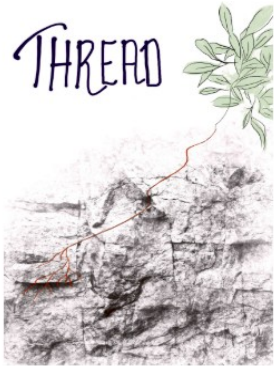


Book of becoming, across generations and centuries



There has been a half-joke in my family for as long as I can remember: “Somebody has to write a book about Grandma!” There was grit in her life, mystery, romances, war, beauty, loss, and buried secrets. Her story continued in my mother's life. This time a little softer, a little more adventurous, across several continents, yet still burdened with a sense of unfinished business. As a child, I envied her story, thinking of all the faraway places she had seen – only to build on it myself, through another war, another continent, and even more adventures in search of something I couldn't define. I promised I would finish the business.

It took a lifetime of experience to understand what the business truly is. I have lived the opposites: war and peace, academia and spirituality, poverty and privilege, engineering and art. Often forced to face both sides simultaneously. Each duality confronted me with a choice: integrate and rise above, or fragment further. These tensions revealed an undeniable truth that feeling and connection are the pillars of meaning. The heart is the only way toward integration and to rise above is to rise into love. It is through feeling, rather than intellect, that I now trust what I sense about the unseen, and allow it to become as tangible as the physical.

That trust, lived experience, non-judgmental curiosity, and rigorous academic training give me the confidence to bring the unseen out of the shadows, and to begin tracing patterns in both ancestral and soul stories. The book being born is about how recognizing patterns across time and bridging dualities can open a path to wholeness. Perhaps it can help others recognize their own patterns and find their way toward the same wholeness.