

Being a friend to yourself

Picture by the weeklyletter nr. 8 2026



Quotes: *“This theme does not call for grand answers, but for honest attention. It requires courage: to stay with what presents itself, even when it's uncomfortable. To pay attention, to be close to ourselves. Those who practice this kind of friendship with themselves will notice that space is created: space to truly see the other and to move with what life demands. That is where connection can arise.”*

Greetings on behalf of the Beeldengroep, Rob Buitenkamp

Reactions or questions? Mail to beeldengroep@apgen.nl

Picture: : <https://pixabay.com/nl/photos/leva-op-het-randje-8138344/>

