

Silke Liederbach

Move On For.

The Space Between - A Guidebook

Foreword

This book is a first step. An excerpt from a larger work currently in progress – a work that explores the theme of transformation in a comprehensive and profound way.

The six chapters you find here form the core. They name what many people are currently experiencing – but struggle to make sense of: an inner state of emergency that doesn't feel like growth, but more like disintegration.

Transformation rarely begins with a conscious decision. It often starts with the sense that nothing works anymore: the body protests. Relationships dissolve. Meaning unravels. And life as you knew it feels foreign.

Many respond with self-doubt. With withdrawal. With attempts to restore old stability. But that no longer works. Because transformation is not a goal. It's not a concept. It is a state between two inner realities. The old no longer holds – and the new is not yet tangible.

This book offers initial orientation in precisely this in-between time. It is intentionally concise, so it can take effect immediately. So it remains readable – even when your mind is tired and your thoughts won't land. And it's written to be understood – even

without prior knowledge, without esotericism, without technical language.

It is a book in between – for a time in between. More books will follow. Deeper. More expansive. Structurally complete. But this book had to come now. Because so many people are currently in this state. And because they don't need someone to tell them what to do – but someone who names what they already feel.

If you recognize yourself in these lines, this book is for you. Not as a solution. But as a mirror. And as a confirmation that you're not crazy – but walking a path we all, sooner or later, must walk.

Table of Contents

Introduction.....	10
When you feel like a stranger in your own life.....	10
Part I.....	13
Chapter 1: What is happening to me?.....	14
Symptoms of the new time.....	14
Powerlessness, Fog, Exhaustion.....	17
A Feeling Like Dying – Without Leaving.....	21
Chapter 2: You are not alone – You are ahead.....	25
The Role of the Highly Sensitive.....	26
Why you feel earlier what is coming – and what is needed.....	27
You carry a knowing within you.....	30
Chapter 3: Between the worlds.....	33
Nothing works anymore - and that is not a mistake.....	33
The body becomes the compass.....	35
The emptiness is not empty.....	37
Part II.....	40
Chapter 4: What wants to be let go.....	42
Appearance and being.....	42
Relationships, Roles, and Securities.....	45
The pain of transformation is sacred.....	48
Chapter 5: What helps now.....	51
Mantras & Grounding.....	51
How to stay in the Now.....	55
Small impulses for big processes.....	59

Chapter 6: The new time begins within you.....	63
No way back - only forward for you.....	63
Afterword.....	68
About the author.....	69
Imprint.....	70

Introduction

When you feel like a stranger in your own life...

Maybe you're right in the middle of it. And it feels like you're losing yourself. You wake up in the morning, you've slept – and yet you don't feel rested. Your thoughts are there, but they don't land anymore. You're functioning somehow – but you no longer know what for. And the deeper you feel into yourself, the clearer it becomes: something inside you has already said goodbye. You just don't yet know what it is – or what wants to come next.

In my work with people – and in my own life – I encounter this experience more and more often. It feels like falling apart. Not dramatically from the outside, but quietly, inwardly, slowly. You still remember who you used to be. But you sense: that version of you no longer carries you.

And that's exactly what this book is about. This is not a guide with ten steps to self-discovery. Nor is it a spiritual crash course. What you're holding is a handbook for the in-between time. A companion for the moment when the old no longer holds – and the new hasn't yet emerged.

I'm not writing this book from a place of superiority – not as someone who already lives in the new time and perceives it more

each day through her gift as a channel. I write as a medium of transformation. As someone who hears and sees the future – but also lives in the here and now as a human being.

As someone who listens, senses, translates, and gives form to the whisper of the new time.

Now is the moment to change direction – no longer to fight against something, but to walk for something. For your body, which is speaking to you.

For your truth – even when it’s uncomfortable for you or your surroundings. For what wants to be born through you.

To go forward for something means to let yourself be guided and aligned – toward what truly resonates with you. It is a quiet act of surrender, which holds far more strength than the loudest resistance.

This handbook is an invitation back to your origin: With your body, which has long been sending signals. With your inner wisdom, which can no longer be silenced. With a truth that has less to do with the path of enlightenment – and more to do with radical honesty, which in its clarity comes close to it.

You won’t find patent solutions here – but maybe you’ll find words that meet you in what you’ve only felt so far. Maybe you’ll recognize yourself in symptoms that others interpret as

weakness – and begin to understand that you’re not ill, but that something inside you is reorganizing itself.

This book is like a compass – not pointing to a goal, but to a direction that arises from within you. It does not want to change you. It wants to help you remember yourself.

You will find no rules here – but impulses, confirmations, and truths you may have carried inside you for a long time. And maybe, as you read, you’ll begin to feel: You are not broken. You are not alone. You are in transformation.

And this handbook is for you. For this path. For this time. For what wants to unfold through you.

Part I

The Call Inward

Chapter 1: What is happening to me?

Symptoms of the new time

Maybe you've tried to explain it logically. The fatigue that never goes away. The diffuse feeling in your body that feels neither sick nor healthy – just... empty. Your thoughts are there, but they no longer help. They circle endlessly, with no aim, no arrival. You still function, outwardly. But inside, it feels like something is dissolving. As if what once carried you is no longer there.

And maybe you're beginning to doubt. Yourself. Your path. Your mind. Because no one ever told you that it could feel like this – as if out of nowhere, or simply because a new time is beginning. That transformation doesn't look like a fresh start at first, but rather like the end of everything.

In the old energy, it was different. You were given a challenge, a theme, maybe even a crisis. You went through it, understood, changed – and then came that moment: That bright, clear feeling of “I made it.” The world felt new – for a moment.

But now, in the new energy, even taking a breath feels strange. No sooner have you explored one issue than the next one arises. There are no more breaks. No phases of rest between processes. Everything comes at once, woven together – and you lose your sense of beginning and end.

I call this: symptoms of the new time. They are not failures of your body. Not weaknesses of your mind. They are not signs of personal collapse. They are your whole system's response to a frequency that has changed at its core. The old energy – with its clear structures, linear logic, and performance ideals – no longer carries you.

And the new energy? Yes, it is here. But not yet tangible. Not yet stable enough to truly hold you. So you hover – in the in-between. And that is where the fracture begins. The moment your body stops cooperating. Stops compensating. The old ways don't work anymore – because inwardly, you are already somewhere else. And maybe that's why it feels so unsettling. As if you're falling apart. But you are not falling apart. You are falling out of the old.

“Your body is not ill – it is overwhelmed by what no longer matches your truth.”

In this in-between time, many people experience symptoms that can't easily be named: Chronic exhaustion. Sleep disturbances. Hypersensitivity to noise, light, touch. Physical pain without identifiable cause. The nervous system feels overstimulated. The digestive system reacts as if it's speaking another language. Emotions you thought were long processed come back with

immense force. And in the midst of it all, you ask yourself:
What is happening to me?

It's no longer just your nervous system. It's your cellular level. It's the information within you that is reorienting itself.

