

Christine Nancy Kloess

**LIFE -  
A UNIQUE JOURNEY.**

Six people. Six life paths.  
Six conversations  
about life and its secrets.

 EDITION  
 LIVINGTALENTS



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Words of  
inspiration and encouragement.



“The first step  
towards cooperation  
lies in the hearts of individuals.”

(Bertrand Russell)

With warm friendship,  
blessings and gratitude:

Elisabeth Bond  
Susanne Kaufmann  
Christoph Mack  
Daniela Maiwald  
Dechen Shak-Dagsay  
Alireza Varzandeh

\* \* \* \* \*





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*Your purpose is  
to be yourself.*



## **An introduction to this unique book**

*Each of us is an important individual  
on our own special journey –  
this book is for you, precious soul,  
fellow-traveller on this Earth.*

At the start of the third millennium, our beautiful planet is home to more than seven billion people. Billions of lives are being lived; billions of paths trodden. As they make their way in life, every individual encounters their own reality and has a unique experience of life. That includes you and me. Each one of us is part of this unfathomable number of people, who have been given the miracle of life and with it the opportunity to experience extraordinary things.

*Have you ever asked yourself  
what makes your life so unique?*

Given the vast number of the Earth's inhabitants, it may be difficult for us as individuals to appreciate that everyone's life is unique; something that we all need to realise and embrace. The life we have been given is precious and valuable. If we fail to engage with the unique gifts it presents and to make the most of our personal characteristics, we are missing out on an opportunity. From birth right through to the moment we depart the Earth, our life has so much to offer. So much beauty. Such challenges. So much happiness. And above all, the expansion of our horizons. For each of us, it represents a wonderful opportunity to write our own unique biography – in the book of life.

Against the background of each person's situation and individual history, life offers many precious possibilities – and this is what makes it so unique and valuable. Every one of us can set in motion, change and effect something in our lives – regardless of the starting conditions and circumstances we encounter, and our own character. The life experiences depicted in this book shed additional light on this.

*We are all presented with the ultimate task  
of taking our own life in hand  
and making something good of it.*

The six people portrayed and their journey through life show how worthwhile it is to awaken our true selves and make them manifest. These personalities and their experiences, each as different as they are remarkable, show how special life can be. They confirm how important, meaningful and exciting it is to make something of our lives – even when things do not go as planned or as we imagine they will. They make us realise how we can broaden our horizons and feel fulfilled when we open up to the great adventure of life and engage with our individual tasks. They also make us aware of everything that can follow from courageously ploughing our own furrow and being prepared to give our best. They show the relevance of being open to fate's twists and turns, overwhelming highs or powerful challenges, and of believing in ourselves and our own strength. They show how meaningful every single life is, and the opportunities each individual life has to offer.

But when contemplating the life paths of our fellow humans, it is so important not to make comparisons. It is not a matter of emulating others, because their way is never ours. Their lives will never be ours. Indeed, we should use the experience and knowledge of others to assist us in recognising more clearly what works for us and what doesn't, who we are and who we are not. They contribute to broadening our perspectives on our own existence. They enable us to remind ourselves of things we may have forgotten, or what we should take to heart more. They can offer inspiration, encouragement, motivation and strength, and give us a catalyst to release our own potential.

*Ideally, we will allow ourselves  
to be inspired by their attitudes and their qualities  
to be moved by the courage they have demonstrated  
and to be touched by their creative energy.*

*Because we can all learn from one another,  
we can all inspire and support one another.  
Our whole lives long.*

This book is intended to be your companion on your own life's journey, expanding your insight into your own existence while enabling you to see others in a new light. The lessons and knowledge it contains should not only provide a philosophical impetus to shape your own life, but should also help you to understand life and its patterns in greater depth.

The focus is on the people and their personal stories, their philosophies, their uniquely valuable experiences and their individual take on the world. In putting it together I have concentrated on shaping the individual conversations and reflecting their content in such a way as to make clear what experiences and knowledge have shaped each individual on their path to the present, and what has led to them being in the place they find themselves right now.

In many respects, it has become a very personal work, which testifies to concentrated creative energies. The project has grown from the individual, valuable contributions by everyone involved, which strengthens its impact and its uniqueness. Its special qualities also lie in the fact that all six interviewees offer the reader a personal, deep and open invitation to share their thoughts and their stories.

I hope you will enjoy many moving and enriching moments as you read their accounts. I hope the contents of this book, which testify to the vigour and magic of our lives, will give you effective support and encouragement to continue writing your own biography. I hope the strength it contains will pass to you, your spirit and your heart, will move you, penetrate you and encourage you to achieve fulfilment on your own unique journey – to love it and to live it!

Christine Nancy Kloess





“Every being can only be good  
in their unique way.”

(Sophocles)



“The more we trust ourselves and life,  
the less our path seems like a struggle.”

**Daniela Maiwald**  
**Psychological hand analyst**

Zurich in February. Snowflakes fall gently from the sky, enfolding the land in a white cloak. Activity seems somewhat subdued today, the atmosphere quieter than usual. It's one of those days when you would rather not set foot out of doors, preferring to stay in and observe the wintry day from the warmth of your living room. I'm on the way to the Metropol, close to Zurich's Paradeplatz, where I've arranged to meet a woman who believes that a person's hands speak more than a thousand words. As I enter the café, well-known to all in Zurich, Daniela Maiwald is waiting for me and beckons me over with a cheery wave. She is a psychological hand analyst. From the moment we meet, the energies of transformation and renewal she radiates can be felt, along with an impression of seriousness and strength. It isn't long before our conversation reaches a remarkable depth, with no shortage of humour or disregard for the good, enjoyable things in life. I soon realise that this woman has lived through some changes and her experience has taught her what it means to be pursuing her own destiny.

