

FLAVIA *aka* AGA CZARNECKA

The Living Field

*Creating reality
without forgetting
who you are*



Tenderikka

A few words to begin

You may notice that the tone of this guide carries a certain softness.

A quiet, feminine energy — not tied to gender, but to a way of being.

Though this text is written in English, where language doesn't reflect gender, it was born from a feminine principle.

If you're reading as a man, a non-binary or transgender person — you're warmly welcome here.

This field doesn't recognize labels.
It recognizes presence.
And responds to truth.

*„Continuity in motion.
The ceaseless becoming — this is reality.
What we see is only its shadow.”*

— David Bohm

Threshold

You know that moment.

When you're trying to put everything in order,
like always. When you plan, analyze, talk to the tenth
person — and the world still responds differently
than you wished.

It doesn't react to your effort.

It doesn't listen to your striving.

As if something has shifted — but you don't know what.

And those questions that circle back again and again:

— *How much more can I take?*

— *Why me?*

— *What do I have to do for this to go away?*

Maybe it's exactly then — though it's not visible —
that you begin to cross a threshold.

Not because you know what you're doing.

But because what you knew

has stopped working.

Plans fall apart.

Reactions bring no result.

Reality no longer fits into shape — like it used to.

It's not that you let go of control.
It's that control has stopped serving you.

And in that crack —
before anything new appears —
you may begin to feel.

Not as a method.
But as the only thing
that hasn't disappeared.

This is the beginning of another reality.
Not the one you achieve.
The one that reveals itself when you stop fighting.

This guide was born for this very moment.
It doesn't offer answers —
but gently brings back the kind of questions
that don't lead to solutions,
but to connection.

Maybe you don't need to understand
how the Field works.
Maybe it's enough to recognize it —
in a soft stirring,
in synchronicity,
in a *coincidence* that moved your heart.

This is not a book of theory.
It's a map of soft places.
To be read not with your intellect —
but with your whole being.

Not to change yourself —
but to remember.

If your body is now breathing just a little deeper —
you're already in the Field.

Welcome.



PAUSE. JUST
FOR A MOMENT.

A question that might shift your perspective

*What if what you're going through right now
isn't a mistake — but an invitation...?*

What is it calling you toward?

If you feel like it, write down the answer

Don't edit. Don't judge.

This is not analysis.

This is the first whisper of a new story.

What is the Living Field?

You don't need to understand quantum theory
to know that something is affecting you.
That sometimes, a coincidence feels too precise
to be accidental.
That a thought whispered quietly in your heart
returns to you in someone else's words.
That the world — though silent — somehow hears you.

The Living Field is not an idea.
It's not some energy *out there*.
It's not a technique you need to master.

It's something you already know.
Something that has always lived within you.
Something that has sometimes made itself known
through a feeling in your gut,
a softening,
a spark in a stranger's eyes.

The Living Field is not a system —
but a way reality exists,
where everything is connected.

Not like a mechanism.
Like an organism.

You don't have to believe in it.
You can begin to recognize it —
in yourself,
in others,
in the space between events.

You can speak with it.
Not through words —
through presence.

The Field responds.
Always.

Not always in the way you expect —
but always in resonance
with what is most true in you.

And when you begin to notice that,
the world stops being just a collection of events.

It becomes a conversation.



PAUSE. JUST
FOR A MOMENT.

Observation practice

Think of a moment from the past few days
that surprised you.
Could it have been a response to something you
felt — but never said out loud?

Ask yourself quietly

*If the world is listening...
what am I saying to it now?*

A Reality That Feels With You

In a world that, for centuries, taught control, independence, and separation — it's easy to believe that things just happen. Randomly. Beside us. Without meaning.

But that's only one version of reality.

One where the world is a lifeless backdrop, and we are solitary actors competing for attention, influence, and survival.

The Living Field works differently. In this space, the world is not indifferent. It is not a machine that, once set in motion, runs on its own.

It is an organism —
one that feels you.
It responds.
It resonates.

An empathic reality doesn't mean
everything will go the way you want it to.
But it does mean
that nothing is random —
even if you don't yet understand
the meaning behind what's unfolding.

When you truly enter into relationship with the Field,
you stop seeing events as signs *for* or *against* you.

