

Interview by Solunery with Simone Sixt

www.solunery.com

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Who are you?

We inspire each other by being ourselves and sharing it.



Photography : Vanessa Berger

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Introduction

Hi ~ This conversation started because I have a chance to get to know many people in my life and I believe there is a reason for that. We are all very unique creatures in this universe with individual identities and we all make different experiences in our lives. Because of that, we also can learn to improve ourselves by observing people surrounding us. We will learn by perceiving and then flourish ourselves to be better. We are all in this process and I truly believe your story can inspire others somehow. I act as messenger and teacher. When I stay conscious and open minded, I will see the messages around me. I learn a lot while I stay alone at this calm and peaceful place here at Solunery Art House. Everybody who comes here leaves their story and energy and that really inspires me. My wish is to spread this experience because everybody can be a teacher. We share, learn and grow together in this circle of life. I will interview my guests who come here to Solunery Art House and I will let the spotlight shine on them. I hope you enjoy and get your own message by joining me. Here we go~ In the first section we want to know some details about you we want to get to know you, please describe your profile :) – Solunary

Name: Simone Sixt

Age : 31

Nationality : German and Swedish

Profession : Art therapist and non-medical practitioner for psychotherapy



Photography : Simone Sixt

What do you do now?

I have an art therapy practice in Heilbronn, Germany. Sometimes I offer workshops at my mother's ceramic studio "Isabel's Pottery". I also work as an art therapist at a psychiatric hospital.

For how long have you done your job?

I have worked as an art therapist since December 2011.

How did you start your job?

After finishing my exams at "Hochschule für Kunsttherapie Nürtingen - University of applied science for art therapy" I travelled to Brazil for two months to visit my grandmother.

When I came back I looked for a job in my profession. At first, I worked as a waitress for a few weeks until I finally found a job as an art therapist at a psychiatric clinic. Since 2017 I have my own art therapy practice in which I welcome clients.



Photography : Simone Sixt

Do you have any suggestion for us if we wanted to work in a similar career path?

If you want to become an art therapist, you should be familiar and have fun with creating and working with art materials and be able to express yourself artistically. However, you don't need to be a successful artist. Being an art therapist is more about accompanying people in their healing process by listening and opening a creative space for their individual expression.

Also you should make up your mind with what kind of clients you would like to work with. You should be emotionally stable or at least have a strong self-care regimen.

What do you like to do in your free time?

I like to have plenty of time in order to do things at my own pace.

For example, I love to read and sit on my balcony in the sun. I like discovering plants and animals and all their various shapes and colors.



Photography : Simone Sixt

I like to bike to work while listening to music or audiobooks. I love to fuel my imagination by experiencing nature and by the thoughts and stories of musicians and writers.

I like to look after my body by doing Qi Gong or going for a run.

Most of all, I like spending time with my boyfriend and getting inspired by him. He makes me laugh a lot. He builds skateparks, which is a very challenging and exciting job. You can find him here: <http://www.finelineconstructions.de/>

Did you have a dream when you were young? What did you want to become?

At different ages I had different dreams. I remember already wanting to become a mom at a very young age. I made a lot of drawings of my own little house and all my children and husband living there with me. I actually made an architectural drawing (childlike) in order for my father to be able to build such a house for me and my dolls.

Another dream at my teenage years was to live in nature in a little cottage and work with plants and herbs. I imagined people coming to my cottage in order to get advice for their health.

Do you think you're living your dream yet?

I am not a mother yet but the dream of having a healing profession became true. Also, the dream to work with plants: I practice on my balcony. Being creative and doing arts never was a dream since I do it all my life already.

What is your next challenge? Is there anything you want to try to do to improve yourself in your next step?

My current challenge is to bring my newly-opened art therapy practice in Heilbronn, Germany even more to life.

I want to continue posting examples of art therapy works on instagram on a regular basis. The name of my instagram account is: kunsttherapie_heilbronn

I hope my homepage will be online soon. Just today, I took pictures of my art room and materials.