I cannot offer you a medical answer – nor would I try to replace any diagnosis. But I can tell you what I see, what I feel, what I have lived myself: It's as if your whole being is being rewritten. Not because you've done something wrong – but because you are ready to live something new.

This new time – and by that, I mean the frequency in which we are now called to exist – requires different bodies. Different rhythms. Different truths. Nothing less than full authenticity.

And everything within you that still resonates with the old is now surfacing. Not to punish you – but to free you.

Maybe this is the moment when you begin to see your body not as an enemy, but as an ally. As one who is not working against you – but for you. Even if its signals are loud. Even if they unsettle you. Even if you don't know what they mean.

What if the trembling, the fatigue, the restlessness are not symptoms meant to stop you – but impulses to remind you? To

remind you that you feel. That you are alive. That something wants to be born through you. It is no longer about controlling your symptoms. It is about surrendering to what is speaking to you through them.

So if you feel like a stranger in your own life, if you feel like you no longer fit, not in your environment, not in your work, not even in your body, then you are not alone. You are not lost. You are on the path. Maybe ahead of others. Maybe with more questions than answers. But you are walking. And that is why so much is showing up for you now.

This chapter is not here to give you solutions. It is here to give you space. Space for your experience. For your uncertainty. For your fatigue. It is a mirror for what can no longer be named – but is already deeply in motion within you.

The symptoms of the in-between time are not signs of weakness. They are messages. They are invitations to look more closely. And maybe – to let go. Because what is shaking you right now is nothing less than your own awakening.

Powerlessness, Fog, Exhaustion

It often begins subtly. You wake up, you've slept – maybe even for a long time – but your body feels heavy, as if it hasn't gathered a single spark of energy overnight. Your head is full, but

without direction. Thoughts drift by like mist – they're there, yet they lead you nowhere. And your day continues almost automatically. You function. But something in you no longer wants to play along.

Maybe at first, you ignored it. It's just tiredness. A bit of overwhelm. A packed schedule. But at some point, you notice – it goes deeper. Even small decisions become difficult. You're irritable, sensitive, close to tears – without any visible reason.

You withdraw – not out of disinterest, but because your whole system is crying out for stillness. For retreat. For nothingness.

I know: This isn't a regression. It's also not depression, nor a diagnosis – it's a phase of transformation that so many go through, without knowing what's happening to them. A kind of in-between state. No forward. No back. No orientation. Only this deep sense of fog – in your mind, in your heart, in your body. These symptoms are not constant – and sometimes they seem to vanish almost completely.

The energy we live in now is not gentle and linear. It doesn't come through meditation and light work alone. It comes through life itself. And sometimes, it breaks in with such force that nothing functions the way you're used to. Your body is recalibrating. It senses something your mind cannot yet grasp. And because you don't understand it – powerlessness begins.

The fog is not a mistake. It is protection – and it asks us to listen to our intuition, not our thoughts. In a world that teaches us to be constantly present, fast, and efficient, the fog seems like a flaw. But maybe it's exactly the opposite.

Maybe it's a kind of cocoon. A phase in which your soul calls you back. In which your system pulls you out of the noise – not to block you, but to prepare you. To slow you down.

Lack of meaning is one of the strongest symptoms of this time. Not as a sign of weakness, but as an indication that you can no longer continue with the old ways. That your former strategies – control, understanding, planning – no longer work. And yes, that's painful. But it is also healing. Because it is in that realization that the new begins. Not because you fight for it – but because life gently – or sometimes radically – takes away everything that once gave you a sense of security.

In the old time, people may have asked you: What's wrong with you? Why are you so sensitive? Why can't you just cope? But the new time doesn't ask for performance – it asks for truth and authenticity.

And sometimes, the realization that you no longer know anything is the only thing that's still honest.

Many people in this phase say: *“I don't recognize myself anymore.”* It feels like something inside you is pulling away –

like you're just a shell dragging itself through the day. It's as if you're alive, but no longer connected to what truly makes you *you*. The fog in your head is not just fatigue. It is a transitional state. A sign that your system is adjusting to something your mind doesn't yet know – but your body already feels. This is not psychological failure. It is a deep inner recalibration. The soul sometimes retreats so the ego can fall silent. And sometimes it takes that moment of emptiness for you to feel again what truly resonates with you.

So that you can fall out of functioning into something more real. So if you're currently in this in-between –where nothing seems to grip, where every movement feels heavy, and your system is at its limit – then pause.

Not to pull yourself together. But to listen. What is it that truly wants to change? Exhaustion is not weakness. It is an invitation. Your body is calling you back. Out of the rush. Out of the performing. Out of the “*I have to...*” And into a completely different space – one where you're allowed to realign. Slowly. Genuinely. Without a mask. Without a goal. Maybe you're not exhausted because you failed. Maybe you're exhausted because you're no longer working against yourself. And that is radical.

Maybe, for the first time, you're feeling what your being truly longs for – beyond expectations, to-do lists, and roles. Maybe you're beginning to feel – for *you*. For your path. For what

makes you who you are. It's okay if you can't today. It's okay if you feel powerless. It's okay if everything feels like too much. You have not failed. You are in transformation. And this transformation doesn't begin with answers – it begins with the courage to simply be here.

A Feeling Like Dying – Without Leaving

There are moments when you don't know what's up or down. You wake up and no longer recognize your own life. The faces are the same, the rooms too, but something in you feels as if it has been torn out – ripped from the world that once felt familiar. It's as if something in you is dying, but your body keeps breathing. A death that isn't physical, but an inner, deep, quiet fading of everything you once were.

Many people are currently experiencing this inner death process, but they don't dare to name it. Because no one ever told them that this, exactly this, is part of the path. In transformation, this state is not a mistake – it is a sacred in-between space. It is the moment when the soul begins to dissolve old constructs. Old roles, old stories, old beliefs that you've carried for so long they felt like *you*. But now, you're beginning to notice: They never

were. And as they fall away, something breaks. And what remains, is emptiness. This emptiness can be frightening. Because we've learned to fill it. With thoughts, with action, with

goals, with certainty. But the emptiness demands something else: That you stay. That you breathe. That you do nothing. That you endure what cannot be explained. Because within this emptiness, the old dies. And the new – it does not show itself right away. The emptiness is not empty. It is highly intelligent. It is the space where your true essence reassembles.

Sometimes, it feels like losing control – but in truth, it is a process of opening. Nothing is graspable anymore, but everything is moving. It is like an inner vacuum that prepares you – not for what you want, but for what truly calls you.

I know this state. Many do. And still, each time it feels like a deeply personal collapse. Your body may still function, but you are no longer fully here. Your mind tries to grasp what is happening – but there are no words. No answers. Only the feeling that something is ending – something you didn't consciously choose to end. One layer after another falls away. Until you stand there, naked. Soulfully. Emotionally. Energetically. Simply *you*.

In this phase, no to-do list helps. No striving. No positive thinking. Only being helps.

