



Gunhild Lorenzen

21

**Soul
Questions**

To Empower & Transform
Your Life With Creativity

Appreciations

“Gunhild takes us on a beautifully crafted journalling journey. Each exercise is skilfully designed with interweaving meditative, written and visual work. This enabled me to unlock even deeper layers of meaning and left me feeling more centred and aware of the world around me.”

Molly Stevenson

Creative Group Work Practitioner

“I discovered so many aspects of myself, and my journal is now the pathway to something bigger. I thank you from the bottom of my heart. This gift you’ve given me is priceless!”

Vanessa Guerrero

Visual Artist

“Gunhild is a master at guiding you into the uncharted realms of your deepest self with precision and ingenuity. Her experience and wisdom allow for both an intellectual and intuitive exploration of the later of experience, which we often seek to unpack through the creative medium - and yet for many of us this is unexplored territory in which an abundance of fears tend to sprout as soon as we express the desire to begin the journey. Gunhild’s ability to diffuse and dissolve mental and emotional blocks, to guide you to open and breathe into the longing you hold deep within, and to access your inherent creative genius is a powerful catalyst for deep-seated transformation. I cannot recommend her highly enough.”

Stephanie Lisa Kelly

Integral Transformation Conscious Business Coach

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PROLOGUE

“At the centre of your being you have the answer; you know who you are and you know what you want” —Lao Tzu

Lao Tzu, the ancient Chinese philosopher, suggests that we all have the answers to life's questions. However, he doesn't tell us how to get there, nor how to access the answers. These answers are often hidden and we can't always easily find them.

The answers are “at the centre of the being” Tzu suggests. To get to the centre we need to go through self-exploration, self-awareness, and the

willingness to face up to ourselves.

Yet before we find the answers that we need, we might wonder who we are and what it is that we want in life. We might ask ourselves why we are here and what our whole life is about. Sometimes we struggle, lose direction, drift from here to there, and feel unfulfilled. To end the struggle and to find the missing answers we have to **DIG DEEP**.

WHY 21 SOUL QUESTIONS?

If you feel that you are at a point in your life where you have questions and you just cannot find the answers, you are struggling to find your new direction, or you feel you want to be more creative and express yourself more authentically then you will love the **21 Soul Questions**. They will enable you to reach your centre and support you in transforming your life. By answering the questions you will create space for self-reflection and

self-awareness, which will bring you happiness, and joy, and definitely self-respect and self-love.

The **21 questions** I have created invite you to find your hidden answers, and the questions will guide you to your inner core. You will become aware of who you are and feel more in *tune with your aspirations so that you can find the direction you are taking*. Once you reach the last

question you will feel the expansion, subtle changes and in many cases a

transformation to move on in your life and feel inspired and empowered.

THE NUMBER 21

In the world of numerology numbers vibrate and have deeper meanings. The number **21** signifies CREATIVE SPIRIT, ENTHUSIASM, and INSPIRATION. The meaning stems from the number's essence, which is

its total sum of **3** (2+1). A person with a 3 as their life's number is seen to be artistic, imaginative, inspirational, and generally optimistic. The number 3 stands for CREATIVE SELF-EXPRESSION.

MY OWN SOUL ANSWERS

My own soul answers, my insights, my knowledge, and many of my life stories should be read at the end of every chapter of the course. I have dug deep and shared with you my thoughts and feelings as truthfully and honestly as possible. Please enjoy my artwork at the end of my self-

reflections; my paintings, collages, and drawings are part of my answers.

Arriving at the last answer and reflecting back, I could feel how the whole process of writing, meditating, and creating has enriched and even transformed me. I am now much more loving and forgiving to myself.

FOCUS ON YOUR FUTURE

"We must give thanks to the old, before we invite the new."

—Kelly Rae Roberts (artist)

Understanding why things in your life have gone the way they have until now will enable you to make the decision whether to continue on your path or change direction. Whatever your question, and wherever you

are on your journey, answering the 21 soul questions will give you the opportunity to understand and make peace with the past, and give it the attribute it deserves before you focus on the future. Arriving at the

last question and your answer will enable you to live a fuller and more

contented life.

WHY EXPRESSION THROUGH ART?

