Face your fear – date your faith

Consciously meet your inner ghosts: uncover their tricks and enjoy their treats as you play with them, turning their messages into sources of your power. Instead of letting your fears, beliefs, and patterns control or hold you back, take the lead in your own game by inviting them to dance with you and treating them as your allies.



InIn earlier times, people experienced the boundary between the visible and the invisible as particularly thin at certain times of the year. They believed they encountered ghosts, demons, and other beings from the otherworld. They sought to appease them and maintain good relations with them in the hope of finding protection and ensuring harmonious coexistence.

Today, these “ghosts” reveal to us the inner forces that guide us: inner images, voices, automatisms, beliefs, convictions, patterns, and mechanisms of influence that we have unconsciously adopted.

In this workshop, you consciously face these forces. You recognize what has directed or blocked you until now and transform it into new strength.

For you

- when you seek inner freedom and want to truly understand how transformation unfolds
- when you feel stuck in old patterns and issues that are holding you back
- when you’re ready to go beyond your blockages by perceiving them in their essence and working through them instead of just superficially "resolving" them
- when you want to get to know your unconscious “ghosts” and shape their power
- when long for larity, empowerment, personal agency, self-efficacy, and inner strength

The space inbetween:

- Become aware of what has been guiding you so far and consciously confront your inner ghosts.
- Get in touch and connect with the power that lies behind them.
- Reveal what has been working in the shadows, and transform old patterns into practical strength for your everyday life.
- In this space, you create room to intentionally cultivate new beliefs that support you, empower you from within, and provide clear direction.

Tools for your transformation

- **Use the power of words** to consciously give meaning, as language reflects what is going on within you.
- **Creative expression** makes inner images visible and newly malleable, allowing the old to lose its grip and the new to gain space.
- **Kinesiological exercises** engage the body and nervous system, bringing your whole system into balance.
- **Rituals** to meet your inner ghosts in peace and consciously shape farewells and new beginnings.

What you'll take with you

- **clarity** about unconscious beliefs, old automatic patterns, and inner blockages
- **understanding** of how your internal mechanisms work and influence you
- **courage** to finally face what you've been avoiding and free yourself from what's been holding you back
- **first steps** into an embodied prescence that carries you through uncertainties and turns obosolete out-dated patterns into empowered actions

online workshop | flexible scheduling, with duration and price agreed individually

👉 **sign up now and consciously engage with your inner spirits: recognize their tricks, play with them instead of being played, and turn them into powerful allies on your journey.**

if you want to go further:

Date your Faith - discover how your belief can be a gamechanger

find guidance that truly holds you, strengthen your inner stance, shape meaningful change