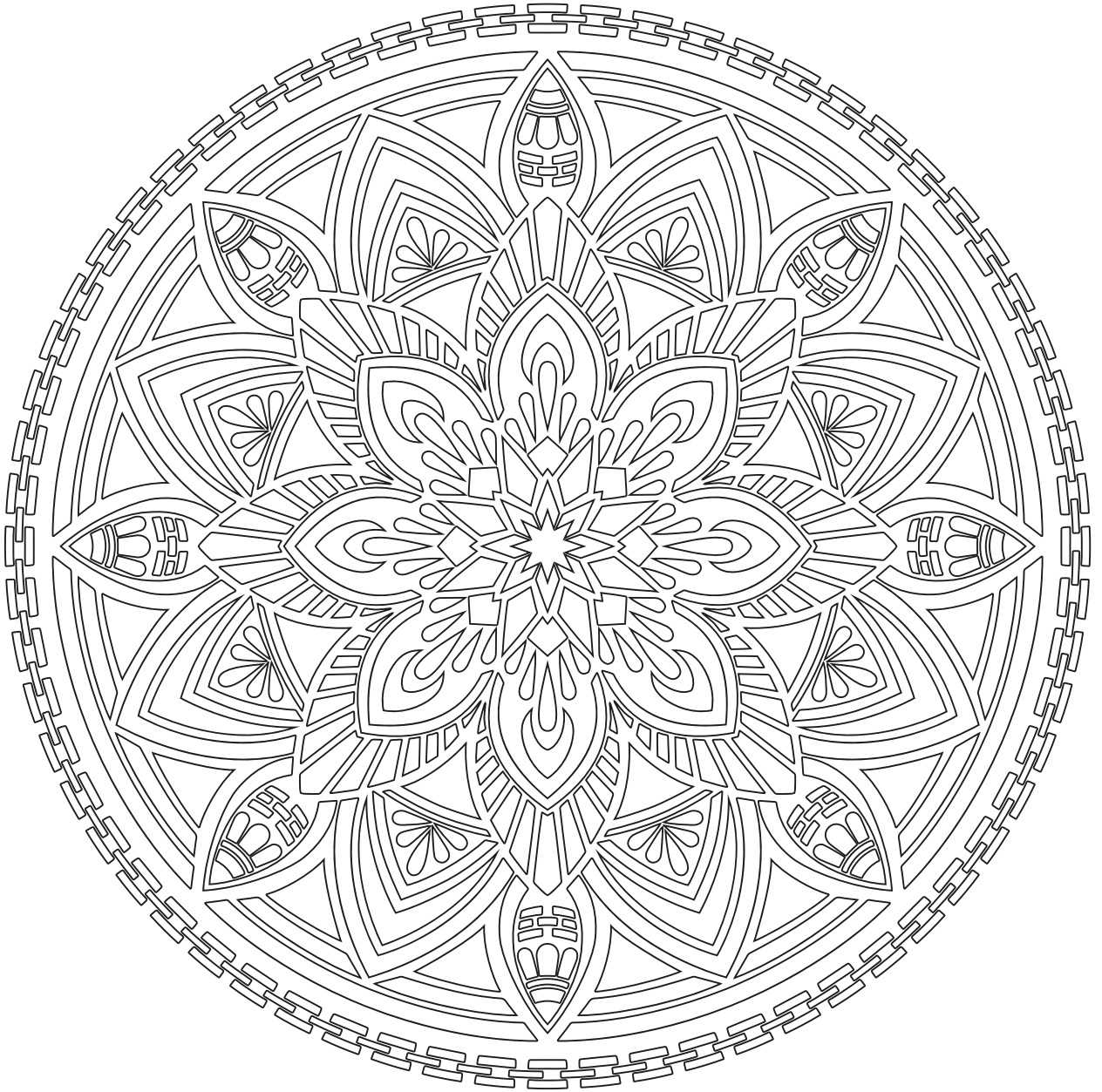


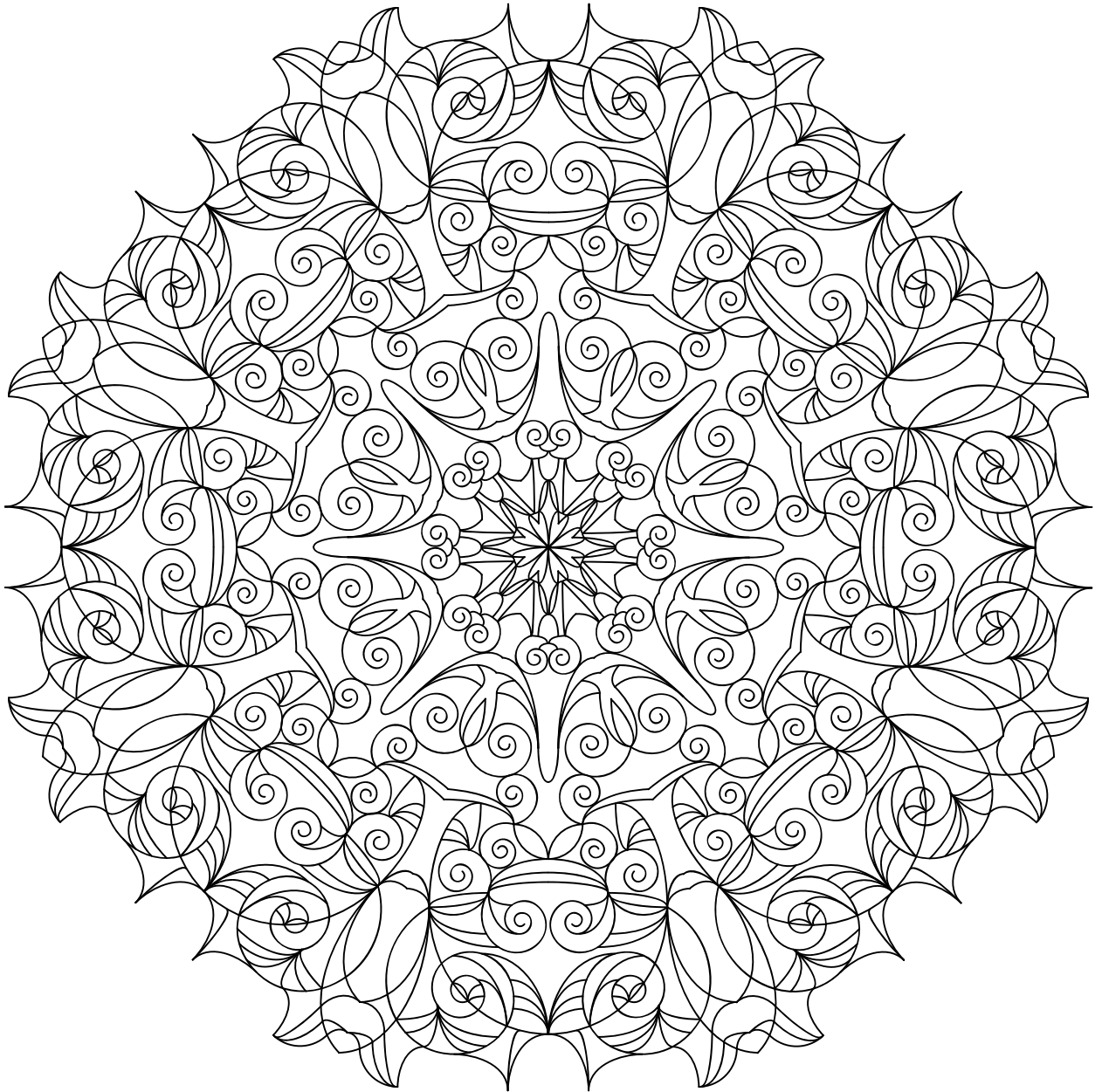


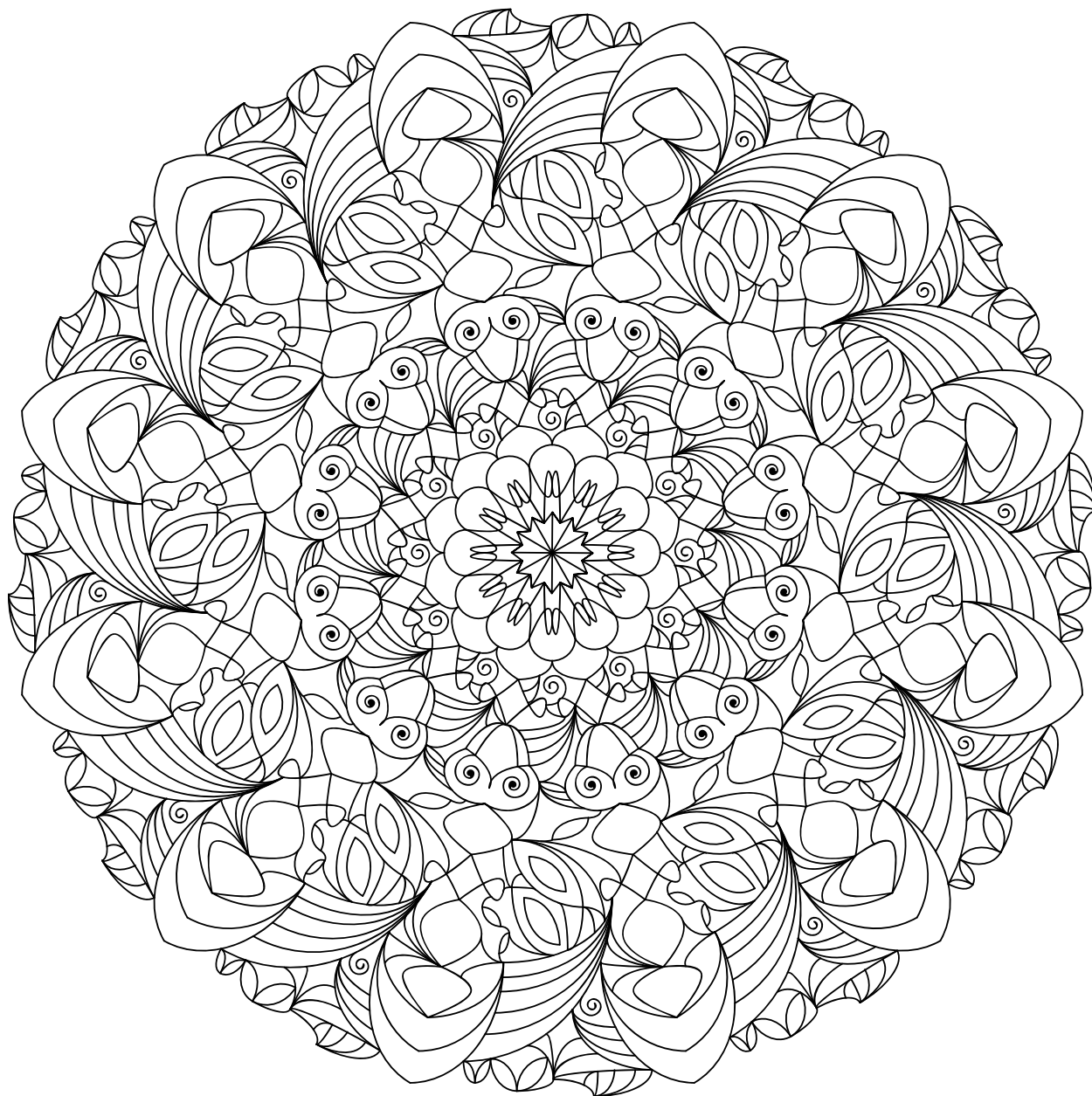
3.