In addition to every question you will find an invitation to express yourself creatively. The answers to the 21 questions will sometimes reveal themselves through images, or through forms and colours. Your answers will **reveal who you** are at that moment in your life and they will show you what **directions** to take. Playing with colours, forms, and poetry supports you in thinking outside of the box. Images contain limitless connotations, possibilities,

and opportunities.

I believe that expressing ourselves through colours, forms and shapes has healing effects, as long as we do not judge ourselves. We step into our creative potential beyond thinking and linearity. Creating with the hands and material combines both hemispheres of the brain, left and right. It gives us more energy, and allows us to experience wholeness and well-being.

DREAMS

It is very likely that you will remember your dreams more clearly during this process. They are part of the transformation. You can write them down in your journal and play with them creatively. They will give you encrypted messages that you are able to decipher through images and forms.

Enjoy!

SECTION I



Make First Contact With Yourself



1

WHO AM I?

BACKGROUND

On our journey to self-awareness, self-discovery, and consciousness we must be willing to take a deep dive into our core being. We need to be open and honest with ourselves and look into our own eyes, literally and metaphorically. **Our eyes are the gateway to our soul.** I actually believe that the purpose of our entire life journey is to find out who we are. Who we are is not a constant state of being.

Parts of us change all the time; we

adjust to life's circumstances, we age, we lose people and have to reposition ourselves, we get ill and need to change our habits, or we find a partner that takes us to the other side of the world where we learn and adjust to different cultures. Yet, our core stays unchanged. My goal is to guide you to both these states: to the discovery of your core to see how life has played with you and you with life within the different levels of your personality: So your first exercise is called: **Who am I?**

BLAME

If we are not in touch with ourselves we tend to project our uneasiness, our upset, and our unwanted feelings and emotions onto other people. Instead of looking into our own mirror and accepting that we are angry or sad, that we made a mistake or feel lousy,

that we are off-track in life and suffer, we accuse other people of exactly that unwanted emotion that resides in us at that moment and say for example: "You are always so angry!"

LOOK INTO YOUR MIRROR – WHAT DO YOU SEE?

The first task invites you to make contact with yourself by asking the question **who am I?** I invite you to look in a mirror into your eyes for just 5 minutes. This sounds like a short time, but wait, it can feel like an eternity.

I know a lot of people who are afraid to make contact with and have difficulties **facing up to themselves**. When I ask them to look into their own eyes, they glance into the mirror and turn their head away as soon as possible. “It’s impossible,” they tell me. “I cannot look at myself. I feel too embarrassed.” Or “I feel too ashamed!”

Most people look into a mirror in the morning while brushing their teeth. But they do not really look deeply. Most of the time they are checking whether they have a spot in their face, or if their make-up looks okay, their lipstick hasn’t smudged, their mascara hasn’t blobbed or whether their hair is in place. Most of this checking only serves to make a good impression on the world and to satisfy our desire to feel liked and loved. We want to be fashionable and trendy so that we don’t stand out from the crowd. Or we want to be in the limelight, be seen, and be different, just to feel that we exist and that we count even if that inclusion is in an anonymous group of people.

MAKE CONTACT WITH YOURSELF

The first task in this book therefore, is about making contact with yourself, it is a difficult task to look into your own eyes. If you feel fear, disgust, shame or repulsion while you do this, stay with those feelings. Feel them while you are looking at yourself. **Feelings are feelings and need to be experienced**. They are neither good nor bad they are just part of our human make-up. Feelings are vibrations that run

through the body and sometimes lead to actions. In this exercise we just feel without judging, changing or acting.

This task gives you the opportunity to go a step beyond simply checking your make-up or hair; it gives you the chance to **discover something else about you, something unknown that lies inside of you**.

People who have done this exercise sometimes tell me that they have seen their father in their own eyes, or that they discovered a wild animal behind their pupils.

Maybe you look back into your childhood and see your favourite

IS THERE AN ANSWER?

At this point there will not yet be any answer. So, please, be patient. And even if you do not see anything, then at least discover the real colour and the beauty of your eyes. If you don't see anything beyond their shape and colour look anyway and stay connected to yourself. If your thoughts drift bring your attention back to your eyes.