ACCEPTANCE is the magic key.

Softening. Surrendering. Even when it hurts. Even when you feel like you're falling apart. Because you're not falling apart, you are being unfolded. Your innermost being is becoming visible. And yes – that can hurt. It can feel lonely. It can bring you to the edge. But it also brings you back to yourself.

It is not a retreat – it is a coming home. You are not truly dying – only what you never were is. Something is dying *for* you, something that once protected you in a time that served appearances more than authenticity. What is dissolving is not your worth.

It is the shell. The old identity. The protective layer that carried you through a time when you couldn't have survived otherwise. But now, something else is allowed to breathe.

If you feel like you're dying, then it's not your life that's dying. It's only what has held you back from truly living. What's dying is the part that made itself small. That functioned. That adapted. That survived – instead of having lived. And this dying does not happen against you. It happens *for* what you truly are.

For your aliveness. For your truth. For the part in you that is no longer willing to compromise.

This inner *un-clothing* is a sacred process. And you don't have to rush it. You just have to let it move through you. In your time.

In your truth. Without a mask. Without judgment. You are not wrong for not being strong right now. You are real. And sometimes, being real is the bravest thing we can do.

You are not being remade. You are you are returning to *who you truly are*. Stay. Stay with yourself. Even when you don't recognize yourself. Even when you don't know who you are without everything that's falling. What remains, when all that is old dies – is what is truly you.

Chapter 2: You are not alone – You are ahead

Maybe you sometimes wonder if you're going crazy. Whether you're the only one who feels so much, so deeply, who hits their limits so often, even though on the outside, "nothing's wrong." You sense moods that no one speaks out loud. You react far more sensitively to spaces, sounds, people – with a subtlety that even you can't always understand. And eventually, you begin to doubt. Whether something is wrong with you. Whether you're too sensitive. Too emotional. Too unstable. Whether something happened recently that triggered this state.

But what if it's not that at all? What if you're simply earlier than most people?

What you're feeling isn't just yours. It belongs to this time. To the frequency. To the movement in the field. And yes, sometimes that feels lonely. Because when you feel the new before it becomes visible in the outer world – you can feel out of place. Too fast. Too soft for this world.

But what if that is your gift? What if your sensitivity is not a flaw – but an agreement your soul made? What if you feel earlier because you are meant to see earlier? Not for yourself alone – but for others. Because you carry something in you that goes ahead of time...

The Role of the Highly Sensitive

High sensitivity is not a weakness. It's a way of receiving. You hear what others can't perceive yet. You sense tensions long before they surface. You detect fractures in systems while others are still patching the surface. That is not a disturbance – it is foresight. An intuitive intelligence that does not think linearly – but vibrates. In this time of transformation, the world needs precisely these people: The quiet seers. The intuitive feelers. Those who hold space with their

presence long before others even realize that something is changing. You are not alone. You're simply at the edge. At the threshold. Where the new begins – and the old hasn't fully let go yet.

Highly sensitive people are often the first to sense and the last to be understood. And yes, that can be lonely. It can make you doubt yourself. But it doesn't mean you're wrong. It means you feel ahead. For yourself. For others. For what's to come. And yes – that's a solitary place. Because many don't understand it. Because it has no name. No map. And yet this is exactly the place where transformation begins. Not through strategy. Not through concepts. But through perception. Through heart. Through presence.

I want to remind you: You are not wrong for functioning differently. You are not too sensitive. You are receptive. You are not too slow. You are permeable. You are not too emotional. You are in connection.

Your task was never to fit in. Your task is to embody change, even when it's not yet understood.

You don't walk the path of the masses – You walk the path in your own, unique and often unconventional way. You carry a frequency within you that others will only reach later. And that's exactly why you're here: To hold a field of remembrance. Not through explanation. But through being. Your nervous system is finer. Your senses are wider. Your inner being is connected to something that can't be measured but is always present. Trust that. Even when the path feels lonely. You are not alone. You are ahead.

Why you feel earlier what is coming – and what is needed

1. Your perception is not a coincidence

It is not a coincidence that you feel the changes earlier than others. That restlessness grabs hold of you – even though on the outside everything still seems the same. That your body rebels long before anything visibly shifts in your life. You are not a

sensor for drama. You are a receiver of frequencies. Your inner being doesn't listen to words – it listens to vibration.

In a world where most people react to external stimuli, you feel fields. While others remain stuck in logic, you've already begun to feel what's moving. It's as if you're sensing the future with your nervous system – not with your mind, but with something much deeper. An inner knowing that wasn't learned – but remembered. Your body receives before you understand. You are often steps ahead of your own development – not out of pride, but because your system is responding to what is already energetically present.

2. You are being prepared – not overwhelmed

Sometimes it feels like too much. But in truth, it is an early arrival. Restlessness, insomnia, tightness – these are not mistakes. Your system is reorienting itself before you even know why. That is not weakness. It is a sign of connection. You are becoming permeable, because something wants to move through you into the world. Not as a concept. But as a posture. As resonance. As a quiet impulse that prepares something which will only become visible in the outer world later.

So if you feel overwhelmed because you seem to perceive “too much,” feel “too early,” react “too intensely,” then remember this: Your perception is not noise. It is an invitation. The new

time does not communicate through language. It speaks through energy. And you understand it. Even when you can't always

interpret it. It's like an inner early-warning system but not for danger. For what is now ready to be born.

3. Your perception serves the field

You sense what is coming earlier because you are holding the space for others who are not yet ready. Because the frequency already lives in you that now wants to unfold collectively. Not everyone is made to go first. But if you feel this pull, then you carry something that remembers. Something that silently clears the way – not through knowledge, but through perception. That isn't easy. But it's meaningful. You are not here to function. You are here to live as an example of what becomes possible when we begin to act from feeling.

You translate the future into presence. And you do not sense randomly what is coming – you prepare the space for it. You are a resonance body for the new. And even if you often don't know how to hold all of this, it is no coincidence that you feel it.

You are not too early. You are the opening.

You are not too sensitive. You are connected.

You are not alone. You are the beginning.

You carry a knowing within you

Sometimes you say something – and others look at you as if you were from another world. And maybe, in a way, you are. Not because you are strange, but because you remember. Something that many have long forgotten. Values. Truths only the soul knows. An inner knowing that doesn't come from books. But from a depth where your being was once touched – long before you learned to adapt. This knowing isn't new. It's older than any story you've ever told yourself. It's like a spark that never went out – only buried, covered, silenced. Now it begins to shimmer again. Not at the press of a button.

But through frequency. Through the quality of time. Through the willingness to empty yourself – and to listen.

I speak with people who no longer trust their own intuition. Because it can't be measured, can't be explained logically, can't be planned. But it has always been there. Maybe you've felt when something in your life was about to tip – before it did. Maybe you knew a friendship was dissolving, long before it was spoken out loud. Maybe you worked in a job for years and then one morning there was this feeling: It's over. Even if nothing on the outside pointed to it.