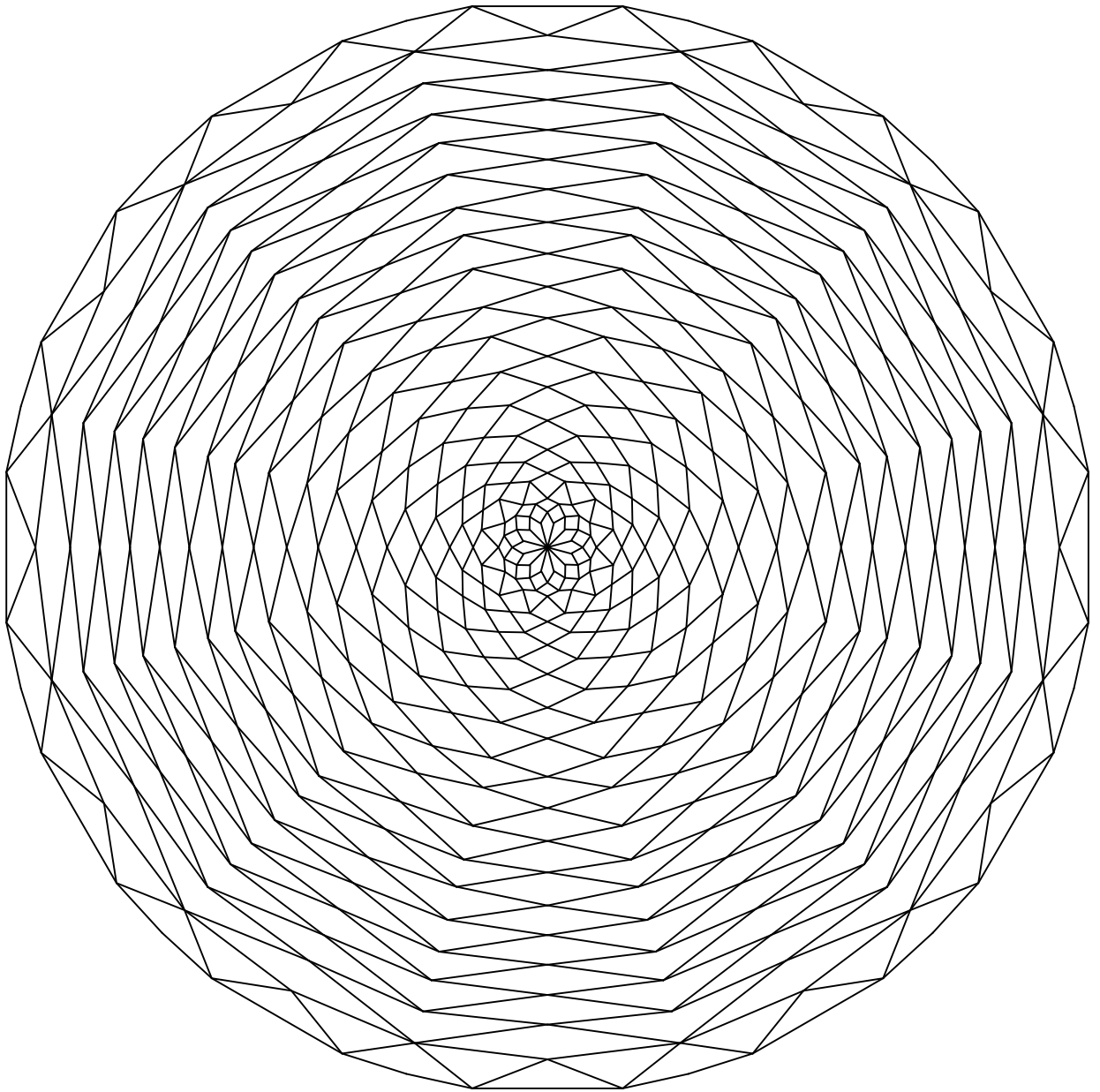
*Mandalas:
Kunst & Achtsamkeit*







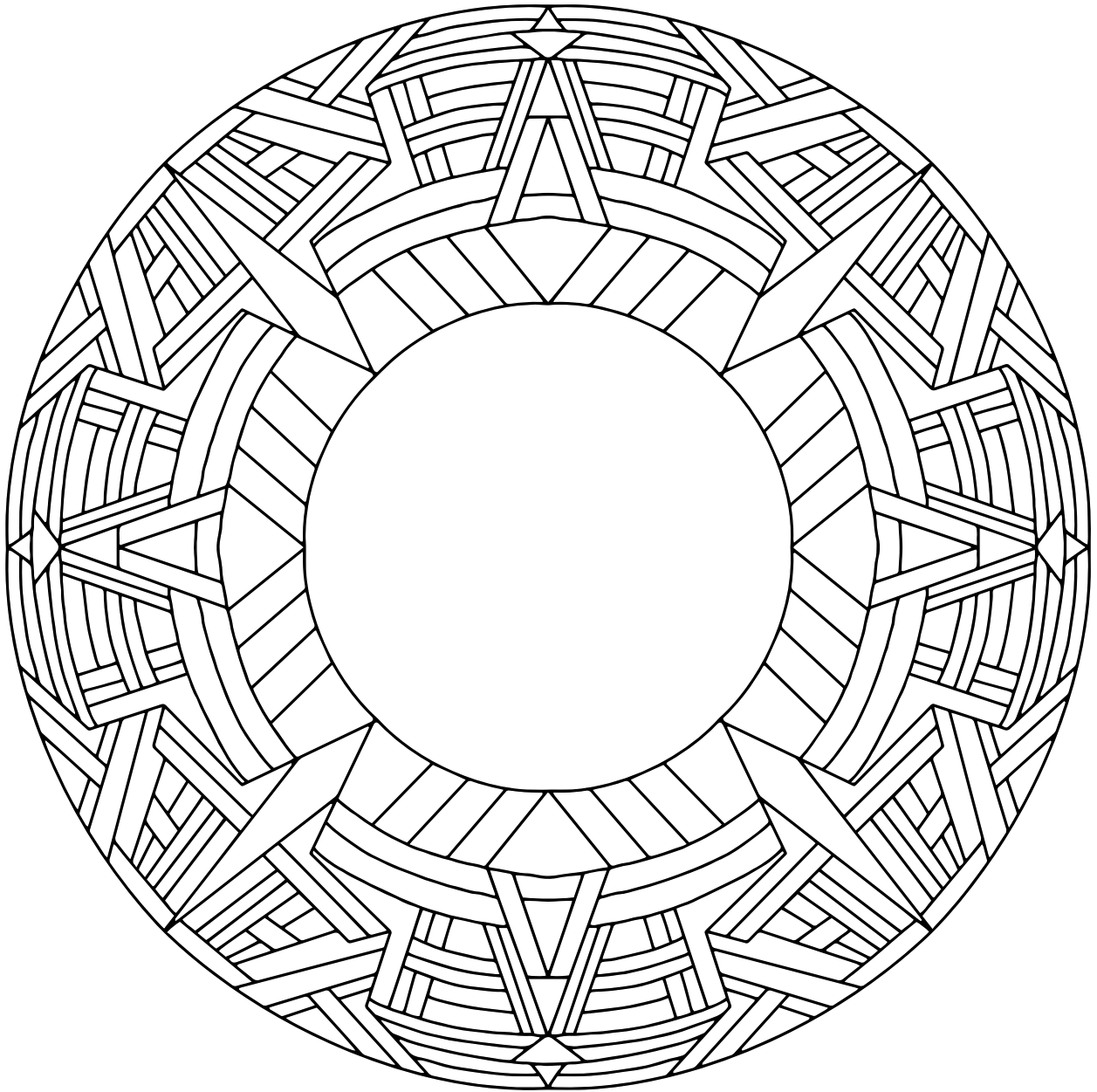


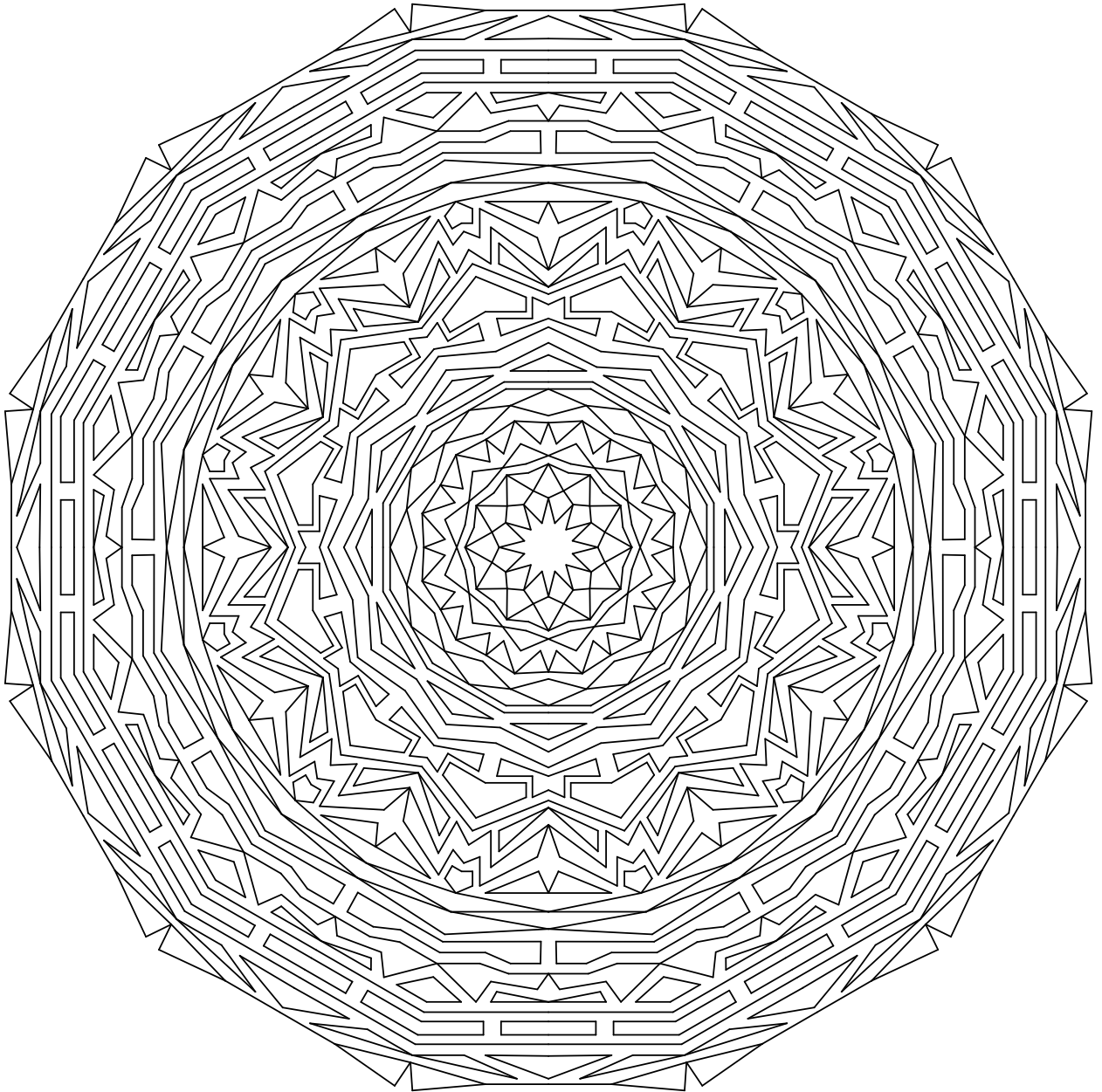


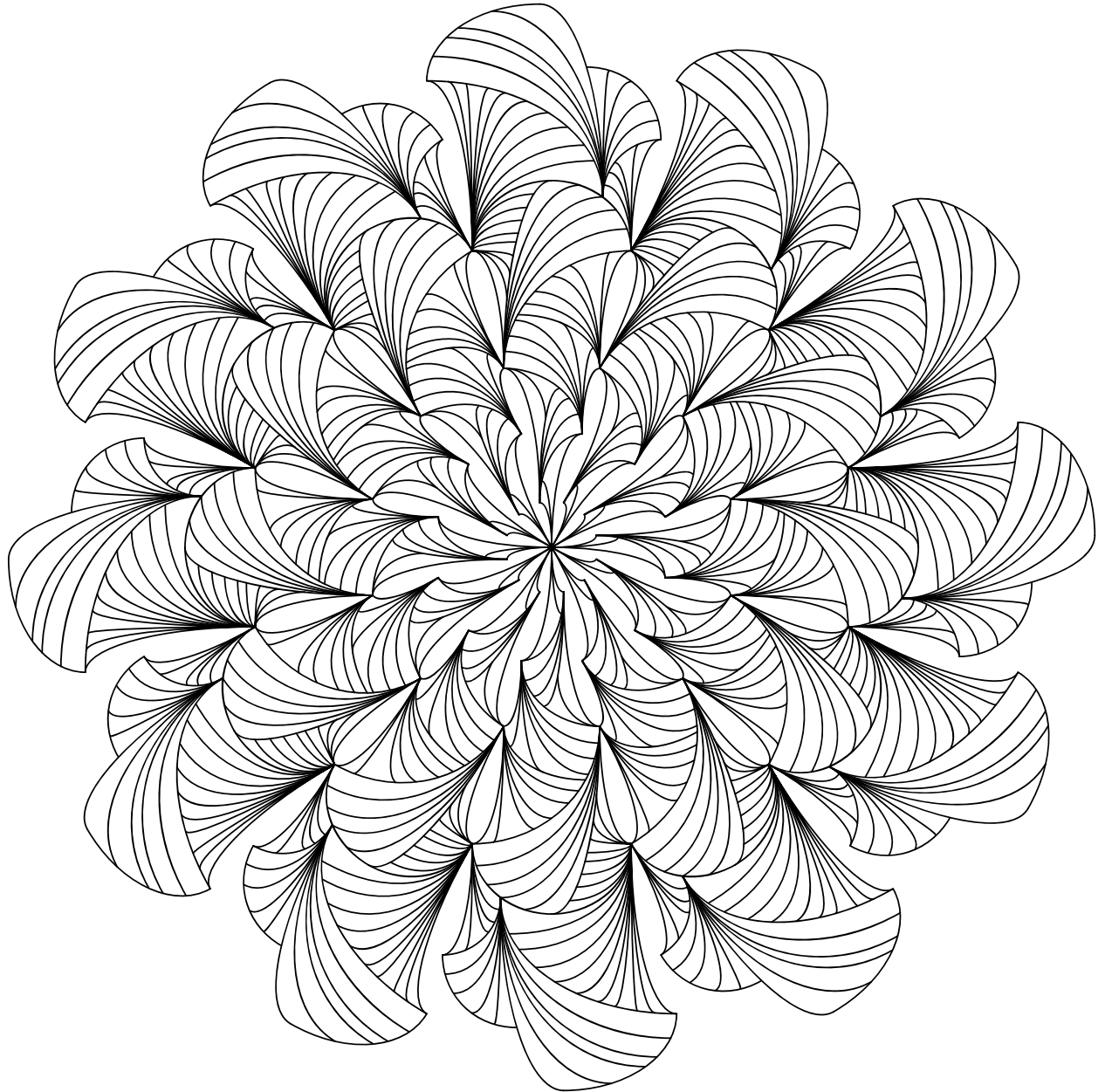
4.

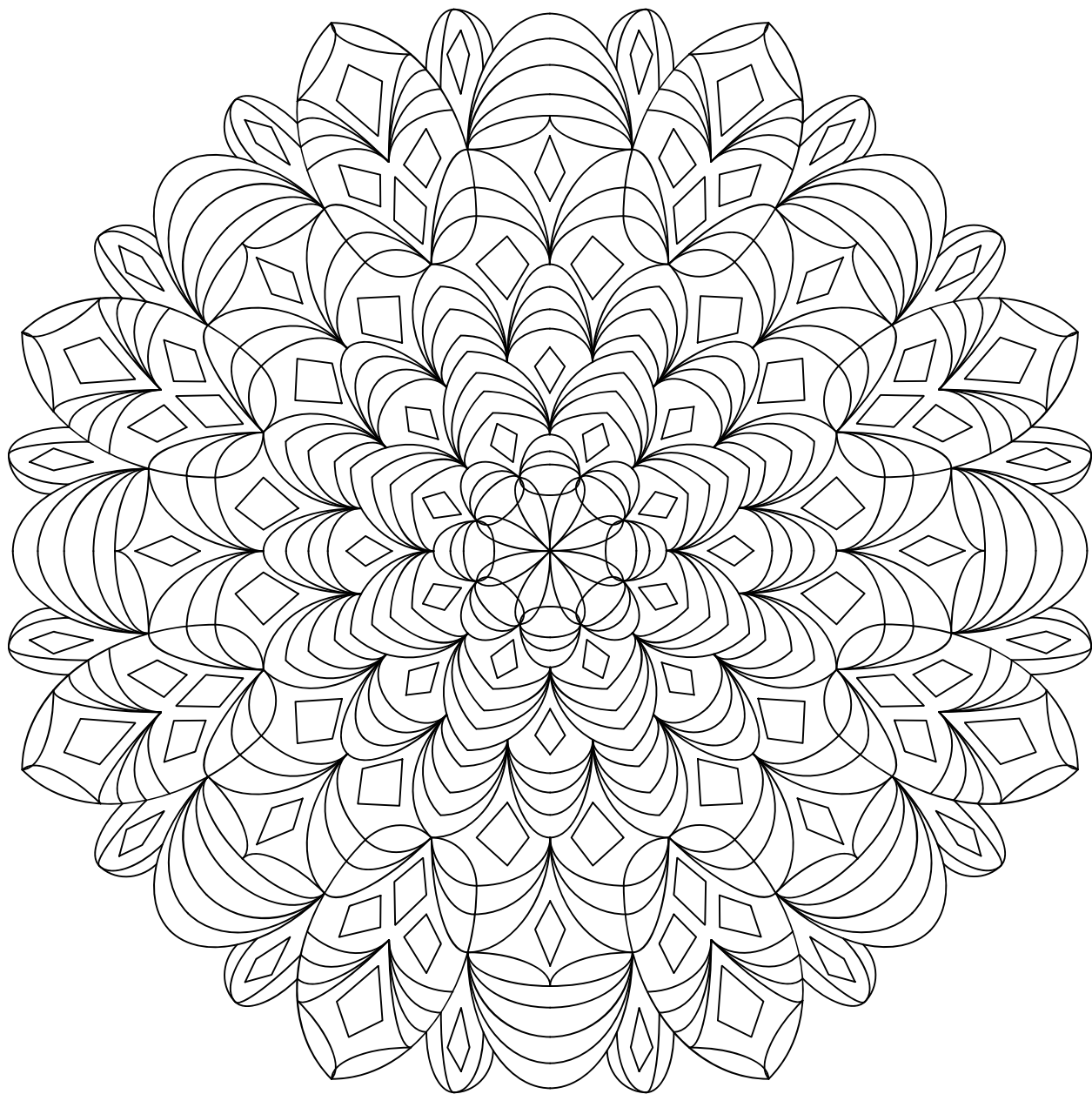
*Die Synergy zwischen
Flow und Achtsamkeit*

