



Benedikt Bech

Riding the Waves of the Soul

A story of self-conquest

From the outside, Benedikt has it all: youth, a keen intellect, the start of a brilliant career and a loving relationship... that is, if it weren't for a set of increasingly disruptive physical symptoms – hypertension, chronic inflammations and a bone-deep exhaustion, to name a few! Doctors are unable to help, and Benedikt gradually understands that his physical ailments are the tip of a looming iceberg telling him in no uncertain terms that it's time to confront the agonizing story of his earliest years. This insight takes Benedikt on a daunting hero's journey back to his authentic self, and beyond.

Riding the Waves of the Soul is a compelling story navigating the difficult terrain of early childhood trauma and the toll it takes on the psyche, and on the body. Benedikt movingly describes how he confronts his mental, emotional and physical blockages in the course of a ten-year ›maturation journey‹ with the help of two powerful paths: body-oriented psychotherapy and Vipassana meditation. As he immerses himself in the practice of meditation, Benedikt experiences strange visions that prove key to unlocking his unconscious. This is how he gets to know the charismatic dog Laika, a vivid phantasmatic figure from the depths of his psyche. During their common strolls around the vast space of Benedikt's mind, Laika cautiously and compassionately introduces Benedikt to the tragic origins of his own life, encouraging him to see the prodigious ocean of the unconscious as more than just a frightening unknown, as she teaches him the art of riding the primal, tumultuous waves of his soul.

Through Laika's cheeky and tender narration, we watch Benedikt edge closer and closer to his authentic self. However, Benedikt's hero's journey takes him not only into his inner being, but also toward the Other, that is, to nourishing human relationships, first embodied by his therapist, Jens. With Jens, Benedikt experiences a landmark moment of establishing a deep connection with another person while drawing vital force from it. Within the safe framework of this therapeutic relationship, Benedikt learns to accept his fate and to inhabit the terrain of being fully – beautifully – human.

Unique to this story is how Benedikt's personal experiences intersect with the perspectives of Jungian Psychology, contemplation practices, Attachment Theory and Bioenergetic Analysis. Deep insights are offered into the root causes of mental disorders, as well as treatment options, honoring the idea that no two healing journeys are alike – new, potentially groundbreaking pathways to mental growth live inside of each of us. In this way, affected people, interested laypeople and experts alike get a very lively impression of what psychological post-maturing processes may look like, through the lens of one very distinctive healing process.

»This book is an extremely unusual and highly readable document of a self-development. It shows very vividly how intricate and miraculous mental healing processes are. The juxtaposition of messages from Benedikt's unconscious and psychodynamic interpretations is exciting in content and at the same time exceedingly instructive. Benedikt Bech's thoughtfulness, his palpable honesty, and his expertise in psychotherapeutic issues make the book enjoyable to read. Congratulations on the success of this challenging construction!«

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More information on the book and the author can be found on www.benediktbech.com.