Now I invite you to stay open to any feelings or emotions that arise. Feelings have a subtle vibration in your body and – as I said – need to be felt. If they are too strong, you can still feel them and observe them from an outsider's point of view. **But do not push your feelings away.**

If strong emotions arise, strong feelings that lead into motions (e-motions), then give in to them. You can shout or

playground, your holidays with your grandparents or other memories, pleasant or unpleasant might come up. Whatever shows up is right. You are at the beginning of being in contact with yourself; you have taken the first step into the question **Who am I? Congratulations!**

cry, laugh or sob – do what feels right. If you feel angry or frustrated just keep your environment intact, don't throw or break anything.

Every image, emotion, memory or vibration is accepted. **Just stay open and take your first step to self-awareness.**

SOUL QUESTIONS

Look into a mirror for 5 minutes. While you look you ask yourself:

- » Who am I? – again and again – Who am I?
- » Look deeply into your eyes. Deeply.
- » Who am I?
- » What do you see?
- » Who do you see?
- » Do you see your ancestors, animals, and/or scenery? Keep on looking.
- » What do you feel?
- » What are your sensations?
- » Take your journal and write continuously for at least 5 minutes without thinking. Don't stop.
- » Write everything that you saw, felt, discovered or that came into your mind while asking yourself
- » "Who am I?"
- » Draw or/and paint, make a collage or collect photos and glue them into your journal.

MY STORY

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.” —Brené Brown

WHO AM I?

When I look into the mirror I see my dark pupils with a shimmer of light inside. ‘Eternal light’ comes to my mind. Looking for the first seconds, I am thinking and analysing, this is my eye, pupil, iris, round etc. The longer I look the more the haloing iris appears light; almost white. Analysis falls away and I begin to dive deeper into times and ages, falling through decades and centuries. An old familiar Native American woman reappears. I know her well. She has sat with me many times before; especially during shamanistic drum journeys. Her skin is red covered with many deep wrinkles, her long grey hair bound together in the back of her head. I am she; and she is I, we are the same. She whispers into my eyes: “See it all, feel it all. We know! Healing occurs at the end of the road. Look into the world and look into my eyes. It is all one, we are all one. There is no separation.”

I listen to her while one side of my brain knows that I am staring into my left pupil. And there it comes, the longer I stare the older I get, the skin of my face turns into a burning red, my wrinkles blacken and deepen. My eyes are full of light. Eternal light. So bright that it hurts. Tears are surfacing. The deeper I look, the more intense the experience becomes. I enter a black tunnel inside my pupil, falling deeper and deeper, until at the end of the tunnel a meadows appear, light green bushes, dark green leaves on purple trees, black flowers grow from pink grasses. It is surreal. As I enter the landscape, spaces open up, wide planes spread out in front of me, and dark blue lakes appear, surrounded by beautiful trees. Some bear fruit; some don't. Birds, as tremendous as Pteranodon, the so-called flying Dinosaur, transcend from other worlds over to mine and land in the open space. I know this place, and

yet I have never been here.

Coming slowly back into this world, into my bathroom, where I stand in front of the mirror, I feel a slight headache. I take my eyes away from the reflection in the mirror and extend my gaze to my entire face. My father appears when I look at my mouth. My lips are directly handed down from his generation, and maybe from generations before. Wrinkles, nose and mouth turn into a colourful symphony. Wagnerian fanfares unbearably loud surround me while I am looking at my entire face and recognize myself.

But who am I? I keep asking myself. Who am I? Today I am deep; I am full of light, I am of ancient wisdom, connected to generations and generations of wise people. I am a symphony of colours and shades. Dark rivers, green and fertile landscapes spread out over my face. I am connected to millions of men and women. I am who I am. I am you and I am I. Connected.



NOTES

2

WHERE AM I?

BACKGROUND

The first task has put you in touch with yourself by looking into your own eyes. Now, the second task takes you right into your current environment, into the place where you are at this given moment. It is designed to make

you aware of *where* you are. Have you ever looked around you and really taking in what you see, and thought about how the things you see are making you feel?

