



# Lichtnahrung: Von Luft und Liebe leben (German Edition)

*Christine R. Schweinzer*

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Wer kennt das nicht: Verliebte und spielende Kinder vergessen nicht nur die Zeit, sondern die ganze Welt um sie herum. Sie verspüren weder Hunger noch Durst und befinden sich ganz im Hier und Jetzt. Aber es gibt auch Menschen, die in ihrem normalen Alltag auf herkömmliche Nahrung verzichten. Auf den ersten Blick erscheint der Begriff Lichtnahrung ein Widerspruch in sich zu sein. Sofort wird das Argument spürbar, dass Licht kein Nahrungsmittel ist. In diesem Buch sollen Sie erfahren, wie es vielen Menschen möglich ist, auf herkömmliche Nahrungsmittel zu verzichten. Lesen Sie, dass spirituelle Vorstellungen und wissenschaftliche Erkenntnisse sich nicht ausschließen müssen. Ziel des Buches ist, den Blick auf eine andere Sichtweise des Lebens zu lenken, als die uns bisher bekannte Realität. Hinterfragen Sie Ihr Weltbild und öffnen Sie sich für andere Denkweisen.

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