

HEART OF LIFE

A 5-week Journey
into Connection, Remembrance
and the Intimacy with the open night sky

VM

HEART OF LIFE

A journey from presence to belonging, from protection to perception, from the known into the mystery of Life.

Heart of Life is a five-week journey into the depth, intelligence and wisdom of the Heart, creating space for the inner voice that longs for a deeper intimacy with ourselves and Life.

Through embodied practices, meditation and self-inquiry, we explore what the Heart has to reveal, its desires, insights, questions and quiet knowing, approaching ourselves with the curiosity of scientists in our own inner laboratory.

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The journey moves through the five elements:
Earth, Water, Fire, Air and Ether, from the tangible to the subtle, exploring their qualities and what they can teach us about ourselves and our relationship with the living world.

We explore insights from research into heart intelligence and coherence, alongside contemplative practices and teachings from different spiritual traditions.

Each week offers teaching materials, guided practices and questions for personal exploration, as well as a one-to-one mentoring call to support your individual process.

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The journey gradually prepares the ground for an encounter with the night:
an invitation to enter silence, step away from the usual distractions and spend time in deeper intimacy with yourself and Life.
There is no prescribed experience to achieve and nothing you need to make happen. Instead, this is an invitation to listen, to become more receptive to what is already here, and to discover your own unique way of relating to the Heart.
At its core, *Heart of Life* is about awakening a capacity that may have been quietened or overlooked, the ability to feel more deeply, to recognise our interconnectedness, and to let the Heart become a source of inner guidance and trust.

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WEEK 1 — EARTH

Quieting the mind · Coming into presence

Grounding in the earth & body, slowing down and exploring the relationship between heart, mind and breath. An introduction to heart coherence, heart intelligence and the practice of inner listening.

WEEK 2 — WATER

Wounds of the Heart · Remembering belonging

Exploring attachment, protective patterns and the stories we carry with tenderness and curiosity. Reconnecting with the body, the qualities of Water and the felt sense of belonging to Life.

WEEK 3 — FIRE

Awakening perception · Returning to aliveness

Reawakening the Fire of the Heart through ancient teachings, and embodied practice. Learning to feel rather than analyse, and opening the dialogue with your very life at the dedicated Fire.

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WEEK 4 — AIR

The Wilderness of the Heart · Longing and the untamed

Turning towards the deeper yearnings of the Heart and the places beyond familiar explanations. Through self-inquiry, darkness meditation and finally the Rite of Passage of the Journey, the encounter with the night's vastness, we drop the known and make space to listen beyond what we know.

WEEK 5 — ETHER

Integration · Opening to the Mystery - the Heart of Life

Gathering the threads of the journey through silence, meditation and reflection. Exploring interconnectedness, inner guidance and the subtle intelligence of Life, allowing space for trust, inspiration and a future vision to emerge in its own time.

The journey invites you to dedicate 10–20 minutes each day to personal practice. Regular practice can deepen your experience, but this is guidance and inspiration, not an obligation.
Please find your own rhythm and meet yourself where you are.

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BEGINNING 11. 11. 2026 • NEW MOON

A JOURNEY BACK INTO CONNECTION,
REMEMBRANCE AND THE INTIMACY WITH THE OPEN NIGHT SKY

5 weeks
5x teaching material (pre-recorded, i.e. practice videos, guided meditations, contemplative questionnaires)
5x 1:1 Mentoring - Integration Call
1 Night Meditation - the Quest of the Heart (individual preparation)

444€

With Love & Wilderness,

Verena Maria

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