



Live life authentically, attentively, strong.

Philosophical life counseling
and
perceptual work

My name is Kathryn Li and I accompany your steps towards loving self-care.

Philosophical life counseling

During philosophical life counseling we enter a trusting meeting space.
Here we train our attentive self-perception and expressiveness.

This type of counseling is to support development.
It is literally about un-enveloping, liberating something that is already in you.

You remember, by interacting with my, the truth within you.

Truth can only be experienced, not taught.

Perceptual work

Attentive self-perception reveals the wealth of knowledge
that lies within each one of us.
It entails the truth about who you truly are and what you truly want.

Every moment that your attention is directed inwards access to it is given.

Therefore I support you to focus consciously
on the here and now, on your thoughts, feelings and sensations.

I, too, share my perception openly.

This can complement your perspective and give helpful impulses.

In a present interaction such as this you experience your complex being,
genuinely and approachable.

This is the base for curative togetherness.

There is MORE in me that I want to express.

Multilayered humanity

Humans are intellectual, as well as physical, spiritual, sexual and emotional beings.
On each of these levels our energies resonate with each other.

To acknowledge them on the one hand and
to talk about them unbiased and anxiety-free on the other hand
creates a sincere conduct with ourselves and each other.

Then we consciously experience ourselves as:

Mystic

Marveling, seeing life and ones being
from a unifying perspective of a loving observer.

Philosopher

Curiously, thinking about abstract aspects of life and talking about them.

Empath

Capable, recognizing thoughts and feelings, naming and honoring them.

Boldly exploring the depth and width of oneself.

Being togetherness

A non-binding first meeting free of charge precedes our collaboration.

We get to know each other and see,
whether my accompaniment meets your demands.

In agreement we arrange a new appointment:

Place and time

Taking a **walk** nearby your place, or mine in Schwedeneck, creates an ideal framework.

A **natural environment** connects to the elements.

Movement in fresh air also moves one's innermost being.

Thereby heart and mind open up by themselves.

One to one and a half hours suffice for a deep as well as gentle experience.

Fee

Together we agree on the fee for my support after the meeting has taken place.

The hourly rate lies in a price range between **60€ and 120€ per hour**.

Flexible framework conditions

The conditions of place, time and fee **can be newly agreed on every time**.

Such a flexibility allows to consider constantly changing wishes, demands and boundaries.

To express them openly is welcome at any time.

Out of this the frequency of our meetings results as well. Due to the high intensity and extraordinary depth less is more.

A **time span of two to four weeks in between encounters** gives enough space for autonomous implementation of what was compiled together.

Self-effectiveness

The success of this support of development is based on the foundation which you create inside yourself.

Therefore it is crucial to actively turn to yourself and incorporate your independent perceptual work into your everyday life.

Supporting this I give you an **INICH-notebook for free**. Using it helps visualizing events and insights. Aside from our meeting this gives you a new perspective.

This helps to adapt the new habit of conscious and steady self-awareness.

[What you are is love.](#)

About me

Being a daughter to a Russian-German mother and a Filipino father
my main task and challenge in this life is to unite opposites.

The own life story offers abundant lessons and tests.

An extraordinarily refined perception and sensibility are part of my primal being.
To fit into "rough reality" I suppressed both for decades,
leading to physical and psychological ailment.

"I am here to experience all to be good."

Motivated by this childlike assurance I opened up myself trustingly.

Daringly I explored the forgotten and hidden parts of my deep self.

I discovered painful experiences to be chances
and used suffering and fears as signposts.

1986-2002: childhood and youth in Balingen (Baden-Württemberg),
greater area of Munich (Bavaria) and Manila (Philippines)

2005/2008: journeyman's certificate as hairdresser/ Abitur at high school in Balingen

2009-2015: Cultural studies at University of Koblenz (Rheinland-Pfalz)

2016-2022: independent studies of philosophy and anthropology

(van-life in Germany, Austria, Italy, Netherlands

until April 2020, since then in Schwedeneck (Schleswig-Holstein)

Unswervingly I go, step by step,
determined to let my life be love.

With all my heart I enjoy sharing this experience with you.

I am looking forward to your inquiry.

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