This inner knowing – this wisdom – isn't loud. It doesn't need proof. It reveals itself in the spaces in between, in quiet moments, in the body, in the heart, in a glance. And it first shows itself to those who walk the world with great sensitivity. Highly sensitive people perceive frequencies that lie below the threshold of what can be seen. They sense vibrations long before they materialize. That's why their perception is often faster than the reality that has yet to take form. Your body remembers – before your mind knows. And often you first feel the new not in enthusiasm, but in exhaustion.

But instead of honoring this gift, many doubt it - and doubt themselves. Because they're used to justifying. Their depth. Their tears. Their fatigue with no clear cause. Their clarity that arrives too early for others. But it's not about others understanding you. It's about you believing yourself. It's about you trusting yourself – even when the outside doesn't reflect you.

If you recognize this, then read these lines as a reminder: Your knowing is true. Even if it has no words. Even if it doesn't show itself right away. Even if others don't understand you. You carry an inner compass that doesn't deceive – even when the path it shows you isn't always easy.

In this time, when so much is shifting, this knowing is more needed than ever: Not what's explainable, but what's perceptible. What gives orientation when

everything else breaks. You're not here to justify yourself. You're here to embody what you've long remembered. Not for yourself alone – but *for* what now wants to come into life through you.

In this in-between time, this knowing is needed. It's no coincidence that you feel what's coming. You are not here to hide. You are here to walk ahead of change – not because you are better, but because you are ready. And because you can remember what now wants to move into the field through you.

Chapter 3: Between the worlds

Nothing works anymore - and that is not a mistake

There are these moments when your whole system suddenly comes to a standstill. Not because you choose to take a break but because something inside you refuses to move any further. You wake up and feel it instantly: today, nothing works. No impulse, no motivation, no access to what seemed so self-evident yesterday. Your body feels heavy, as if another time quality had passed through you overnight. Thoughts drift like fog, unable to anchor into anything clear. Everything you try feels like running into a wall. And right in that moment, the old story begins to whisper in your mind: That you've failed, that you're not strong enough, that you need to pull yourself together.

But this state is not a sign of weakness – it is the first awakening. This “nothing works anymore” is your system's response to a world that no longer fits. Your body speaks a language you've ignored for too long and is now saying: Not like this. Not anymore.

You're not broken. You are between the worlds. Between the old, which no longer carries you and the new, which hasn't yet taken shape. And your system is not turning against you – it's refusing *for* you. It protects your truth. It stops you – because you cannot keep going like this.

I've witnessed this countless times: people reaching this exact point, where seemingly nothing works anymore. No structure. No clarity. No strategy. And each time, when I really listened to them, it was clear: This is not the end. It's the beginning of a deeper truth. Because in the new energy, it is no longer possible to live over your own feeling. You can no longer function against your inner truth.

This stopping – this “I-can't-go-on-anymore” – is not a failure. It's a form of deceleration and return. A return to yourself. Your nervous system calls you back to presence. Your soul pulls you out of the game of old roles, out of the autopilot of “I just have to keep going!” It feels frightening not to be able to control anything. It feels like *loss of control* – because that's what you were taught. But this very loss of control is often the only way back into connection – with your inner compass, with what truly matters now.

You are allowed to lose yourself in this in-between in order to remember yourself. This pause is not weakness. It is a real-time realignment. Not against your path but for what you truly are.

Sometimes the way into the new time does not begin with a grand calling, but with the quiet collapse of the inner voice that used to drive you. And the most healing thing you can do now is: not to fight. Not to function. But to listen. What wants to be

seen when you stop covering everything up? What is arising when you no longer distract yourself from your inner truth?

It takes courage to endure such a standstill. It takes trust that behind this stillness there is not death but a new aliveness that doesn't yet have a name. If nothing is working right now, it doesn't mean you are lost. It means you are on your way back home. And maybe not just home to yourself but to something greater that is already reaching toward you even though you can't grasp it yet.

The body becomes the compass

Maybe you felt it in your body first. An exhaustion that doesn't pass, even with sleep. An inner restlessness that you can't quite name.

Maybe it's a pressure in your chest. A trembling in your limbs. A pulling in your joints – not ill, but also not well. Your doctor says you're perfectly fine. And yet you feel as if something inside you is falling apart.

In the old time, the body was often overlooked. It was expected to function. To serve. To perform. Symptoms were to be eliminated – as quickly and efficiently as possible. We were conditioned to only pay attention to the body when it got loud. But in the new energy, it speaks from the very beginning. It is

the first organ that senses the shift. Not your mind. Not your will. Your body.

I have learned to listen to its whisper before it has to scream. Because the body carries information that your mind often cannot grasp. It stores memories. Emotions. Patterns – passed down over generations. And when suddenly your muscles no longer respond as they used to, when you feel dizzy, nauseous, overwhelmed, when you're so tired you can't even think – then this is not a personal failure. It is the expression of a collective detox.

The body becomes a mirror of everything that is no longer in harmony. It shows you where you've abandoned yourself. Where you are living against yourself. Where you are holding on to something that has long since let go of you. And sometimes its message is radical: It stops you because otherwise you would not stop. It pulls you out – of the speed, out of the functioning, out of the self-denial.

In this time of transformation, your body becomes your clearest teacher.

Not always gentle – but always true. It will ask you to be different with yourself. It will demand that you slow down. That you become more attentive. Softer. More honest. You might feel how old layers of protection begin to dissolve – and with them emotions will rise that you haven't allowed yourself

to feel in a long time. Shame. Sadness. Anger. Loneliness. And yes – that, too, is part of the path.

It takes courage – not just to hear your body, but to trust it. To stop seeing it as an enemy and to begin seeing it as a source of wisdom. Because your body is always in the now. It doesn't lie. And it can no longer carry what you no longer are. And if you feel like your body is letting you down – then **pause**.

It is not abandoning you – it is finally leading you back. Back to yourself. Back to your truth. Back into your timing. Back into your rhythm. Trust it. Even if you haven't listened for a long time. It still knows the way.

The emptiness is not empty

When you begin to truly listen to your body – not just to its symptoms, but to its deeper knowing – at some point it will lead you, quietly and unmistakably, into a space that you can neither escape nor fully grasp: the space of emptiness.

It is a state beyond functioning. Beyond orientation. Nothing works anymore. None of your usual strategies hold. No thought, no routine, no inner mantra can stabilize you. And even the thoughts that used to carry you through your days begin to fade – like voices that suddenly lost their meaning. This emptiness is not loud. It doesn't shout. It whispers. And it is

simply there – like a dense space behind a closed door. I know it. I have stood very close to it – through diagnoses, strokes of fate, and ultimately through the depths of transformation. And every time, it tested me. Not to find out if I was wrong – but to see if I was ready to meet something deeper, something higher.

This emptiness is not a mistake. It is not a sign of failure. It is the space between two frequencies – between the old that no longer carries you and the new that is not yet tangible.

