

VERENA von HARRACH



**T I M E
I N**

A
POCKET GUIDE
TO
INTROSPECTION



Thank you to my parents
for making my Hakomi training possible.

VERENA von HARRACH



TIME - IN

YOUR TIME-IN MOMENTS
are meant to inspire.

Attempt to describe your current state. Let your thumb glide over the pages and open this book where it feels right.

YOUR TIME-IN MOMENTS
help you to find answers.

Formulate a question for which you are seeking insight and browse through this book until a word catches your attention. If it feels right, dedicate some thought to it.



V E R E N A v o n H A R R A C H
Body Interpreter · Alternative Practitioner for Psychotherapy



MINDFULNESS.

How is this moment?

Just observe.



INNER CHILD.

A long time ago
it was the best you could do.
Today it can be changed.



BODY LANGUAGE.

A reflection
of your experience.



ACCEPTANCE.

The way it is.



CELEBRATE.

The good things.



ORIENTATION.

This is where I am.



DEFENSE MECHANISMS.

What needs to be protected?



COMPASSION.

Be good to yourself.



OPEN YOUR MIND.

See what comes.



SECURITY.

You are not alone.



Fall in love
with yourself.

FURTHER INSPIRATION.

If a word or concept comes to mind which is not dealt with in this book, write it down together with your own thoughts about it.



The use of „TIME-IN: A Pocket Guide to Introspection“
cannot replace the visit to a doctor, alternative practitioner
or your body interpreter:

V E R E N A v o n H A R R A C H



VERENA von HARRACH

The central themes of my work relate to the many forms of stress in my clients' lives: extreme physical and mental exertion, the identification of personal boundaries and the consequences of ignoring them.

I continually combine methods of body oriented psychotherapy, traditional Thai massage, as well as other holistic methods in order to bring each patient back in touch with themselves and their bodies.

Each treatment is tailored to my client's unique personality and needs. This way we are able to activate your powers of self-healing and I can support you in your own individual journey. We begin where you are at this moment and with the issues currently at hand.

I would be very happy to address any questions you may have in person in a non-binding conversation.



V E R E N A v o n H A R R A C H

Body Interpreter

Alternative Practitioner for Psychotherapy

www.vonHarrach.de

VERENA von HARRACH



TIME - IN

This book, "TIME-IN: A Pocket Guide to Introspection", is the literary property of Verena von Harrach - Body Interpreter.

This book has been printed as a limited edition and may only be sold, copied or used otherwise with the written consent of Verena von Harrach.

Imprint: VON HARRACH Verlag, Hamburg
First english edition 2016 · Printed in Germany
© Copyright Verena von Harrach · VON HARRACH Publisher
Translation: Melissa von Harrach
Design: Carsten von Berlin
Editing (german edition): Eva-Maria Werner

ISBN: 978-3-9817059-1-1



TIME-IN: A Pocket Guide to Introspection

Your advisor in tackling the issues, unfinished processes and uncertainty going on inside you. Every moment is an opportunity to get in touch with yourself! So take at least 2-3 minutes each day for introspection, a "TIME-IN". Because only understanding of one's self brings the chance to make genuine contact with other people, find love, happiness and trust. Find yourself in order to meet the world anew!

V E R E N A v o n H A R R A C H



www.vonHarrach.de

ISBN: 978-3-9817059-1-1

Price: 8,95 Euro

