



Space for you.

Development. Liberation. Being.

My name is Kathryn Li de Leon and I am  
a cultural scientist, developmental accompanist and music-making philosopher.

In my offers I share my experiences and insights with you:  
In a relaxed togetherness within an interactive and musical setting  
or individually personalized, deepening our attention into yourself and your being.

As music-making philosopher I sing and talk at contemplative events about what I am going through  
and my perception and encourage everyone to share their thoughts and feelings.

As developmental accompanist I support the unfolding of your own personal skills of self-perception.

Both happens in the INICH-space.  
In it we face ourselves sensitively and attentively.

Truth can only be experienced, not taught.

### INICH-space

INICH comes from the word **Einsicht** (German for **insight**) which stands for an aware introspection, the  
looking **into oneself**.

The INICH-space is a field of energy, **place of exquisite attention**.  
This kind of attention is focused, honest, open and non-judgmental.  
Here we can acknowledge our being as it is and express it.

INICH-space serves for **noticing**, **contemplating** and **observing** of one's own thoughts, feelings, bodily  
sensations and actions.

This all-embracing **self-respectability** is an original human capability.  
By cultural imprints and changing values this fell into oblivion.

I support you in rediscovering this ability.

There is MORE in us that we want to express.

## Musical Philosophy

“Talk(ing and Li)Stening”  
-the philosophical music and talk circle  
and  
Get-to-know-concerts

Enjoy songs and talks for open hearts and ears.

My songs are about self-awareness and self-empowerment, want to inspire and encourage.

At TalkStening I create the framework for an interactive space with my singing and sharing.

Together we sit in a circle and create a feeling of intimate connectedness.  
Here we contact approachably and perceive ourselves and each other better.

In this trusting atmosphere everybody is invited to  
share their impulses of thoughts and feelings.

Sunday-TalkStening at the beach

Thanks to all participants for a wonderful kickoff in the golden fall of 2022!  
New open-air dates coming up in spring 2023.

Talkstening@home

You are keen on a special self-experience within your own familiar four walls?

Bring the philosophical music and talk circle home to you!

Invite friends and acquaintances. You decide on the size of the circle (3-9 participants), **considering your needs** and the conditions of your living space.

Please contact me. Together we figure out the details and find a date for **Talkstening at your place**.

Duration: 1,5-2 hours

Costs: voluntary honorarium (as ideational appreciation 15€ per participant on average)

Get-to-know-concerts

Meet me and get to know my music and philosophy!  
Entrance free. Donations appreciated.

Daringly explore the own depth and width.

## Developmental accompaniment

Self-respect and authentic life through refined perception

To live means to grow.

To grow means to develop.

To develop yourself literally means to uncover something,  
that is already within you.

Already within is a knowledge which shows itself through thoughts and feelings.  
You perceive them, when you liberate yourself from conditioned patterns.

When you liberate yourself, you develop.

When you develop, you grow.

When you grow,  
you live.

In a personal talk with me you experience the quality of the INICH-space in a more intense way.

You remember the holistic truth within yourself.

Ways of thinking and behavior show themselves, as well as blind spots.

Vigilantly we look at them and bring them to your awareness.

We look at your real-life-circumstances and find concrete measures  
which you can implement in order of self-care.

Acceptance of the present way of being empowers and motivates you to put the changes for your  
development into practice now.

Goal is that you soon succeed, to attentively face yourself on your own in the INICH-space.

Then this energy field is at your disposal anywhere and anytime  
and you are giving yourself the attention and receive the confirmation that you need.

### Place

At your home, on walks outside or in Co-Work-Spaces in Kiel, Eckernförde and Gettorf.  
(Video-)Calls are possible, as well.

### Time

One to one and a half hours.

### Honorarium

90€ / hour

For a meeting in a Co-Work-Space I am thankful for a contribution.

I devote myself to what I am.

Kathryna Li de Leon  
About me

I experience healing and love by turning my attention towards myself and unconditionally acknowledge my needs.

Many upheavals, general insecurity and deficient communication have marked my life in the past. I suppressed my true being which sickened me mentally and physically.

But I decided to break out of limiting and harmful patterns and to change myself and my life.

Thanks to the path behind me I developed my holistic ability to perceive.

In spite of the path behind me my delicate sensibility waited within until I was ready to let it into my life again.

For the path in front of me I give myself INICH-space.

I honor how I am and how my life is and by that discover the next steps towards what it and I still want to become.

1986-2009: Life in Balingen and Munich (South GER), Manila (PHI), San Diego (USA)

2002-2005: professional education as hair stylist

2008: Abitur (higher school certificate)

2009-2015: Cultural studies at University of Koblenz (Mid GER)

2013-2019: showmanship at medieval markets (GER, AT, CH, BE, NL)

2016-2019: van life and busking (GER, AT, IT, NL)

since 2016: further studies on philosophy and anthropology

since April 2020: Life in Schwedeneck (North GER)

I am looking forward to you contacting me.

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