You begin to ask:

- *What is the Field trying to show me?*
- *What am I being asked to notice right now?*
- *What movement within me is calling for a response?*

And then, the extraordinary begins to happen —
not because life has changed,

but because you have begun to read it differently.



PAUSE. JUST
FOR A MOMENT.

Mini Ritual

Close your eyes.

Think of something that moved you today —
even something small.

Instead of analyzing it, ask quietly:

What did it stir in me?

You can write down a single line

It doesn't have to be wise.

It only needs to be true.

Quality over plan

Intention, resonance, the field —
it can all sound abstract,
especially if you've spent most of your life being taught
that in order to achieve anything,
you need to plan every step precisely.

But the Living Field doesn't respond to a plan.
It responds to the quality of your being.

Not what you say —
but where it comes from.
Not what you want to achieve —
but what frequency your presence carries.

In the Field, everything is in motion.
But it's not a motion driven by tension, control,
or force.
It's the flow of qualities —
drawing one another in.

Resonance.

What does it mean to be in resonance?

It doesn't mean that everything
will suddenly fall into place,
just the way you imagined.
It's not a quick answer to the question:
— *Am I doing this right?*

It's more like a subtle attunement.
A gentle shift in quality
that the world senses —
even before you fully know what has changed.

Being in resonance is a state
where something within you
begins to align.
With your own rhythm. With your body.
With the feeling that you no longer have to tense up.

And then the world begins to respond —
sometimes instantly,
and sometimes in a way that looks like chaos...
but deep inside, you feel:
this is moving in the right direction.

Resonance doesn't bring instant results.
It brings coherence —
and a trust that grows,
even if not everything is visible on the outside just yet.

You could also say it more simply:

Resonance is a state of inner coherence —
and the world, subtly or clearly, begins to reflect it.

Sometimes through synchronistic encounters.
Sometimes through an unexpected *Yes*.
Sometimes through a clear *No*
that protects you from going the wrong way.

It's not magic.
It's the response to your alignment.

When you're out of resonance:

- *You feel tension, despite your efforts.*
- *Everything feels stuck — there's no flow.*
- *You're acting from fear or lack, instead of inner movement.*

It's not a sign of failure.
It's a signal: something within me is out of tune.
An invitation to return —
not to a goal,
but to a quality.

*Instead of asking “What should I do?”
ask yourself:*

- *What quality do I want to bring in now?*
- *Is this coming from fear or from love?*
- *Can I pause before I move?*

Because intention is not a command.
It's an invitation sent to the Field.

And the Field — like a living organism —
doesn't respond to what you say,

but to who you're becoming.



PAUSE. JUST
FOR A MOMENT.

Sensing Practice

Close your eyes.

Think of something you want to attract,
experience, or bring to life.

Instead of asking *How do I make it happen?*,
ask yourself:

What place is this coming from?

Write down one word

Not a goal. Not a strategy.

Just *the quality* you want to bring
into the Field today.

Let that be the first step.

The Wisdom of the Body and Heart

Before a thought appears,
before you find the words —
the body already knows.
The heart already feels.

Not metaphorically,
but in a real, physiological, energetic,
deeply human way.

In a world that has separated spirit from matter,
it's easy to forget
that the body is not an obstacle
on the path to awareness.
The body is awareness —
in its own language.

The soul doesn't enter the body as something separate
— it simply lowers its tone,
condenses, crystallizes.

It's like water turning into ice.
The essence remains the same.
Only the form changes.

That's why the body feels truth before you can name it.
That's why your belly tightens when something
is out of alignment.

The body is the soul
speaking to you in its own tongue.

It feels tension before your mind says,
Something's not right.
It expands in alignment
and contracts in resistance.

It lights a fire in your belly
when you're in a place that serves you.

The heart?
It doesn't shout.
But it never gets it wrong.

It doesn't follow logic —
but it doesn't oppose it either.
It moves deeper.

It's like a compass —
it works in silence,
but always points you to your inner north.

How to Hear the Heart

You don't need advanced techniques.

You need attentiveness.

A willingness to listen to something
that doesn't speak in words.

→ *Pause for a moment.*

→ *Ask a question — but don't look for an answer.*

→ *Notice what begins to move in the body.*

It's subtle. But it's real.

