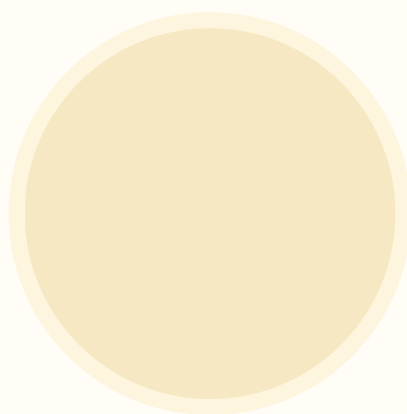
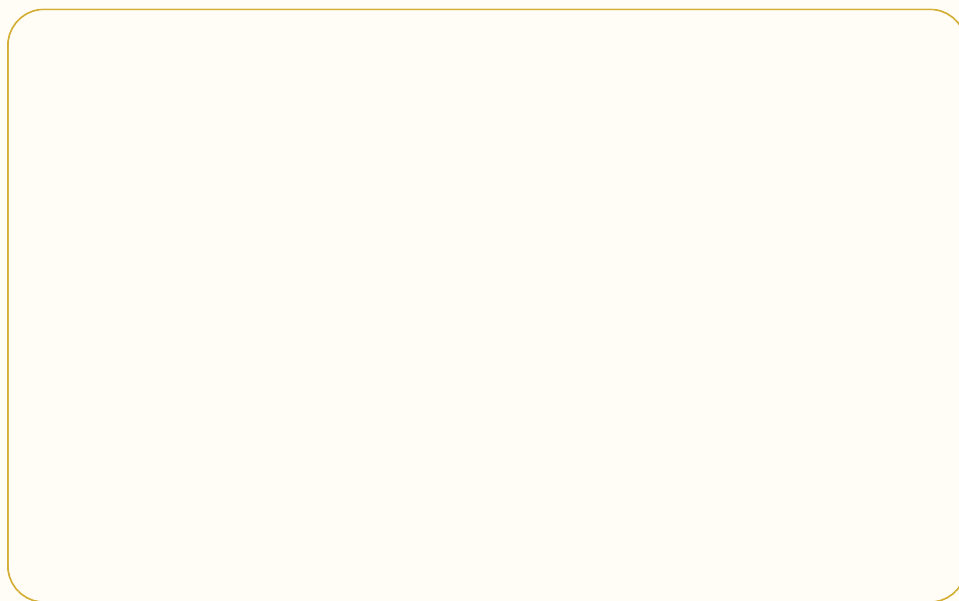


EVERLIGHT LOVE

Your Everlight Love

Aya & Alan

May 24, 2026



A LETTER FROM THE GARDEN

Your Everlight Love

Aya & Alan



May 24, 2026

„I come back to myself when we truly hear each other“

WHERE YOU BEGAN

An open door



This is how your garden looked when you began.

Aya & Alan — today you opened a door to a shared conversation.

Your words

A few of the lines that rang loudest today. We leave them here for you.

“ [Aya] I feel like a housekeeper. Not like your wife. I've been alone through this entire maternity leave. I think I've lost myself in diapers and colic.

— AYA

“ [Alan] I promise. And I also want to say that I need you to ask me how work is going. Sometimes I feel like I'm just a money-making machine.

— ALAN

“ [Aya] I miss closeness. Not just physical. I miss you asking how my day went. Being curious about me, not just the situation with the kids.

— AYA

“ [Alan] I don't know what to say. I see you're tired. But I'm tired too. I come home after 10 hours and feel like I've already failed before I even walk through the door.

— ALAN

“ [Aya] I don't need you to fix the world. I need 30 minutes in the evening without screens. Just us.

— AYA

WHAT THE GUIDE HEARD

A letter to you

WHAT I HEARD

I hear two deep longings that have gone without words for a long time. Aya — you yearn to be seen as a woman, not only as a mother. Alan — you yearn for your work to be recognized as an act of care. For a long while, you both stayed silent out of fear that speaking plainly would be too much for the other person to carry.

WHAT MOVED IN YOU

Today you discovered that a concrete request — four shared evenings, a question about the workday — is a bridge, not a demand. That closeness doesn't arrive on its own: it needs an invitation.

THE TURNING POINT

„The moment Aya said: 'If four evenings a week are ours — that's enough for me.' Not a complaint. Not an accusation. A request."

WHAT NOW

Small rituals for the week



Sit together by this tree. These rituals are like seeds — they only grow when you tend them.