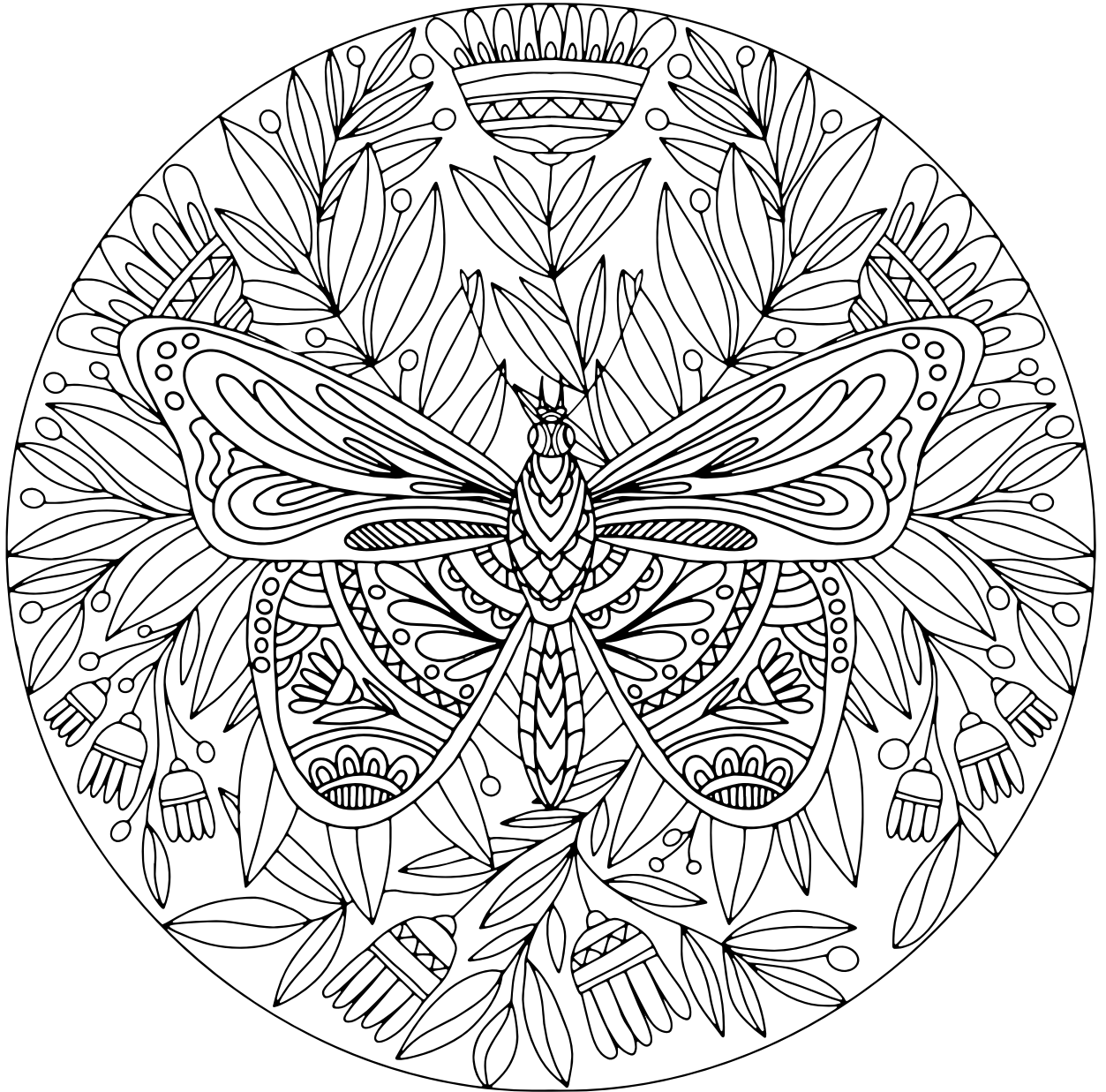








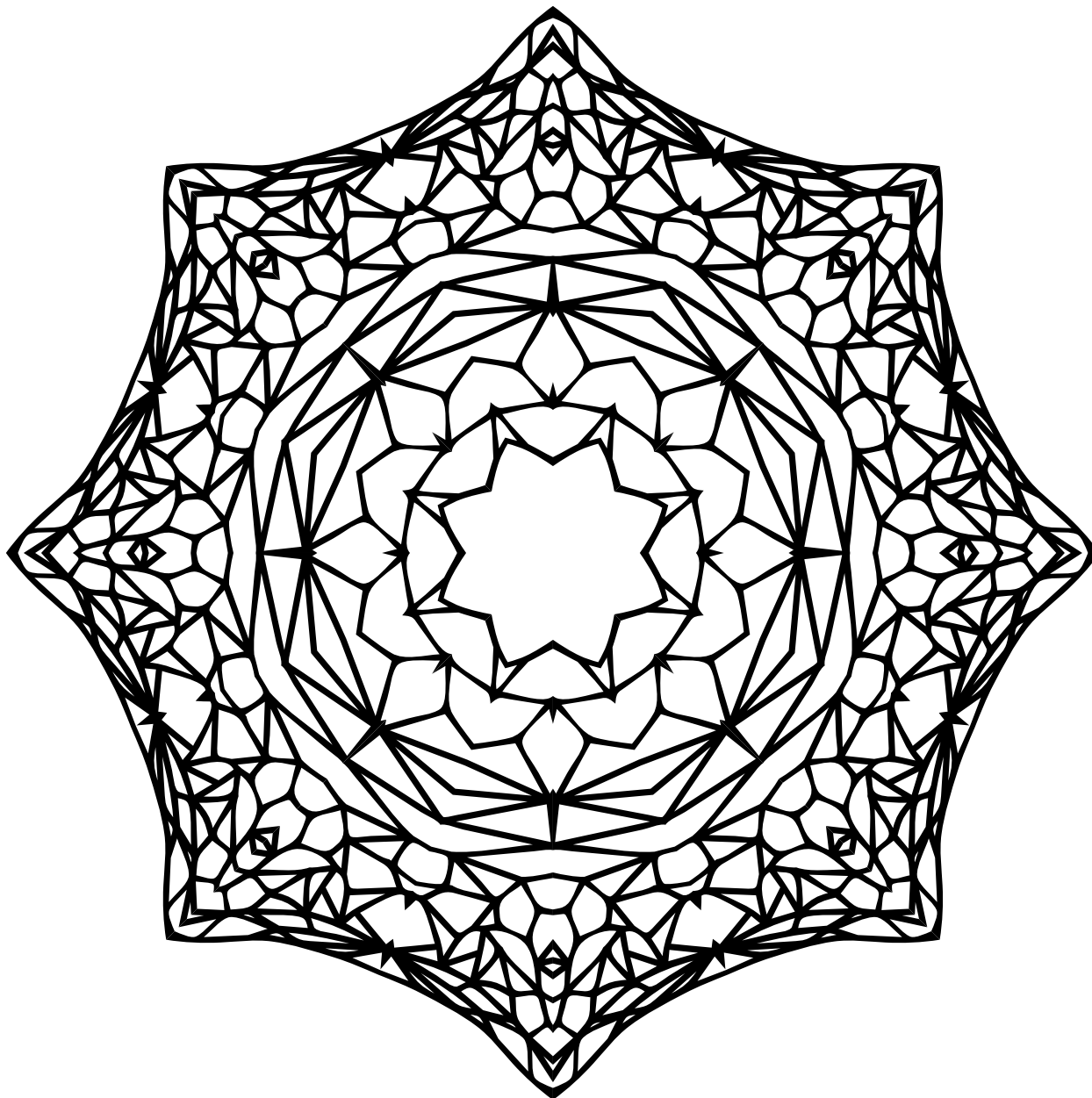


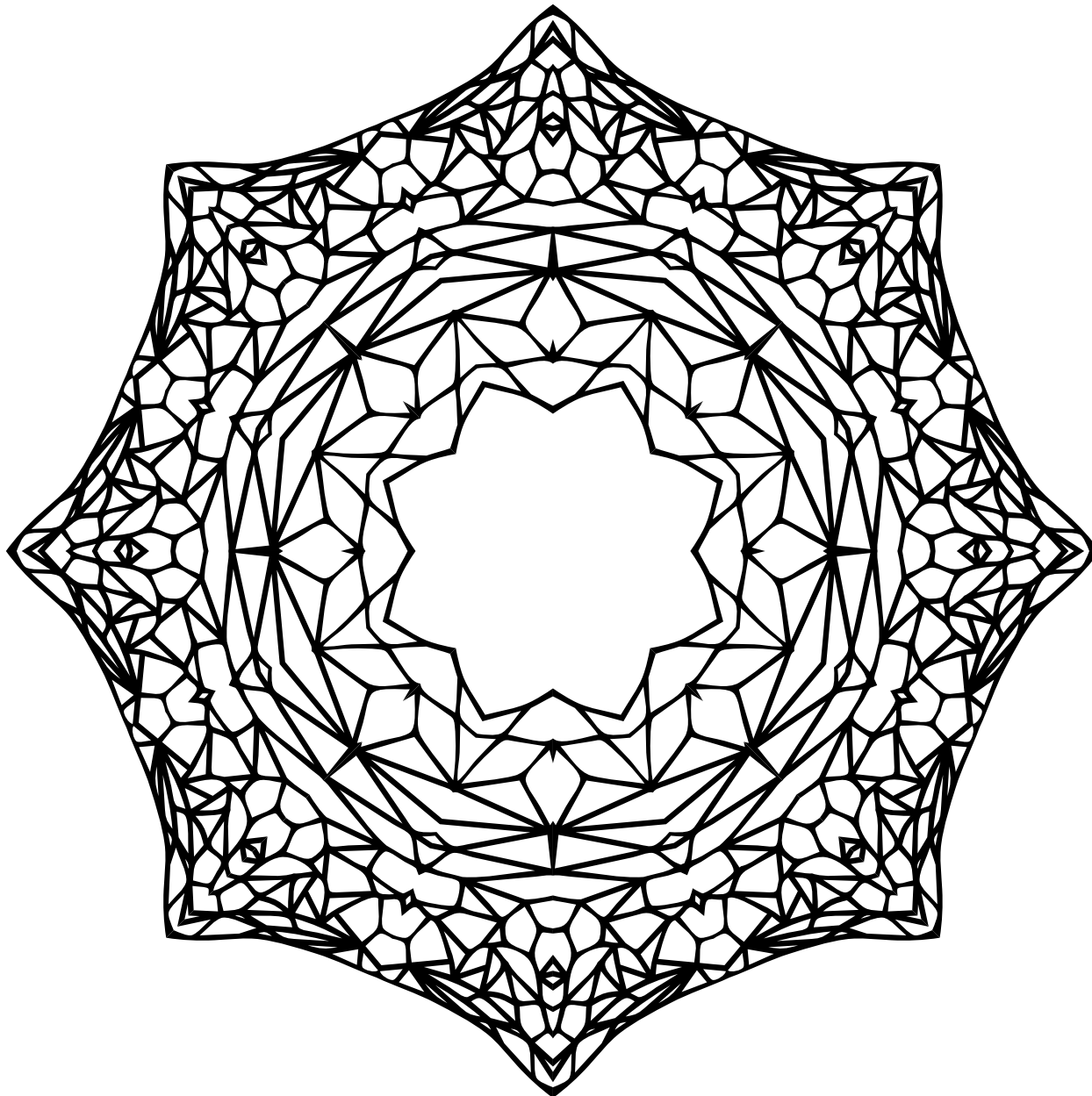


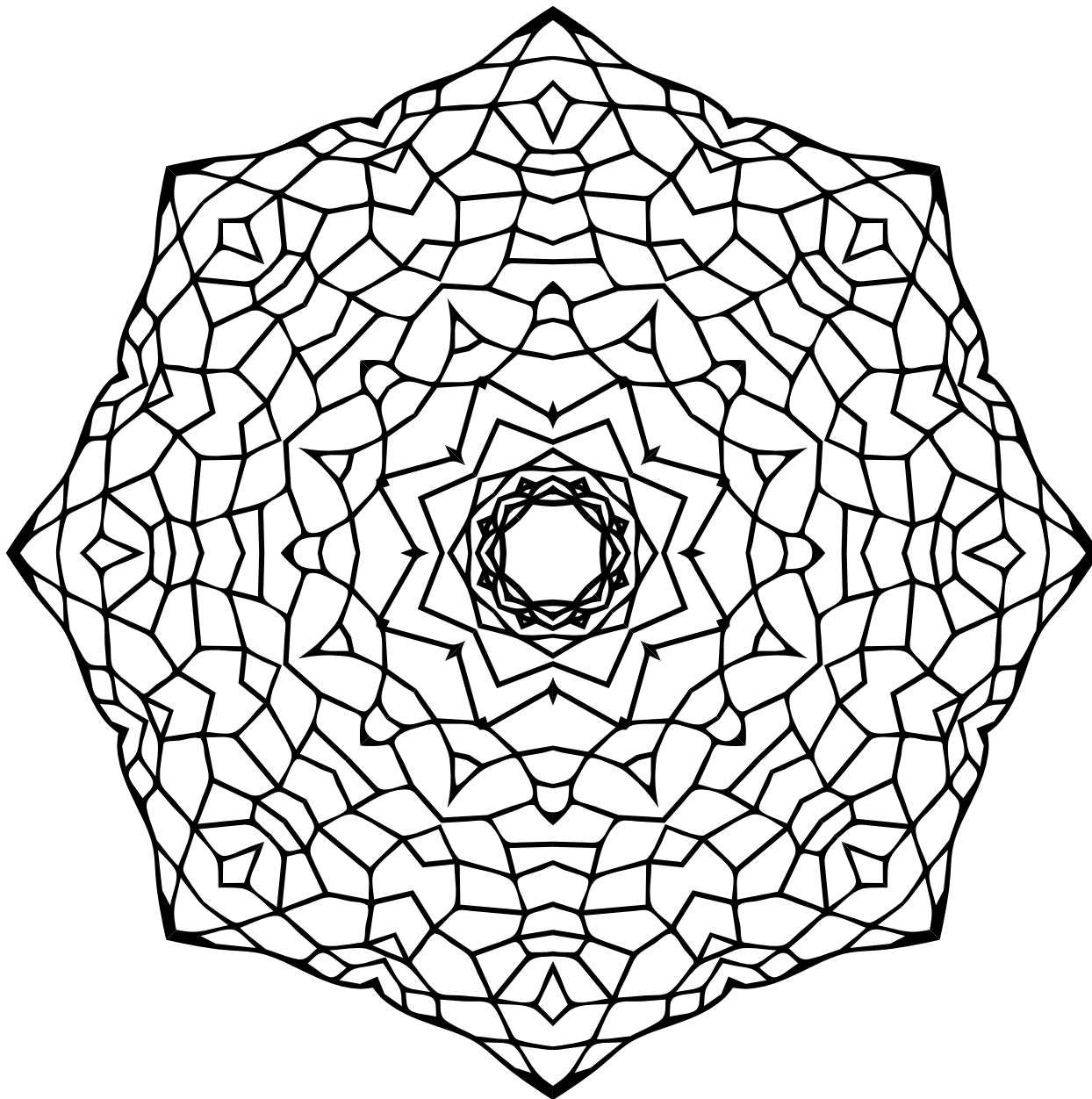
5.