From this place — of depth, of tenderness, of presence
— the purest intention arises.

Not from fear.

Not from the need to earn your worth.

But from the place where you are in harmony
with yourself. And then...
what you do is no longer action.

It becomes a response.



PAUSE. JUST
FOR A MOMENT.

Heart Listening Ritual

Place your hand on your heart.

Close your eyes.

Ask the question that's been with you today.

Don't search for a solution.

Just allow your body to respond.

Do you feel tension?

Relief?

Tears?

Warmth?

If you feel called, write down one sentence

„Today, my heart says....”

Rhythms of Transformation

Change rarely arrives when we expect it.

And almost never looks the way
we imagined it would.

It can be chaotic.
Uncomfortable.
Illogical.

And for a moment,
it may seem like everything is falling apart —
when in truth, it's all being rearranged.

In the Living Field,
transformation is not an act of force.
It's not a growth plan to be implemented.

It's something that gently reshapes you
from the inside out —
reorganizing your entire being
long before any outer results begin to appear.

When Reality Falls Apart

The greatest pain is often not what happens —
but our attachment to *how it was supposed to be*.

It's the ingrained patterns of thought,
the belief in one right version of reality,
that sabotage us in the very moment
we long most to awaken.

It doesn't always mean something went wrong.
Sometimes, it means exactly the opposite:
you've reached the edge of an old pattern.
And what has to fall apart
so that something new can be revealed.

But the mind — raised in polarity —
judges instantly:

This is bad. I did something wrong.
This shouldn't be happening.

That's an old reaction.
A survival reflex from a level of consciousness
that sees everything as *either—or*.

A place where every crack feels like a mistake.

Or... What if It's Not a Mistake?

What if, right now, reality is saying:

You no longer have to play that role.

Transformation doesn't arrive to destroy anything.

It comes to dissolve

what no longer carries you.

And when you try to hold onto the old shape

at all costs —

that's when it hurts the most.

But when you allow yourself to fall apart —

the light will find a new way through.

Chaos is a natural part of change.

You don't have to fear it.

You can treat it as a ritual of passage.

How do I move through this?

Don't try to *fix it*.

Don't escape into interpretation.

Don't rush to make a new plan.

Pause.

Breathe.

Instead of asking *Why is this happening?*, ask:

→ *What in me is transforming right now?*

→ *Which part of me can no longer return to the old?*

→ *How can I stay present,
even when I don't know what comes next?*

In the Field, not everything has to be clear.

But everything is meaningful.



PAUSE. JUST
FOR A MOMENT.

Ceremony of Pattern Recognition

Close your eyes. Bring to mind a recent situation
that hurt you —
emotionally, mentally, or perhaps even physically.

Don't focus on what happened.
Focus on what you told yourself in that moment.

Maybe it was: *I messed up again.*

Or: *This doesn't make sense.*

Or: *I just need to try harder.*

Now gently ask yourself:

→ *Is this really true?*

→ *Does this thought empower me — or hold me back?*

→ *Who would I be without this thought?*

This is not about fighting the thought.
It's about recognizing that you are not the thought.
And maybe — this is where transformation begins.



Ceremony of Release

Find a moment just for yourself. Light a candle.

Place your hand on your belly or your heart.

Close your eyes.

Feel what is tense within you.

What are you holding on to with force?

You don't have to name it.

But you can ask:

*Can I allow this to leave — even if I don't know
what will come in its place?*

A Small Act of Letting Go

Take a piece of paper
and write down one word
that symbolizes what no longer serves you.

You can tear it.

Burn it.

Leave it somewhere for the wind to carry.

Not to get rid of it —
but to make space
for something new to arrive without struggle.

Signs and Confirmations

Sometimes you don't need an answer.
You just need a confirmation.
Not an instruction, not a solution —
a small sign.
A gentle shift.
A moment of synchronicity.

Something that whispers:
Keep going — even if you don't yet know where.

The Living Field doesn't speak in logic.
It doesn't deliver proof or dramatic miracles.

It speaks through resonance.
Through synchronicities.
Through inner movements.

Subtle coincidences
that seem too precise to be random.
Words spoken exactly when you needed them.
People who appear
as if they'd heard your thought.
A song that plays at just the right moment.
A glance.
A book title.

