

Inna Turchyn

Welcome Home

The Path to Myself

Translated from the German version
by Heather Whitehall-Trochon

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*Translated from the German version
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Introduction

IF you wish to reflect upon how you live, or how you can take control of your life, then this book is for you.

This book deals with my experiences of the things that I have wished for myself, how the paths to my goals have taken their course, what I finally received, whether I was ultimately happy with the result and why.

In short, this book is both about the success stories and also the failures, as well as about what I have learnt in the process.

The idea to write the book came during my hepatitis C therapy. Back then I was unable to teach, but I had more than enough time for reflection.

Shortly before my illness, I gave some consideration as to what I want from my future. In reply to this question, I was never able to find an answer that entirely satisfied me.

All situations described here are in the order in which they occurred, in which they ran through my mind. As I wrote the final story, not only was it clear to me what it is that I want, but also how I will proceed with all of this in the future.

In addition, I have found the path to myself and to inner peace.

Acknowledgements

First and foremost, I offer my heartfelt gratitude to the divine power, which is inherent in each of us and also within me, for the idea for this book and for the support in its realisation.

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Searching or finding...?

During a complementary course of studies, in which I participated, there was a student in our group who was a psychologist by profession. She made us an extremely interesting proposal. We should compile career plans and give them to her for evaluation. To this end she distributed special forms, which we completed.

Well, what did I learn from the one-to-one counselling session? I was made aware of the fact that I had entered “looking for work” in the line “goal”. I didn’t immediately understand where the problem could lie. I was studying and simultaneously looking for a job. After all, that is the best way to find one. It’s logical, isn’t it?

I was thrown into a turmoil by her question, as to whether I wished to eternally be in search of a position, or whether I indeed wished to find a place of work. “What am I searching for then? Of course, to find one!” I said, and then it became clear to me that I really had a strange goal. I gave some thought as to how my search for work had progressed with such a goal...

And then it was as though the scales fell from my eyes. I had found - and applied for - interesting job offers. I had often been invited to job interviews, but they didn’t lead to anything. This had repeated itself over and over again. These were the best prerequisites for an eternal search for work, weren’t they?

“In all likelihood it is actually important that the goal isn’t viewed as a process, but rather as a clearly

defined final state...” I thought and replaced “looking for work” with “finding work”, and I didn’t just do so on paper – but also in my mind.

And what do you think? The situation suddenly changed. Barely had a month passed since the end of my studies and I had already conducted seminars of my own.

Thoughts/Comments/Conclusions

When I wish to search for something, I will not find it until I have another wish. Thus, before wishing something for oneself, it is important to remind ourselves of what the desired goal should be: a process or the final state...? Do I want to search or to find, to do something or finish something, to learn or master something, to wait or to have meetings...? These are entirely my own decisions!

A healthy dose of complacency

During my complementary studies, two fellow students and I had the opportunity of receiving a scholarship for further training.

It was such a great surprise that I became very excited. I prepared all of the necessary papers and sent them to the institution that had selected the scholarship students. I received a very impersonal letter of rejection in which it was written that my qualifications didn't meet with their requirements.

This naturally put me in a sad mood. But what could I do in this situation? "If it's not to be, then it's not to be. End of story," I told myself. I wrote an e-mail to the university concerning my rejection, and found my peace of mind once more

How was I to know that my tutor didn't want to accept the rejection just like that? He began to negotiate with the institute in question. I was supposed to then send additional documents, which I did.

However, my inner state had already changed. I was absolutely calm and equally as prepared to receive an "acceptance" as I was a "rejection". I could barely believe it when an exception was made for me and I received the scholarship!

Thoughts/Comments/Conclusions

When I want something so badly that it hurts, then it escapes me. When I am satisfied with all that I have, but it would intrinsically be nice if a certain wish were fulfilled, then opportunities arise for it to be realised.

Whether I seize the opportunities or not is another matter. However, whether I receive these opportunities or not is dependent upon how I feel (am I suffering or am I in the frame of mind: “It is super if I get it, if not – then that’s fine too”).

Thus, “a healthy dose of complacency” is a good thing, but it is not always possible to remain in this state ... Although, it is already very helpful when you understand what you feel and in which direction you are heading.

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