

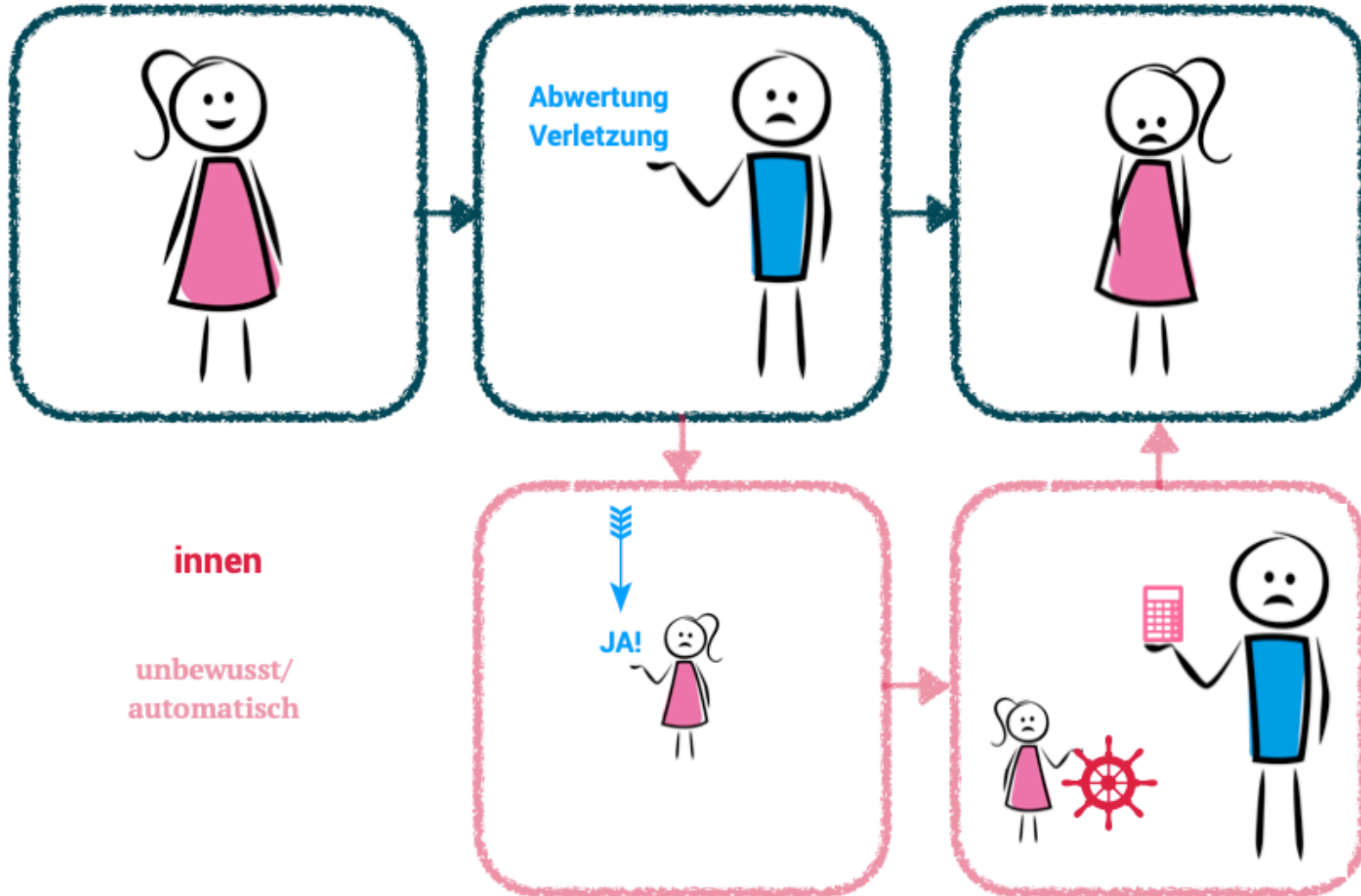
StayTuned

Praktizierter Kontakt