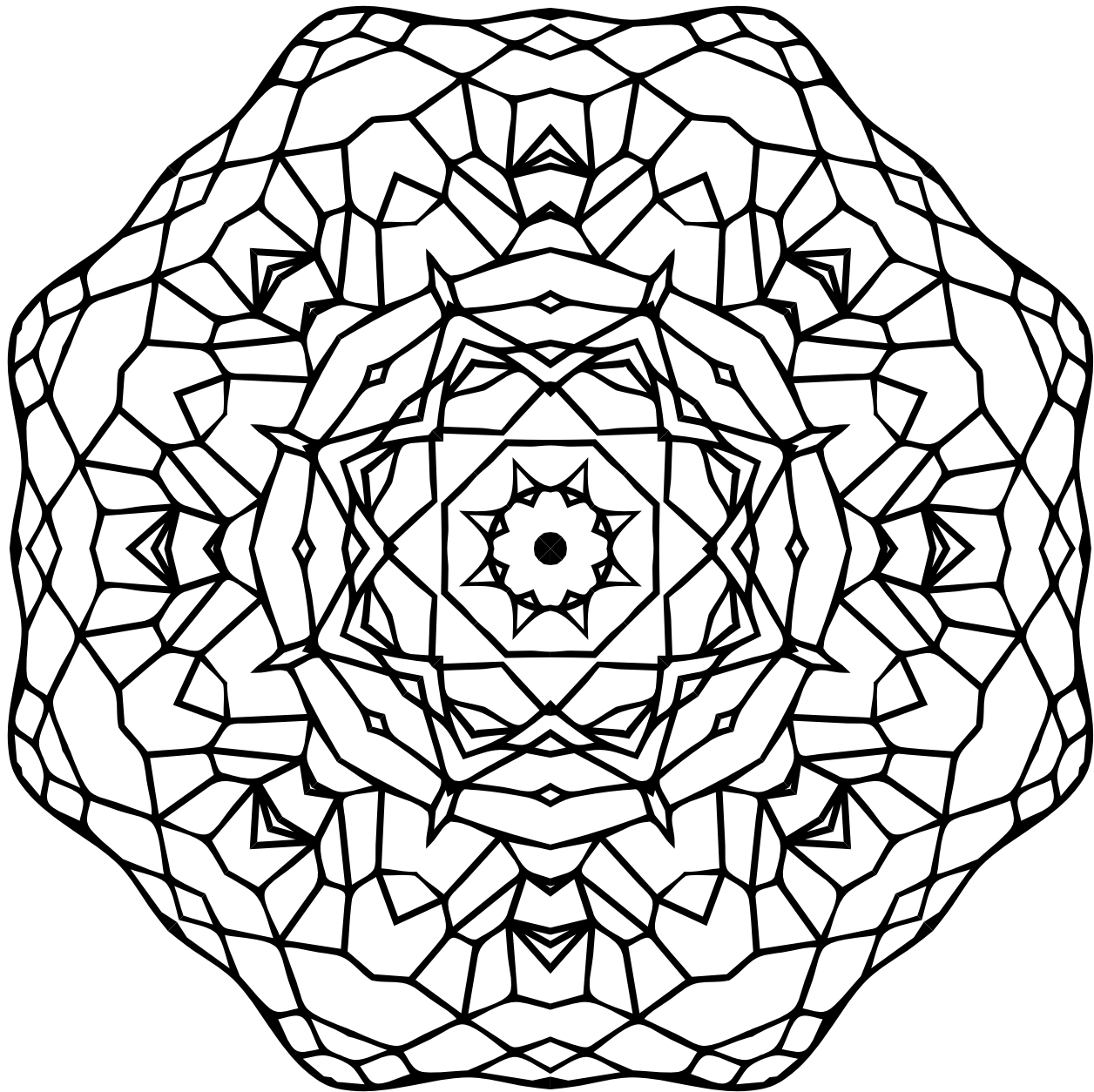
*Die Rolle des Teams für
das Flow-Erleben*

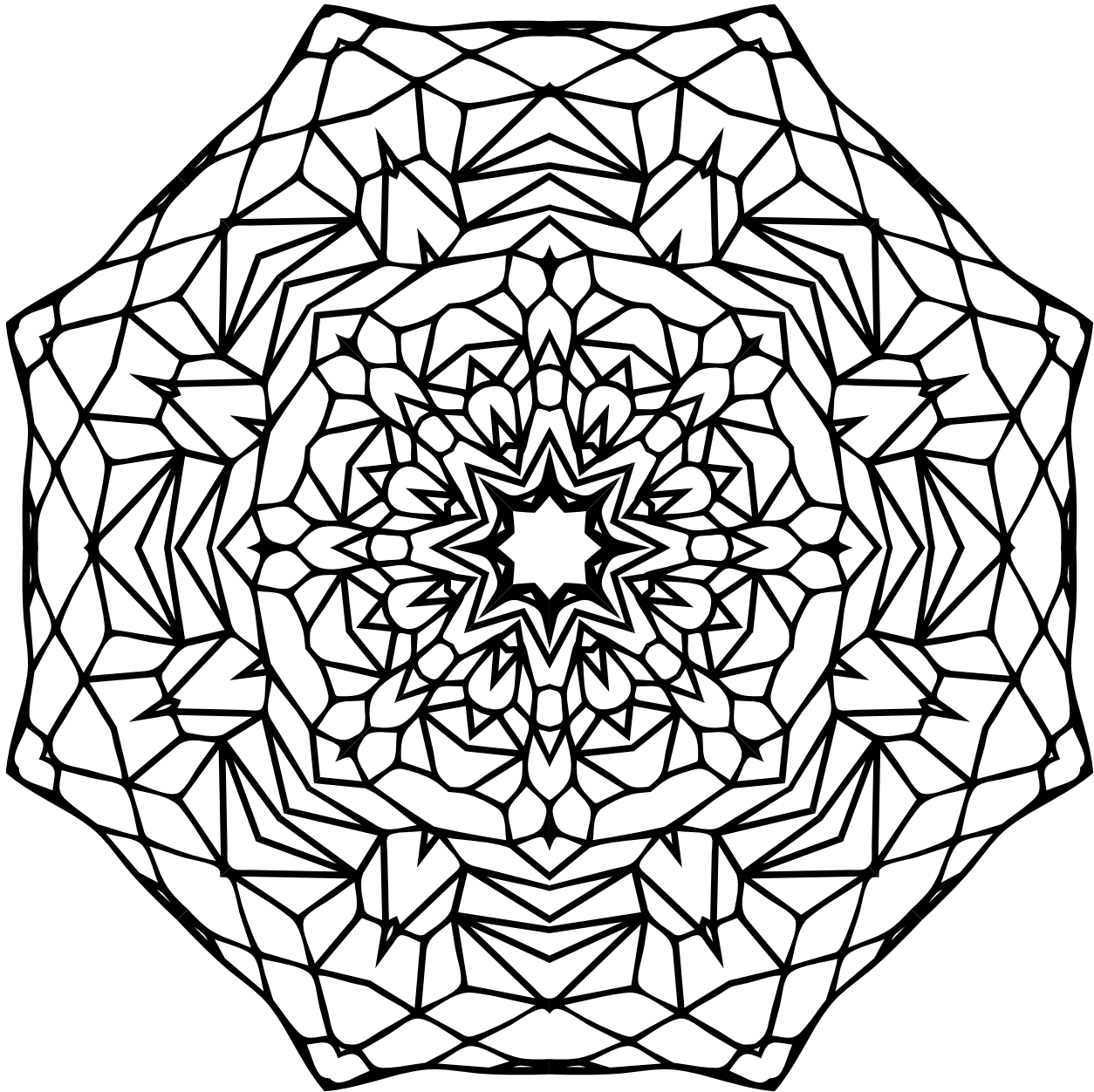








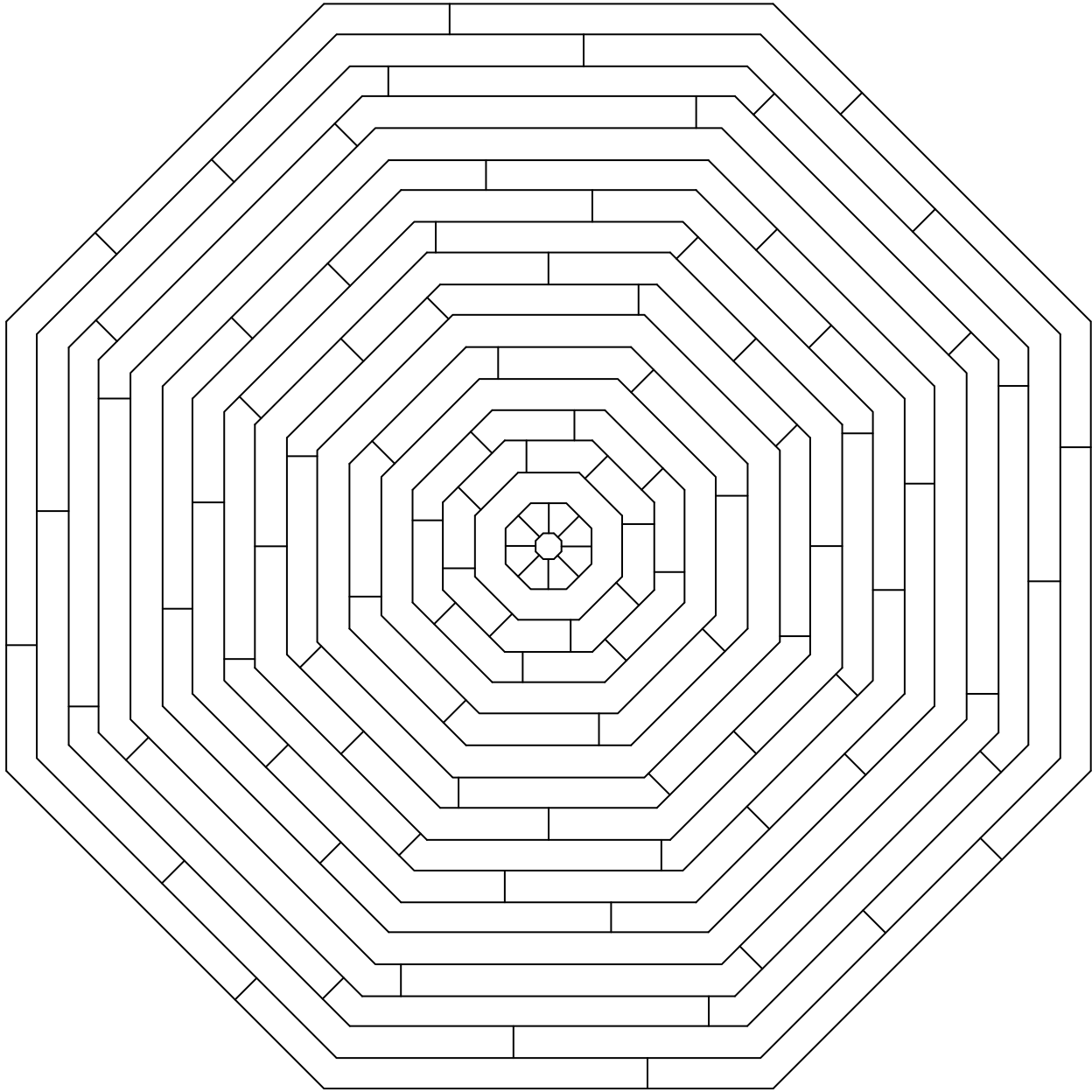


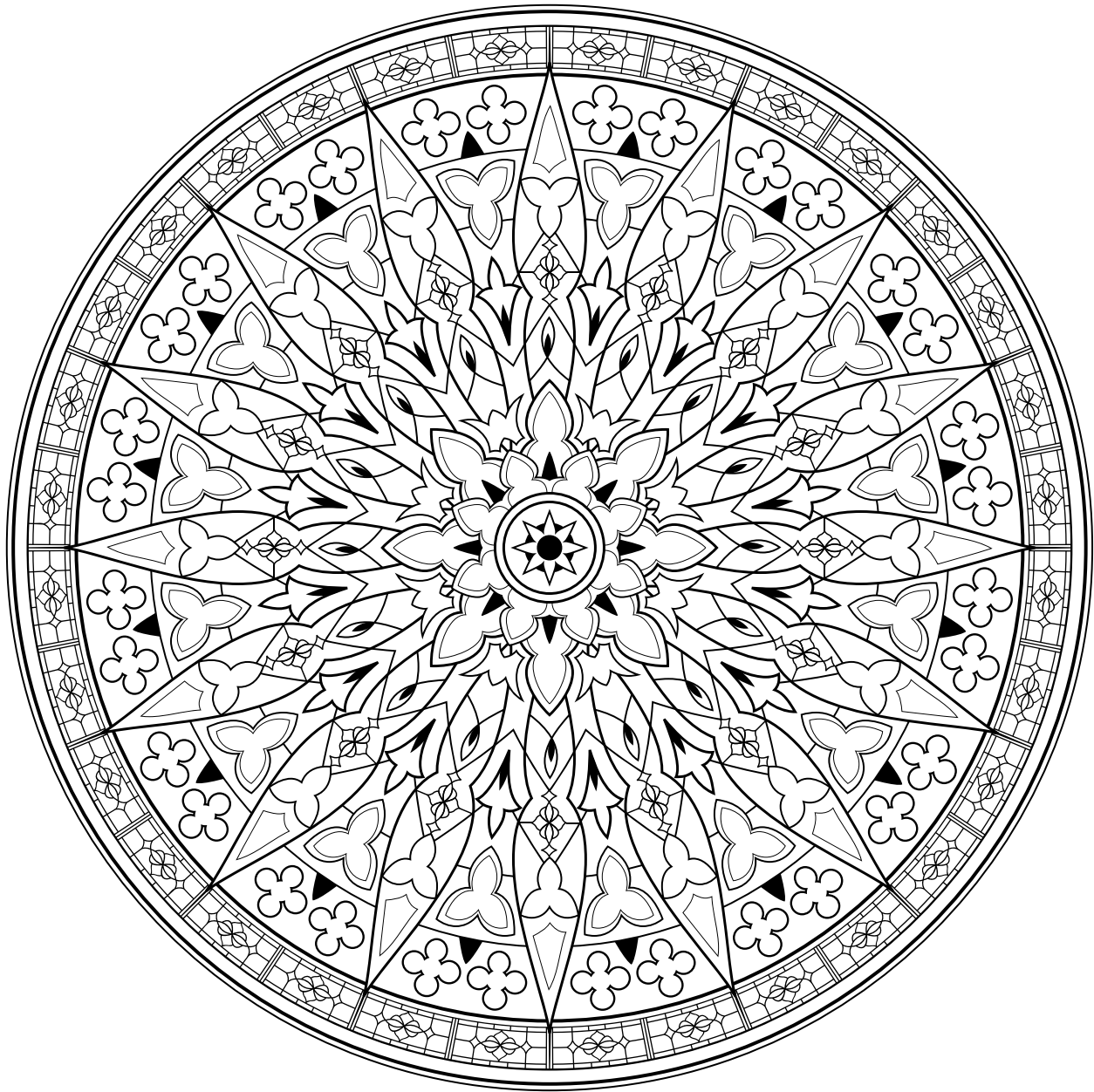


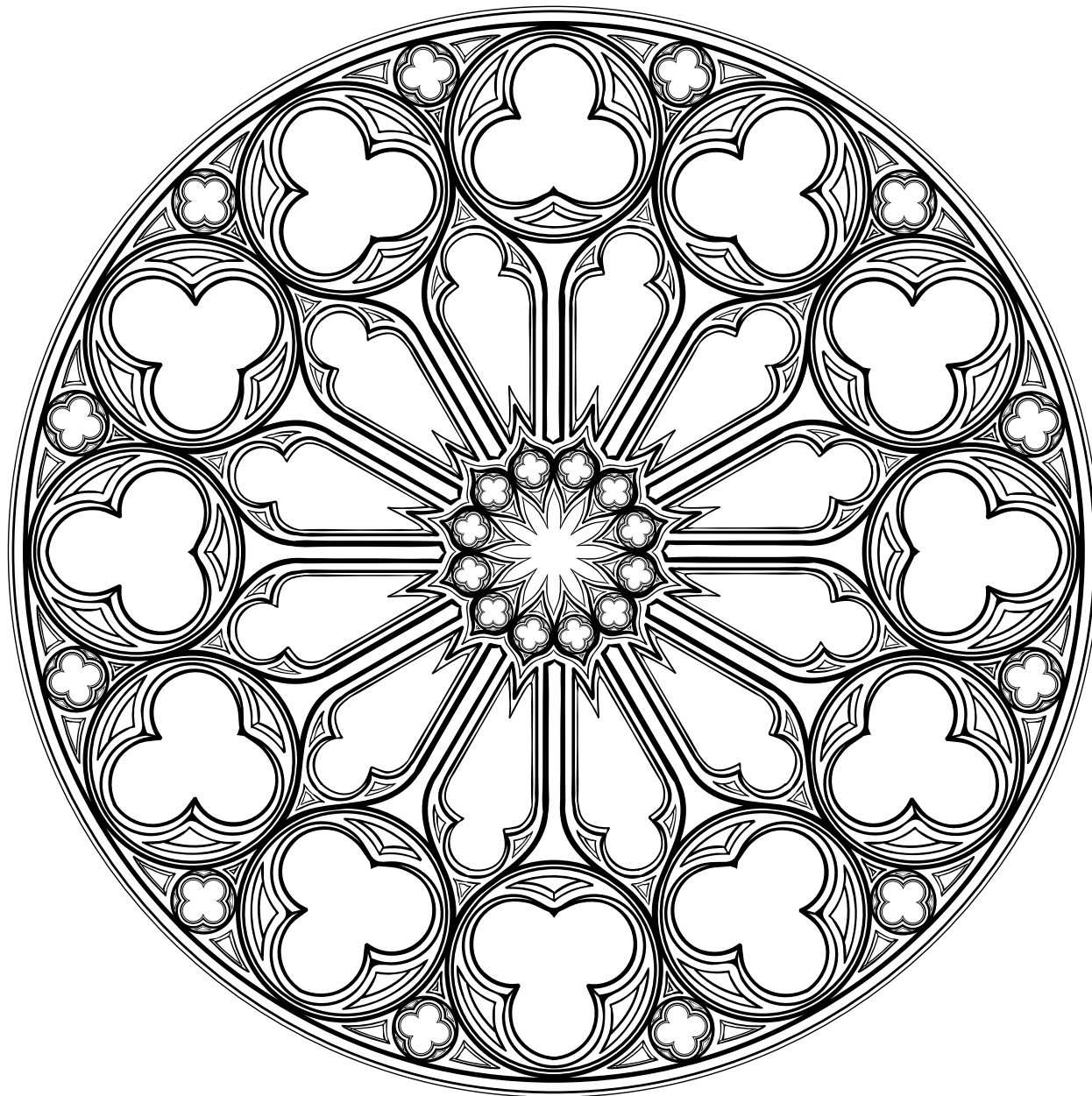
6.

