

The long path towards oneself



To feel lost, out of touch in a universe that no longer corresponds in any way to what one had always dreamed about, having lost all self-confidence. And then, just in time, to stand tall again, to convince oneself that history cannot go on being written that way and suddenly do everything possible to find oneself again. More and more of us experience such a situation, but many stay at the stage of desiring another life. As for Sandrine Ankaoua, she has decided to tell the story of her rebirth.

“After three years in the West Indies, I fell seriously sick and realized I had to take a hard look at my life. I decided to follow a new path, to divorce and start a psychoanalysis. I reoriented myself professionally, understanding that I wanted to create a link between body and spirit, hence my studies in sophrology and my creation of *l'Ilozen* in 2008, a wellness salon. But I realized that this was just a passage. After tearing the ligaments in my knee, I took stock again and determined that what I really wanted was to meet other cultures, to go towards other horizons, not just geographically but spiritually as well.

I met a number of experts on several indigenous people, and thanks to a couple of Swiss shamans I was able to take my first steps towards discovering another world, as they accompanied me to the edge of the rain forest in Ecuador, to meet with the Shuar people and one of their shamans.

I got to try the famous ayahuasca brew which, when you respect the proper protocol, allows you to open up your consciousness. I was able to let go entirely and it felt like a rebirth. I experienced a magical moment at my “baptism” during the full moon last March. It corresponded to Passover and as a Jew this synchronicity was very meaningful to me.

I also stayed in the Galapagos, had the strange feeling to be at the other end of the world, and hiked up to 13,000 feet. I never thought I had it in me, and it was all well worth it.”

Sandrine's next stage on her trip towards others will take her to the Western United States and its national parks, with a detour into Navajo territory, in a camping-car to be closer to nature and the people.