mit Dir selbst

außen

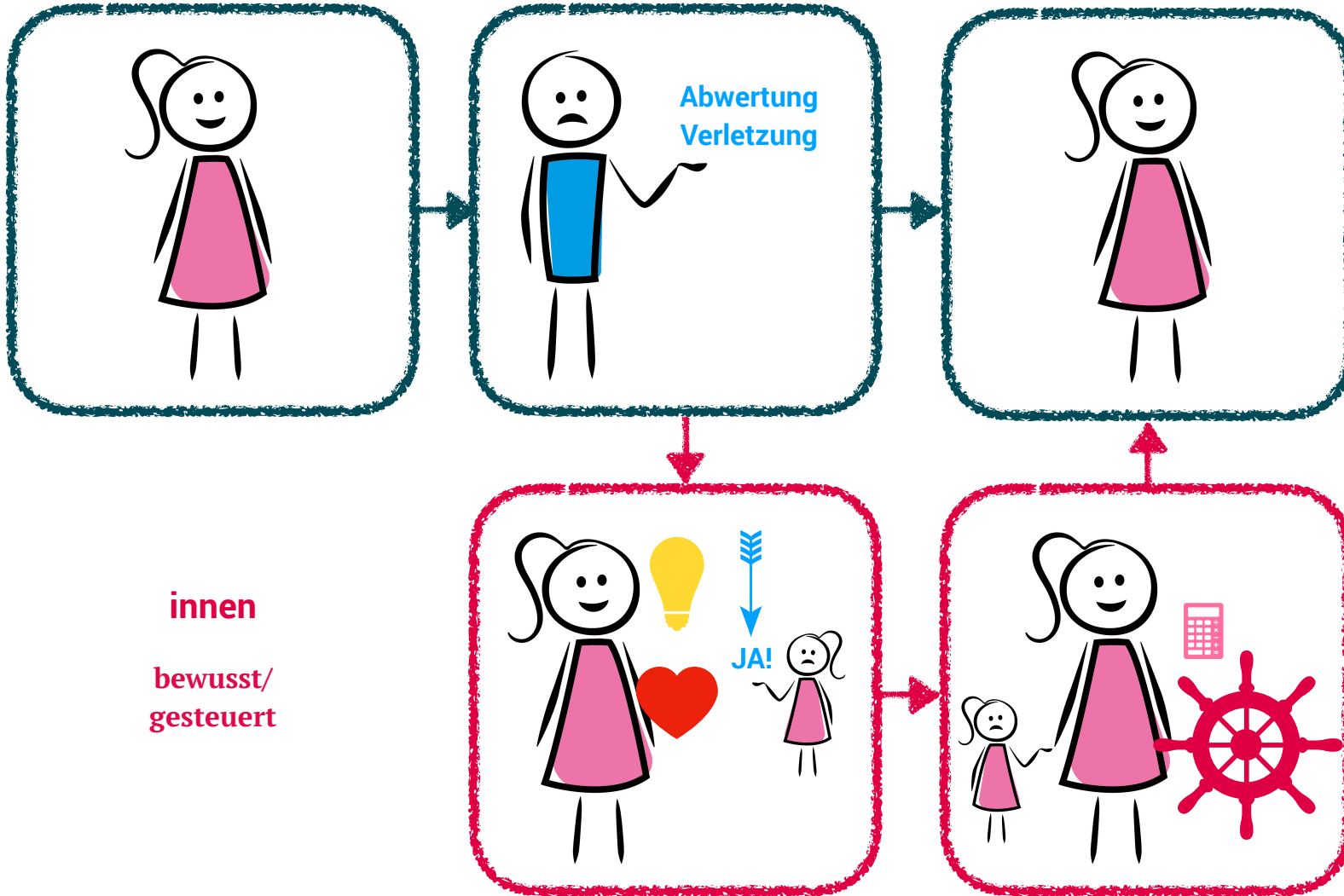


außen



