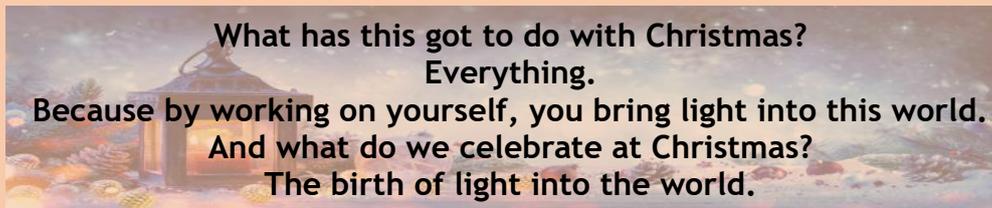


Dear patients, dear clients, dear seminar participants, dear friends,

At the end of this dynamic year 2023, I would like to thank you, because without participants there would be no seminars and without patients and clients there would be no practice. I am grateful that we are walking a part of the path together and I would like to encourage you above all to thank yourselves for doing something for yourselves, for not simply giving up like so many do, but for believing in the possibility of change, development and becoming whole and for working on yourselves. You are not only doing this for yourself, but for the whole organism we call humanity and probably for everything that goes beyond that, because literally everything is connected.



So every year we celebrate the solution to all problems, the beginning of the end of suffering in the world. And even if you are not religious or do not believe in a higher power, you cannot escape this fascination from the heart. The root of all religion lies in the human psyche, where else? Christmas, God, the Son of God, the Messiah are archetypal symbols that can also be found in the psyche of non-believers. The simple stone slab on the grave of Carl Jung, the founder of analytical psychology, in Küsnacht Dorf (Switzerland) bears the Latin inscription

«Vocatus atque non vocatus deus aderit».

This means: "Called upon or uncalled upon, God will be there".

This means that the higher power is always there, whether we are aware of it, whether we want to admit it or not. But it doesn't force itself on us, we have free will. So why not open the door now and let it into our lives? Or knock on the door so that it opens from the other side.

Psychotherapy and coaching have many colorful tools, exercises, strategies and ways of understanding to help us on our journey; many problems can be solved through calm reflection and courageous action. Information is important in order to clarify and correct errors and misunderstandings. But at some point, everyone comes to a door that can no longer be opened with the intellect alone. There we have to open our heart and include our gut, trust, believe and let the light slowly grow.

We may even have to demand it massively from this higher power: "Help me now, it is my birthright, I am your child." We will certainly have to do our part, the solution will not fall from the sky, it will cost us dedication, love and trust, "support and demand" is definitely a divine idea. We may be hopeless without the higher power, but the higher power is also helpless without us. So we are definitely not alone. Love, help, peace and healing are always just a heartfelt thought away.

**I wish you all a Merry Christmas and a contemplative,
peaceful new beginning in 2024 from the bottom of my heart!**

Yours

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