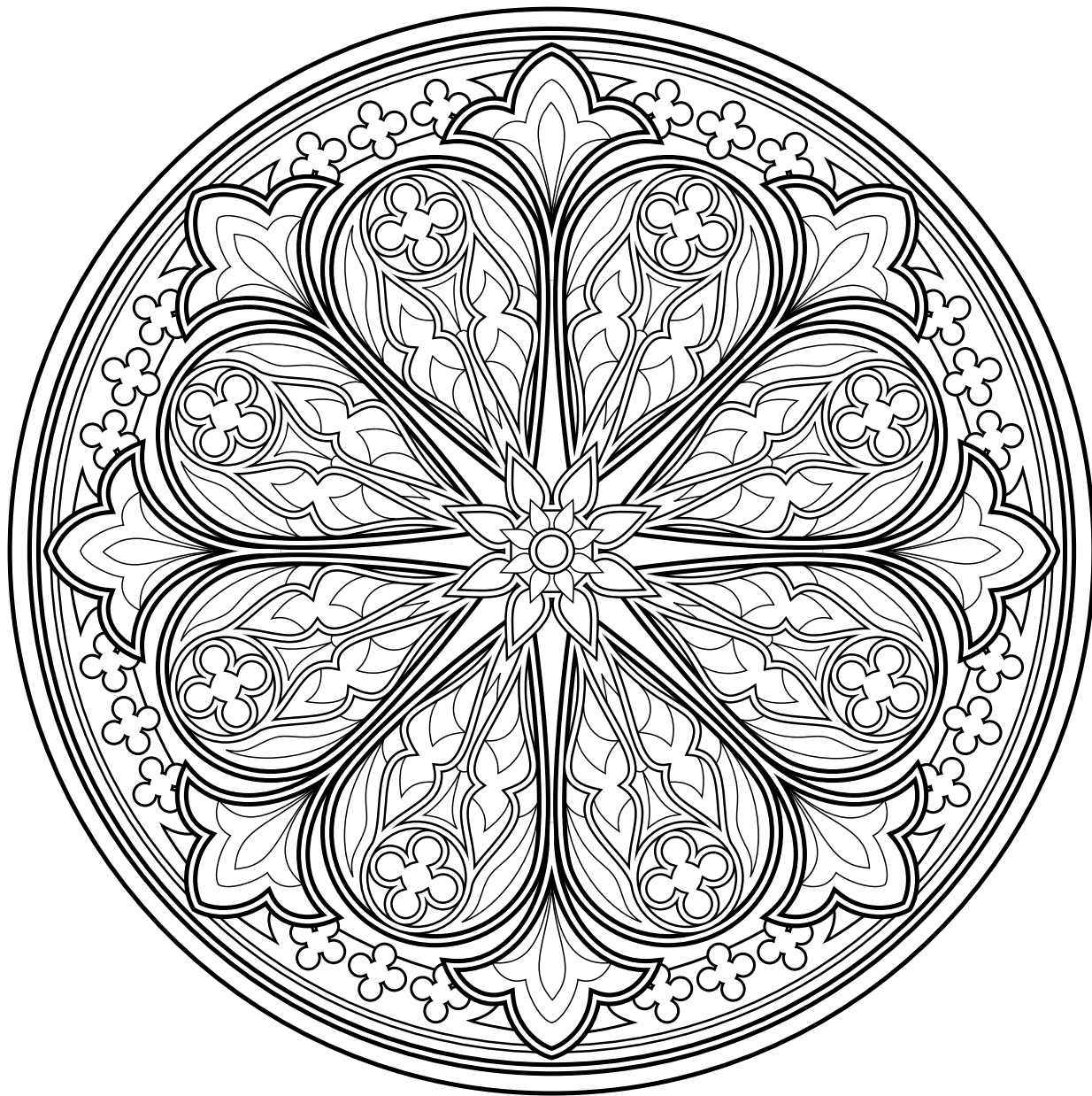
*Herausforderungen auf
dem Weg überwinden*

