

YOU ARE THE SPARK.

Back to yourself. Back to love.

7 days for perception, your own foundation and relationship

WORKBOOK FOR THE 7-DAY JOURNEY

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WHY THIS JOURNEY CAME INTO BEING

This workbook was not created only at a desk.

Much of it has grown out of my own life and my work: many years with children and young people, encounters with people who perceive a great deal, personal loss and the experience of the suicide of a young person. It has grown from psychology, nature, art, trance, and my intuitive, mediumistic and energetic perception - and from a profound relationship and transformation process of my own.

All of these paths have brought me back to one question:

How do we stay connected to ourselves while we are connected to other people?

We need people. We need touch, resonance, belonging, relationship and love. For me, the answer is therefore not to stop needing anyone.

But I see a difference between loving a person and loving with a person.

Love with another person needs two people. Two foundations of their own. Two people who can touch one another without either of them having to leave themselves in order to hold the other.

For me, coming back to yourself does not mean withdrawing. It means finding a place within yourself from which real encounter becomes possible.

Back to yourself.

Back to love.

Joy is Transformation

My book *Joy is Transformation* did not simply emerge from a process of change. **The writing itself became part of my transformation.**

Through writing, I moved more deeply into my creativity and, eventually, into the artist within me. Later, images, colour and other forms of expression followed.

I experienced something through this that is now essential to my work: **creativity can change us.**

Not because everyone has to paint or write a book, but because we can give our lives a new form again and again - through words, images, movement, decisions, boundaries, and through the way we live our relationships.

There is not one single path.

Sometimes change begins precisely where we stop searching for the right path and begin to follow our own expression.

***Creativity does not only mean creating something.
It can also mean giving your own life a new form.***

BEFORE YOU BEGIN

These seven days are not instructions for becoming a better person. You also do not have to watch a video every day or complete every page.

I invite you to listen more closely: to your body, your feelings, your relationships, your boundaries, your inner movement, and also to what may not be immediately explainable.

Energetic and mediumistic perception are part of my work. For me, this does not mean turning every sensation into an external truth. What interests me much more is:

Can you perceive and still remain with yourself?

Psychological reflection, the body, nature, trance, creative processes and energetic work are not separate worlds here. They can be different ways of approaching what is moving within you.

Take from this journey what truly touches you. Leave what does not belong to you right now.



*There is not one single path back to yourself.
Perhaps yours begins right here.*

YOUR STARTING POINT

Where am I today?

Answer spontaneously. You will return here at the end of the journey.

If I were to describe my life right now in three words:

What is truly moving me at the moment?

Where do I easily lose myself right now - in a person, a task, an expectation or a worry?

Where do I feel like myself, alive and connected?

What do I long for in my relationships and in my life?

DAY 1

ARRIVING - BACK WITH MYSELF

Sometimes we only notice late that we have moved away from ourselves. We function, react, care for others, hope, wait or try to hold something together. In the process, our contact with what we ourselves actually feel and need can become quieter.

EXPERIENCE

Take a moment today without a task. Perhaps outside, perhaps in a familiar place. Let your attention move through your life as it is now: relationships, work, home, body, creativity, rest, future. Do not only observe your thoughts. Where does your body open? Where does it contract? Where does energy arise? Where does something withdraw?

YOUR QUESTION FOR TODAY

Where in my life am I truly with myself right now - and where do I leave myself?

IF YOU WANT TO GO FURTHER

What do I do to preserve connection even when it takes me away from myself?

What might I perceive differently today if I did not have to prove anything or hold on to anyone?

Coming back to yourself does not begin with changing everything. It begins with noticing yourself again.

DAY 2

PERCEIVING - BEFORE THE STORY BEGINS

Perhaps you know this: you enter a room and something changes. You meet someone and still feel something of the encounter later. Your body responds before you can explain why. Subtle perception can offer orientation - but it can also merge with fear, hope, memory and interpretation.

EXPERIENCE

Go somewhere today that draws you. Stay for a while without trying to have a special experience. Notice your body, breath, mood, images, thoughts and impulses. First write down only what you actually perceived. Only afterwards ask yourself what meaning you give it.

YOUR QUESTION FOR TODAY

What do I perceive before I begin to explain it?

IF YOU WANT TO GO FURTHER

Where do I trust my perception - and where do fear, desire or old experience become mixed into it?

What changes when I do not immediately have to know what a perception means?

You do not have to believe your perception blindly or make it smaller. You can learn to be in relationship with it.

DAY 3

IN RELATIONSHIP - WHAT HAPPENS TO ME?

Relationship touches us. It is meant to. The question is not how to become untouchable. The question is whether we can still perceive ourselves while another person matters deeply to us.

EXPERIENCE

Think of an encounter, relationship or situation that is strongly resonating in you right now. Feel into it for a moment. Then consciously return to yourself: stand up, move, breathe, take a few steps or go outside. Notice what remains when your attention is no longer directed only toward the other person.

YOUR QUESTION FOR TODAY

What happens to me in this relationship - and where do I begin to lose myself within it?

IF YOU WANT TO GO FURTHER

Where do you override your own truth so that a relationship, an idea or a construct in the outside world can continue to exist?

What boundary would not destroy connection, but make it more honest?

