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MAGAZINE THOSE WHO CARE

Embrace change

Be with me

The only constant
is change

What are they worth?

The only constant is change!



Change is possible if we can open ourselves to the allure of the new
and want to accept the gift of the future.

Want is a very important word in our fast-moving times.

But most of the time we don't know what we want because we don't have time to find out.

We don't take the time to turn off our heads and listen inside ourselves.

But I can only recommend giving it a try. Whether with yoga, meditation or time out (alone) in nature. All these practices sooner or later bring us down to the point where the head stops thinking. Then there's room to just be. Then we also find an access to what we really want. In most cases, this is not what we think we want or what we are doing at the moment (e.g. professionally).

I once heard a friend saying, "Is it good what you are doing?" She offers coaching and wants to help people find access to their self. Then, when we know what we really want, we just have to start taking a step in that direction, then another, then another,.....!

Wanting will then become!

Finding yourself in the loneliness of nature!

I read a lot about Native American and was always fascinated by the rituals.

The indigenous peoples took a lot of time to find themselves, to develop and to find their own way.

One ritual is the vision quest, where one goes to a place in nature for 3-4 days to switch off the thoughts, to give the mind the space and to get answers. Fasting on the one hand detoxifies the body and supports the "shutting down" of the body.

"In vision quest, anything is possible!"

Harald Lory

I was so interested in it that I wanted to try it out. I was looking for an answer to the question: "What is my task, my destiny?"

I looked for a place in nature where I wanted to spend 2 ½ days with me, only water for food.

A good friend of mine warned me about this: "It's not safe. You need to take power bars and dextrose with you in case your body goes too far low!" I took his advice to be prepared for this eventuality.

At the beginning I was still very busy with my thoughts. "What am I doing here?" "It's cold." "When is something going to happen?"

I sat down under a tree in the early evening to finally get into silence. It took hours before my thoughts stopped asking or saying anything.

A fox complained that I was sitting in the middle of his hunting ground, but I wasn't afraid. I felt comfortable in my place.

I have to say that I am used to sitting in the forest at night. :)

That night I saw bright white butterflies in a white swirl, but I didn't know what this sign was supposed to tell me. I was just totally surprised and fascinated!

When I got home I read that the butterfly stands for change.

Today I know that was the beginning of my transformation process. I know that I have a task that I am now working on.

"Believe in the signs that are revealed!"

Harald Lory

**Take some
time out to be
completely
with yourself!**



All with me!

It's really hard to stay with yourself. We are mostly on the outside, because that's what we've learned. We always pay attention to what is happening around us, try to assess it. We classify things, evaluate them, see if they mean danger or threat. But what happens when I stay in the here and now, when I focus on myself?

How do you do that? Well, there are many possibilities: Silence, solitary walks, yoga or meditating, to name a few. Try it out, find your way to yourself.



Meditate
in nature

For me, meditation was never an option. I always associated it with esotericism and I never wanted to have anything to do with it. Today I know that meditating is nothing other than being completely with yourself.

I had been doing it unconsciously for many years without knowing it. I sat in the forest at my favourite place, often late into the night, and listened to nature. Today I know that I was meditating there without being aware of it. I just sat there for many hours. After a while, the sounds of the nearby motorway disappeared and it became quiet. Then my inner self began to communicate with me, through images or thoughts.



What are you worth?

The value of a thing is measured by its age and condition. Well, I am now 60 years old. What am I still worth?

First of all, the question arises whether for others or for me?

For others it depends on how they judge me, whether I am helpful to them or useful. I'm not saying that it doesn't matter, but I would urge you that it is much more important that you are very important to yourself and that you see yourself as valuable.

"You are the most important and valuable person in your life!"

Harald Lory





THOSE WHO CARE

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