A photographical, philosophical and inspirational journey across an island, where traces of humans' history enchant the daily life and volcanic restlessness fights with lonesome beaches about the balance of life.



• Welcome on Sicily, where the history of mankind and earth has left strong foot prints behind. 

The collapsed umbrellas at the beach of Cefalù appear reverent compared to the oldest Norman's church in town (Northern Coast) – June 2014



Sometimes the way of life seems to become narrow.

Often this is just a sign that you are shortly before a break through. ©

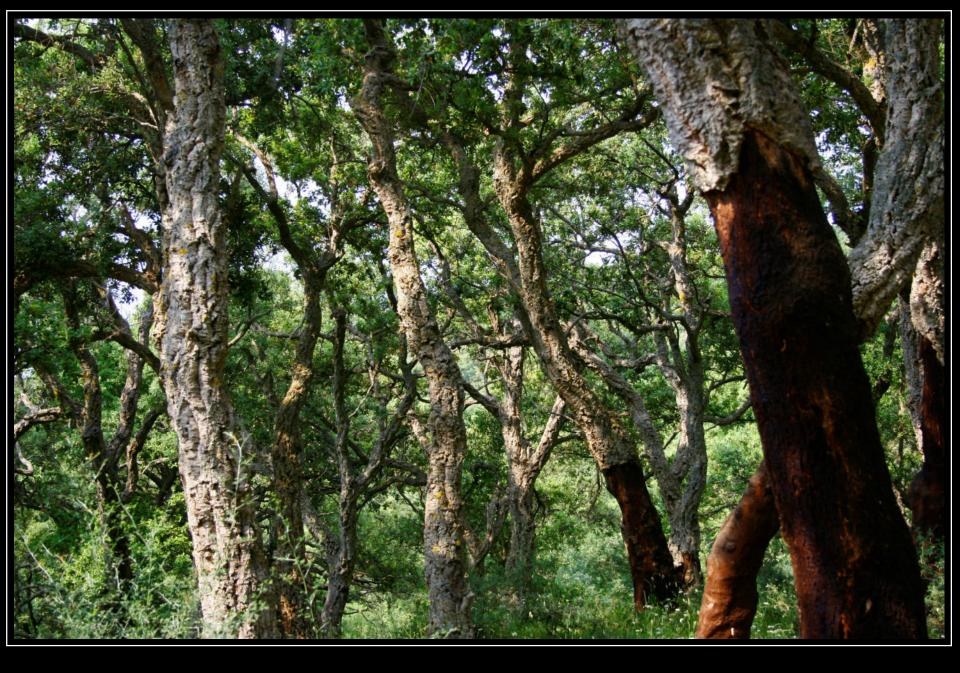
View on a lonely and hard to access bay with bizarre rock formations near the touristic place San Leone (South-West) – June 2014



© Cuddling gives you warmth for the heart and dreams the fuel for distant goals. ©
Restaurants along the Flanier beach of Campofelice de Rocella offer not only good food but also relaxation options (Northern Coast) – June 2014



© Break out. Deep inside of you dozes a divine I, that wants to be listened and sensed. © Europe's largest volcano Etna (3.369 m) sprays harmless lava, after a summery snowfall has covered its mantle (North East) – June 2014



© Free yourself from you old encrusted bark. The longer you wait the more painful it will be. © Mystic cork oak forests accompany us during a curvy ride in the Madonie on the way to the picturesque Castelbueno (Northern Coast) – June 2014



● If you believe you will be faster with three legs, you should also try with three heads. ⊕

The Sicilian crest, the Triskele, an ancient symbol for sun and lifework decorates the way to the cathedral of Monreale (Northern Coast) – June 2014



© If your goals seem to be too far away, look for a sandbank to rest and get new inspirations. © Beautiful limestone formations and lonely bays are offered by the whitewashed Scala dei Turchi near Siculiana Marina (South West) – June 2014



© Falling into the dust does not mean to remain, but to gain power for the next sky rocketing. © Daedalus' statue rests at peace in front of the 2.500 years old Concordia-Temple in the Valle dei Templi near Agrigent (South West) – June 2014



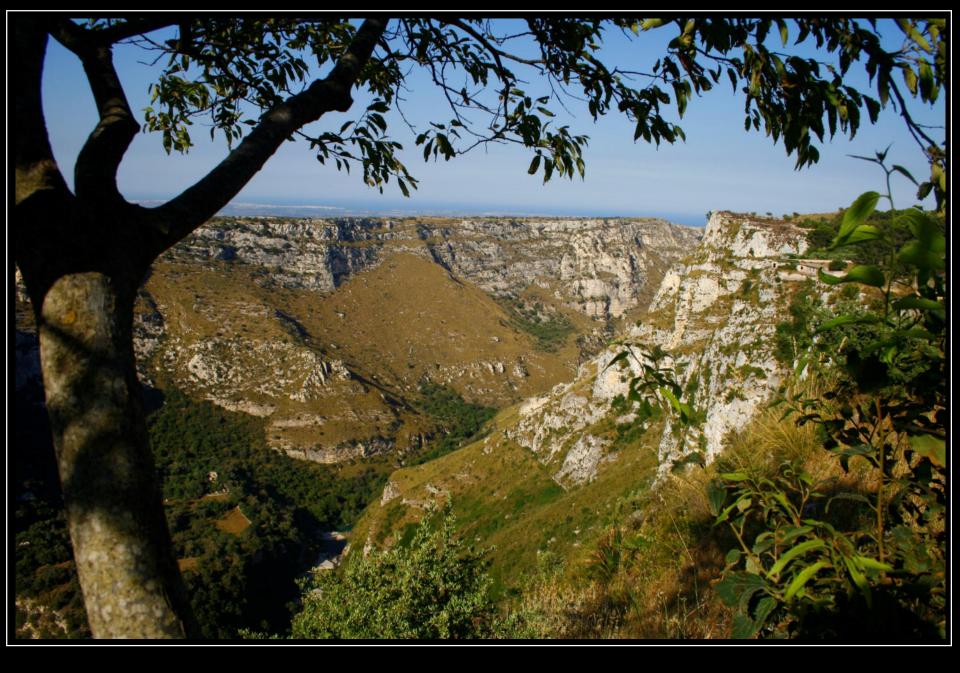
Play. Your heart longs for a sparkle of infantine impartiality and carefreeness. ©

Bathing men enjoy playing ball without competition in the gently shelving beach near Campofelice de Rocella (Nordküste) – June 2014



Home is where your heart develops the highest illuminating power. ©

The houses of Castelbueno are embellished with clotheslines, sun protection, satellite dishes and balcony plants (Northern Coast) – June 2014



Follow the flow of life - even in the deepest, darkest valley. It will lead you to the ocean of awareness. 

Blick auf die spektakuläre Schlucht im Nationalpark Cava Grande. Im Hintergrund das weiße Häusermeer von Syrakus (Südosten) – Juni 2014



Pause. Come to a rest. Each chapter for your life journey needs its time of back-pedaling, resting and sensing longings. ☺

A nice place at the waterfront of Cefalù invites to linger and eating ice cream (Northern Coast) – June 2014



© Cheers to this day. Cheers to the moment. Show body and soul, that you are joyfully alive. © Nikola takes off at the beach of San Leone and enjoys the freedom of movement after a long day with many trips (South West) – June 2014



• If it is getting dark around you light the fire, which burns inside you till the last breathe. 

Bonus-Picture: Picturesque sunset is support by artificial light near our hotel Baia di Ulisse in San Leone (South West) – June 2014

hank You