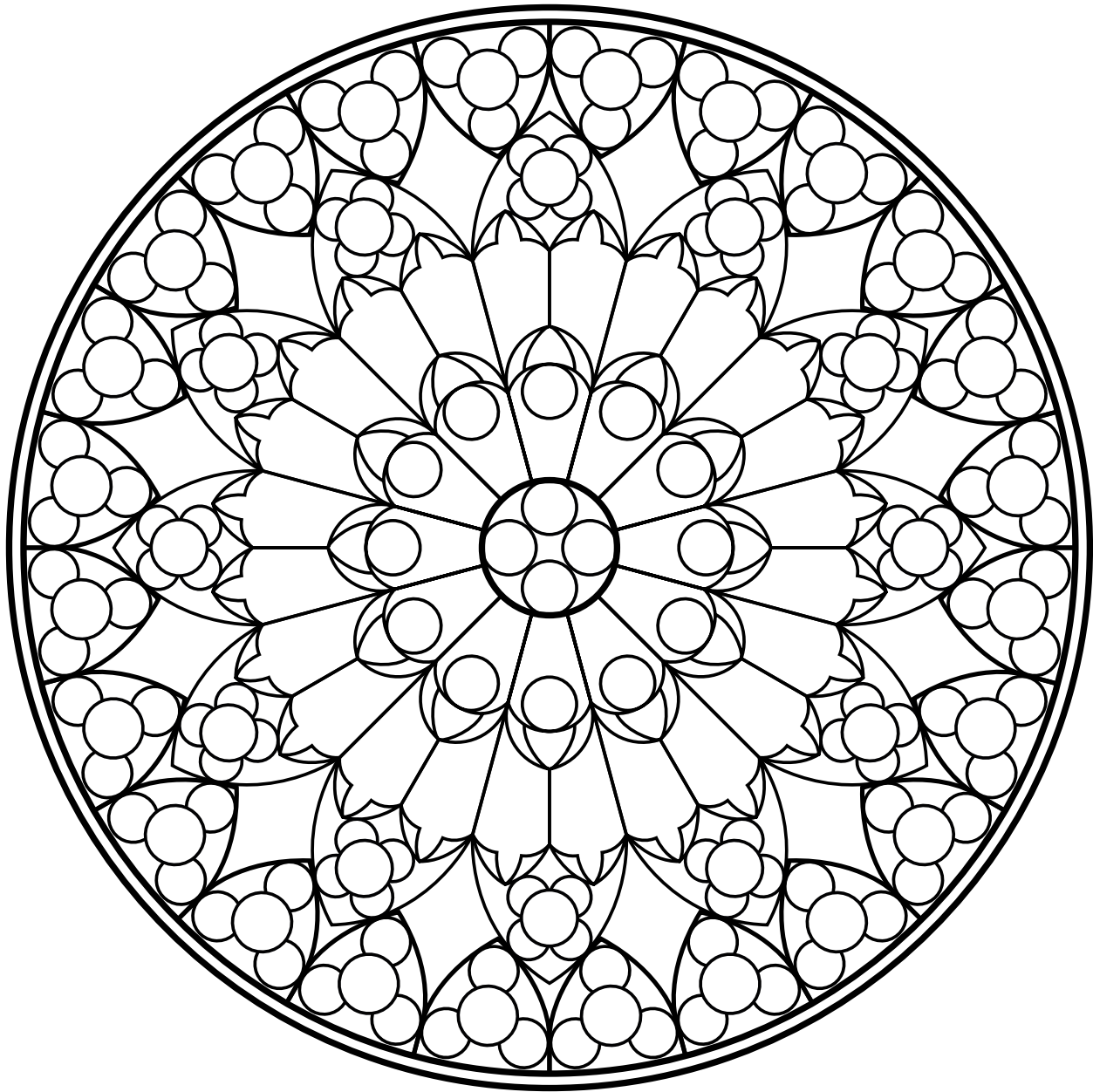


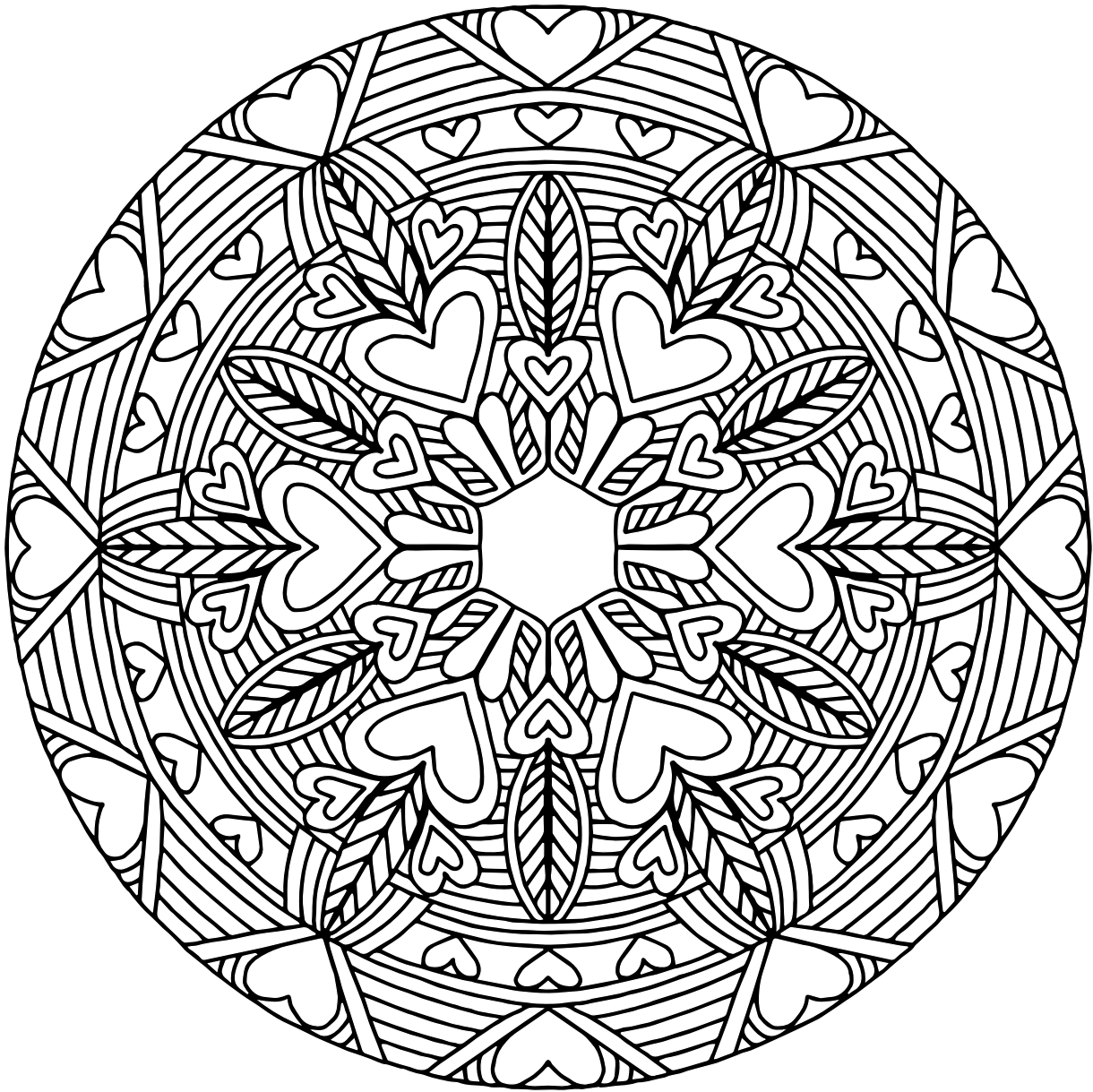


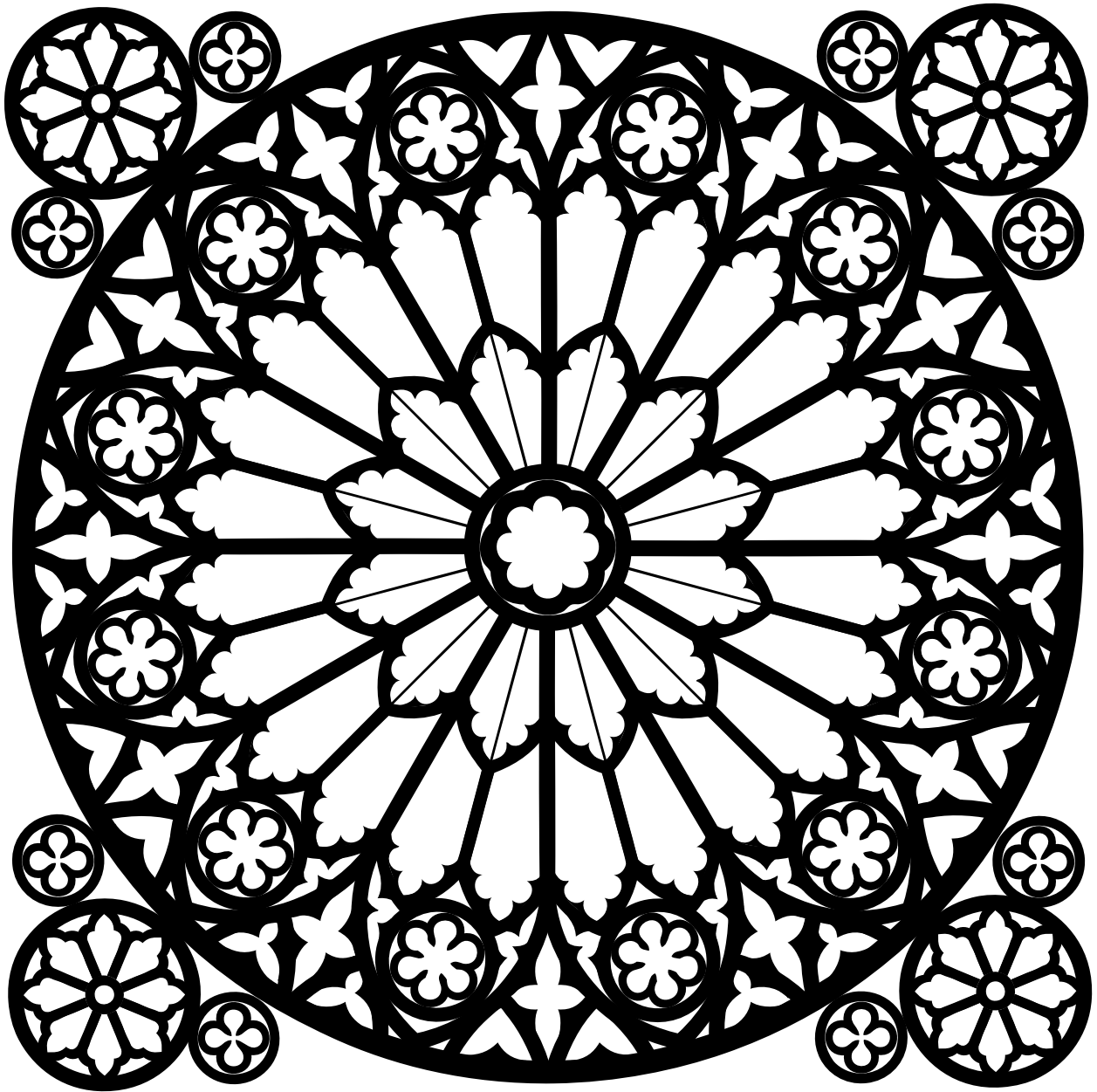








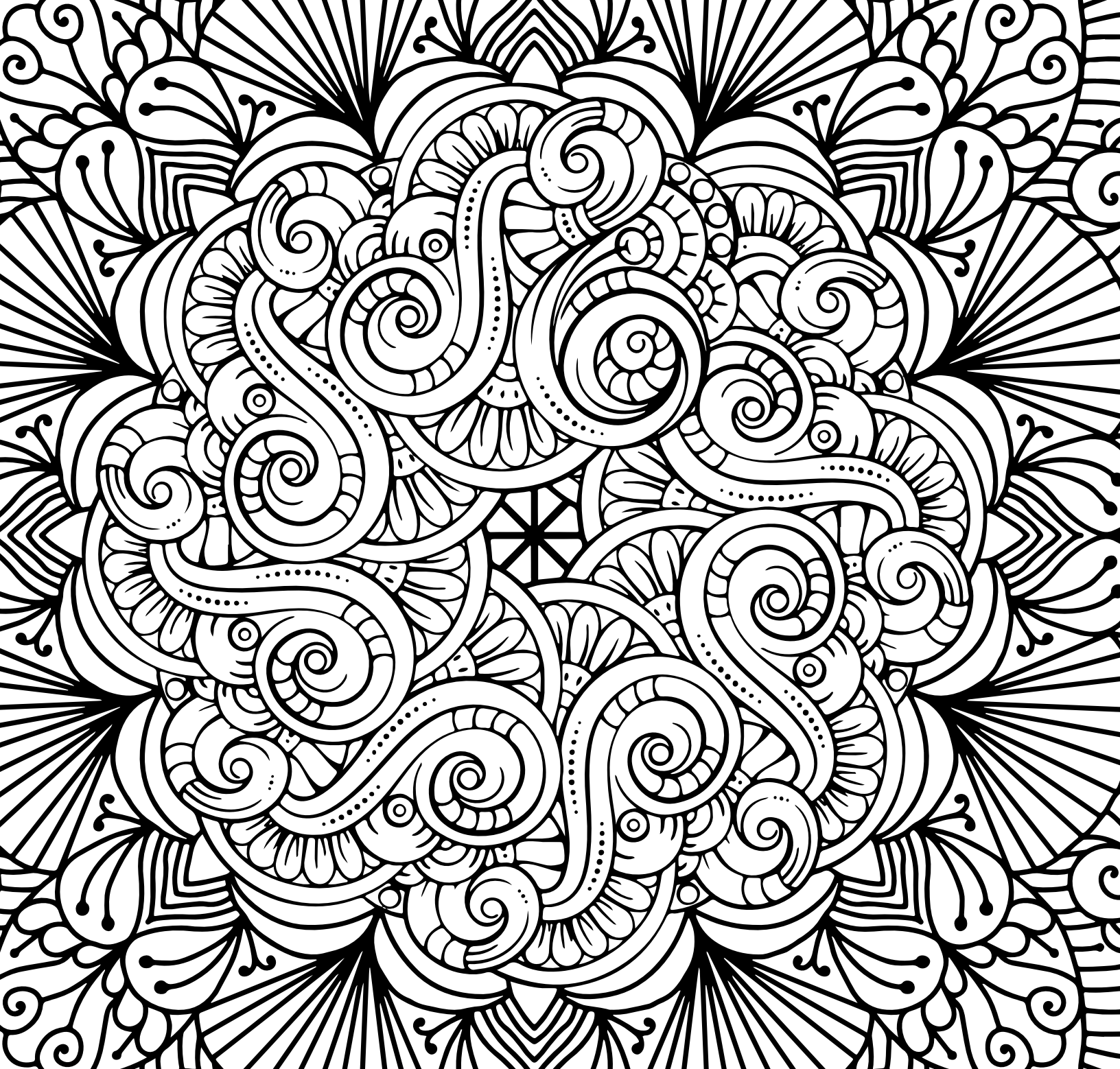


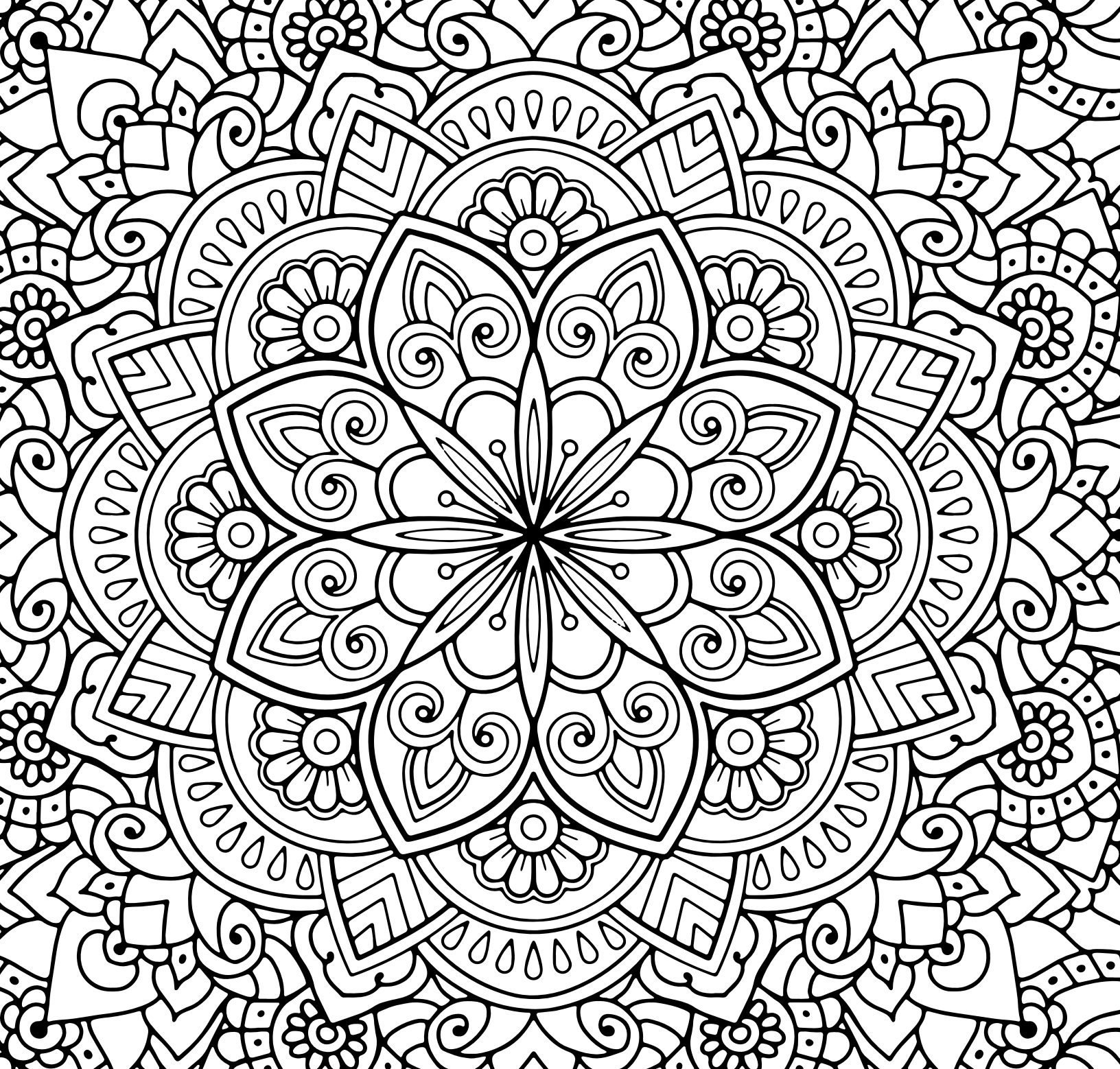


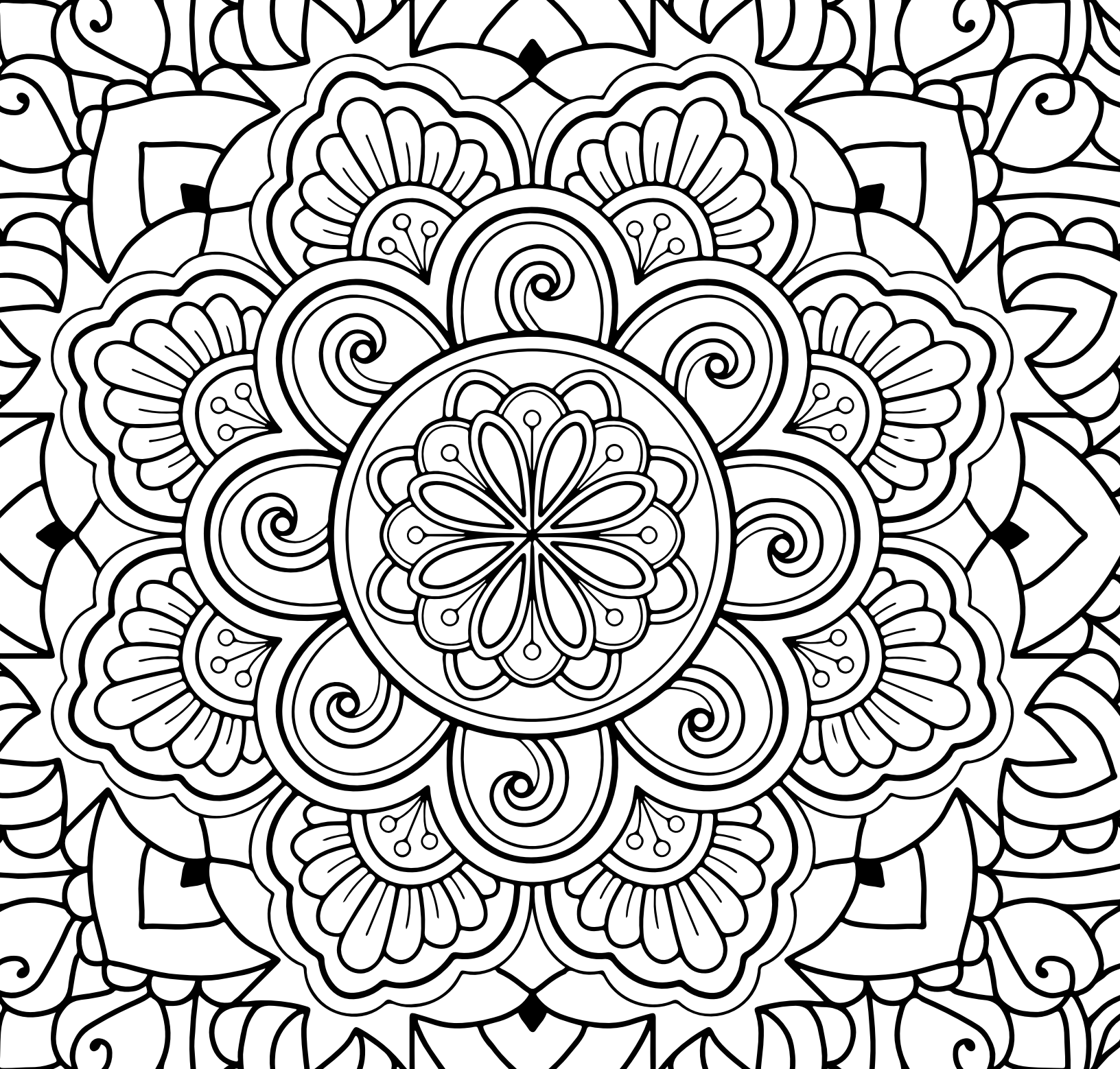
7.

