



Texte der seelischen Befreiung: Lyrik und Prosa (German Edition)

Bärbel Lesna

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Sich von dem Negativen befreien, um das Positive tief im Inneren zu bewahren. Es gibt so viele verschiedene Motive der schriftlichen Äußerung. Für die einen bedeutet das geschriebene Wort, sobald es auf dem Papier ist, eine Befreiung. Für viele aber eine Überwindung, so tief in ihr Innerstes blicken zu lassen. Auch in den fantasievollsten Erzählungen steckt - wenn auch in verschlüsselter Form - noch immer sehr viel Autobiografisches. Schlimm ist für wieder andere, wenn sie schreiben möchten und die Gedanken hüpfen ohne Zusammenhänge davon, der "rote Faden" entschwindet und somit das Leitmotiv. Authentisches Schreiben bedeutet, den Moment abzuwarten, bis die Worte unbeabsichtigt zufliegen. Schreiben heißt auch, mit seinem Menschsein ganz nah an andere herankommen zu können, sein Menschsein quasi anzubieten.

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