

WHAT IS A HOME?

by
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Part III.



**What is a home to
you?**

**Do you feel at home in
your home?**

**What if you don't feel
at home anywhere?**

**What could be the
reason?**



WHAT IS A HOME?

I'm looking for the unknown - I'm always looking
for... a home
I don't like to stay forever in one place
I must have changes - something new
I'm always on the go - at least in my imagination...

But what is a home?
Is a home where your friends are?
Where your family are?
Is a home, a place where your stuff is?



It has more to do with when you feel at home. How do you describe when you really feel at home?

Home is where your heart is, they say. It sounds a bit like hearth. In prehistoric times the hearth in houses were necessary for survival. By the hearth was warmth and food and safety, that is, a home.

IN CONTRAST TO

Insecurity, chaos, stress, cold.

Security, comfort, relaxation, warmth.



A sense of belonging.
And love - someone waiting for
you -
and you always like to come
home.
someone who knows you well
Maybe it's your home that
knows you well!



Your home is a mirror of your
personality – they say -
or one should perhaps say:

Your home reflects your mental
state,
how you feel at the moment.

Is your home messy or clean?
chaotic? dirty? or cozy –
is it "hyggeligt" in your home?
Can you come into peace when
you're at home?
Does your home welcome you
with open arms?

WELCOME HOME!

You should write that on your
doormat!!!
Don't just write for guests, write
for yourself too!



WELCOME HOME!



Is home a place of feelings?

How did you actually furnish and
decorate your home?

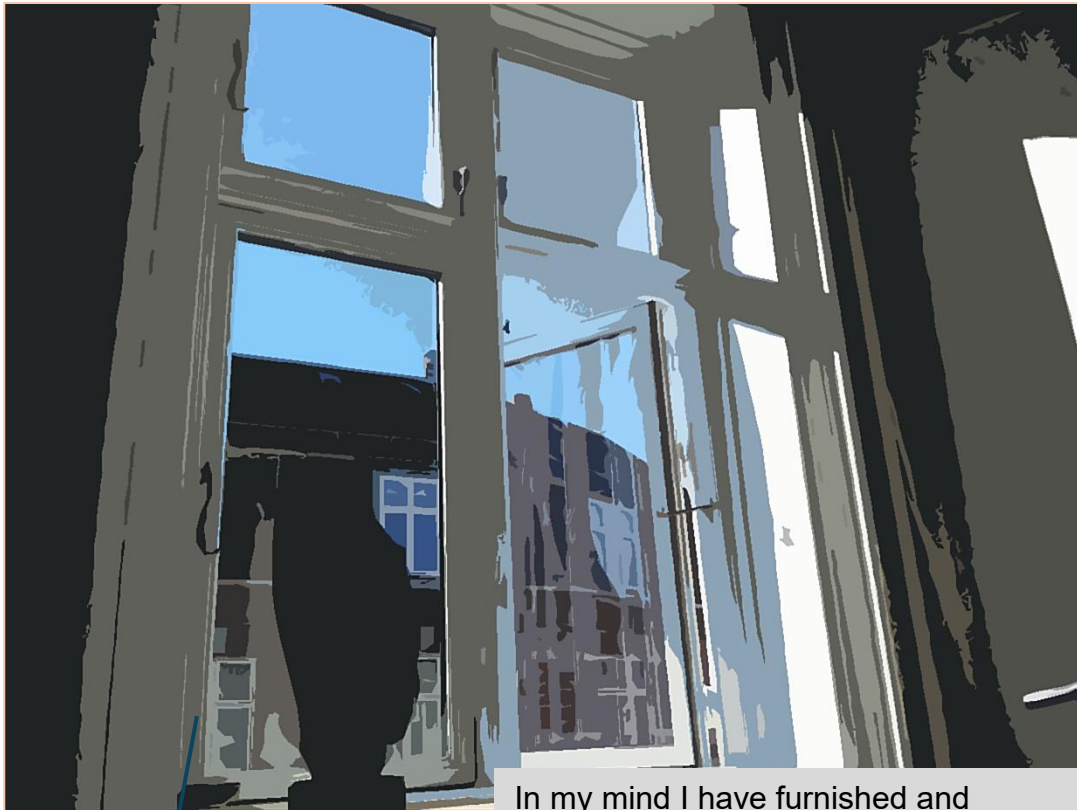
With many colors or completely
in black and white? Light or dark
colors?

What colors do you like for your
home?

Do you care about the colors in
your home at all?

Does your home look like your
childhood home?

Why? or why not?



In my mind I have furnished and decorated many apartments, and I always imagine that I live somewhere else - another life in another country in another apartment.

A kind of parallel life that I imagine while waiting for the subway, while showering and in other possible time windows.

Do you do that too?

After I actually moved to another country - this imagination stopped for a while - but then it returned.