A word that warms your skin.

Not because it's *magic* —
but because you are part of the Field.
And the Field always responds
to the frequency it receives.

For many, this experience comes as a shock.
Because we were raised in a world
that rewards hard work, control, and planning.

And here — something arrives effortlessly.
Simply from the fact
that you are in alignment.

It doesn't mean you do nothing.
It means you stop pushing the river.
And begin to flow with it —
recognizing that the current
knows the way better than your beliefs do.

*Signs are subjective —
and that is their power.*

Signs and synchronicities are intimate.
Subtle.

Often visible only to you.

Someone next to you might not notice them —
and they don't have to.

What makes them real
is not what others see —
but what your body, your heart, your field recognizes:

This was for me.

Often, in this moment,
the mind kicks in.

It may try to dismiss it:

It was just a coincidence.

I imagined it.

It doesn't mean anything.

That's natural.

Leftovers of an old defense system.

You can welcome them without resistance —
like an echo that fades
when you stop trying to answer it.

And that's okay.
That, too, is a sign
that you're crossing a threshold.

Not through the mind.
Through the body.
Through feeling.

It won't be something you need to analyze.
It will be something that stirs inside you:
This is about me.

→ *That was exactly the quote I needed.*
→ *I don't know why, but that meeting changed everything.*
→ *That word came just when I was about to fall apart.*

A sign doesn't convince you.
A sign confirms what you already know —
but might still be afraid to call the truth.

Can I Ask for a Sign?

Yes.

But not from a place of control.

From a place of trust.

Ask the Field:

→ *Can you show me that I'm in connection?*

→ *Can you confirm that I no longer need to fight?*

The answer will come.

Maybe immediately.

Maybe through silence.

Maybe through something completely ordinary —
but you will know.



PAUSE. JUST
FOR A MOMENT.

Open—Eyes Ritual

Take a walk today through a familiar place —
but with a different question:

What wants to answer me today?

Don't look for signs.
Let them find you.

If something stirs you — write it down.

You don't need to know what it means.
It's enough that you felt it was speaking to you.

The Field of Community

You can walk this path alone —
but you are not alone.

Because each of us — whether we notice it or not —
is held in the same Field.

An empathic reality doesn't end with you.
It begins in you — but stretches beyond:
to others, to relationships, to shared space.

The Field doesn't stop at the edge of your skin.
What you think and feel — resonates.
What you choose — has impact.
What you transform within yourself —
illuminates the path for others.

The Field of Community is not about agreeing.
It's about a shared frequency of presence.
A space where you don't have to think the same
to feel that you belong.

What one of us offers as an impulse,
another may shape into form.
And another still — into rhythm
that brings it all together.

How to Find Your Place

Don't ask: *Am I enough?*

Ask: *What in me is longing to be expressed right now?*

Community doesn't need perfection.
It needs authenticity.

When you share what is alive in you —
you create space for others to come alive too.

We don't need to do great things.
But we can be mirrors for each other —
tender, safe, strengthening.

What you heal in yourself
touches others — even if unseen.
What you forgive
resonates beyond time.
Your willingness to transform
moves not only within you —
but through the Field we all belong to.

We are not just emotionally connected.
We are holographically connected —
like one body
seeing through an infinite number of eyes.

Your choices matter —
even the quietest ones.

Because the Field of community
is not built on structure.
It is built on resonance.
And that happens anywhere
two people meet in truth.

When you step into your truth,
the world shifts with you.



PAUSE. JUST
FOR A MOMENT.

Gentle Reflection

Think of someone with whom you feel truly seen.

What comes alive in you
when you're in their presence?

Mini—Action

Send a message today to someone you resonate
with —even if you rarely speak.

It doesn't need a reason.
Presence is enough.

A New Quality of Life

It's not about starting over.
It's about entering life from a different place.

Instead of running on fear — letting yourself
be guided by feeling.

Instead of fixing yourself — recognizing
what in you is already whole.

Instead of trying to control everything —
listening to life.

The Living Field doesn't promise an easy path.

But it reveals a true one.

Not one with a blueprint —
but one that unfolds when you stop bracing
and begin to simply be.

