The basic aim of the present thesis is to introduce the idea of eternal recurrence and its immense relevance as an integral component of Friedrich Nietzsche's thinking, in which it is deeply anchored, touching on all the other of its most important matters. It is highly important to reflect on deeply ambiguous character of this idea and not to ignore its own tensions from which it draws its specific power to intensify and thus expose the underlying difficulties concealed in the heart of traditional metaphysical approaches and their consequences. The transformation that is the real goal of the idea of eternal recurrence strives to overcome these approaches and break open a wide perspective of possibilities for the human life as a creative and positing power, not torn out of this world but in deep engagement with it.