But I know that restlessness makes you unhappy in the long run. I'm not leaving here anymore.

Here's everything I need.... or??



How long must you live in a place before you can call it home?

There isn't any furniture in my apartment that I can't lift and carry myself.

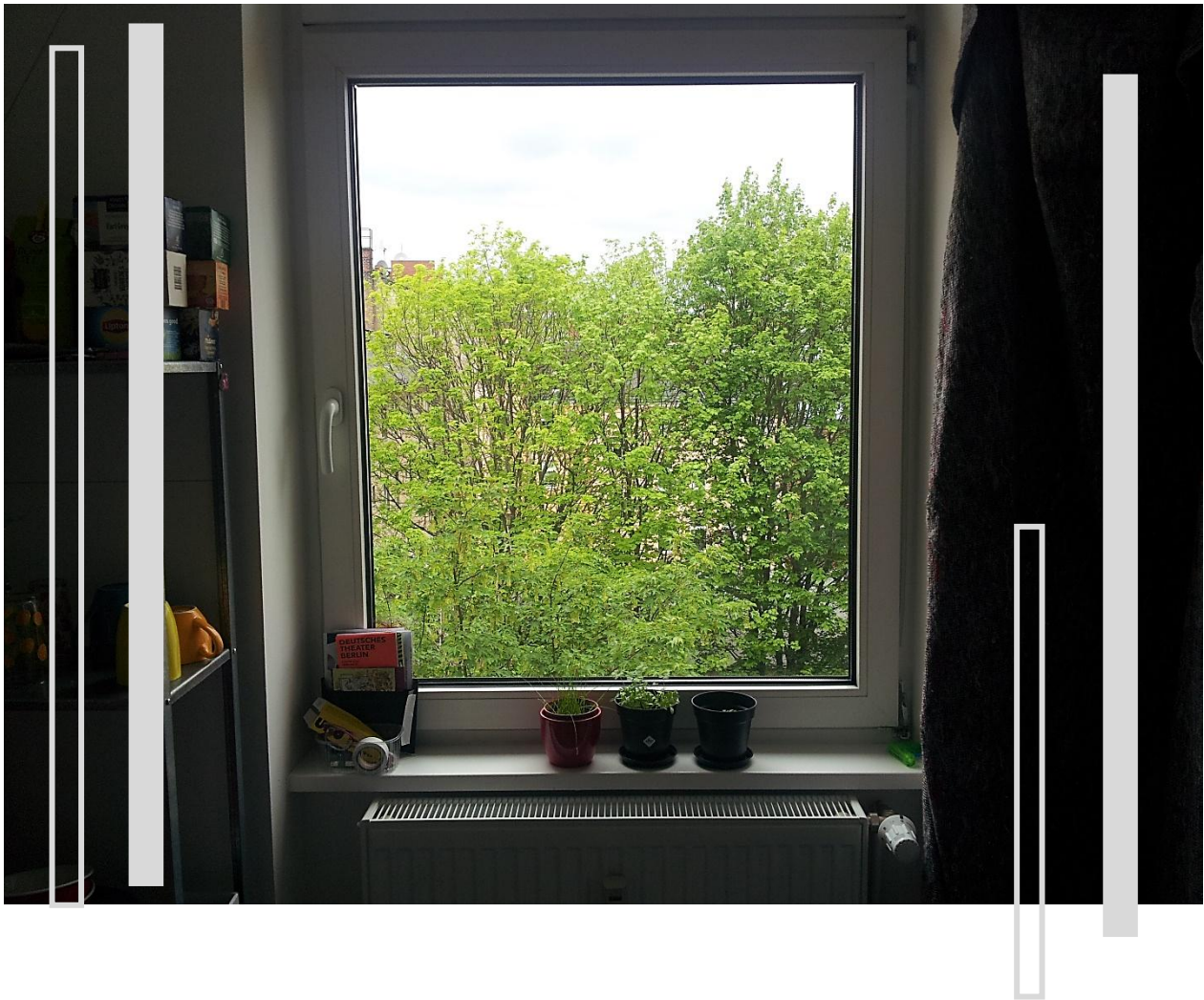
I'm ready to move to a new place rather fast.



**What can you do at home and
only at home?
At home you can take a break
– a break without the
challenges of
Everyday – without any
requirements.**

You don't have to put on make-
up or shave at home.
Being at home means being
yourself.

Is a home a place where dreams
are born and plans are made?



How are you feeling after these questions about home?
are you a little sad now?

