




journey of belonging

remembering home.
where you are.
as you are.



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your body.

Part 1

explore, remember, connect



01

Preparing the ground

Dear you.

Thank you for being here! And welcome to this space. I'm feeling honoured and grateful to have you here, and to accompany you as one who is answering the call - the call to explore your ways of sinking back more deeply into your natural place of belonging and of truly being yourself: in, with and as your nature body.

Here at this point, you are standing at this threshold to our journey ahead, and to a new dedication of your deeper awareness of your precious life vehicle.

These practices and inquiries are not designed to be 'yet another self help program'. They are born from the fertile ground of many years of my own real life experience - from diving into the heart of the methods I've trained in, and living them. Exploring the edges and the limitations of those methods and through this exploration, becoming even more acutely aware of my own truth and sovereignty.

So - this journey is an invitation for you - to also come back to your own truth and sovereignty - regarding your body and your whole being. An invitation to let these words and audios be part of your life - as long and as much as they serve you.

Your body is a constant in this lifetime. Let's go deep into finding out about your right place with and within your body. In relationship to the world. And let's be open to discover unexpected things along the way ... maybe even - how much of what you're longing for, is already right here?

About the material and the structure

Most of the recordings and writings are born from the first month of the year long journey 'Coming home to the Fire'. This means that the material will speak to you in a very personal way ... as if you are sitting with all of us around the Fire. And you are so welcome! If you wish to be in connection with people who have also embarked on this journey, please get in touch with me and I'll support you with connecting.

- Four Chapters
- Audio Practices (**click here to listen**)
- A lot of precious questions to journal and to be with.
- Sharings and ponderings about the different topics.