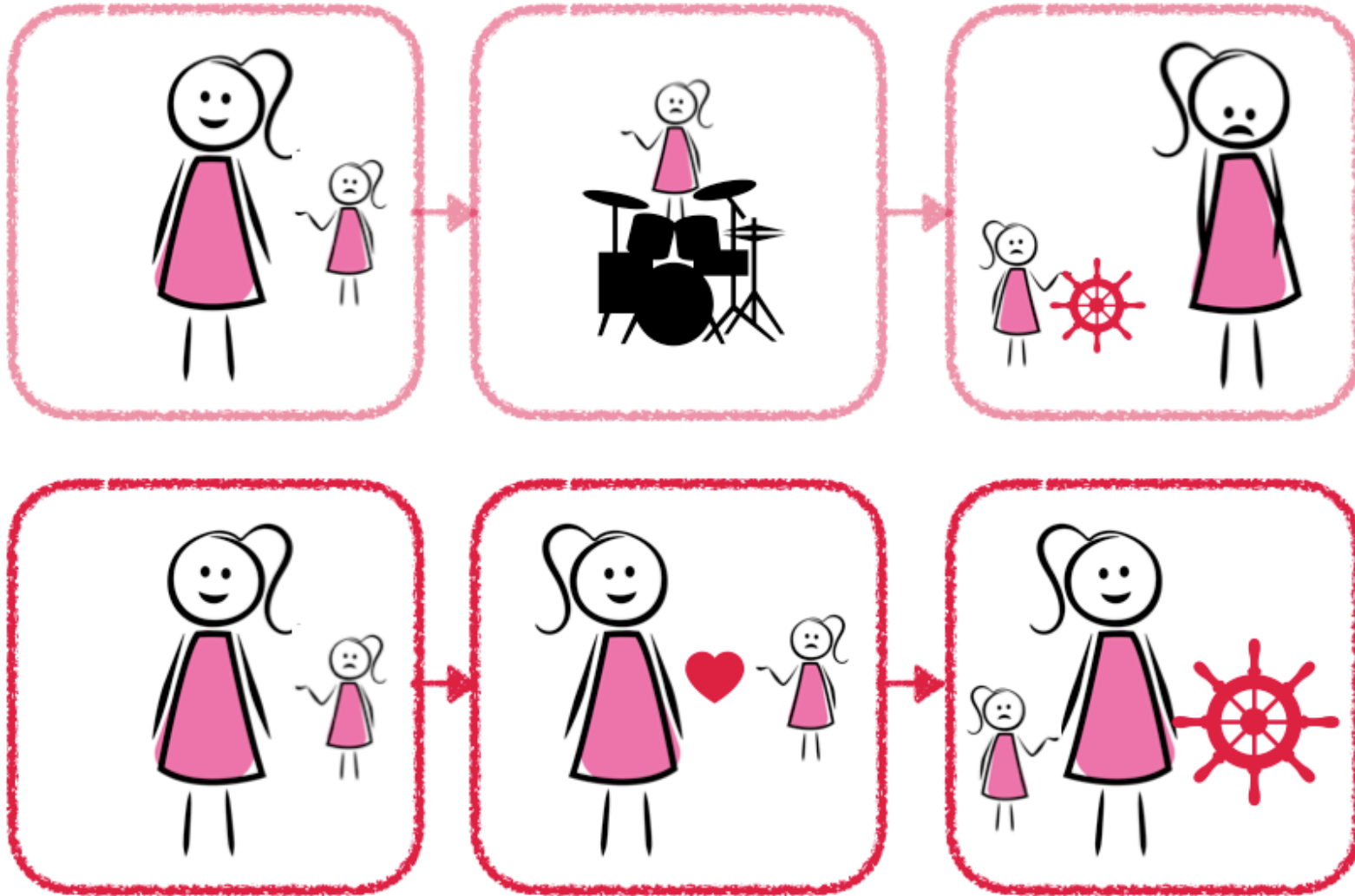
innen

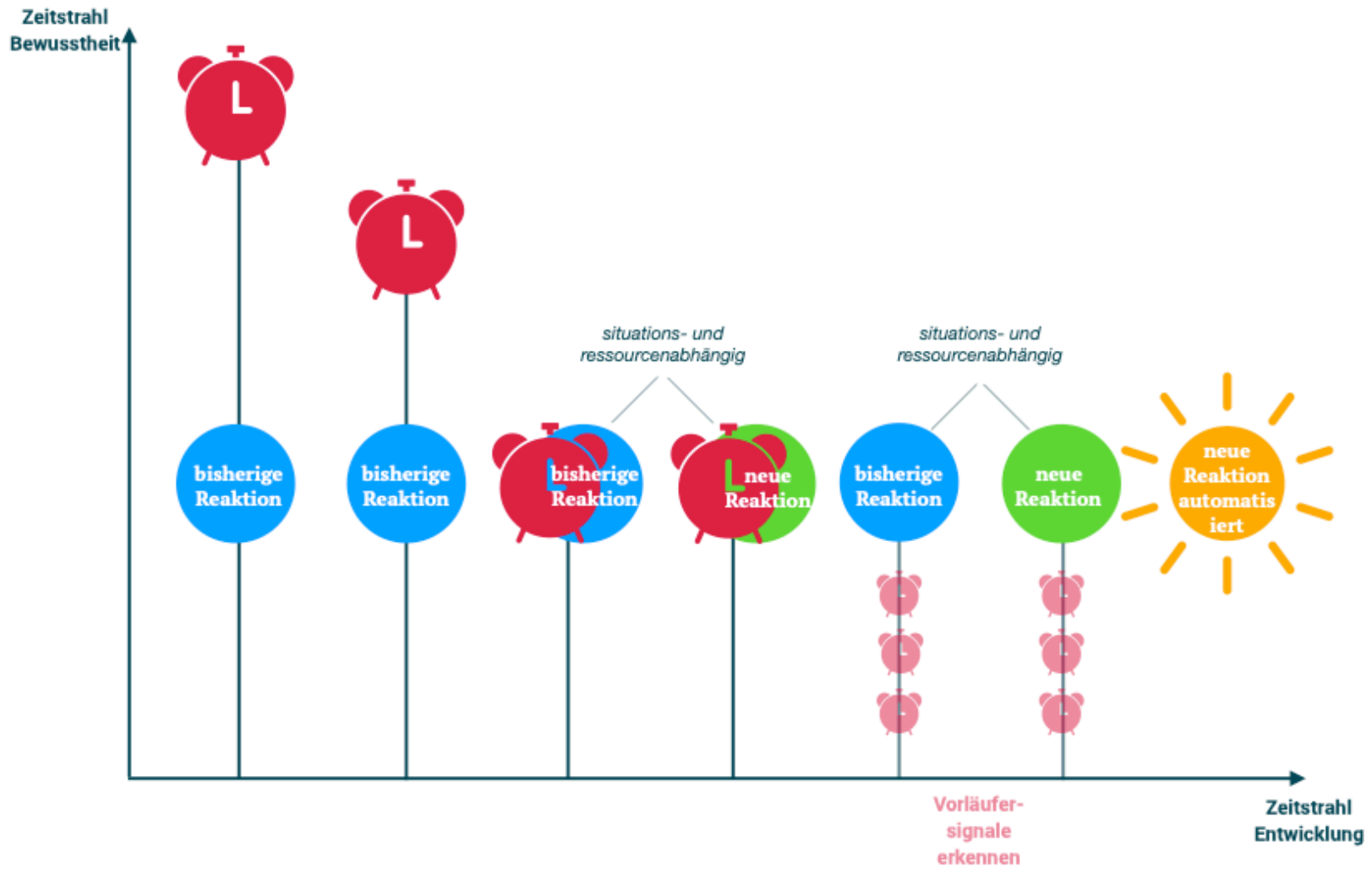
unbewusst/
automatisch



innen
bewusst/
gesteuert







HALLO!