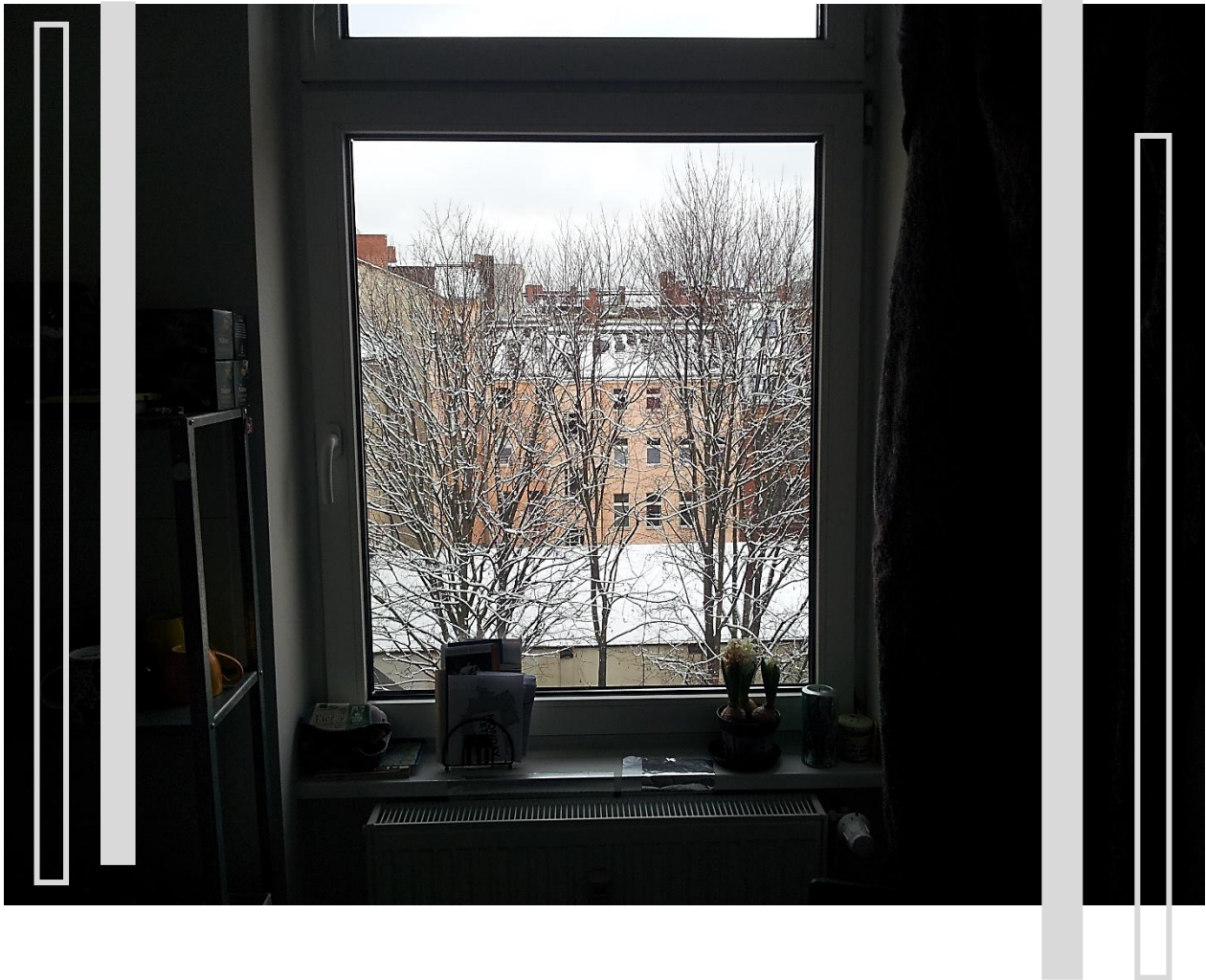
Then it could mean that you don't really feel at home anywhere.

I just have to think about that. What does that mean? Nowhere at home?

Do you perhaps have a great longing to finally come home?
I know that feeling.

I know that many people suffer from not feeling at home anywhere.

This is an eternal homesickness - but what is homesickness actually?



What is homesickness? - to a place? - certain objects? - certain noises? a smell?
Nostalgic details?

But nothing stays - everything changes - friends move away - houses are demolished..
People die.

It's a feeling that sits somewhere in your stomach -
Homesickness can come suddenly when you see or hear or smell something special.
So it is a feeling connected to the senses.

Of course, you experience that more when you have moved to a foreign country – like me.

But for me, I was also homesick in my so-called own country.

Until recently I never understood why.

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,
,

People with early traumatization often do not feel at home anywhere. One lives as a stranger in the world.

And you can't feel at home anywhere because you never had a good home as a child.

So, feeling at home has to be taught in childhood - it is a basic feeling that influences your life as an adult.

One must have a basic experience of being welcome in this world.

But do you need a certain place to experience this feeling of home?

I think that you have to find a home in your own body - you have to move into there first -

With early traumatization, this feeling of home is a great challenge to learn.







Am I finally coming home?
am I home now?
at home to me.

The goal is to feel at home everywhere...

Home is where you are.

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