You cannot speed it up. You cannot fill it with knowledge. Not with new plans, not with spiritual techniques. It escapes every concept. Every form of control. It demands your entire presence – even if you don't know what for. And it seems to give you nothing in return. No comfort. No vision. Just yourself. In your most radical form.

The longer you remain in it – without running away, without interpreting it – the more something in you begins to reorganize. Not as understanding, but as a kind of remembering. Very quietly, almost physically. Like a new frequency that moves through you and touches something unnamed.

This emptiness is not empty. It is full of truth and clarity. It is filled with a knowing that cannot be expressed in words – and yet deeply trusts your being. Within it, the old masks dissolve.

The roles you played. The beliefs you identified with. Not because you discard them – but because they can no longer hold you. It is not the vacuum before the new beginning. It is the beginning itself.

So if you feel like you don't want anything, don't feel anything, can't do anything – don't judge yourself. Stay with yourself. Not because you must, but because you can. Because when you stay, when you endure the not-knowing, the not-functioning, something in you begins to remember. Something deeper than anything you've known. Maybe it's the very first time you see yourself – without armor, without role, without expectation. Not as someone. Simply as you.

The emptiness is not empty. It is laced with truth. And it is waiting for you.

Part II

**The Path through
Transformation**

Maybe while reading the first part of this book, you already sensed that it's not about finding answers – but about remembering. About what you've long known. About what is calling you. In this second part, it's no longer about understanding – but about walking. About steps. About experiences. About letting go – not as a concept, but as movement. Because transformation doesn't happen in thinking. It happens in life. In small, honest moments. In the decisions you make, even when you're afraid. In the courage it takes to turn toward your truth again and again, even when it feels uncomfortable.

This section invites you to look deeper. What is still holding you back? What are you clinging to, even though it no longer nourishes you? What is appearance – and what is being? It is an invitation to radical honesty. Not to judge yourself. But to free yourself. It's not about becoming perfect – but about becoming real.

And sometimes that begins with a farewell. Not from others – but from the image you once had of yourself.

Chapter 4: What wants to be let go

Appearance and being

There is a place within you where the truth begins to pulse. Quiet at first, barely audible, like a soft resistance beneath your skin. You feel a restlessness, a recurring whisper: *"Something isn't right."* Again and again, you ask yourself: Why am I doing all this, really? Your life goes on. Everything on the outside appears fine. And yet it feels as if something inside is drifting away. As if you are losing yourself – in a function, in a role others know you by.

Nervousness becomes your baseline and finds no visible cause.

The appearance – that's what you've learned to be. The way we are supposed to be, the way we're supposed to belong. The image that functions. The words that don't disturb. The smile that protects. It's the silhouette of an "I" that once shielded you – from rejection, from pressure, from loneliness.

And it was good that it was there.

It carried you through many years.

But now, Being calls you.

And it doesn't call gently. It calls into every cell, into every tear, into every moment where you can no longer pretend. Where your nervous system no longer goes along. Where you can't

sleep, can't think, can't function – without feeling like something is missing. And this *something* isn't a thing, a goal, a person. It's your deepest essence that is calling out. The unfiltered, unnegotiable truth of who you really are.

I know this moment. I know it from my own path. I've seen myself in it, again and again, when the shell started to crack. It begins with a diffuse feeling – as if the life you're living no longer fits. Not because it's wrong. But because you have outgrown it. You realize: What you've defended no longer protects you. What you've held onto – you must now let go. What you've built your identity around perhaps didn't come from your essence at all – but from survival. From roles, expectations, patterns, beliefs, certainties that once carried you – but now cover your aliveness.

In the old world, it felt safer to hide. To stay visible, to be seen – with feeling, with vulnerability, with inner knowing – was dangerous. That's how we were shaped. Be adjusted, be clever, be strong, be quick, be efficient. But now: A new ethic is entering with the new frequency. And it doesn't ask what you can perform. It asks who you really are. It asks what you live. What you say. What you embody.

And that is why transformation feels so radical.

Because letting go doesn't mean losing something. It means no longer looking away from the truth. It means looking yourself in the face – without the mask. It means asking yourself: Who am I, really, when no one's watching? Who am I if I'm not enough? If I don't please anyone? If I just am?

Sometimes these questions arise in outer crisis. A job that no longer works. A relationship that breaks. An illness that forces you to slow down. And suddenly, everything you held onto collapses. But that's not failure. It is the space in which truth can grow.

Maybe you've numbed yourself – with work, with spiritual concepts, with constant improvement. Maybe you've reinvented yourself over and over, without really arriving at yourself. And maybe you were even successful doing so. But deep inside, you knew: Something is missing. The one thing that becomes silent, that makes you soft, that connects you – with yourself.

The path to Being is not a sprint. It is an undressing. A remembering. A letting go of everything that never truly belonged to you. And yes, it hurts to say goodbye – not only to the images others had of you. But also to the ones you had of yourself. Because this pain is sacred. Because it doesn't destroy you – it liberates you.

Your Being doesn't have to be perfect. It is wild. It is soft. It is essential. And it is ready to be lived by you – when you are ready to thank the mask and let it go.

You are not here to be liked. You are here to live – with everything you are, with everything that is both shadow and light.

Relationships, Roles, and Securities

Sometimes letting go doesn't begin with a clear decision, but with an irritation. A conversation that no longer resonates. An encounter that feels empty. A familiar place that suddenly feels strange. You look at the life you've built – at the relationships you lead, the roles you assume, the securities you've oriented yourself by – and you feel it: something no longer fits. Not because it's wrong. But because you've changed.

Many of us have spent years building a system that works. We know how we must be for harmony to prevail. We know our roles – in family, in work, in friendships. We've learned to adjust, to avoid, to maintain. But what if that very holding is what's been keeping you small – and no longer carries your inner “yes”? What if what once felt right now feels like a tight skin? The path of transformation asks just that: What are you carrying? What are you holding on to that no longer reflects who you truly are?

Relationships can be safe harbors. But also quiet prisons, in which your being has no space to breathe. And that's not a reproach – it's an invitation to take a closer look. Because you helped build what constrains you. You made yourself small to be loved. You adjusted yourself, not to offend. You held back to maintain harmony. And with that, you unconsciously dimmed the frequency of your own truth again and again.

But in this new time, that no longer carries you.

The frequency of life is changing. And as it changes, so do its resonances. Some connections dissolve by themselves. Not because you failed – but because your frequency has shifted. That can be painful. Especially when it affects people who once felt right. But sometimes, letting go of an old “we” is the only way to live a new life.

Roles may also fall away. The daughter, the partner, the mother, the friend, the strong one, the reliable one. Who are you beyond these roles? Who are you when no one expects anything from you? When you no longer have to prove yourself to anyone? When you are enough for yourself? What remains when you no longer define yourself by your function? What shows itself when you step out of the game of projections? And what is left of your securities?

