

My work will be focused on three large topics: *death* and *dying*, dealing with *emotions*, and mind culture, developed through *meditation* and *psychopathological states of consciousness*.

Being oneself, or, more precisely, having the courage to be oneself in order to answer the biggest challenge of human existence, is the common ground for these three topics. Our personal history is often written through the efforts to become someone else, to adopt the samples offered by society and culture, to be a “good daughter or son”, to achieve “social success”, “recognition and fame”, or “power”. These words are put in quotation marks namely because these so called achievements cost a lot - our souls often suffer from unbearable emptiness.

This emptiness is felt in an especially sharp manner when our dear ones pass away, or by becoming aware of the limit of our life. It occurs in moments of strong existential emotions (fear, guilt), or in deep meditation and spiritual experiences. It becomes overwhelmingly threatening in moments when we feel close to going crazy.

Being oneself needs courage. We must be courageous to look at ourselves through the fear of death and madness, to give up all the tricks and defences of our ego. And once we have gained a level of deep spiritual experience, we must return to who we are in our habitual surroundings, live our daily life, break through our limits, and continue, fully awake, to pursue the meaning of life.