



Naikan - The World of Introspection: Finding Inner Peace and Discovering Yourself

Johanna Schuh

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Introspection means finding peace in a busy and eventful world.

The most exciting journey is the discovery of one's own personality: Every aspect of this world is a part of us, in a unique and individual manner. The more aware we are of our own inner world, the more peace we gain in our lives.

This practice-oriented book introduces Naikan - a simple method that allows you to look inward and discover your own possibilities and potentials, on the one hand in everyday life, and on the other hand as a retreat week.

The tools of Naikan are peace and these three questions:

1. What has a person done for me?
2. What have I done for this person?
3. What difficulties have I caused this person?

It is about finding your own answers instead of looking for them on the outside. You are the expert of your own life.

How does Naikan work? Why does one do it? What does power of silence mean? And what's the point? Naikan guide Johanna Schuh highlights many questions that one asks before, during or after the Naikan practice. With clear words, a lot of information, and a delightful sense of humor, she invites you into the world of introspection.



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