

PETER ENGBERG



The Path of the Space Between

A SIX WEEK PRACTICE OF AWARENESS,
PRESENCE AND FREEDOM

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AWARENESS, PRESENCE AND
FREEDOM

BY PETER ENGBERG

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Nimikkeen automaattinen analysointi tietojen, erityisesti mallien, trendien ja korrelaatioiden, saamiseksi tekijänoikeuslain 13b § ("tekstin- ja tiedonlouhinta") mukaisesti on kielletty.

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Kolmas laajennettu painos

Kustannustoimitus: Peter Engberg
Kannen suunnittelu: Peter Engberg
Muut tekijät: Peter Engberg

Kustantaja: BoD · Books on Demand, Mannerheimintie 12 B, 00100 Helsinki, bod@bod.fi
Kirjapaino: Libri Plureos GmbH, Friedensallee 273, 22763 Hampuri, Saksa

ISBN: 978-952-80-8892-9

This book is dedicated to every human being navigating the beautiful,
impossible burden of existence—

To those who feel intensely, and those who feel barely.
To anyone who has ever stood at the edge of themselves and
wondered:

”Is this all there is?”

There is more.

There is peace to be found—not by escaping the burden, but by
learning to endure it differently. There is freedom to be discovered—
not by changing the world, but by transforming your relationship with
it. This book will be your companion on that journey.

You are already enough. You have always been enough.

Now, let us find the stillness that has been waiting for you all along.

Author's Note

This book was not planned — it unfolded. It grew out of quiet mornings, long walks, and the gentle recognition that the most important work we can do is the inner kind. *The Path of the Space Between* was born from a wish to live differently — to approach life not through fear or comparison but through awareness and compassion. It is a collection of the practices that helped me reconnect with what is real and human in myself and in others. If these pages can guide you even a little closer to that stillness within, this work has fulfilled its purpose.

— Peter Engberg

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Before You Begin

Every transformation begins in awareness —
not in doing more, but in seeing more clearly.

These six weeks are not a path toward perfection,
but an invitation to return to the quiet presence that has always been
here,
beneath thought, beneath striving, beneath the noise.

In the moments between thinking and silence, and between
breathing and reacting, you will rediscover what it truly means to be
alive — to be aware of yourself and the life flowing through you.

Take a breath

Begin gently

The path is already within you

AUTHOR INTRODUCTION - THE PATH OF THE SPACE BETWEEN

A Journey Back to Myself

There are moments in life when something shifts quietly yet unmistakably—when an inner door opens, not with noise but with a soft exhale. For me, that moment arrived after more than a decade of inner work. One day, without warning, I could sense the outline of a new way of living—not as an idea, but as a feeling in my body. A warm, steady presence. A soft certainty. A glimpse of a self no longer trapped under the weight of lifelong inadequacy. That feeling was the beginning of this book. For most of my life, I lived as a chameleon—changing my tone, posture, and even personality depending on who I was standing in front of. It was a survival strategy learned in childhood, in an environment where I was constantly told to be different but never told how. Three other people whose voices shaped my environment, three different expectations, three different emotional climates. In such a world, a child doesn't learn safety; it learns vigilance. It learns to read every room but never itself. As an adult, this became an invisible prison. I shaped myself around others' needs, rarely my own. The years that followed were marked by depression, anxiety, and eventually a complete loss of footing. I reached a point where I could no longer function in the ways I once had, and I was forced to step away from everything familiar to focus



entirely on healing. But here is what I want you to know: that darkness was not the end of my story. It was the beginning of my transformation.

The Turning Point

Even in the deepest moments of struggle, something inside me refused to give up. I didn't know what healing would look like. I didn't know if it was even possible. But I kept moving forward—one small step, one breath, one morning at a time. I began reading voraciously—books on mindfulness, on presence, on the nature of thought and emotion. I started writing—not to publish, but to understand myself—to create space between what I felt and what was true. I learned to observe my own mind without being consumed by it. Slowly—almost imperceptibly at first—I began to sense small openings: a softer voice within me; an ability to notice my thoughts without becoming overwhelmed by them; a growing capacity to distinguish the destructive from the true. I had spent my life overthinking every detail, yet now I was gradually learning to feel instead of merely analyse; to trust the subtle signals of peace, however fragile they seemed. The practices that helped me were simple—a few minutes of stillness each morning, observing my breath, writing three sentences about what I noticed inside myself, pausing before reacting. These were not dramatic interventions—they were quiet, repeated gestures of awareness that gradually rebuilt my inner foundation. And slowly, stone by stone, a new foundation was laid. The slow emergence of a new self. I began to sense a different version of myself emerging—one that did not measure worth through others' eyes; one that no longer lived under the tyranny of self-criticism; one that dared to like itself, to breathe more freely, to stand still without needing to justify its existence. This inner shift did not come with fireworks. It arrived like a quiet summer evening on a calm sea—the kind of stillness that indicates something essential has changed. I noticed I could sit with difficult emotions without being overwhelmed by them; I could have a challenging conversation without succumbing to defensiveness; I could feel joy without immediately fearing its loss; I could look in the mirror and see a person deserving of kindness. These changes were not constant. There were setbacks—days when old patterns returned with full force; moments when I doubted whether anything had truly changed at all. But even in those moments, I noticed something new: I could observe the doubt itself. I had created space around my own suffering—and in that



What if you could decide how to respond to life instead of reacting automatically?

What if the inner critic that has narrated your life could be silenced?

What if you could truly be present—with yourself and those you care about?

The Path of the Space Between guides you through a six-week practice that transforms your way of living. Developed from the author's own ten-year journey from depression and reactivity to freedom and presence, these exercises teach you to inhabit the space between what occurs and how you respond.

In that space, everything shifts.

Through daily awareness exercises, reflective writing, and compassionate attention, you will discover a calmer mind, a kinder inner voice, and a growing ability to live by choice rather than habit.

**Simple practices. Daily use. Enduring change.
Start softly. The space is already inside you.**

