

**Episode 57** | translated with [chatgpt.com](https://www.chatgpt.com)

## **What Does Your Face Reveal About You?**

A conversation with Darina Tsokolaeva

### **Intro**

**Birgit:** Good afternoon, this is Birgit. We're moving from an empty room

**Nike:** to sustainable transformation. This is Nike, and I hope you enjoy it.

**Birgit:** Hello and welcome to a new episode. Today I'm joined by a guest once again. Nike is on holiday and sends her warm regards. I'm delighted to welcome Darina. Darina, it's wonderful to have you here.

**Darina:** Thank you, Birgit. I'm very happy to be here.

**Birgit:** We first met last year through my fascination with having my face read. That experience stayed with me, and today I'd love to explore Face Reading with you – what it is, how it works, and what it can offer. So perhaps we can start at the beginning: how did you come to Face Reading?

**Darina:** Quite by chance, actually. I attended a talk by Eric Standop, who later taught me Face Reading and still accompanies me in this field. After that talk, I had my own face read – and I found the method immediately fascinating. I wasn't overwhelmed or emotional; I was simply open and curious. At some point I decided to learn it myself, without a clear goal, just enjoying the process.

**Birgit:** That resonates with me. I met Eric in 2020 – a year that felt like an exception in every sense. I attended a virtual conference and heard him speak. Face Reading caught my attention right away. What was your first reading like?

**Darina:** Surprisingly disappointing at first. At that time, I was focused on building a corporate career. During the reading, Eric told me very clearly that this path was not mine.

I was deeply unsettled. I had studied for it – twice. And suddenly I was confronted with a completely different image of myself.

That question stayed with me: *How can someone see me so differently from how I see myself?*

It triggered something essential. Who am I? Where am I going? What is my path? That's what drew me deeper into this work.

**Birgit:** I wonder whether this also touches on the expectations we carry inside us.

**Darina:** Absolutely. My family and environment had very clear ideas about success and achievement. That shaped me profoundly. Thinking differently wasn't even an option back then.



**Darina:** Learning Face Reading opened something new. Not only the technique itself, but meeting people, experiencing their trust, and seeing how simple words can move something inside them – that gave me a great deal of strength.

**Birgit:** I was surprised as well. Normally, I'm rather sceptical about predictive methods. I once tried card reading when I was young and found myself constantly searching for signs in my life afterwards. With Face Reading, I was curious whether concrete events would be predicted. What I found deeply relieving was the opposite: Eric spoke about talents and directions, not fixed outcomes. At that time, my own transformation had already begun – training as a systemic coach, developing my concept of the *Empty Space*. His words felt like confirmation: *You're on your path*. That shifted my focus from what wasn't working to what already was.

**Darina:** That's the essence of Face Reading. It is deeply freedom-oriented. It shows you the lighthouse – but how you walk your path is entirely up to you. As children, we often feel: *I am something special*. Later, surrounded by ideals and comparisons, we lose that sense. Face Reading gently reminds us of our uniqueness – in a very pragmatic and transparent way.

**Birgit:** Could you describe briefly how a Face Reading works?

**Darina:** At the beginning, clients choose one of several themes – such as personality, talents, life purpose, relationships, health, profession or finances. After that, there is nothing you need to do except show up as you are. The reading begins from there.

**Birgit:** In my case, Eric asked for a neutral photo taken in the morning.

**Darina:** Photos can help, especially online, but they're not essential. Preparation allows the reader to focus more clearly on the chosen theme. Online sessions have actually become the dominant format. Despite expectations after the pandemic, people continue to choose digital encounters.

**Birgit:** I've noticed the same in my coaching work. Online formats work – though they require a lot of prior experience in personal encounters to truly sense what's happening emotionally.

**Darina:** Exactly. In-person and online sessions carry different energies. Neither is better or worse – just different. Some people need physical presence; others feel safer online. That difference alone already reveals something about a person.

**Birgit:** That's interesting, because the digital space can also help people practise connection before transferring it into everyday life.

**Darina:** And that's already Face Reading in action: asking whether we live something in a gaining or losing way.  
Nothing is inherently good or bad. It depends on how we live it.

**Birgit:** That perspective has shaped how I look at crises. I don't like them, but when they appear, I ask: *What is this trying to show me?*  
Is it pointing to a recurring pattern? A place where something wants to change?

**Darina:** In Face Reading, we speak of a *resignation point*. It signals that something has reached its end and wants to transform.  
If we don't respond, crises tend to intensify. They are invitations to change.

**Birgit:** What troubles me are phrases like *"That's just how I am."*  
I often ask: *Who says that this is who I am?*  
For me, it's not about radical change – but about feeling at ease within myself.

**Darina:** Change is frightening. Even unhealthy habits offer familiarity and safety.  
Many people externalise their struggles first – talking helps – but eventually the focus must return inward.  
We may change jobs, partners, environments, yet patterns repeat until we address them at their root.

**Birgit:** I've often worked through themes in my life, moving on once something felt complete. Some find that unsettling, but for me it's a natural rhythm.

**Darina:** That reflects different personalities. Some people are multi-layered, with many talents, and can switch more easily. Others are more specialised and need continuity.  
Neither is better. The question is always: *Do I live this in a way that nourishes me or depletes me?*  
Face Reading helps people recognise their rhythm and define their path for themselves.

**Birgit:** For me, that's the great value of Face Reading. It helps make the inner landscape tangible – without drifting into vague spirituality or rigid pathology.  
It's a pragmatic tool that opens new perspectives on everyday behaviour.

**Darina:** That's beautifully said. Face Reading is clear, transparent and immediately applicable.  
Some people need only one impulse to move forward; others keep searching. Both are valid.  
But this work can help people rediscover joy in walking their own path.

**Birgit:** That brings me to my final question. What fascinates you most about this work today?

**Darina:** I wouldn't call it fascination anymore – it's more a quiet commitment. I value that Face Reading is simple, practical and stabilising. It doesn't complicate things. What motivates me most is giving people that small push – especially those who feel lost or under immense pressure – and showing them: *You don't have to wait endlessly.*

**Birgit:** Face Reading offers structure – and structure creates a sense of safety. We've learned how fragile external security can be. Finding inner orientation matters more than ever. For me, Face Reading has been one way to do that.

Thank you, Darina. It was a wonderful conversation.

**Darina:** Thank you, Birgit. I would invite everyone to take a quiet moment and remember what felt special about them as a child. And if that feels far away, start small. Create a tiny moment of success. Sometimes, that's enough to reconnect with who you are.

**Outro:**

**Nike:** So, that's it for today. We invite you to join us again next time. And you are also welcome to share it with friends and acquaintances and visit us. Where can I find you, Birgit?

**Birgit:** You can find me at [freistil-impulse.de](http://freistil-impulse.de). All my documents are there. That's my website. And Nike, where can I find you?

**Nike:** You can find me on LinkedIn or Instagram at [nikehornbostel](https://www.instagram.com/nikehornbostel). And my website is [www.nachhaltigettransformation.de](http://www.nachhaltigettransformation.de). Until then. We look forward to seeing you. Bye bye.