What does life from the Living Field look like?

It's not perfect — but it is present.

It's not predictable — but it is guided.

It's not free from challenges —
but you no longer have to fight them.

Because in this Field:

- mistakes become information,
- the body becomes a guide,
- relationships become a space for remembering who you truly are.

But stepping into a new quality of life
often requires something that seems simple —
and yet is the hardest of all:
letting go of control.

It is control — a learned defense mechanism —
that keeps us bound to the paradigm of survival.

It says:

If I let go, everything will fall apart.

I'll end up with nothing.

I'll lose it all.

But that is not the voice of the future.

It's the echo of old patterns.

And to move beyond it,
you don't have to be fully ready.

Just a little bit of courage is enough —
the kind that begins in the body
as a quiet shift:

What if... I tried a different way?

This is where a new map of life begins —
not from fear,
not from control,
but from the moment you stop defending
and start opening.

Because the new paradigm isn't built on fear.
It's built on trust.
On presence.
On a courage that isn't about strength —
but about vulnerability and openness.

About being willing
not to know everything right away.
About being ready to risk something new,
even when your body still hesitates.

This is not a method.
It's a quality.
A new tone of life.

And you don't have to do anything big to begin.

Just one question —
asked with tenderness:

— *What wants to live through me now?*



PAUSE. JUST
FOR A MOMENT.

One Question

Close your eyes.
Take a deep breath.

Ask yourself:

*If I no longer had anything to prove —
how would I want to live?*

Write down one sentence

Don't edit or judge.

This might be the beginning
of a new quality of life.

For the Journey

If you've made it this far —
it doesn't mean you've *completed something*.
It means you've remembered a part of yourself
that was always there.
Quiet. Unassuming. But alive.

This guide was never meant to be a map.
It's more like an echo of your own memory.
With one question:

What if all of this is simpler than it seems?

You are not alone.
You never were.
It's only the mind that sometimes
forgets the connection.
But your heart — it remembers.

And if you wish —
in a few days, you'll receive short letters:
afterglows, reflections,
not to help you understand something,
but to let you linger a little longer in the Field.

The one you already know —
even if you haven't yet had words for it.

With all my heart —
thank you for being here.

For being.

And for — perhaps even unknowingly —
helping to create a new world with us.

See you where feeling meets reality.
In the Living Field.

With all that moves through the Field,
Flavia

P.S.

*If this e-book found its way to you through someone —
may it serve you well.*

This is a space you can feel and leave — or return to, whenever you need.

*And if you feel called to receive more of these letters —
you can sign up here:*

www.tenderikka.org

*It's just one of many ways
to keep coming back to this space —
and stay in the Field.*





Flavia aka Aga Czarnecka

A graduate of the Academy of Fine Arts in Warsaw (2000), former gallery curator and cultural animator. An artist, lightworker, and intuitive astrologer, her creative path moves between polarities — body and spirit, matter and energy, archetype and modernity.

She weaves astrology with contemporary streams of insight, offering a deeper view into how personal consciousness resonates with the larger order of life. She sees astrology not as a system, but as a living tool for introspection — one that helps others rediscover their inner compass and recognize their place in time, in the world, in the body.

In her work, she supports people in personal transformation, in dissolving old patterns, and returning to inner guidance.

Tenderikka

Tenderikka is a space born from tenderness and the need for a new quality of co-existence. It's a social initiative, developing as a Cooperative of Conscious Women, but open to every person — regardless of gender or identity. What matters is a willingness to co-create — from a place of awareness, integration, and care for the collective good.

This is not a traditional business project.

Tenderikka is a living field — where these elements meet:

- development-based content, webinars, and practices that support awakening, integration, and collective transformation;
- sustainable offerings — like premium plant-based cosmetics, artworks, and handcrafted creations, made with respect for Earth and an aesthetic of softness;
- and a model of shared resources — rooted in trust, empathy, and mutual strengthening.

One of Tenderikka's deep currents is the healing of women's relationships: with themselves, with material reality, and with their sense of worth.

It's a movement — from fear and lack to dignity, abundance, and the subtle power of inner value.

Tenderikka invites a new kind of exchange. One that nourishes the spirit — and the material. One that remembers: every transformation begins in the Field.