

About me:

I am passionate about having roots deep down in the earth, feeling the sun shining in my heart and being vast as the sky.

My vision and offering is "Being Grounded in Loving Presence".

I am eager to help anyone who wants to grow in Love and Presence.

In my work I combine Qi Gong, Meditation, Embodied Inquiry, Breathwork, Yoga, Vocal Sound Healing, and Presence Orientated Psychotherapy.

I offer 1 on 1 sessions, weekly drop in classes and retreats.

It is such a delight for me being in my heart, sharing what I love and seeing people coming home into their heart, into love, joy, and silence.

I hold an MSc. in Positive Psychology and Coaching Psychology, a degree in Non-Dual Therapy, and I am a Qi Gong and Yoga teacher.

My Story

When I was twenty years old my heart, speech, body, and mind were broken. I had a high degree vertebral sliding which caused huge pain. Therefore, my journey of becoming a professional freeride skier ended before it really started. At the same time my girlfriend left me. I had strong blockages in speaking for which I felt tremendous shame and experienced social anxiety. Taking drugs also did not help but made me feel guilty. This dark night of the soul lasted for about two years.

The turning Point

Then the very risky spinal operation went much better than expected. After the recovery I was eager to experience love, joy and freedom without destroying my self with extreme sports or taking drugs. This longing brought me on my search for healing, love and truth.

Connecting with Trees, opening my Heart

The inner journey started with immersing myself in a forest, connecting with the trees, letting my roots grow deep into the earth and opening my mind vast into the sky. Tears of joy flowed while being in resonance with myself and the environment while practicing loving kindness meditation. At the same time I studied psychology where I experienced social anxiety, blocks in speaking and strong fear of speaking in front of people.

A remarkable Meeting

Then, when I was 23 years old, I met Sumiran, a teacher of Zen and Qi Gong. In our first meeting I felt strong lightening in my heart. My mind became totally silent. Everything was shining. I saw myself in everything there were no boundaries. There was only love, peace and oneness. After that my social anxiety was gone. I felt free and at ease. This experience lasted for about two weeks, then slowly my fearful and shameful parts came back but I knew that deep inside myself I am this Peace, I am this Love.

The Love for Practice

After that first strong opening into pure loving presence, I was eager to explore ways to come home into my heart. I studied with great teachers from different traditions. I rejoiced practicing Qi gong and Meditation in the forest, being moved by the universe, in oneness with creation, feeling the sun shining in my heart.

The pain of not being able to share my Heart

After some time, connecting with loving presence, became easier and easier and the deep wish to share this beautiful experience arose. However, I was not able to step out into the world and share myself and those beautiful methods freely because a part of me was afraid of speech blockages and judgements.

The Pearl hidden in every Experience

This lead me on a quest to find my free voice and authentic expression. On that journey, I meet Nukunu, a true master of the direct approach and non dual therapy. The direct approach, means to find our essential nature in the core of every experience, even in the most painful ones. It means to totally accept ourselves as we are, to relax into our fear, sadness or grief, allowing it be as it is and sensing into its center. Finding pure loving presence in the midst of my fears, sadness and childhood traumas was tremendously freeing.

Meetings in the Heart of Presence

Another important aspect in finding my authentic expression is connecting from loving presence, meeting in the heart. Being in resonance with each other without any agenda, open to what is. In that shared space of loving awareness everything can show up and feels seen and heard. This spontaneous dance of shared presence often serves as a portal into pure being and oneness, and is also the heart of Presence oriented Psychotherapy.

Hope and Fear

Then my girlfriend Rocio which had cancer got severely ill. At that moment I was in India, so I traveled home as fast as I could, being tormented by fear that Rocio will die and hope that she will recover. When my plane landed in Munich, I received the message that I should come as fast as possible to the hospital because it was time to say goodbye. When I entered the hospital all my fear and pain fell

off me. I was pure love and could spent the last two hours holding Rocio in my arms, in a cocoon of love.

Love does not know Death

The pain in my heart after Rocios passing was immense. It was like knives piercing my heart. It felt like Rocio was carving her place to live into my heart. I found Rocio in my pain. Gently breathing in and out through the pain in my heart, being in oneness with the pain a channel opened up right through the pain and I fell deep into my heart, into the ever shining sun in my heart, into love and light. Love does not know death.

When the impossible becomes possible

Then, a few months after Rocios passing away, a miracle started to happen. The former so feared experience of facilitating groups became effortless and easy. I find myself being at ease, grounded in loving presence, facilitating classes and hosting retreats, sharing ways to get in deeper contact with ourselves, with the joy of being. It is such a delight for me being in my heart, sharing what I love and seeing people coming home into their heart, into love, joy, and silence.

Qualifications:

- MSc. Positive Psychology und Coaching Psychology at Universität of East London
- Non Dual Psychotherapy with Nukunu Larsen
- Soma Dao Professional Qi Gong Teacher with Dr. Michael Smith
- Power of Presence Coaching with John Prendergast, Thomas Hübel, Nicholas Janni and Jim Dethmer
- Vajra Yoga Teacher with Michele Loew, Robert Thurman, Richard Freeman und Mary Tailor
- Tsa Lung Yoga teacher with Lama Kunsang

Current Educations:

- Presence orientated Psychotherapy at Just Being Center Pune and Tata Institut for Social Science in Mumbai, in training and in Supervision.