

The days after

BEYOND WITHIN Training Course
(26th of September - 4th of October)

*The training was lead by wonderful @Lu Prisovska and @Veroninka Pavlová
Held in the mids of the forest at @ Kapruv Mlyn
Photos by @Hana Křížková*



You know the funny thing about the heart and the body is they dont have this crazy thing called
mind
They dont analyse, overthink, judge or turn the words around thousands and thousands of times to
find the Right ones

They dont seek validation or recognition
They simply are - Beutiful and Real

When freed from the mind
Hearts and bodies dont ask for permissions
Broken or whole, hurted or complete, prfect or messed up, strong or vulnerable
They liberately express what they carry inside
And they heal with its own knowledge and power

There is nothing inappropriate for the body
No move, no need, no carving, no feeling
Everything has its purpose and menaing inside
Everything serves the "higher good"

When we are living the way of the body...
We live and let (others) live
We respect and love deeply and profoundly
We are open to giving and reciving and everything inbetween

The way of the body is leading us towrds truths and answers we've been searching for so long



Im sitting at the bus station again, in this sweet anxious feeling just before you start new journey
Not really knowing what is waiting for you out there, but kinda excited for what is coming
Embracing the feeling of sweet uncertainty right before you enter this new path

Freedom of an open road
Carrying possibility to become everything you ever wanted
Hiding behind those heavy curtains and endless walls
That were built by excruciating heartbreaks and disappointments
That were never ours to carry

The wounds made
On the days when you couldnt go on, but you still did
When you ached for rest, but you still pushed so hard on your body
That it broke
Under the heavy weights of shoulds and musts

The day you abandoned your body
You hurt it
And now its hurting you
Cuz it doesnt know how to tell you
That it needs you
And you need it too

Your body misses you



Im re-visiting the same place again, after two months
And there is sweet peace arising in my body when
Returning to those moments of calmness, safety and understanding
Opeed wounds
And healing

It feels like coming home
Home to the body
Home to the self
Nature and Others

A lot of things changed since than
I cannot say what
But I know I did
On the inside much things feels different
Mybe I got home

I can say this training empowemd me in some ways and supported me on some new paths choosen
It was the mixture of people, timing, place, readiness
To learn, to explore, to hear, to start
Living in the body - from the body and for the body again
Connected and open for the world around
Hearing self
Hearing others
Hearing nature

I made friends with the river nearby again, with the stars and the night sky, with trees and birds
I became my own freind after long long time

Im still falling in the places of abandonmet
Of the old self that treated myself so badly
The one that pushed towards that never-achiving perfection for so long that I just ended empty and
tired of the world, living and life
The one that was making me so small that one day I couldn find myself anymore



The days after
I'm not chasing that perfection so furiously anymore
I sometimes stop in the middle of this mindless rush for life,

I reflect on our love, which was not achieved by running after it
But by stopping and looking the Other in the eye
Feeling him and his presence
Right where we were
Here and now

I learned that sometimes it's not about what you do
But how you do it and why
The intention and the purpose behind the action
That's the one that keeps us going



I find words sometimes so difficult and inadequate to use
Cuz they are just the medium
Weak medium for all the life I carry within
For all the life that cannot be seen and expressed on the outside
Cuz I dont have words (good) enough to do that

In the mids of those forests of Kapruv Mlyn
Was one of the rare tames when I flet the words werent the No1 important
There was the body I could tell the things through
And more than telling
There was a body in which I could just be
For the ten days
I was allowed to just be
In this body
In this world

I was seen
Without the words spoken
I was enough

Just being in the body
Just having the body
Just having this precious life

I was enough
Just because I lived



And thats what Im carrying forward
The enoughness
Of all of us
Just being
And existing in this world
In this body

Its enough
You having the body
Heart beating
Breathing
And living

Its enough