FEEL YOUR SURROUNDINGS

You are not living in a vacuum. **You are part of your environment.** And you are in a spatial time continuum, as our friend Albert Einstein discovered. Philosophically said, you create your environment with your presence. When you walk through a room, you become part of the room. When you are looking at a vase, the vase is looking back at you. You create a relationship; a relationship that is very unique to you. The longer you look at the vase, the deeper the relationship will become; so that in the end

you will no longer know where the boundaries are. You and the vase will become one.

We will not go this far today. I invite you to make contact with your surroundings. This means looking at the shapes, the forms, the colours, and the hues that surround you. Is what you see smooth or rough, is it light red or dark red, or is it big or small? And so on.

WHAT DO YOU SEE?

The next step is to connect your feelings to this looking at your environment. What kind of feeling does looking at the vase give you? Do you stay neutral by looking through your mind and say, "this is a red vase"? Or are there memories and feelings attached? Maybe your grandmother had a red vase and remembering your grandmother gives you a warm feeling. Does the touch of the smooth surface of an object translate into feeling sensual?

Do you see beauty? What effect does beauty have on you? Maybe what you see makes you sad, or angry, which is, of course, possible as well. Stay with those feelings, whatever they are.

If the room where you are doesn't contain enough for this experience, I suggest you either look out of the window, or even better go outside. Take a leaf, a flower, sand or earth into your hand and feel it. What do you feel?

If you are more aware of your environment, you are at the same time more aware of yourself; because it is you who sees and feels all of those beautiful objects, or parts of nature. Take it all in. Sit and meditate with open eyes, see what you see and feel what you feel.

MY STORY

"When we touch the Earth, we take refuge in it. We receive its solid and inclusive energy. The Earth embraces us and helps us transform our ignorance, suffering, and despair. Wherever we are, we can bow down to receive its energy of stability and fearlessness. —Thich Nhat Hanh

SOUL QUESTIONS

- » Look around you. What do you see? What attracts your attention in your room?
- » Do you see objects? Light? Something that you have not seen before?
- » Go outside. What do you see? What attracts your attention outside of your house? Look at the forms the colours, shapes and hues. Write in your journal about what you saw and what you have discovered. Describe it in detail.
- » Are there any feelings connected to what you see? Describe in detail how your environment makes you feel.
- » Draw/paint/collage your impressions, or take a photograph if you prefer.

I am in my workroom. It is here where I write and paint, draw or work on the computer. The first impressions I get when I look around are colours. I see a lot of colours, bright colours, blue, green, red, yellow, and hues of blue, yellow or red. It is striking that I live with so many colours around me. I was not aware of it before. If I focus too long on the colours I get dizzy. Therefore my gaze is going back and forth between the colours and the objects that carry the colours.

Red in all its varieties is predominant. It is obvious that I need the stimuli of bright colours. Does this mean I am an extrovert? It is known that extroverts need stimuli from the outside. Usually I see myself more as an introvert. Should I revise my view on myself?

The other predominant feature in my room is the multitude of books. There are books everywhere, not just in the bookcases. Books are lying on the floor, on the carpet, on the table, and even on the small coffee table. Books are spread out on the windowsill, on the desk, and on chairs. All of these books offer stories, narratives, philosophies, ideas, questions, and also answers to my own questions of life. There are literature books

describing stories from the past, or composing ideas and words, using aesthetic and fine language. I see science fiction books offering fantasy scenarios about a possible future or parallel Universes. Philosophical books trying to convince me of a certain believe system; spiritual books about God and the world, and books explaining the world in purely scientific terms.

On the shelves my eyes stop at a collection of poems. All of those are in French, English or German. I have read most of them, and thus I have become part of the narratives and the believe systems; they have entered my skin and live with me in my mind, mingling and mixing with my life experiences.

Most books stimulate or challenge my own believe system and sometimes enable me to shift my paradigm. I live with and through books and some of them accompany me since childhood. I see "Where the Wild Ones Live" by

When I wander with my gaze to a small and low coffee table; I realize that the tablecloth offers colours as well in form of flowers in purple, white and green. I was not aware of

the fact that so many different reds, purples, blues and pinks surround me. Now I know.

