

JOURNEY TO YOURSELF

Each person's life represents a road toward himself.

- **Herman Hesse**

Human nature includes both the unique and the universal, and the complexity of life is to combine these. There is nothing good or bad in the way you manage your life, either you float in the flow of the river of life or you navigate your boat. Some people follow a stream of their life circumstances while others prefer to become creators of their life, which is impossible without knowing themselves well enough to understand what exactly they need, what exactly they want, and making choices in how to achieve that. Every person has the inner source of power but this source is open only to those who are ready to meet his or her real self.

Stress, depression, anxiety and sleep disorders are experienced more and more by many people in modern days' society around the globe. The increase of mental health problems indicates how much the world in which we live is rigidly determined. In such a world happiness is possible only at the presence of inner freedom, because all we really own is our inner world.

Wherever we are from, whatever we do in life and regardless our sex, age and social status, we all sometimes need to slow down, recharge our batteries and, ideally, to review and make sense of our relationships, the current situation and complete the unfinished items (or come to terms with the knowledge that it is impossible to complete).

Riverside Wellbeing is a calm place for a variety of opportunities to harmonize life and balance, emotional and physical health. People who are interested in personal growth and self-discovery may benefit from individual and group therapy provided available the centre. Take Gestalt Therapy, for example: the basic method of Gestalt awareness practice, *here and now*, is based on the philosophy of holism, existentialism and Zen Buddhism. Therefore, the Gestalt approach can be suitable for those who are interested in personal development, in solving the difficulties in their life or for those who would like to explore the human phenomenon in various aspects of the philosophy and practice of freedom in the tri-unity of mind, body and spirit.

Tania Leigh, PhD BPS UKCP accred. Psychologist and Gestalt Therapist.