

NEWSLETTER

DECEMBER 2025



Photo by RMA

Christmas is arriving swiftly - but this year it carries a different feeling.

Instead of getting ready for celebrations in London or flying out to Sweden, I find myself torn between the impending loss of my very special, beloved Auntie Traude in Austria - and Rudi and my excited anticipation to fly to our much loved nephew and nephew-in law Philipp and Max to LA for Christmas and for celebrations for New Year at Joshua Tree and even a one night treat in Palm Springs for Rudi and I to relax and set intentions for the New Year 2026.

2025 seemed so hard and filled with losses and global turmoil starting with the fires in LA and California and prompting us for deep re-evaluation of our priorities, for all of us.

Focusing back over the year during this last month of 2025 – I am in deep reflection, as I know many of you are.

When I couldn't get on my flight to Austria to be with my Aunt again, as I was faced with the intense and unexpected battle with a kidney stone, I could only go within and pray and learned to understand about the lesson of physical suffering and ailments, the teaching of surrender and about my deep love *towards* as well as *from* both generations.

The only feeling that helps us stay present and get through impending loss is heartfelt Gratitude.

As well as owning and stepping into our *Inter-generational role* consciously - *what we can offer, what we represent*, and in my personal case *what gifts of love, kindness, care and sense of belonging* that I received from my last relative of that generation, throughout my life.

Clarifying what *I want to put forward, ignited by my sense of gratitude* towards my aunt and hers to me, now radiating it towards my loved ones of the generations after me - and clearly feeling it from them to us, honouring it with the same sense of gratitude.

We need to *stay open, keep stepping into the flow of receiving and of giving*. Why? Because ***Love is the only guidance we can hold on to.***

By understanding how the constant of love we were given, has given us a clear sense of connectedness and alignment, understanding that we are given the privilege to do exactly the same for the ones, now at the age range we found ourselves in, once.

Nobody can tell us how to go through loss, how to grieve, but *by choosing not to shut down but step into love we understand the privilege of life.*

Hearing and witnessing how my Auntie is already chuckling away and feeling so safe feeling and seeing the love of her late husband, my dear Uncle Michi who passed away this April, the love from her brother, also from my Dad as well as her own Mother – makes us appreciate how we are not only welcomed but lovingly awaited! This gives me such peace within.

And makes me *step into Life even more determined to live life totally aware, and spread as much love and hope* as I can as well as that we truly have not only the permission but are urged to *believe in wonder, to follow our dreams and honour the gift of bonding connections and relationships* along the way.

I know with every fibre of my being, that ***LOVE IS EVERYTHING***, and choosing to be filled with it - *every Good-Bye as well as every Hello is a gift, a celebration and acknowledgement of the privilege of loving and being loved.*

I wish for all of you too, to feel gentle compassion with self, with life, with what life offers and challenges you with, and how your *sense of Gratitude truly offers emerging Hope* for yourself, as well as future relationships, endeavors and opportunities.

Grasp them with all your heart and *say YES to life*, here now, not wasting time, but *by BEING PRESENT* – even, as I am taught by my Auntie now,

when it is our time to transcend our life and existence, out of our physical body and merging with the light body of our essence.

I leave you with a quote Rudi gave me for my self-penned shortfilm Wisteria Cottage many years ago – that seems to sum it up perfectly.

*“To allow unconditional Love into your heart
means to understand what a gift it is
to be born into this world.” (R. Reinbacher)*

Wishing you a peaceful serene and happy Festive Season!
That we all can step into the New Year with an open heart and a loving YES to everything possible and offered to us.

I can't wait to touch down in LA and embrace the boys or men, in fact 😊
So, what are you looking forward to and are grateful for?!

With all my love to each of you,
Birgitta