Maybe your life has so far been shaped by outer cornerstones: job, money, status, planning. But in transformation, those very securities begin to crack. Not to punish you – but to remind you. True safety does not arise from the outside. It grows with trust in yourself. To the extent that you are ready to encounter uncertainty without fleeing. Because real security isn't called control. And it isn't a concept. Trust is an inner state of connection.

I know, it sounds paradoxical. But sometimes the safest step is the one that feels the most uncertain. Because it brings you back – into your own truth. Because you begin to let go not of expectations and images, but of your inner guidance. Because you let go of control – not to fail, but to trust.

It takes courage to look honestly at your relationships. It takes courage to let go of roles that have carried you through life. And it takes trust – to let go of securities and meet the flow of life anew. Not as a passive person in crisis – but as a conscious soul in transition. Because in this new time, there is a great invitation. You are not here to hold back. You are here to create space – for new connections that do not restrict you, but nourish you. For a being that does not rely on applause or affirmation. For a new kind of stability, one that is not based on control, but on trust. For a life that grows from within – not one you must earn, but one that already belongs to you.

Maybe you won't find this truth in the outside world. But you will find yourself. Because everything that is real is already within you.

The pain of transformation is sacred

It hurts when life no longer sorts itself. Not because you've done something wrong, even if it may feel that way – but because something old is dying so that something new can be born. Pain is not the problem. It is the passageway.

It is the sign that you are feeling. That you are alive. That you are no longer numb, no longer running, no longer functioning on auto-pilot – but present. Present in uncertainty. Present in the not-yet. Present in the in-between.

I know how deep this pain can reach. It touches places in you that you didn't know were still closed. It gets under the skin. Physically, emotionally, energetically. It is a pain that has no name yet, but carries a message: Go no further back. You are at a threshold. And thresholds are not comfortable. They ask you To trust – to surrender before you know what lies ahead. To trust, even when there is no safety in sight. And while everything in you wants to hold on – to stabilize, to orient, to stay functioning – something new begins to arise in you.

Many who walk this path believe, in such moments, that they've failed. They believe it's too late. That they cannot go on. Because they wake up at night with tightness in their chest and tears in their eyes. Because what they don't yet see: This is not a setback. This is transformation. And transformation does not always arrive gently. It shakes you, it shakes loose, it splits you open. Not to torment you – but to bring you back. Into your own light.

Pain is not your enemy. It is your initiator. Your threshold keeper. Your path back to yourself.

In the old stories, they called it the dark forest. The place the heroine must walk through before returning with a new truth. In today's language, we call it burnout, crisis, breakdown. Or simply: I can't anymore.

But what if it's not a breakdown? What if your symptoms are not a weakness or a diagnosis – but an initiation into the deeper field of transformation? What if you're not falling apart – but being called?

I've experienced it myself many times: the moment when the body speaks, the thoughts unravel, the emotions erupt. When life, as you knew it, dismantles – and you finally begin to breathe. And with that breath, a silent strength awakens. The one you had forgotten – because you once had to survive.

The pain of transformation is sacred. Because it does nothing less than bring you back. To your essence. To your truth. To your heart. It doesn't just take something from you – it gives back what life once separated you from. It brings you back to what was always yours.

So if you're in a phase where you can hardly feel yourself, where everything feels far away, where you no longer know who you are or what this day is meant to be – then let me tell you this: Trust life. Trust the process. Trust that life is not destroying you, but rearranging you. You are not broken – you are being reassembled.

You won't stay here forever. And you won't be the same when you leave.

And that's the point.

This pain makes you soft. It makes you honest. And it makes you real. It takes off the mask – so your eyes can see again. And maybe that's the price of this time: That you don't just survive it, but begin to remember who you truly are.

Chapter 5: What helps now

Mantras & Grounding

It is one of the great paradoxes of this time: precisely when you need yourself the most, everything you have held onto breaks away. The thoughts circle like a storm that knows no direction. The body responds with signs that can no longer be categorized – trembling, restlessness, sleep disorders, exhaustion, pressure. And the nervous system is under strain, even though outwardly everything seems calm.

You are standing in the in-between time. And in the midst of this inner disintegration, something is whispering within you – barely audible, yet penetrating: there is no turning back. It only goes deeper. In the old energy, you might not have functioned. You might have made plans, pulled yourself together, mobilized everything once again that called for security within you. But these strategies no longer work. The new energy demands something else. It calls for connection – not for control. It invites you to feel – not to solve. And it opens a space in which the answer is not the goal, but being itself. This in-between time is raw, formless, quiet and loud at the same time. And it can only reach you when you stop withdrawing from it.

What helps in this time are not methods, not programs, not systems. It is the small, quiet gestures of reconnection in the direction of absolute clarity.

Impulses from the field that is calling you. Frequencies that remind you – of your truth. Steps that lead you back – into your body, into your presence, into your center. Not as a concept, but as a living experience.

When you no longer know where to go, begin with your breath. Not to calm or optimize yourself, but to even feel yourself again. Breathe in deeply through your nose, into your belly and hold for a moment – and let go with the exhale

what you are just barely able to hold. Your breath is not a tool. It is your anchor in the middle of formless time. The bridge between your inner being and life.

When everything becomes too much, put a hand on your heart and say to yourself – loudly or quietly: I am here. I am safe. I may be.

Your body needs you now more than ever – not as an object of observation or control, but as a feeling being that deserves your loving attention. Where do you feel constriction? Where does expansion begin? Is there a place in you that feels like a locked room? Do not fight against it – go there. And if you feel

nothing, then feel that nothing. That too is real. Say to your body: I hear you. I thank you. I let go.

Allow pauses that do not have to fulfill a purpose. No “self-care” moments that only serve efficiency. But real breathing spaces – between the hours, between the thoughts, between what you thought you had to be. Maybe it is a cup of tea that you drink with all your senses. Maybe ten minutes of lying down while you just breathe. Maybe a quiet look out the window, without a goal, without haste. Say to yourself: It is enough. I am enough. Now. I accept.

If thoughts roll over you like a wave, coming too high to think them through, then hold onto simple sentences. Words that carry. Words that do not explain, but remember. Repeat them in the rhythm of your breath or write them on a page that you carry with you. For example: When everything falls apart, the Lord’s Prayer helps me – 5 times or 10 times, sometimes more, sometimes less – there is no rule. And let the emptiness be carried not against, but with love through this part of the path.

Or: I am in transformation. It is okay not to know everything right now. My pace is right. My path is sacred. I do not have to prove anything. I am allowed to be. I am not wrong. I am in transformation.

And then: ground yourself. Not as a spiritual technique, but as a daily necessity. Walk barefoot through the garden or across the balcony, touch a tree, sit down on the ground and lean against the wall. Lay your back on Mother Earth when you can. Let yourself be held, quite physically. Because when everything starts to waver, the earth remains stable. Say to the earth: I am here. I let go.