**HALLO,
MEIN
SCHATZ!**

ICH BIN DA!

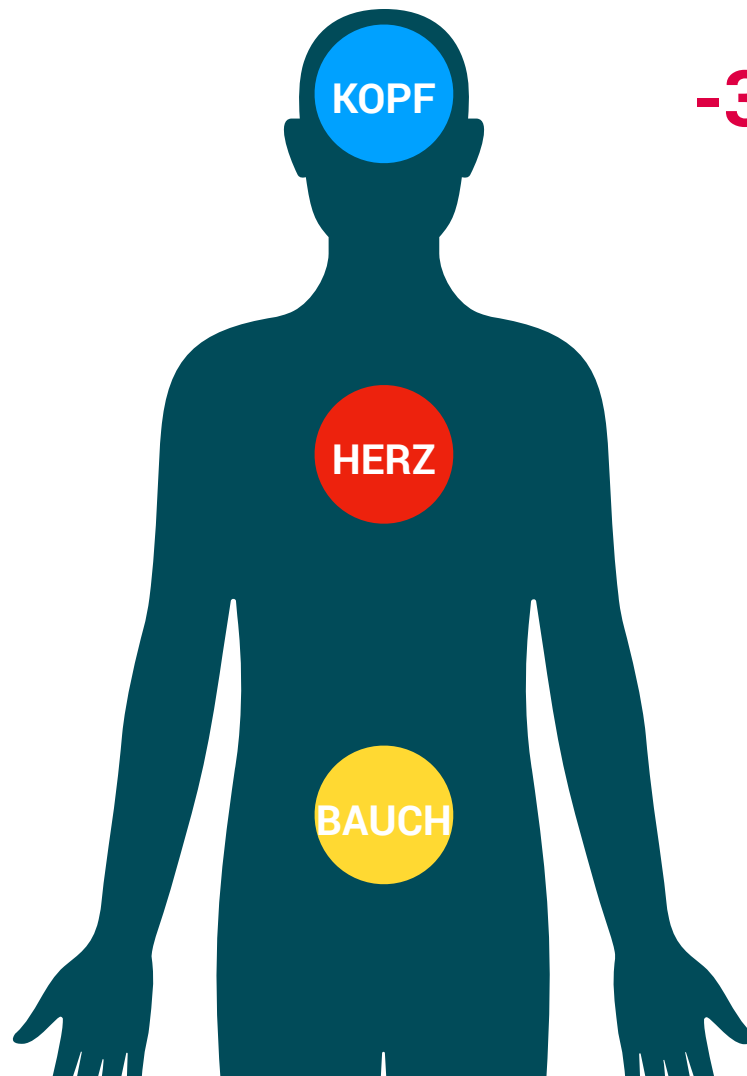
A photograph of a rustic wooden guest house with a corrugated metal roof, situated on a rocky lakeshore. The house is on the left side of the frame. In the background, there is a calm lake reflecting the golden light of a sunset. A wooden pier extends into the water. The sky is filled with soft, golden clouds, and distant mountains are visible on the horizon. The overall mood is peaceful and serene.

The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness, some momentary
awareness comes as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows who violently sweep
your house empty of it's furniture -
still treat each guest honorably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice -
meet them at the door laughing and invite them in.
Be grateful for whoever comes,
because each has been sent as a guide from beyond.

RUMI

**ICH
VERSTEH
DICH!**



-3- ICH VERSTEH DICH!

**-2- HALLO,
MEIN SCHATZ!
ICH BIN DA!**

-1- HALLO!

Somatische Marker / (Körper-) Gefühls-Bilanz

