



# **Aloha Spirit und Ho'oponopono: Leben in Liebe und Versöhnlichkeit (German Edition)**

*Monika Gruhl*

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Wo ist Hawaii? - Überall, wo der Aloha Spirit ist. Der Aloha Spirit und Ho'oponopono ist eine Geisteshaltung, die bedingungslose Liebe, Versöhnlichkeit und inneren Frieden verkörpert. Monika Gruhl bringt dem Leser die stärkende Lebensphilosophie durch 25 Impulse aus Hawaii nah, sie vermittelt die fünf Grundhaltungen im Aloha Spirit und spürt der spirituellen Verbindung zu den 7 Resilienzaspekten nach. So eröffnet sie Wege, den Aloha Spirit auch in den Alltag zu bringen. Denn Hawaii kann überall sein.

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