Four screen-free evenings

This week, choose four evenings together when laptops and phones go away after 8 PM. One of you asks: 'How was your day?' — and truly listens.

HOW YOU'LL NOTICE · A FEW TIMES A WEEK

At the end of the week, each of you rates on a scale of 1–5 how seen they felt.

WHY IT MATTERS

Consistency builds safety. Four evenings isn't a luxury — it's a foundation.

One sentence of gratitude

Each evening, before you sleep, say one specific sentence to each other: 'I appreciate that today you...!' Not a compliment – an observation.

HOW YOU'LL NOTICE · DAILY

Seven days in a row — done or not done.

WHY IT MATTERS

Gratitude spoken aloud becomes visible. And visibility is exactly what you are both searching for.

Seven pillars — before and after



BEFORE · 64%



AFTER · 64%

mutual understanding	62%	·	62%	—
respect	70%	·	70%	—
appreciation	58%	·	58%	—
expression	65%	·	65%	—
presence	55%	·	55%	—
co-creation	68%	·	68%	—
repair after tension	72%	·	72%	—

"Before" — your shared snapshot from onboarding. "After" — the average of your two self-ratings after the session. The arrow shows the shift.

Full transcript

Saved word for word. You can return here whenever you want to hear yourselves from weeks ago.

AYA

[Aya] Last Friday, when we finally got the kids to sleep at 8:30, you opened your laptop. You sat there for an hour. I was crying at the sink and you didn't even know.

GUIDE

Alan, I hear you — that moment at the sink, you felt unseen. After all that effort to get the kids down, you needed him there, and instead the laptop came between you. Alan, I want to understand what was happening for you in that moment. What drew you to the laptop right then?

ALAN

[Alan] I'm working for us. For this apartment, for the kids, for our life. How am I supposed to not stress about a Monday deadline?

GUIDE

Alan, I hear that—you carry the weight of providing, and that stress doesn't just disappear when the kids fall asleep. It pulls at you. And Aya, I also hear that you needed something different in that moment—not just presence, but a sign that he saw you, not just the pressure. These two things are both true, and they're pulling in different directions right now. Alan, when you sat down with that laptop, were you running toward the work, or running away from something—the exhaustion, the overwhelm of the day?

AYA

[Aya] I feel like a housekeeper. Not like your wife. I've been alone through this entire maternity leave. I think I've lost myself in diapers and colic.

GUIDE

*Aya, I hear something deeper now—it's not just about Friday night. You're saying that over these months, you've disappeared into the role of caregiver, and you miss being seen as a woman, as a partner, as *you*. That loneliness through maternity leave is real. And Alan, I want to make sure you're hearing this—this isn't criticism of you working hard. This is Aya saying she's lost herself. What lands in you when you hear that?*

ALAN

[Alan] I don't know what to say. I see you're tired. But I'm tired too. I come home after 10 hours and feel like I've already failed before I even walk through the door.

GUIDE

*Alan, I hear you—you walk in carrying exhaustion and immediately feel blamed, like you've already lost before you can even try. That's a heavy place to arrive home to. And Aya, I'm hearing something important underneath both of these: Alan feels like he can't do enough, and you feel like you're not *seen* for who you are beyond the mothering. These aren't the same pain, but they're connected—you're both running on empty, and you're not reaching each other across that emptiness. Aya, when Alan comes home tired, what do you most need from him in those first moments—not to fix everything, but just to land with you?*

AYA

[Aya] I don't need you to fix the world. I need 30 minutes in the evening without screens. Just us.

GUIDE

Aya, that's a name for what you need—not grand gestures, just 30 minutes of undivided presence, a small island where you're not Mom and he's not the provider. You're two people who chose each other. Alan, do you hear that? And more than that—what does that land as for you? Is that something you can imagine, or does it stir up something else—guilt, resistance, doubt about whether you have it in you?

ALAN

[Alan] I get it. But after a full day in an open office where everyone's demanding things from me, my phone is my only quiet moment. I don't know how else to decompress.

GUIDE

*Alan, I hear it—your phone isn't just a distraction, it's your sanctuary after hours of being pulled in a hundred directions. That's a real need for autonomy and mental space. And I'm noticing something important happening right now between you both. Aya is saying 'I need 30 minutes with you,' and Alan is saying 'I need time to myself to decompress.' These sound like opposites, but they're not enemies—they're just two different hungers, and they're both legitimate. Here's what I'm curious about: Alan, what if those 30 minutes with Aya *became* your decompression instead of competing with it? Not because you should, but because you might discover something there. What does your gut say to that?*

AYA

[Aya] For 6 months you haven't touched me in any way other than accidentally. It's not even about sex. It's about you stopping seeing me as a woman, not just a mom.