Photography : Simone Sixt



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I am also working on a design for a logo for my art therapy practice. Another challenge for me is to learn how to sew. I have a sewing machine and a lot of ideas. I'd love to learn how to create my own clothes.



Photography : Simone Sixt

Did you have any inspiring experiences?

Oh, yes!

I started this year by travelling alone for ten weeks through Australia and Thailand.

Who inspired you? Which messages did you receive?

Since I mostly stayed with locals over airbnb, I met a lot of people with very inspiring ways of life.

At my first stop in Melbourne, I met Catherine and Rob, a young married couple who live in an old Chocolate Factory building. **I learned from them that it is possible to live and combine your dreams as a couple.** They work in their dream jobs and passions in their own home. Rob is an independent photographer and Catherine an independent dance teacher. They use a large room with a huge mirror at the entrance of the Factory to give dance lessons and do photo shoots. They seem very happy, in motion and alive.

From Cecilia in Sydney I learned how it is possible to live a chic and still minimalistic life. She is a designer and horticulturist. She runs a share-house and invites a lot of interesting people into her home. Even though a lot of people share the kitchen, she manages to keep it uncluttered and well-arranged. She loves Japan and cooks very healthily which was inspiring for me as well. You can find her here: <https://www.ceciliamacaulay.com.au/>

When I was in Brisbane, I was lucky to stay at Michelle's home with her lovely big pool and her cats. She is a yoga teacher and invited me to one yoga session of hers. Besides the unexpected and lovely foot massage she gave me, I had an important insight into the lesson. After the lesson I was eager to deepen my yoga skills and really get into it.

During the lesson she kept talking about Meridians and made connections to the flow of Qi. **Suddenly I was sure this is the exercise I was missing all the time. It is Qi Gong which my body yearns for. From that day on I have practiced Qi Gong on a regular basis. Every time, I notice how it influences my body in a positive way. This was a very clear and personal message!**

I was very lucky to have stayed with Michelle in Brisbane, because just after my visit she went to Bali to continue learning new skills and changed her home to the Sunshine Coast in Australia.

Visiting Emily and Kai with their two young sons in Perth gave me a good example of what it means to raise children and at the same time be CEOs of your own companies. They are both very successful. Emily runs an investigations company and Kai runs a building company for swimming pools. I learned that it is possible to be open and supporting towards other people, even though you have a hell of a lot to

do with your own family and jobs. They were very friendly and drove me to many places and went out eating with me. Also, every now and then, they took care of a girl whose mother was raising her alone after the tragic death of her husband in a water scooter accident. **The message was to keep in focus of what is really important in life, even if you make good money.**

In Thailand I met up with my good friend Eva. With her I visited Bangkok, Koh Tao and Koh Samui. It was not always easy to get along since we had to share a room and we did everything together. She is a very positive person and she almost always has a very good mood. Her laughter makes everyone like her and hear her. **The message she gave me was that no matter what happens stay polite, forgive and see the positive in everything.** Even though we missed a plane and it was my fault she forgave me very quickly and we could still spend a lovely and unforgettable time together.

My final days alone in Bangkok before going home to Germany I spent at **Tei's Solunary Art House**. I almost can't describe what it means to me having stayed at Tei's home. I am so excited writing it down right now.

All of my journey feels like it was meant to happen for my inner growth. But my short time at Tei's Solunary Arthouse feels in my memory like the longest time of my journey.

Bangkok was my last step before flying back to Germany.

I wanted some peace and time for myself to gather my thoughts before going back to work and the normal life routine. The description on air b'n'b of Solunary Arthouse exactly met my needs.

I did this journey because my life changed quite a bit at the end of 2016. I made some important decisions in order to be happy and to grow. On the journey I could recover from my efforts and gather the strength to start new projects when back.

Tei talked to me right on the first day when I arrived. I was sitting on her bench in the artroom and she told me a story of a woman who discovered her drawing skills and her feelings here for the first time. This story touched me to tears. Tei does beautiful work with the people who visit her. It is not only a drawing lesson she offers, it is self discovery and inner healing.

