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NEWSLETTER

SEPTEMBER 2024



Feeling once again as if in paradise at our sanctuary in Kefalonia, my senses are heightened, and my heart is open to reflect and allow the truth of all my feelings in.

My younger nephew and his husband both deeply loved by us, Rudi and I, were also on the island for four days and we kind of not only celebrated the beauty of life and all the reasons to laugh together, of course together with our special friends, the owners of this heavenly place, as well as wonderfully inspiring friends and co-guests here.

But we also understood that 'the grown boys' made a thoughtful effort to say Goodbye to us, post-celebrating Rudi's birthday, as they will move to Los Angeles in four and a half weeks and suddenly the distance will be much wider, longer hours and more costly flight tickets to quickly get together, like for my short-film screening for cast and crew that they helped to make possible at the Austrian Cultural Forum in London.

The pain of the farewell is of course mixed with excitement for their new chapter, brings up many memories of Rudi's, mine and our collective exciting past chapters and stops in life.

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However most of all it points out three things innately important in our lives.

1. The **courage** needed **to step into the unknown** and our bigger boots, so to speak.
2. The **trust that who and what we love we don't have to lose** even if living on different continents –

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3. The underlining **choice to continuously working on following our dreams** and on making them become a reality, whatever our age is.

It definitely highlighted also how quickly life passes – and that some of my/our dreams already existed for decades. It shows how much devotion to our own fulfillment we need to muster, to keep believing and to keep persevering.

That challenges need to be mastered, losses endured and confronted and again, doesn't it only show us our innermost strength, help from above and that love transcends also to a realm we weren't so sure of or couldn't relate to, when we were in our twenties or early thirties?

What also is most needed for living consciously and manifesting what we wish for is '**Clarity**'!

Clarity of our values, our wishes, our priorities and clarity within our relationships as well as our ventures, endeavours and projects.

The clearer I can **express my love and my appreciation of people, of places, of things I work towards in my life, the clearer my creativity mirrors my truth** and awareness, the more apparent inner growth colours my path; a path built of gratitude of all the above.

Therefore, **I become aware that I have free will, to make conscious choices that resemble my inner truth**, that I can choose to **allow my life to reflect my beliefs from within and not be defined by my inner fears nor conditions or happenings on the outside.**

I start to **treasure the LOVE in my life**; the love in my marriage, my friendships, my artistic relationships, my creative ones as well as my spiritual ones, all

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merging into one clarity... on how much I can allow them to grow, each single relationship, as such - **if I dare to belong and if I keep pouring love into everything!**

Lastly, I see and understand **the power of Intention – not only mine but I discover it everywhere**, presently especially at this place here in Kefalonia, made by the intention of the owners into this incredible Heaven on Earth!

Yes, with their loving intention, every detail of thoughtfulness, (including a daily breakfast basket served to one's studio every morning that respects the local businesses on the island as well as the wishes of all holidaying guests), their respect for beauty, harmony, as well as interest in people and generosity of the heart – they make a difference in every-Ones' lives.

And we can do JUST THE SAME by being willing to care, to love and to keep believing in our dreams.

With all my Love and in Gratitude,

Birgitta XX