My gaze stops at my little golden statue on the windowsill. It represents Ganesh. The Hindu deity Ganesh is my favourite Deity and the statue moves with me through life since I visited Nepal about 20 years ago. Ganesh is one of the best-known and most worshipped deities in Hinduism. Ganesh has a head of an elephant, and is easy to recognize. He symbolizes the Deity that removes obstacles; he is the patron of the arts and sciences and the God of intellect and wisdom. He is also the patron of letters and writings. So, when he is around me, I feel supported and protected.

Next to Ganesh stands a post card from a New Zealander friend of mine. She has sent me some years ago this card with an angel on it and the sentence "Send me an angel". I love angels around me. I feel that they protect and guide me. And being in my workroom, I feel the need to be surrounded by angelic spirits.

Forms, colours and hues inspire me; they give me life. It is an exchange between my inner core and the outer objects. Colours, statues, vases, and

other objects speak to me, and I speak to them. Contemplating them, we merge.

My plants in big pots in the corner of the room breathe the same air as I. I look tenderly at them. They offer me the oxygen and their company. I communicate with them once in a while or touch them; they love me, I can feel it.

When I sit still - like now - and take a deeper look into the room, the variety of colours and objects, books and plants seem overwhelming. It is a feeling of chaos, lack of order, a lack of structure that creeps in when I keep my eyes open. I see incoherence and inconsistency. If I am sitting longer and continue looking I fear to get dizzy. And yet, sitting here breathing and looking, I also feel centred and connected, coherent and clear in myself. It is only when I get lost in an attached contemplation that I feel overwhelmed. With a clear detachment and good boundaries I love my colourful room. Staying compassionately detached I can support a lot of ideas, opinions, colours and people. The art is to be compassionate and detached.

Outside autumn leaves in brown and

yellow are ready to let go of their attachment to the tree. It is time to surrender. Soon the trees will be bare and winter will invite us to hibernate. Today is not the day yet; sun-rays fall still through the leaves. There as well, colours over colours. Nature offers millions of different colours, all brought about by sun light.

The sun is out and shines upon the leaves. Even though I am in the city, I am surrounded by nature. While I am contemplating the chestnut trees in the middle of the street, separation vanishes, and I become part of them.

Noises of cars in the street touch my ears. My ears are my eyes. I hear the cars but cannot see them. Listening to the street noise connects me with

life, besides cars, I hear the sound of buses, of playing children, singing people, and an airplane overflying the city.

My senses connect me to everything in my reach, and thus I am part of it. My senses provoke an emotional response, I feel joyful while looking at the trees, and I feel happy listening to the birds singing their songs in them. If I focus on the cars, I feel a slight upset. I can choose my focus, and I prefer birds.

Coming back to my room, where I started, I feel the cosines and homeliness of a familiar surrounding.



NOTES

3

WHO AM I IN A FAIRY STORY?

BACKGROUND

Today I invite you to tap into a mythical space. Fairy stories and myths link us to the collective as well as to the personal space of timelessness. The word “myth” is derived from the word *mythos* (Greek), which simply

means “story”. A myth often explains a culture’s origin and is also found in cultural folklore. I’d like to invite you to invent a myth of the “**origin of yourself**”.

GO WHERE YOU WANT

Your fantasy can take you to any century, be it in the past or in the future. You can project yourself out of the “ordinary” of today and into a different time. This will allow you to connect with collective symbols and images. Carl Gustav Jung calls this space the collective unconscious. He discovered that there are figures and forms that are found in all cultures all

over the globe. He calls these figures archetypes. An archetype could be a king, a princess, a witch, a saint, a mother, a father, a teacher, a monster, a dragon, a knight or a queen.

Jung understood archetypes as universal, archaic patterns that originate in the collective unconscious.

WRITE YOUR STORY

Put yourself into a historical or future story and see what happens when you start writing. Please don’t plan

your story. Just go with your hand and your fantasy. **Things will reveal themselves as you write them down.**

SOUL QUESTION

- » Find a photograph – it's best is to find one of you. If you do not have a picture of yourself, find one in a magazine or elsewhere that represents you.
- » Take your journal and write a fairy story of the girl, of the boy that you see in the picture. Start with the words, "Once upon a time, there was a little girl/a little boy who was called" Continue and write the whole story.
- » Illustrate your fairy story (drawing/painting/collage).

