



CARIBOU AZORES

Testimonial Roger

«On São Miguel, far away from everyday life and world events, this tranquil place with its endless views across the Atlantic Ocean allowed me to lovingly come to terms with and gently reconcile with my grief. It was the reason that prompted me to embark on this experiential week. The sturdy walls of the old Convento promised me an additional layer of safety and comfort during this pivotal week.

The impulses and resulting conversations were the core element for me: I learned that separating and forgetting are not the same. I delved into some 'questions' regarding personal transitions and circumstances that arose for me in each of the impulse dialogues. In many aspects, I found more clarity for myself and acceptance of changes occurring within me. Yet, I also believe that I can relinquish control in situations where I have no influence over the changes around me and in the world.

At the same time, I am allowed to gather new memories and to permit old memories, which occasionally resurface like waves. Conversations, experiences, and encounters with others have prompted me to see situations in new and different ways. Emotionally, I was also drawn to aspects like the panoramic view over the Atlantic Ocean, the starry sky, the call of the yellow-billed cory shearwater, the sounds of the sea, the ebb and flow of the waves, and the conscious enjoyment of fine cuisine. Additionally, the power of the earth and the majestic old trees, as well as the beauty of flowers and plants, have deeply moved me.

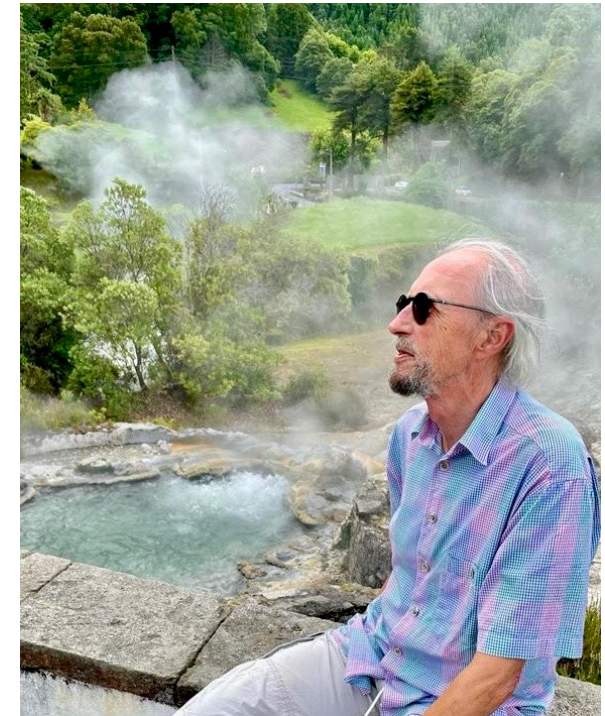
The tranquility and composure exhibited by Urban and Regula, who as hosts facilitated this week, were comforting to me. The venue, an oasis with a breathtaking view from the Convento terrace, supported my well-being. After all, this stay in the Azores required considerable courage from me as, since my wife transitioned to the other dimension, it was the first time I travelled on my own.

The evening routine of ending the day with a nightcap was soothing. The bedtime stories relevant to our week were enriching and also helped push lingering thoughts into the background and sleep more peacefully.

From the week 'Upwind in the Atlantic', I took away stimuli: it's easier for me to be inspired, to now consciously perceive even small(er) things, and to also pay more attention to the preparation of meals and savor the prepared food with pleasure.

I have also begun writing the next chapter of my life book, with gratitude in my heart and unforgettable memories with and of my beloved wife – and with new plans...»

Roger Ziegenhagen, Uster ZH, Switzerland



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