



# **Es atmet mich: Evolutionäre Ethik (Edition Octopus) (German Edition)**

*Friedrich Wegenstein*

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Jedes Leben basiert auf der Evolution. Die Naturwissenschaften ermöglichen uns zunehmend die Evolution kennen und verstehen zu lernen. Damit bilden die Erkenntnisse der Naturwissenschaften den Rahmen und das Verständnis unseres Lebens. Es gilt daher menschliches Ethos mit diesem lebensbestimmenden Rahmen zu verbinden. Dem stehen in unserer Gesellschaft allerdings nach wie vor traditionelle, machtorientierte Denkstrukturen entgegen.

»Es atmet mich« ist eine Hilfsvorstellung in der Meditation, welche auf den Psychiater Heinrich Schultz (Autogenes Training) zurückgeht. Sie drückt aus, dass wir ständig über die Atmung mit unserer Umwelt intensiv verbunden sind. Diese Verbindung ist ebenso unwillkürlich und unabhängig von unserem Bewusstsein wie auch lebensnotwendig.

Aus der Perspektive des umfassenden Verbunden-Seins, versucht dieses Buch an Hand aktueller wissenschaftlicher Erkenntnisse eine Ethik abzuleiten, in der nicht nur der Mensch, sondern alles Leben im Mittelpunkt steht.

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