I assure you that you will be amazed to see what comes out of your own mythical space and what kind of role you give yourself, what adventure you will take, what kind of challenge you have to overcome, and how heroic the finale of your story will be.

Once you have finished your own mythological story you should illustrate your journey, just like in a fairy tale book. Draw the characters, especially the character that represents you. If you wish to draw several illustrations, please do so.

MY STORY

“Myths are public dreams, dreams are private myths.”—Joseph Campbell

WHO AM I IN A FAIRY STORY?

Contemplating on a photograph that shows me as a woman of 20 years of

age, I begin to write.

AMELIA'S DREAM

Once upon a time there was a beautiful princess. Her name was Amelia. She was a tall and well-built woman with an open and friendly face. Unfortunately not aware of her own radiance and beauty; Amelia did not like to mingle with people and spent most of the day in her room reading. Her friends would tell her over and again ‘you are beautiful, come with us and have fun’, Amelia was too timid and stayed behind. She only listened to her own critical voice

inside of her, which told her she was stupid and ugly.

From time to time Amelia spent time in front of the mirror looking at a face comparing herself with the ugly duckling of Andersen’s fairy tale. She found her eyes too small, the mouth not symmetrical and more of this critical kind. It was too difficult to discover the beautiful young woman that was suggested to her by others. It saddened her, and so she shied away even more.

Her bright room was part of a modern castle. The architecture of the building offered clear lines and straight towers. On top of each towers sat a sculpture of an angel or a Hindu Deity, ordered by the king to keep the castle well protected.

Amelia felt safe inside of the castle, protected by the angels, and, as you can imagine, she also felt quite lonely. She was longing for intimate contact with other women her age, and she was yearning for being courted by a beautiful prince. But how could he find her when she was hiding inside of the walls?

One day, it was a sunny day and Amelia trolled around the garden; one of the gardeners told her about a fair in the nearby town. He told her of interesting stalls, of stands with exotic plants and flowers, stands with spices and foods from all over the globe. He described the odours in a way, that only a gardener who is used to the smell of flowers can describe it. When he spoke about tea from China and comparing it to the smell of roses, Amelia could not contain her curiosity any longer.

"I would love to go, she said, but I am too ugly."

"Well, the gardener replied, if this is the case you better stay here behind the walls."

He was provocative, but did not know any other way to respond to her.

Amelia lowered her head and walked away.

During the night that followed the gardener's invitation she had the following dream.

In her dream there was life, music and dancing on a colourful square. It was a fair that offered flowers and spices from far away. Artists were performing their street art and people watched them perform in awe. Suddenly the sky turned dark and from behind the stalls monsters appeared; monsters with long fingernails, big ears and ugly teeth. They came closer and shouted: "You are ugly! You are stupid! You are no-good!" Amelia got very scared and tried to run away. But her feet would not carry her. It was as if she was glued to the ground. Not one step was possible. Her heart was pounding and her head was spinning, as the monsters got closer and closer. Amelia felt so helpless that she wanted to scream: "Help! Help" But her mouth would not open. She shivered in terror.

"You are so ugly! Just look into the mirror." One of the monsters screamed into her face, staring into her eyes.

"Help!" She finally got out of her mouth. "Help!"

The sound of her voice brought everybody on the fair to silence.

"What a beautiful voice!", somebody said. And moreover people were looking at her, whispering "what a beautiful young woman. Who is she?"

Amelia felt that something clicked inside of her. She looked straight into the monster's eye and said with a firm tone of voice "go away".

The dream ended here, but after waking she was full of longing. She was longing for being with people, longing for laughing and dancing. She got frightened again thinking, what if people don't like me?

And yet, the clicking sound inside of her was still present. She still felt the sound of her voice, saying 'go away!'.

It was in a hurry that Amelia got dressed, and she decided on her beautiful long skirt and her rose shirt. Without breakfast she would run into

the garden, looking for the gardener. Where was he? "Gardener!" she shouted. "Gardener!"

There he was, between the rose bushes, cutting the branches and smelling the scent of those red flowers. She gathered all of her courage, walked towards him and said:

"Would you come with me to the fair?"

She lowered her head. Doubts came back. How could she have asked him?

