

Q&A

Q: Why did you decide to step away from the health field?

A: *After more than 14 years in health care, I began to feel that my work no longer fit into the narrow definition of “health.” I became curious about the deeper layers- the emotions, thoughts, and personal stories behind people’s physical symptoms. Over time, my focus quietly shifted from treating the body to understanding the human being as a whole.*

Q: Was this a sudden decision or a slow process?

A: *It happened gradually. Each experience, conversation, and challenge added something, until one day it became clear that I had already stepped beyond the old frame.*

Q: How has your understanding of health changed?

A: *I used to see health mainly through the body. Now, I see it as a reflection of how we live, feel, and relate to life. Health isn’t only physical balance, it’s also emotional clarity, understanding, and self-connection (and reality).*

Q: What do your consultations look like now?

A: *They’ve become more about offering support, guidance, and structure- helping others orient themselves and make sense of their life situations and challenges on a deeper level, from different angles. I help people find their own answers.*

Q: Who do you usually work with?

A: *People who are facing life’s challenges or dealing with complex situations. Also, those who already have a lot of knowledge but need help seeing the bigger picture, connecting the dots, or trusting their own understanding again. It’s about reconnecting with one’s own insight and inner structure.*

Q: What have these years taught you about being human?

A: *That we are complex, layered, and constantly changing. Behind every problem is a story, and a need to be understood.*

Q: What’s next for you?

A: *I’m in a quiet space of transition. For now, there will be no new posts on Substack, but my archive remains open. I’m exploring new ways to share-beyond labels, beyond fixed roles.*

Q: What message would you like to leave your readers with?

A: *Change is not loss- it’s movement. It’s life reminding us that we’re still alive.*