

Joya

Fire & Rose

Life is a balancing act in many ways. We can feel burdened by the feelings and thought patterns that we still carry from our past that we are not happy with. It doesn't help being judgemental about them because in their true sense, these emotions are merely motivators.

For example: only if you are sick and tired of your insecurities and neediness, will you finally find the motivation to start doing something about it? In these private sessions we will explore where you are on this tightrope - what emotions or convictions would you like to see balanced or de-fused of their negative charge. There are various ways of doing this relatively quickly without a lot of effort or reliving of painful situations. The sooner you are on your feet again and can start living from the present the better and more rewarding it will be. Paulina's methods are rather unorthodox, subtle and effective. Sessions are generally 2 hours or more. Please, read her [personal note on psychotherapy](#) or [contact Paulina](#) for more information.

Fire and Rose Residential

For those who prefer to delve deep and are able to take some time out from their daily environment there is the option of doing the Fire and Rose Residential, a programme of daily sessions of approximately 2 to 3 hours of private therapy in the morning, combined with two or three hours for creative expression: painting/writing/voicework/Listening. It's an ideal method for those who do not want to lose any more time and who are ready to safely resolve their issues in a structured, consistent and effective way. Sessions will be tailored to the client's needs and preferences with an option to stay the night.

For further details and assessment [contact Paulina](#).

The most common way people give up their power is by thinking they don't have any.

I look not only at tongue and speech;
I look at the spirit and the inward feeling.
I look into the heart to see whether it be lowly...

Enough of phrases and conceits and metaphors!
I want burning, burning...

Light up a fire of love in thy soul,
Burn all thought and expression away!

They that follow conventions are of one sort;
They whose souls burn are of another.

Jalal al-Din Rumi, 1207-1273