"I am free this afternoon, he said with a twinkle in his eyes, if you like, we can go together."

She smiled at him and pleaded a 'Yes, please!'

She had always known him as 'the gardener' of the castle; he was always friendly and reliable. But when she looked at him now, she saw a young and strong man. They looked at each other in amazement, and Amelia could not control a tender smile.

At three o'clock in the afternoon, the gardener was waiting at the castle's gate with the king's car. The king was generous and offered it to him at special occasions. Today was a

special occasion.

As soon as Amelia arrived, he opened the door, she stepped in, and off they went.

As you can imagine, they spent a wonderful afternoon together at the fair, exploring a multitude of plants and flowers. Amelia laughed a lot, and without realizing she took the gardener's arm and felt as joyful as never before.

The rest is history.

Analysis and interpretation:

In **Jungian terms**, all of the characters in the dream represent parts of the dreamer. In this dream the dreamer's male (animus) and female (anima) sides are touched. The male, represented by the gardener, is loving and kind, whereas the female side is hostile and unloving (in the dream!).

In **Gestalt interpretation** the sub-personality 'inner critic' takes control over the main and central personality. That is why the dreamer is so unhappy.

Too much engaged in receiving worth and value through the eyes of others, we give our power away, and feel depleted.

The inner critic shows up in the dream as a frightening monster. The task for is to overcome, tame or kill this monster.

In **analytical terms** the monster also represents a narcissistic wound. When we are only concerned with ourselves, i.e. how others see us, and therefore cannot reach out to others and connect with them, we are caught in my own critical prison. It is a lonely place.

The journey of the princess in the dream is to learn to love and value herself. She needs to understand that she is vulnerable and neither more nor less important than others. With the loving help of the inner gardener (male side) she can overcome the monster and step down from her narcissistic throne. It takes courage to dare to show oneself vulnerable, and yet taking the courage connects us with the world and with ourselves.

Fairy tales are parts of a cultural mythology. They contain stories, people and animals in order to explain a personal and cultural narrative. A myth or fairy tale is a feature of every culture. It utilizes common themes, like in this dream a princess, a monster or a gardener. Those are

characters that are understood by the surrounding culture. Dreams and fairy stories stem from the same cultural source. In the fairy story as well as in the dream the dreamer uses archetypes to explain the inner conflict.

Have a look at your own fairy story. What is your analysis? What features do you use?



NOTES

Epilogue

Congratulations. You have been through the entire book, you have answered all of the questions, you have done your artwork, and you have even taken an interest in my personal contribution.

However, reading the book and writing your journal is not the end of the story. It is important to continue the process. Our life is an ongoing journey and we are the travellers on that journey, sometimes we are in the driving seat, and sometimes we sit

back and enjoy the ride.

The journey never stops until we hand back our space suit and move on to the next realm. So, please, keep writing in your journal, keep your colours, brushes, and your photos out, and continue.

You are also warmly invited to share your insights, your changes and transformation with other travellers in a [Facebook](#) group I created for you. Go to this link to access it:

<http://fb.com/groups/21SoulQuestions/>

You can use the group to share insights, your artworks, ask questions AND to enjoy the monthly LIVE sessions with me on creativity, life transformations, dreams, and more!

And, please, send me your personal stories and comments directly to:

www.gunhildlorenzen.com

Last, but definitely not least, I would like to give thanks to my clients, who

info@gunhildlorenzen.com

If you would like to find out about my conferences, seminars, presentations, and workshops on the subjects of CREATIVITY and SPIRITUALITY, visit my website

took the courage to dive deep, and to my friends and family for their support

for, insights into, and constructive criticism of this journey.

About the Author

Gunhild Lorenzen trained in Gestalt Therapy, Art Therapy, and Transpersonal Psychotherapy. In her function as a psychotherapist and life coach she assisted people in Brussels on their difficult life journeys and through deep waters for more than 25 years. She holds a Master's degree in Cultural and Media Studies, and gives workshops all over the world on Creativity, Spirituality, and Dreams.



She have travelled to deep worlds inside and to distant galaxies – with Shamans and Spirit Guides.

Her poetry and short stories reflect her life experiences and are published in German.

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