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NEWSLETTER

SEPTEMBER 2026



The start of a new season always arrives with an air of fresh possibility, inspiring us to reconnect with our goals, our growth, and explore what's calling us forward.

But also allowing contemplation of what the last season was like, till now.

Contemplation is easy right now, as I am on holiday in Kefalonia and Rudi and I have our yearly week of bliss.

Lying under the stars doing nidra Yoga at night - makes it easy to feel gratitude, ease and grace...

And I realise we have a choice to create these sensations within, wherever we are or whatever is going on outside.

We are free to choose how we feel within and how we respond to life

And even though I had this sense of bliss within - somehow our body and of course our core essence is more honest than the mind - as I woke up two nights ago and couldn't sleep for two hours, worried, full of concerns and fear of the unpredictable....fearful of how deeply tired I am, a lack of energy, a niggling cough at night - so I realised, just being with myself is key.

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Not wishing it away but being fully and compassionately present with everything that is going on, in this moment, here and now!

And if I can take time and be present with myself, if I can be different in Kefalonia, I can be different or respond differently at home, too.

That feeling of being on vacation or on a plane seeing everything from a higher perspective, everything feeling and appearing more alive and special!

I realise that it isn't Greece or Kefalonia,

- even though having quality time a deux, bobbing in the sea, cooling off in the pool, watching sunsets, doing Yoga, gratefully receiving the care of the owners and friends, also vacationing here at the same time, the beautiful breakfast basket, served every morning, the movie or barbecue nights, the beautiful design, attentiveness, talks, exchanges, laughter is outstanding - that creates that lightness.

Letting go of 'always feeling responsible' for everything or feeling the burden of not making everything smooth for everyone else as well as experiencing 'Raw truth' presents itself to us anywhere, anytime if we have the presence to listen and the courage to be with it and oneself!

It is the permission I give myself while here.

**To see life with eyes and heart wide open,
in every moment of every day.**

**I believe, vacations not only take us
somewhere magical, they help us to see
what's always within us.**

So we learn 'The Art of being present'

We trust that our deepest intention is more than enough...and that deep self-care is priority anywhere we are! Not only in emergencies but on a conscious, daily basis.

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We're all sometimes tempted to believe we'd be happier somewhere else than here right now, in this present moment.

If work is busy, we imagine vacation will solve everything. If vacation gets as if our holiday gets strenuous or even busy, we start looking forward to our own familiar space and our routine of home again.

Neither one is better.

**It's about appreciating where we are, while we're there.
I realised it isn't about being in a different place...**

**It is about us pausing, breathing and feeling,
and it is because of this that we respond, interpret, that
*we are different!***

**It might be something we all need to be not only aware of but
what we daily can be working on,
the gift and grace of arriving and staying in the moment,
not battling with wounds or pains from the past,
nor worrying about the future,
but cherishing this very moment &
trusting the process that 'all will fall into place when the moment has arrived in the here and now'.**

Pure trust and acceptance being key!

All is good and right for this moment only our gratitude and response is openhearted and at peace with what is!

Last night I wanted to book a few film screenings but especially a screen talk as a birthday gift at the London Film Festival in October and everything I was

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interested in, as I chose not to become a BFI or Priority member, was SOLD OUT!

I refuse to walk the path of being entitled or privileged because we pay more memberships, or for having to download an app for everything to access it or pay streaming fees to watch anything we are interested in.... Especially AI offering left right and centre to phrase, express or soon even think for me, represents the same threat, destroying any impulsiveness, free creativity, inspiration, channeling or the simplicity of being! Even for this newsletter I had immediately option given which style I would like it to be rewritten or made concise?!!!!

To me, scary as hell!

I suggest, let's stop and trust that we will be provided with everything- if we just pause, find stillness, listen within and then act intuitively.

Let's free ourselves from opinions, others' or our own,
from being told how to be,
from an attitude of 'fake it till we make it'
or if it's not instagrammable how can it be worth
going to?

Instead, let's keep practicing or if need be,
'relearn' to explore, to wonder, to feel and to act on impulse, from within.

Zach Bush MD says it perfectly, in his new book "Biological Elegance".

"Trust - as there is a road back to a biological future!

from abstraction to embodiment,

from machine-logic to the living intelligence, we all already carry in our every cell!!

The future is biological and organic!

It is not waiting for an audience,

it is asking for participation!"

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With all my Love and heartfelt wishes to you

for the coming 🍁 autumn!

Let's keep believing in ourselves & who we really are!!!!

Birgitta 🙏❤️🙏