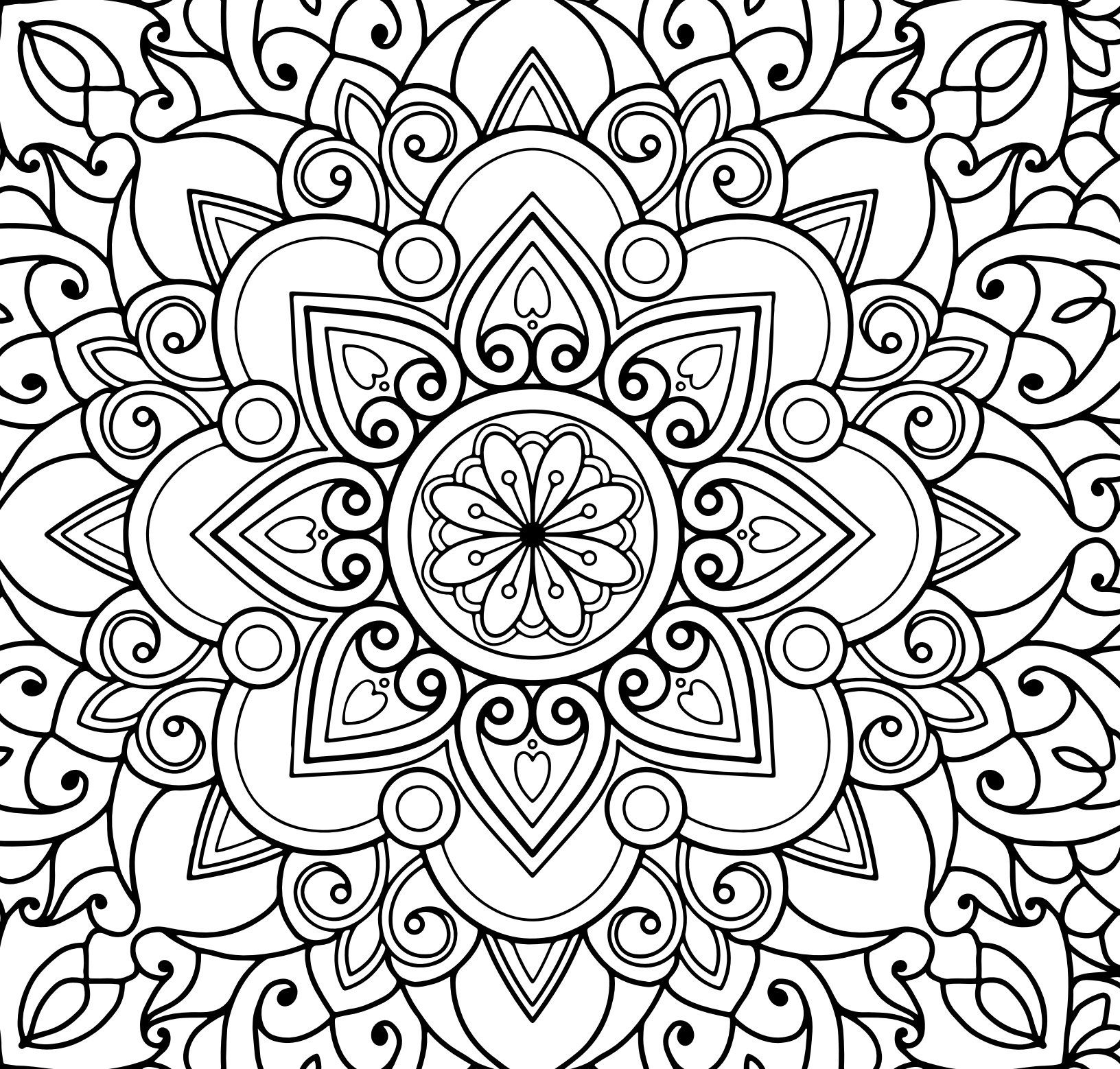
*Flow in verschiedenen
Lebensbereichen*

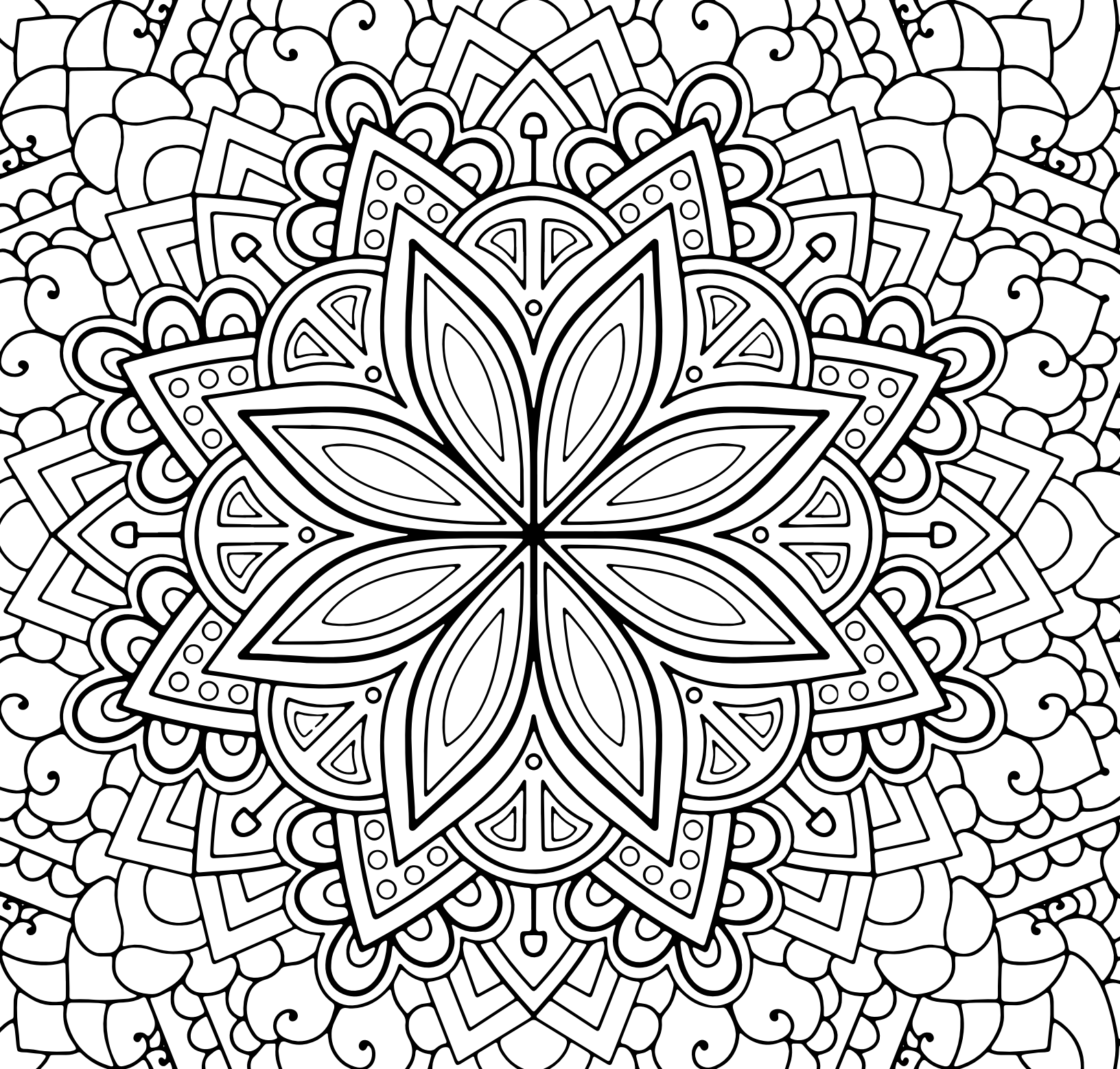


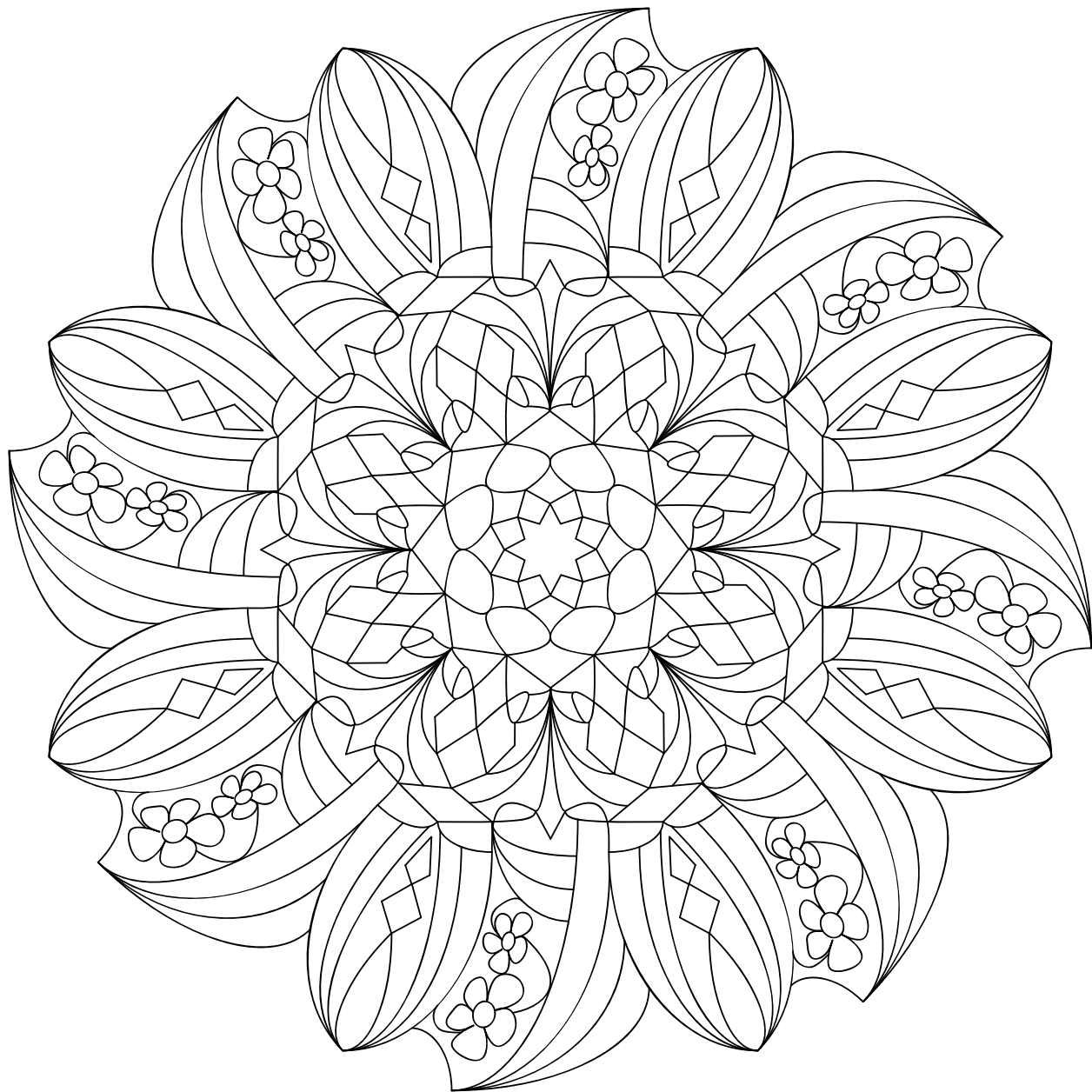


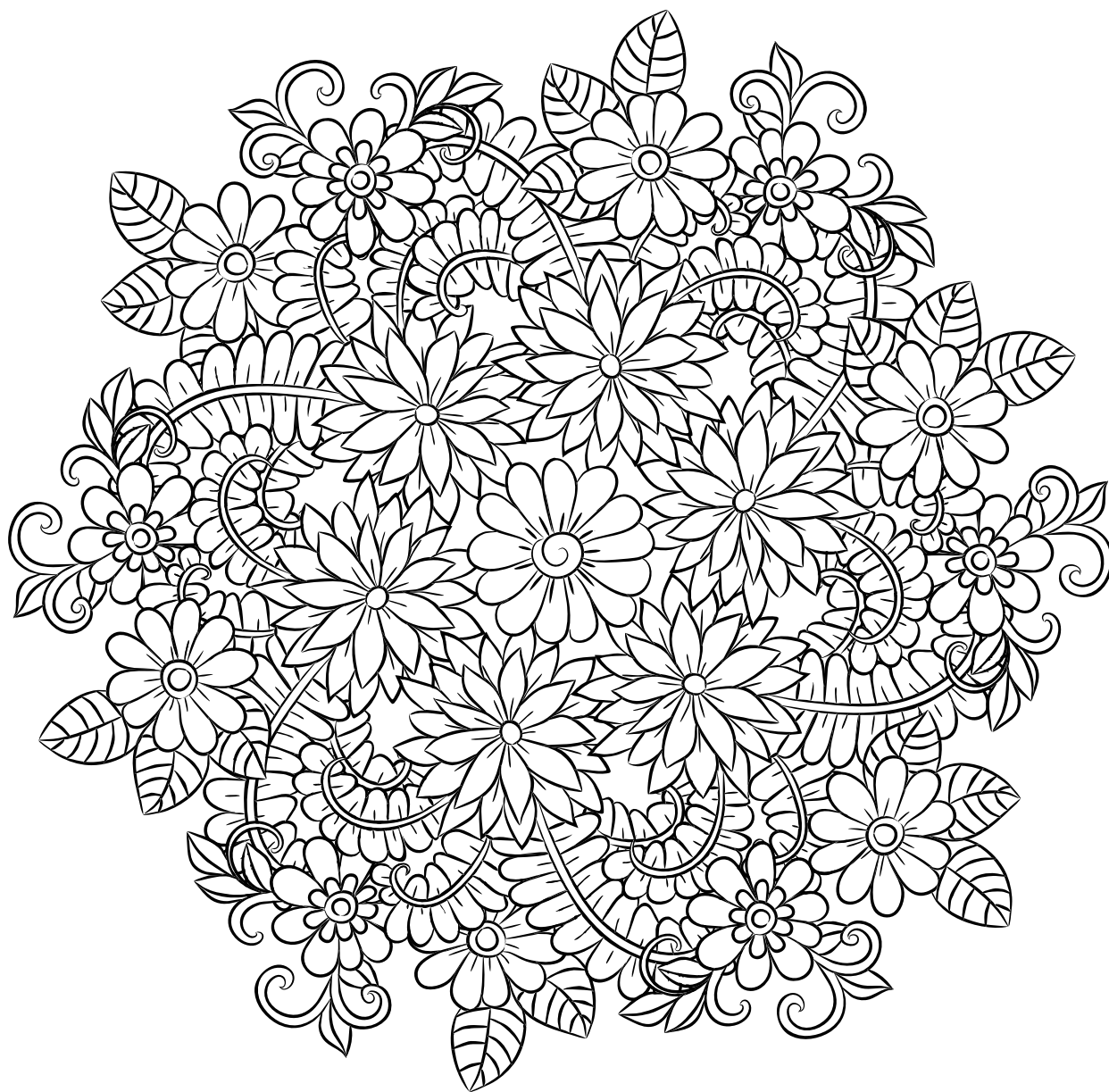


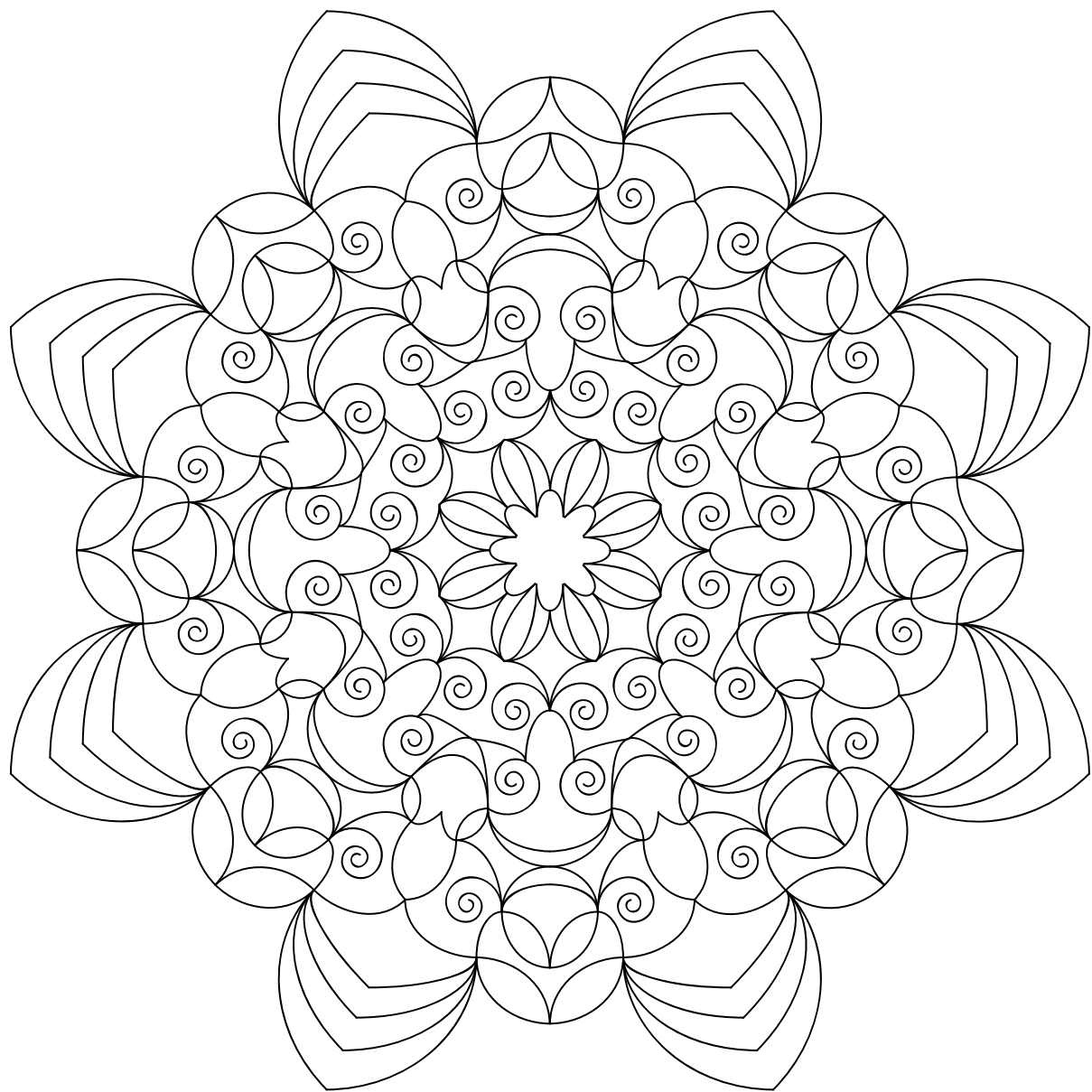


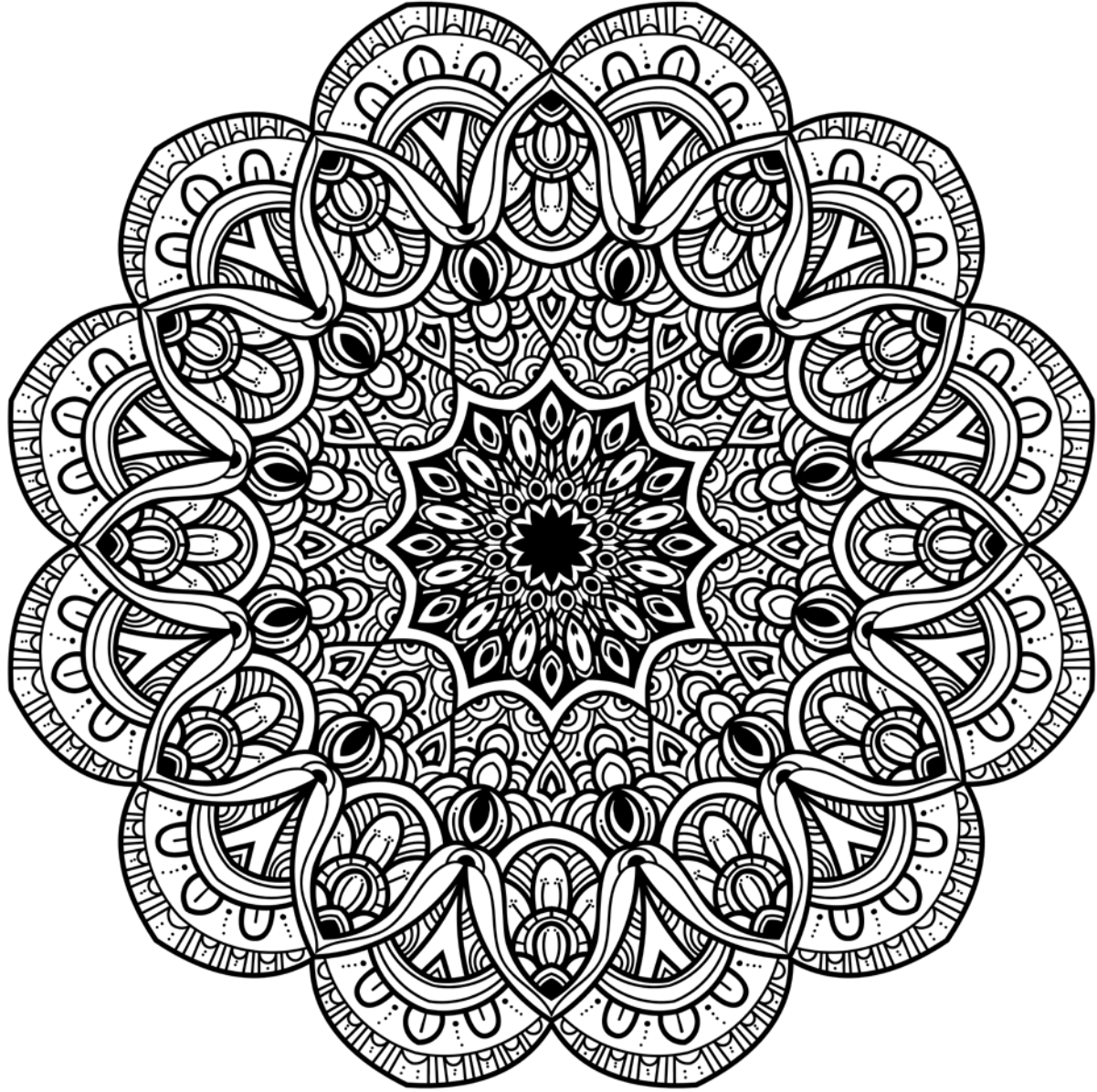


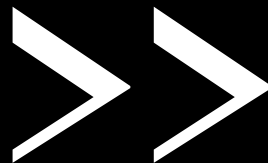






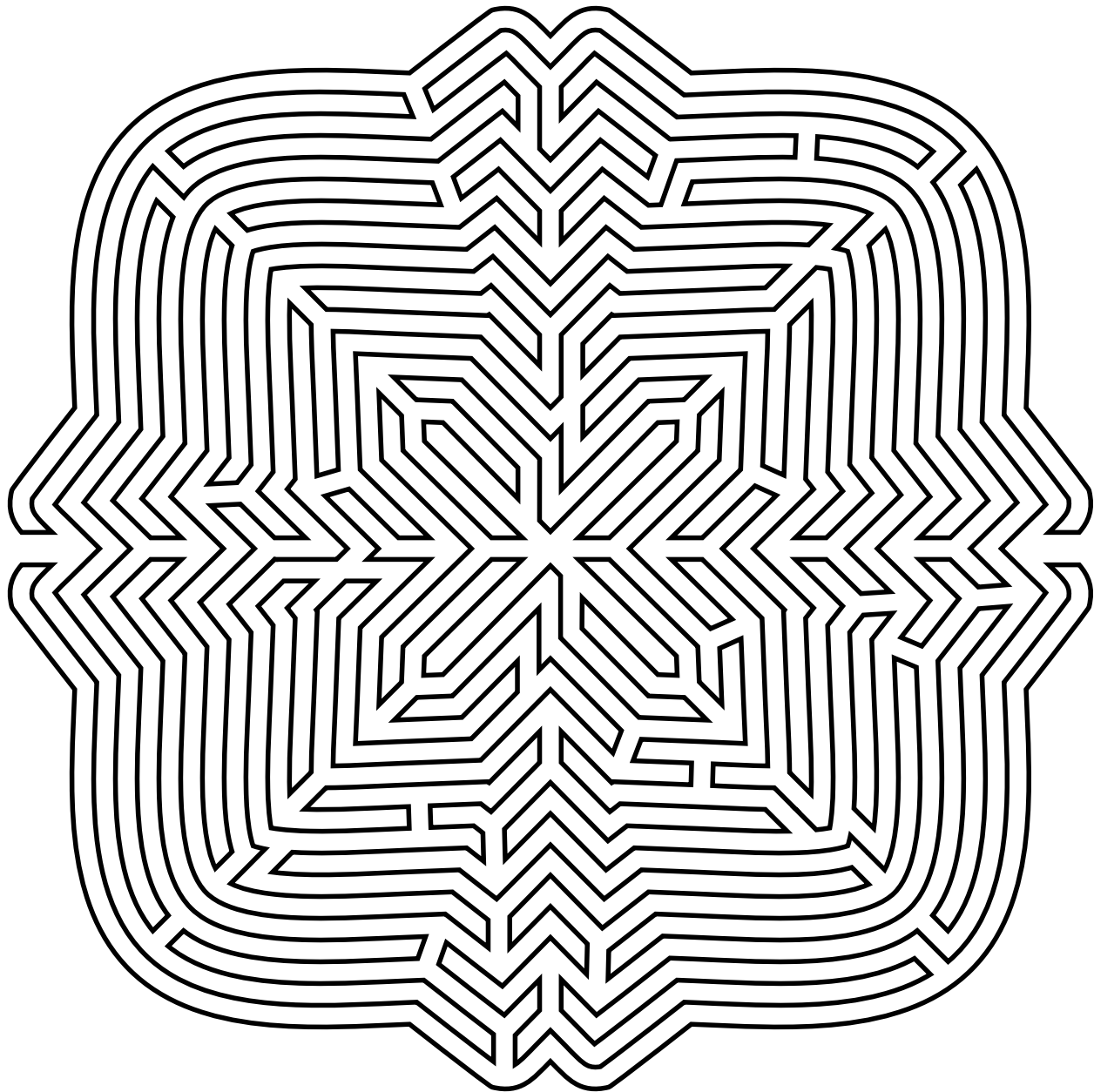


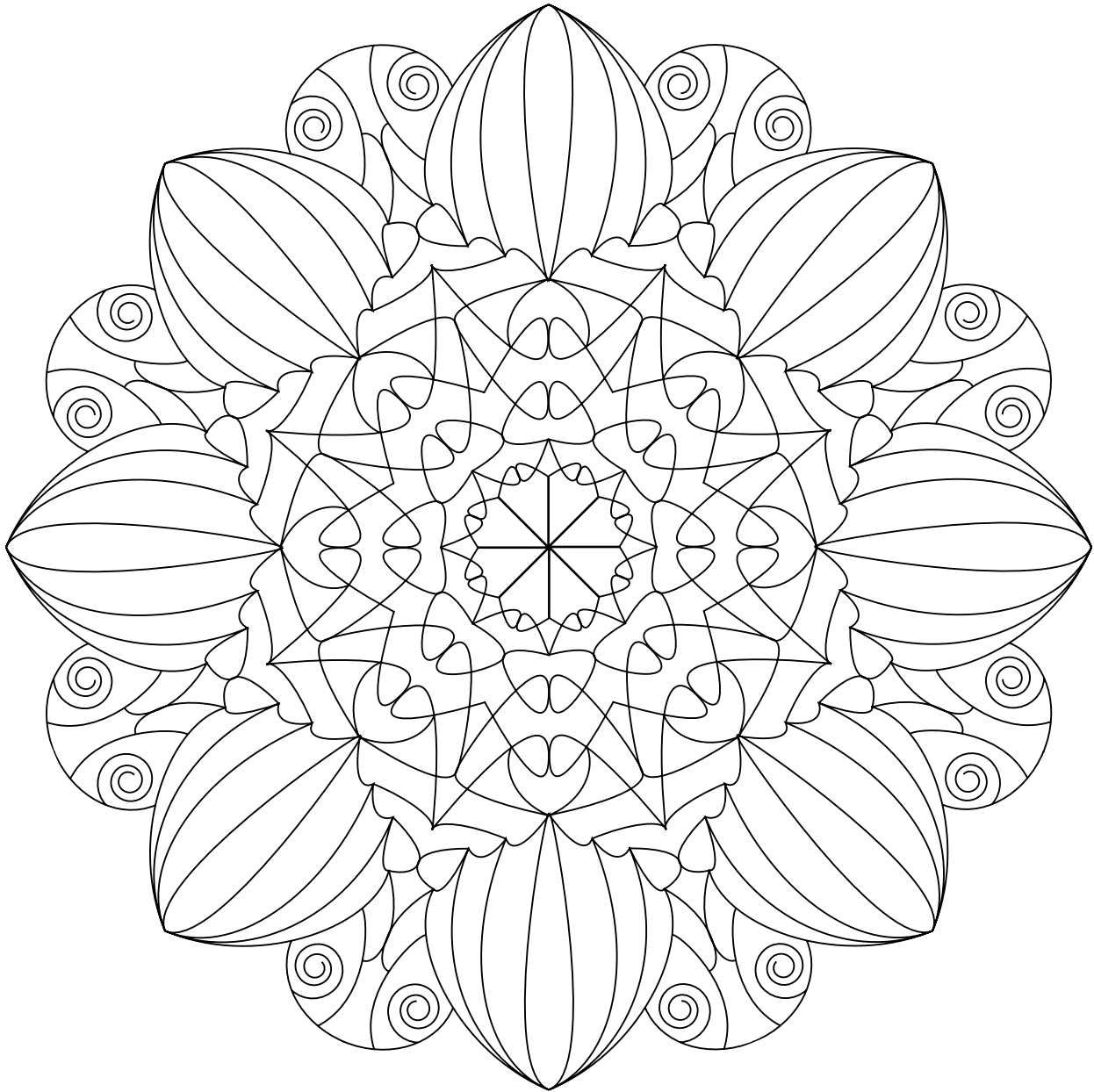


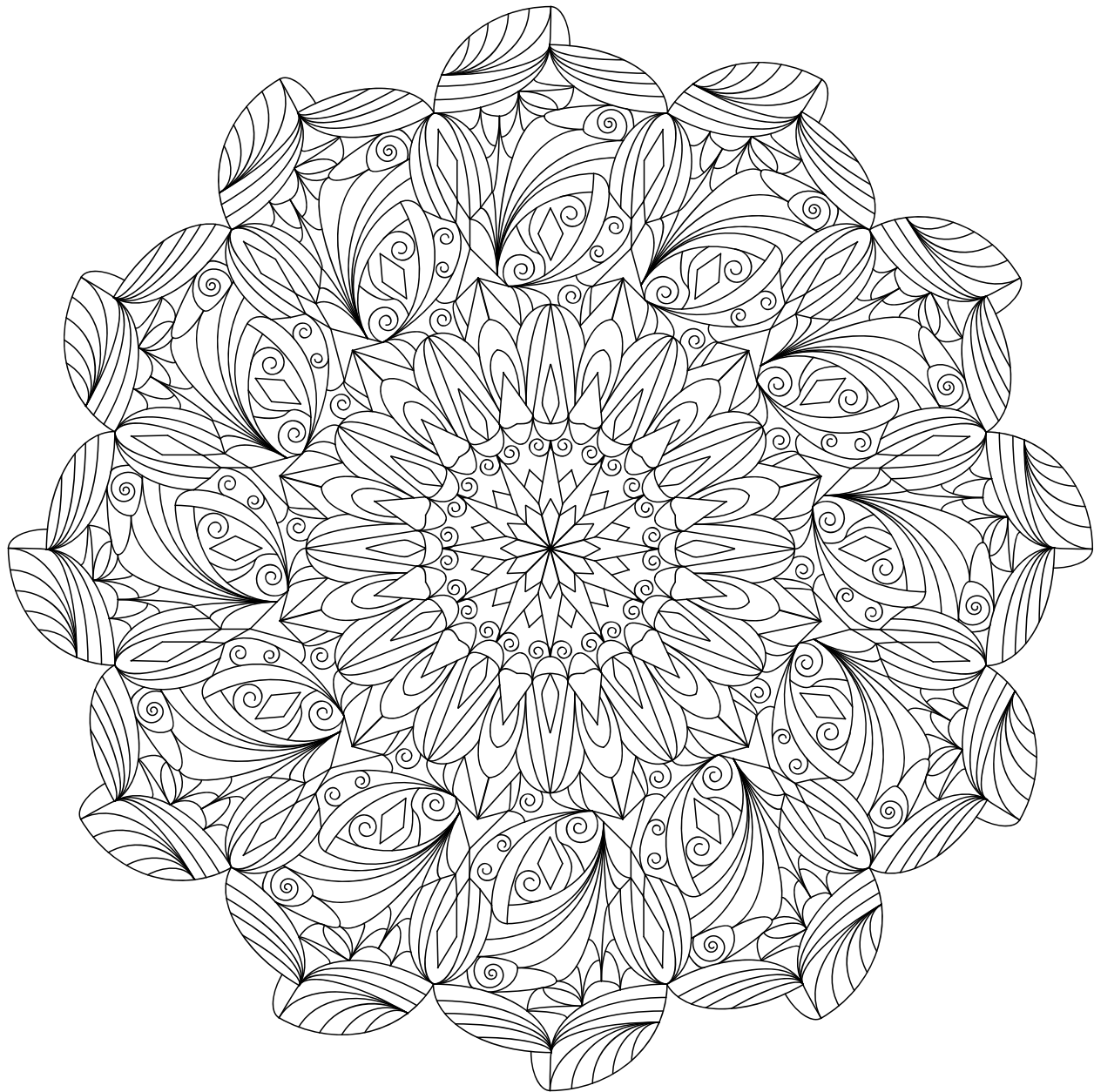


Worte zum Abschluss



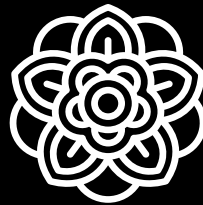








*Dies ist das erste einer Reihe von Büchern
die unter diesem Namen veröffentlicht werden:*



Creative Meditation

*> Wenn dir dieses Buch gefällt, beschreibe bitte
deine Erfahrungen auf Amazon!*

*FLOW-ERLEBEN MANDALA-PRAXISBUCH
BLAUE EDITION*

Creative Meditation



© *Tobias Kredel*

Erstellt und unabhängig veröffentlicht im Jahr 2023

ISBN: 9798850699468

> Mandala-Kunstwerke ausgewählt aus Adobe Stock

*> Fotorealistische Bilder erstellt mit Midjourney und
teilweise bearbeitet mit Adobe Photoshop Generative Fill*

The Pool° // Office of Strategic Services

Gazellenkamp 82

22529 Hamburg

Germany

Email: creative-meditation@helpinghandsandfriends.org

www.helpinghandsandfriends.org/creative-meditation/

>> Der QR-Code führt direkt zur Website!

