

Dear Lovely People,

I am very excited to invite you to my new program/ series of meetings with you! In this program we will explore what your true desires and wishes are.

Often, we are very sure that we know what we want and are focused on something old which is often no longer aligned with who we really are. You may feel this misalignment show up in repetitive situations that feel out of tune. You may pour your attention, effort and energy into situations, or relationships that leave you feeling empty. This becomes an unquestioned habit, often with the best intentions.

Perhaps you are afraid to go where you are really called to. Maybe you think that calling is too big for you, or you have to earn the permission to dare to follow your dreams, and there is a strict set of agreements and rules you have confined yourself to for reasons you may not be aware of.

In this intimate setting I would like to bring your hidden wishes to the surface through the clarity of the group. We are often unable to see what others can see in ourselves. Finding the essence of ourselves and the courage within, allows us to open up to new possibilities and aligns our desires with who we really are.

If we focus our attention on ourselves in an honest vulnerable way by asking ourselves again and again: what do I want, and who am I today? What excites me? The awareness that we are not fixed and are always changing is essential to our growth. This consistent curiosity, and inquiry of who we are and what we want allows us to be dynamic and can reduce a lot of suffering that comes from the robotic behaviour and predictability of accepting our self imposed limitations, rules and fears.

It is my strong belief we are not in the world to only suffer, chasing after what has been defined by someone or something other than yourself as achievements and success'. Each and every one of us is here to discover, grow, experience ourselves, to be excited and curious about ourselves, others and the world we live in!

This program requires a commitment to a process of deep self inquiry, discovery and new understanding of self.

Come as you are with the topics that are on your mind, issues you are dealing with that you would like to explore more deeply and perhaps you will discover something new about yourself!

The group meetings will take place on Zoom In February and March

8 x On Mondays from 17.00 to 18.30. Each meeting is 90 minutes long and priced at 25 €

which should be paid in advance. All 8 Meetings can be purchased in advance for 280€.