

The Life Worth Living

Socrates told us that the unexamined life is not worth living, the oracle at Delphi exhorted us to know ourselves. Since the dawn of consciousness, we have sought answers to life's essential questions: What does it mean to be human? What is the purpose of my life? What is truly important to me?

I believe that no one can provide *the* answers to these questions, but that it is essential for each of us to ask them and seek our own answers. Each of us is on a life path with unique challenges and opportunities. Sometimes we feel like we're soaring, sometimes we are stuck, and sometimes we feel as if we've lost our way. Very often we allow ourselves to be swept along in the hectic pace of daily life, believing we don't have time to reflect. Unlike in ancient Greece, the big questions of life are not part of our daily discourse. Our attention, though, functions as a beacon, focusing our consciousness. If we do not take active care of what we pay attention to and how we invest our life energy, we run the risk of having our priorities determined by others.

These questions have accompanied me throughout my life and underlie my professional work. I would like to share my reflections with you in the form of a series of articles over the next year on topics I believe are particularly relevant to women, though not exclusively. Nurturing yourself, listening to your inner wisdom, overcoming self-sabotage, strengthening inner resources, and communicating across the gender gap are some of the topics I'd like to explore.

In the spirit of taking time for our lives and supporting each other in our development, I invite and encourage the community of English-speaking people in Basel to participate with me. As you read through the series of articles, let me know what you think and what suggestions you have for future topics. I welcome your feedback and the exchange of ideas.