Tei inspired me and gave me the strength to finally start my own art therapy practice. The thought and preparations had been in my head for a while, but Tei gave me the final kick to put them in action!

She also helped me to see, that you don't need to change your life in one day. She told me you can decide one thing you don't like every day and get rid of it and one thing you like and keep it and make it stronger. That way you'll have built the ideal surrounding for yourself over some time. One day you'll wake up and find yourself in your dream life.

Tei reminded me that it is enough to be myself in order to inspire others.

Is there anything that makes you feel proud?

I am proud of my father.

He is an intelligent man with a lot of ambitions. He made some changes in the field of cancer research possible. He is a Doctor in Biochemistry.

I am proud of my little brother, because he is a great drawer and has a rich imagination. He is a successful game designer. His team won the prize for the best new game concept in 2016 with "Cubiverse".

My mother makes me proud, because she is fantastic at making a home cosy, tasteful in furniture and decoration. She is also very creative at building figures out of clay and making beautiful mosaics.

What does 'home' mean to you? In which city do you want to settle down?

That is a very difficult question for me. I grew up near Munich until I was twelve years old. My family moved to Norway, than England and finally to The Netherlands when I was in my teens.

I think "home" can change with time.
My goal is to find home within myself.

Right now I also experience home through building connections to friends and people around me.

I didn't experience Living in one place for more than four years since when I was twelve years old. I am proud of myself that I managed to stay here in Heilbronn and not give in to the yearn of wanting to experience something new.

Now that I have stayed, I still experience a lot of new things and it is a pleasure to deepen the connections I've made. I really wasn't aware of the meaning of time in that sense before.

What was your most impressive moment in Thailand?

By coincidence, Eva and I saw a group of young Thai people dancing on the stairs of an impressive building in Bangkok. They were practicing some dance in honor of the last king. They had an instructor who coached the group very strictly. They were

singing, talking, dancing, holding up pictures of the king and did that for a very long time with a lot of variety, enthusiasm and perfection. That was pretty impressive!

What didn't you like about Thailand?

At a fuel station, I saw a man hitting and kicking a woman very hard. She screamed and cried. I tried to call the police but didn't find the number in my guide fast enough. When the man stopped his attack the woman ran away. We walked after her to ask if we could help. I was shocked that no one else tried to help her. She didn't want any help and that made me feel powerless and shocked.

At a hair dresser I met an employee who punished her child for playing with me as a customer. I encouraged the little girl to play with me, because I liked her. Even though I tried to explain this to the mother she punished the girl by hitting her with a flyswatter and sending her outside the shop. I felt really sorry for the girl.

Which food did you like in Thailand?

I absolutely love all the Thai foods with coconut and banana! Especially the sticky rice with mango and ice cream. I also love all the curries and vegetable dishes! I even discovered fish sauce for myself!

The best about the food in Thailand are the happy and cheerful people who serve it. I even started looking for recipes on the web and cooking Thai food in Germany.

What did surprise you here?

I was surprised by all the colours the houses have and the smell of the beautiful flowers.

Also the good health service was unexpected for me.

I was also positively surprised by the big variety of quality beauty products. I love the Asian way of producing small bottles and tubes, they are handy while traveling.

I did snorkel the first time in my life on this journey and was stunned and surprised by the rich and beautiful undersea world I discovered. I will want to do that more often. It felt like flying over an alien planet.

How can we find you?



Homepage: <http://kunsttherapie-heilbronn.de>

Facebook: www.facebook.com/KunsttherapieHeilbronn/

Instagram: www.instagram.com/kunsttherapie_heilbronn/

Youtube: <https://www.youtube.com/channel/UCnioGUZYoIFOhkFmAll9qWA>

Thank you for joining in this interview. Everything starts from questions, we are all linked and connected. We will know who we are by looking at the others, they are like a mirror for us. Everything what's happening in your life can be a valuable lesson. Stay curious and live it with all consciousness and awareness possible, enjoy every second of living and breathing until you know 'who you are'!