And if the emptiness scares you – if you believe you have to escape it, then take a breath and remember: Then this emptiness is not empty. It is a space where something is forming in you that you do not yet know. It is not the end, but the beginning of a new truthfulness. Say to yourself: I do not have to understand it right away. I am allowed to feel. I am allowed to trust.

I cannot tell you what your path will look like. But I know this: it emerges in exactly this Now – in the in-between. When you stop leaving yourself. When you begin to connect with yourself again – not in perfection, but in the present. In honesty. In the quiet willingness to be – with everything that is.

You are not walking this path alone. And even if it sometimes feels as if you are losing everything – maybe you are just losing what never truly held you. And what remains – that is true. That is yours. That is the new. And it emerges in you, even if it is not yet visible. You can trust this historical process of becoming. It comes at the right time, where the human being no longer

relies on the outer world, but rather finds inner peace. Because without this inner anchoring, true sustainability cannot arise - not even in the external.

How to stay in the Now

It sounds so simple – and yet it is often the hardest thing: to stay in the Now. Especially when everything in you urges to be somewhere else, when the moment before you seems almost unbearable because it confronts you with exactly what you would most like to avoid.

When thoughts incessantly slip into the future – into a “What if...”, which swings like an open loop inside you and feeds you with worries that have not even occurred yet – or when you drift backwards into a “If only I had...”, which binds you to the ends of past decisions and keeps you small in the illusion that you should have acted differently back then.

In such phases, the present moment can feel almost inaccessible – like a space that is there, tangible and real, and yet out of reach. As if the door to it is locked from within, because something inside you is not yet ready to fully step in. I know this kind of restlessness all too well.

This subtle pull that keeps drawing you out of the Here, because it hurts, because it is so quiet there, because you cannot control

anything there. And yet that is exactly the point where the path begins to change. Because everything you seek is not out there. It is here. And this Here begins precisely in the moment you stop abandoning yourself. Because exactly here, exactly now, lies the key. Your strength does not lie in endlessly thinking about what was and also not in the apparent control over what is yet to come, but in the decision to truly enter this one moment. With everything you are. With your fear. Your tiredness. Your hope. Your openness.

Because the Now does not ask whether you are ready. It only asks whether you are – truly there, with your whole being, not just physically, but also energetically, emotionally, perceptively. Perhaps it helps you to anchor yourself – not as an escape from what hurts, but as a loving return to yourself. And that begins in the body. Feel where you are just touching the ground: Your feet on the floor, which may feel cold or firm or hardly perceptible. Your back on the chair that holds you. Your hands in your lap, soft or tense, no matter. Say: Here I am. In this body. In this moment. And that is enough. Let your breath come and go without trying to change it. Observe it like a wave that carries you – not away from you, but deeper into you. If thoughts carry you away – as they always will, again and again –, gently bring yourself back. Not with pressure. Not with judgment. With love. With gentleness. Say: I am coming back to myself. Again

and again. And every return is an act of devotion. Whatever helps you now to feel, make it your tool in this time.

Sometimes a mantra helps – a sentence, a reminder that it is not a goal, not a state, but a presence.

You can say:

Only this breath counts.

Or:

I am not my thoughts. I am the awareness that perceives them.

Or simply:

I am here. And that is enough.

And even if you feel nothing, if everything feels dull and your inner space feels numb – you may still remain. Because the Now is also for you, even when you do not feel it. Especially then. And when the moment is hard – when it challenges you, pushes you to your edge, grips your throat – then stay with what you feel. Say it aloud. Or write it down.

Or move. Because the body can often express what the mind cannot grasp. Silence is not a must. Sometimes the loudest step into the Now is an honest scream. Or a trembling you no longer suppress. Or a sentence that is finally allowed to be spoken, without needing anyone to understand it. It is not about romanticizing the Now. It is often raw, uncomfortable, empty

or painful. But it is real. And only the real can free you. The Now is not always pleasant. But it is always true. And only here, in this presence, can your energy reorder itself. Only here can your soul truly embody itself – not as an idea, but as an experience. Only here can change happen, not in imagination, not in reflection, not in planning – but in direct experience.

When you learn to stay in the Now – even if only for one breath, only for a brief moment of presence – then you begin to free yourself. Not from the world. Not from your story. But from the illusion that you should be anywhere else than exactly here.

Here is your point of power.

Here is your zero point.

Here begins your reconnection to source.

Here begins your return.

To yourself, to the Earth, to everything that is.

And when you go, when you lose yourself – which is completely natural – then return. Not because you must. But because the Now carries you, even when you have forgotten it. It waits patiently, quietly, openly. It does not judge. It receives you.

Stay. And when you go, return. Again and again.

Because the Now will never leave you.

It waits for you.

Small impulses for big processes

It is not always the great revelation that sets something in motion. Often, it is a sentence, a glance, a moment of stillness in which you feel: I am here. I am not lost. Transformation rarely happens spectacularly. Rather, it works quietly, inconspicuously, barely tangible – like the gentle loosening of a knot that had been tightly bound for years.

You sit by the window, see the wind move through the trees, and for the first time in weeks, you breathe deeper. You place your hand on your heart – and remember something that seemed almost lost: a sense of softness, of return, of yourself.

In the many encounters around the world that I have been part of in recent years, it was exactly these small impulses that opened the greatest space. A woman lit a candle for herself every morning – not as a ritual, but as a quiet message: I am worth it, that light burns for me. A man sat for ten minutes a day in nature without a phone – not to meditate, but to hear himself again. Another began writing down three sentences every evening for which she could be grateful. This time, which often feels without solid ground, needs exactly that: small, recurring, yet changeable repetitions – routines – built in, to give yourself grounding and, at the same time, to create connection to the core of your being. You do not have to overhaul your life. Start by listening to yourself. Not as a to-do. But as an attitude. As an

invitation. As a reconnection. Maybe it is a sentence you write down for yourself.

One possibility could be:

From day to day

From hour to hour

From minute to minute

From second to second

I feel a deeper connection to myself.

Maybe a movement of your body that suddenly makes sense when you understand its message. Or the permission to do nothing. To be. And to know: that too is a step.

I believe that we do not have to change ourselves in order to heal. But that we may remember that we already are. For that, no grand programs are needed. What is needed is closeness. Presence. Discipline. The courage to take a small new path – right through the old.

Impulses for Your Path:

- Speak to your body like you would to a friend. Ask it what it needs today. Listen. You do not need to fix anything. Just be there.
- Write down a question in the morning that will accompany you through the day. Not to answer it. But to give it

space. For example: *"What feels truly real today?"* or *"Where may I be gentler with myself?"*

- Take one minute a day where you do nothing – no music, no phone, no input. Just you and the moment. And notice what arises when you are not distracted.
- When you notice yourself withdrawing, ask: Am I serving myself right now – or am I withdrawing from myself?
- Hold your hands under running water and imagine letting everything flow away that you no longer wish to carry. That, too, can be a way to release energy.
- Find a sentence that strengthens you – and repeat it like an anchor, especially on the heavy days. For example: *"I am allowed to begin."* Or: *"I am moving at my own pace."*
- When you lie in bed in the evening, place your hand on your heart and say to yourself: *"I am proud of myself. Even if nothing visible happened today – I am on my way and I have taken another step."*
- Allow yourself to choose one conscious first thought in the morning – before the day begins. No plan, no pressure. Just a quiet: *"I am allowed to be new today."*

Before you meet the world in the morning, meet yourself. Not with thoughts. But with frequency. Your body and your soul send signals every day – the question is not if, but whether you can receive them.