A few years later. Autumn colours are casting their spell, enchanting the senses of all who see them. It is a magnificent day that stirs the emotions. Daniela and I meet in familiar surroundings in the great outdoors, to delve together into the mysteries of her life and shed light on the experiences that have brought her to where she is today. There is no shortage of topics for conversation this afternoon, as Daniela's life is characterised by far-reaching challenges and demanding changes of direction. She didn't understand her own personality at first, and for a long time

suppressed some valuable aspects. She says there are many things that drained her strength, yet she feels a lot of gratitude for what has arisen both internally and externally.

Daniela's journey began in 1967. She was born under the zodiac sign of Virgo in Hamburg, the Venice of northern Germany, and grew up on the outskirts of Zurich. After successfully completing her education at the EHL, the Swiss Hospitality Management University, in Lausanne, she put her heart and soul into her role as wife and mother. She went on to gain various further qualifications in psychology, astrology and communication, before studying for several years at the International Institute of Hand Analysis (IIHA) under Richard Unger.

Today, she lives with her husband and three daughters near Zurich, running her own practice as an expert hand analyst. In addition to her consultancy services, she also trains future psychological hand analysts. She is also co-author of a trilogy of books<sup>1</sup> on the science of the hand analysis method she co-developed, based on a combination of philosophy and hand analysis. This innovative Zurich woman is now one of the leaders in her field. Anyone who has come into contact with her and her work knows how seriously and professionally she applies her skills.

When Daniela talks about her profession, her eyes light up and her enthusiasm is evident. "From the start, I was fascinated by hand analysis and all the possibilities it offers. When used professionally, it enables an individual to gain an insight into their personality in a very short space of time, and to determine their purpose in life and the tasks they need to complete to achieve it. It enables them to decipher valuable additional knowledge that can be found in physical form in our hands. These methods can make our spiritual intentions and deepest inner motivations visible and graspable. The virtues and characteristics with which we are endowed are the tools we can use to successfully follow our destinies, and to serve others in one form or another. As well as professionally applied hand analysis, this is also highlighted by other techniques

of the holistic sciences. Being given the opportunity at certain moments in your life to discover more about yourself and to obtain instruments that support your personal development is a blessing and a gift from the Universe. Isn't it wonderful to have an instruction manual for your own life in your hands?"

She beams, laughing. Her deep inner joy is contagious.

**D**aniela's life story is one of renewal and the associated characteristic of the courage to be different, to transform yourself and to make your way in the world using your abilities to the full.

**By our very natures we carry in us the knowledge of who we are, what we have undertaken and what is our calling. Most of us are not aware of these things from the beginning.**

When I was young, it was a mystery to me who I really was. Although I didn't think about it very deeply, I was very aware of certain individual characteristics. For example, I realised that I had a pronounced receptivity and the ability to think quickly. It was clear that I am endowed with a force of will and a fighting spirit, and I soon became aware that I had an inner drive to perform well and to be better than others. If I had my mind set on something, I would target my actions, refusing to let go; I could summon enormous strength in my drive to achieve what I wanted. Interestingly, I knew at an early stage what a valuable asset the ambition I was endowed with would be – something I could rely on.

As a child it was essential for me to do well – but I had no desire to pursue any particular career. One day, I declared in all seriousness to my mother and brother that I didn't want a profession later in life, but would be fulfilled by being a wife and mother. My husband would bring home the money, while I would be in the background, caring for the household and raising the children. I enjoyed thinking about it, and at the time I couldn't envisage any other pattern to my life. My brother got really worked up about it. He told me I should rid myself of this absurd notion, as there was no way it would work. I didn't take what he said seriously. Much later, I realised how right he had been...

*There is much that runs like a shining thread through our lives.*

*It often takes the passage of time  
to reveal to us how it has been woven.*

Looking back, I can see how early I developed an interest in certain subjects that have become part of my life and have shaped me, despite apparent ignorance. During my time at high school I learned as much as I could about Leonardo da Vinci – a man who was a real innovator in his own time. I also gave a talk on Hinduism, the faith whose ideas form a substantial part of my present-day world view. My school-leaving project was on the French national heroine, Joan of Arc<sup>2</sup>, the indomitable warrior. These three topics represent essential elements that in one way or another have formed part of my life.

Interestingly, there was one thing I knew with certainty: one day I would marry a man from a distant country. At the same time I knew that I would subsequently meet another man – an Austrian – and would continue my way through life by his side. I actually met both! I was married to the first man, the father of my three daughters, for a long time. I met the second a few years ago, after I had changed certain aspects of my life, and I now have a fulfilling relationship with him. These two completely different relationships are outward manifestations of the stages of my development. This experience has shown me that we recognise certain cornerstones that underpin the course of our lives, and deep inside we know what we intend for ourselves.

**We have to tread our own path. No one can tread it for us.**

I would describe my childhood as sheltered, with parents who were loving and kind. In their desire to encourage and support me, one day they had the idea of enabling me to study at the EHL, the Swiss Hospitality Management University on the shores of Lake Geneva, after leaving school. Convinced that it was the right thing to offer their daughter such an opportunity, they registered me early, at the age of fourteen. The lure of the big, wide world with all its possibilities, and thoughts of the beauty and aesthetic appeal of elegant prestigious hotels around the globe, were without doubt an attraction to me, and the renown of the EHL definitely drawing