



Core values

I believe that each of us is a part of a global collective, a part of the universe. We reside in the universe and the universe resides in us. We all have access to what Carl Jung called the collective unconscious, that part of your consciousness that participated in the shared awareness of all creation, that recognises your oneness with all beings and with nature.

We all have a given responsibility towards the earth and all living beings. We have a responsibility to becoming the best versions of ourselves, to living a meaningful life and to being in harmony with ourselves and this Earth that we have the privilege to inhabit.

My mission is to help people take that deep inner journey to discovering their true selves, deepening their sense of trust, self-compassion, empowerment, in essence to engage in profound self-reflection. As they excavate the many layers in and around themselves, they slowly peel away the “dead skin” the things that has held

them back, that has been like a thorn in their sides, that has blocked their energy field and dimmed their life force energy. My mission is to help them shed all the things that no longer serves them and find the alignment, balance, and inner joy that we all crave for.