Sit quietly. Breathe consciously. And then ask your body: How much strength do you carry in you today – on a scale from 0 to 100? What number comes to you intuitively? And what color does your body carry today? Is it clear or diffuse, warm or cool, strong or weak?

Then turn toward your soul. Breathe deeper. Listen more closely.

How is your soul's energy – from 0 to 100?

What number do you feel without thinking?

And what color does your soul carry today?

What sound frequency resonates in it?

Is it a warm tone, a high tone, a gentle vibration?

Do not be confused if there are no words for it. Perception is older than language. And your inner system communicates clearly – when you are ready to listen again. This is not esotericism. This is a quiet science of inner perception. This is how you begin the day – not from the outside. But in alignment with who you are. And even when nothing works – breathe. Slowly. Lovingly. Honestly. Because your breath knows the way, even if you cannot yet see it. These small impulses are like soft callings from your depths. No noise. No pressure. Just a gentle reminder: You are on your way. And you are meant.

Chapter 6: The new time begins within you

No way back - only forward for you

There is a point where you can no longer go back. Not because you have failed. But because something in you has recognized that going back to the old no longer exists. Even if you are called back – internally, with warnings, with certainty, with familiar voices – you feel: Where you come from can no longer make you whole. Where you once functioned, no longer carries you. Not because you have become wrong. But because you are on your way to remembering who you truly are.

Not because you have chosen this consciously, but because it is the time we are in, this path is moving through you.

This moment is not a loud awakening. It is a quiet falling silent. An inwardness. A recognition that all the questions after the warning and the “how to continue” no longer carry you. Not because they are unimportant – but because they distract you from the essential.

The new time does not begin on the outside. It begins within you. In your body. In your breath. In your readiness to truly let go of the old – even if you do not yet know what you are grasping. In your ability not to fight against yourself even if everything inside you resists because it feels unfamiliar. Because

all old certainties are falling apart and the new ones are not yet shaped.

And perhaps that is precisely the greatest act of devotion: To stay – even though you do not know how. To continue – even though you are not sure where it leads. Not because you have to – but because something deep within you feels that there is no alternative. This attempt to hold onto the old is costing more strength than letting go. And this letting go is a clear Yes to yourself. For your life. For your peace.

I know what it feels like when suddenly everything collapses: Relationships that no longer carry. Jobs that no longer fulfill. Places that lose their meaning. Decisions that find no ground. People you no longer reach – or who no longer reach you. And exactly then, when it shakes the loudest, it is important to remember: You have not failed. You are not falling apart. You are awake.

In this new time, acceptance is not a spiritual concept. It is the door to a new life. As long as you fight, as long as you wait, you will not exhale. As long as you try to control, you will no longer feel yourself. As long as you believe you must maintain something externally, you will inwardly separate from yourself.

Acceptance does not mean that it is easy. Acceptance means that you acknowledge what is – even when it feels uncomfortable.

Even when this acceptance costs you what you believed to be yourself. Because in this exact acknowledgment lies the liberation. Not as a moment – but as a process. Step by step. Breath by breath.

It can mean letting go of things. People. Roles. Certainties. Ideas of what your life should look like. And it will become soft. Not because it is easy. But because you are loved – just as you are – in your own way.

Your truth does not lie in what you were, but in what you truly are. And what you were is gone, so that you can become what you truly are.

Transformation is not working against you. Even if it feels like a storm that takes everything away. It is for you. For your liberation. For your return. For your remembering. And sometimes the greatest gift is discipline – not as compulsion, but as a loving decision not to abandon yourself. Exactly then, when everything in you wants to run away. Exactly in those moments when you feel like it can no longer go on – that is when one small, quiet step is needed: to continue. For yourself.

The new time no longer asks: What do you achieve? It asks: Are you ready to remember yourself? It gives you back what is allowed to flow when your truth can flow freely again. It does not wait for your perfectionism. It demands your presence.

If you are reading this chapter, then you have long been on your way. Not because you have understood everything. But because you are beginning to become aware – on which path you are walking and are ready to feel the incomprehensible. Because if you dare to let go what no longer belongs to you – even if you do not yet know what it is that you are reaching for – then you are ready. And if you are ready, you no longer need to justify living for yourself.

You are part of a time in which we are simultaneously letting go of the old and receiving the new. You have received the gift to live both – the disintegration, the rupture and the new beginning. And even if this sometimes overwhelms you: You are meant to be here. You are being guided. You are needed. Not everyone will be able to walk this path. But you can.

You are not special. Not because you are better – but because you are ready and ripe. Because you feel. Because even if you do not always know, you can follow what touches you and feels true.

The new time begins in you. Not somewhere. But exactly now. And it begins – with your acceptance.

Afterword

If you have read this far, you know: Transformation is not a spiritual trend and not a personal crisis. It is a real, inner reconstruction process – inevitable, profound, often painful and not controllable.

This book was a first entry. It does not replace personal guidance – but it can offer you orientation in a time in which old paths no longer work and new ones are not yet visible. If you feel that you do not want to walk this path alone, there are different ways to dive deeper:

- Further books are in progress – structured, practical, and more in-depth.
- The training to become a Consciousness Coach, which I offer, conveys clarity, depth, and energetic understanding on a professional level.
- There are regular seminars, retreats, and online programs where transformation is not only understood but embodied.
- You can also work with me in individual sessions or group processes – online or in person.

Because as personal as this path is – it does not have to be lonely. Transformation is a passage.

And sometimes it needs someone who knows it.

Silke Liederbach

About the author

Silke Liederbach was born a medium, mentor for transformation, and teacher for consciousness training.



After years as an entrepreneur, she was led through intense life experiences – including the early loss of her son, surviving cancer, and a chronic autoimmune disease – into a deeper truth of her path. Several years in Bali opened a new field of expression for her. Today, she accompanies people all over the world through profound processes of change. Especially leaders and highly sensitive pioneers find guidance in her work.

Her presence is shaped by clarity, depth, and a consciousness that moves beyond spiritual clichés.

You can find more about her work at
www.silke-liederbach.com



Imprint

This book was written by

Silke Liederbach

www.silke-liederbach.com

Contact: info@silke-liederbach.de

First Edition, 2025

Copyright © 2025 Silke Liederbach. All rights reserved.

No part of this work may be reproduced, distributed, or made publicly accessible in any form – digital or printed – without the express written permission of the author. Exceptions apply only to brief quotations with proper source attribution.