Boundaries are not the opposite of love. Having a foundation of your own can make it possible for closeness not to become self-loss.

DAY 4

BODY, ENERGY AND YOUR OWN FOUNDATION

For me, energetic work does not begin with a theory about what is happening outside of us. It begins with experience. Warmth. Pressure. Tingling. Restlessness. Spaciousness. Images. Breath. An inner yes or no. Sometimes something changes as soon as we stop trying to solve it immediately.

EXPERIENCE

Come into contact with your body for a few minutes. You can place a hand on your chest or abdomen, move, or simply sit quietly. Do not try to produce anything. Notice where you feel gathered within yourself and where your attention keeps being pulled outward. Then imagine that your attention is allowed to return to you - not against anyone else, but back to you.

YOUR QUESTION FOR TODAY

What does my own foundation feel like when I am not with another person, a worry or an expectation?

IF YOU WANT TO GO FURTHER

What helps me return to myself after intense encounters?

How do I notice, physically or energetically, that I am crossing my own boundary?

Being with yourself does not mean being less connected. Perhaps a different kind of connection begins exactly there.

DAY 5

MAKING THE INVISIBLE VISIBLE

Not everything that lives within us can immediately be put into words. That is why art belongs to this work for me. Colour, form, movement and material can make visible something that previously existed only as a sense, tension, longing or inner movement.

EXPERIENCE

For me, writing *Joy is Transformation* itself became a creative process of change. Later, painting became another language. I did not need to know beforehand where it would lead me. The expression itself moved something.

Take paper, colours, canvas, natural materials or movement. Do not begin with a beautiful motif. Begin with what is alive in you today. If your own foundation had a colour, what would it be? If your longing had a form, what would it be?

YOUR QUESTION FOR TODAY

What becomes visible when I stop trying to explain myself?

IF YOU WANT TO GO FURTHER

What surprises me about what has emerged?

What wants to find expression through me instead of continuing to circle only within me?

Some things do not change because we have finally understood them. Some things change because they were allowed to take form.

DAY 6

JOY IS TRANSFORMATION - BACK TO LOVE

Life moves. Relationships change. People come closer or move away. Ideas break apart. Something new emerges. *Joy is Transformation* grew from my own engagement with change and expression.

EXPERIENCE

If you would like, use the trance journey “Back to Love / Source of Love” today. Leave some silence afterwards. Do not immediately return to distraction. Notice what remains. Perhaps an image, a feeling, resistance, calm - or nothing remarkable at all. That, too, is experience.

YOUR QUESTION FOR TODAY

What does love mean to me when it is not holding on, rescuing or abandoning myself?

IF YOU WANT TO GO FURTHER

Where have I confused love with waiting, hoping, enduring or taking responsibility for the other person?

What could love with another person look like if both are allowed to stand on a foundation of their own?

Back to love does not mean: I need nobody. It means: I no longer leave myself in order to be loved.

BE A CREATOR



What do you want to bring into the world from your own foundation - and share with other people?

DAY 7

YOU ARE THE SPARK

Perhaps during these days you have discovered something about your perception. Perhaps about your boundaries. Perhaps about how quickly you can lose yourself in another person, an expectation or an old story. Perhaps something entirely different has become visible.

Look back through your pages. Pay less attention to the 'right' answers and more to the places where you pause. A sentence. A bodily response. An image. A longing. A boundary. Ask yourself: what here does not only want to be understood, but lived?

What do I now want to bring into my life and my relationships from my own foundation?

IF YOU WANT TO GO FURTHER

What do I no longer want to do in order to secure love or belonging?

How do I want to meet people if an us is allowed to emerge from I and you without I and you disappearing?

You are the spark. Not because you need nobody. Not because you can control everything. But because you can find a place within yourself again from which you perceive, choose, create and love.

What may continue to move?

Not every change needs a decision.

Some things change because we recognise something. Some because we give them expression. Some because we let something go. And some changes happen quietly - without our consciously directing them.

Perhaps in the coming days you will notice that something has become easier. That you respond differently. That you no longer need something. That a boundary feels more natural. Or that something in your life begins to rearrange itself.

You do not have to make anything out of it right now.

What feels different today than it did at the beginning of this journey?

What can I simply allow to continue working within me?

Notice what moves.

IF YOU WOULD LIKE TO GO DEEPER

Perhaps this journey has touched something you would like to explore further. Some things become easier to see when we have a space for them.

In my work, I bring together psychological perspectives with body and perception work, trance, nature, creative approaches and - where it is appropriate for the individual process - energetic and mediumistic work.

I am not interested in telling you who you are or what your path has to look like. I am interested in making visible, together with you, what is at work within you and in your relationships - so that you can distinguish your own perception more clearly and act from your own foundation.

1:1 SUPPORT

Online · Remote sessions · Lake Constance

Introductory conversation: 15 minutes

JOY IS TRANSFORMATION

My book continues many of the themes from which this journey also emerged: change, perception, inner movement, creativity and reconnection.

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Note: This workbook is intended for personal self-exploration and reflection. Energetic or mediumistic perceptions are treated here as subjective experiences. This workbook is not a substitute for medical, psychiatric or psychotherapeutic diagnosis or treatment.