GUIDE

*Aya, that absence of touch—even a hand on your shoulder, even standing close—that's a language. And you're saying for six months, that language has been silent. You're not asking for sex; you're asking to be remembered as someone who exists in a body, who is alive, who is *his wife*. That's a grief beneath the anger. Alan, I want you to hear this without flinching: she's not saying you're a bad person. She's saying she's disappearing, and your touch is one of the ways she knows she still exists. What happens in you when you hear that?*

ALAN

[Alan] I thought you were too tired. That after nursing and carrying the kids all day, the last thing you'd want is me touching you. I was afraid you'd reject me.

GUIDE

AYA

[Aya] I miss closeness. Not just physical. I miss you asking how my day went. Being curious about me, not just the situation with the kids.

GUIDE

*Alan, I hear your fear—the thought that any touch might be met with tiredness or rejection. You were trying to protect Aya, and perhaps yourself, from that potential pain. And Aya, I hear that for you, it's not just about physical touch, but about a deeper emotional closeness, the simple act of being seen and understood through curiosity about *your* day, *your* inner world. It seems like Alan, your care led you to hold back out of fear, and Aya, your yearning for connection felt like a void. Both of these come from a place of deep caring for this relationship. What would it be like to slow down for a moment and really listen to the heart beneath these words? Aya, Alan, what's coming up for each of you right now?*

ALAN

[Alan] What could I specifically do today to make this better? I'm asking seriously, because I don't know where to start.

GUIDE

Alan, I hear your earnest desire to take a concrete step today—you want to know where to begin. And Aya, you've spoken about missing closeness and curiosity, and just 30 minutes without screens. What is one tiny, visible action, perhaps in those 30 minutes, that could speak to your need for closeness and curiosity, something you could ask for, Aya? And Alan, what small, first step feels manageable for you to offer today?

AYA

[Aya] Close the laptop at 8pm. Let's put the kids to bed together. And then 30 minutes, just the two of us, tea or whatever. No phones.

GUIDE

[failed]

ALAN

[Alan] OK. I understand. But can we agree that when I have a real deadline, I'll tell you in the morning? So you know it's not that I don't want to be with you.

GUIDE

Aya, I hear your clear and heartfelt request for a specific evening ritual: closing the laptop at 8 pm, putting the children to bed together, and then 30 minutes of undivided, screen-free time. That sounds like a deep longing for presence and shared space. Alan, I also hear your willingness to embrace this, and your very real need for understanding when deadlines loom, suggesting a way to communicate this beforehand. It seems you are both reaching towards each other, seeking understanding and connection, even while navigating real-world pressures. What opens up for each of you when you consider this possibility of clear communication around work, coupled with dedicated time together?

AYA

[Aya] Yes, that's fair. I understand work. But I need to know what to count on. If four evenings a week are ours, that's enough for me.

GUIDE

Aya, I hear that for you, knowing what to count on is key, and the idea of four dedicated evenings a week offers you the clarity and presence you've been yearning for. Alan, that sounds like a step towards co-creation, where both your need for decompression and Aya's need for closeness and predictability are being heard. How does this idea of four dedicated evenings resonate with you, Alan, in terms of what's feasible and what you can commit to?

ALAN

[Alan] I promise. And I also want to say that I need you to ask me how work is going. Sometimes I feel like I'm just a money-making machine.

GUIDE

*Alan, I hear you expressing a deep need for recognition and understanding for your work, not just as a provider, but as someone who puts effort into their career. You want to be asked about your day, to feel seen beyond your function. Aya, you've shared your longing for curiosity about *your* day. How does it land for you to hear Alan express a similar desire for that kind of connection and inquiry? What feels possible here for both of you?*

AYA

[Aya] You're right. Let's start today. After dinner, you put away the laptop. I'll ask how your day went. And we'll sit together. Does that sound like a possible first step?

GUIDE

Aya, I hear you making a concrete proposal for today, an immediate first step to bridge that gap—you'll ask about his day, and he'll put the laptop away. That shows a beautiful willingness to reach for each other. Alan, how does that sound to you as a possible first step for today?

YOUR INTENTION

A mantra for the road

A large, empty rounded rectangular box with a thin gold border, intended for the user to write their intention.

"I come back to myself when we truly hear each other"

Everlight Love

— GARDEN OF LOVE —

T H A N K Y O U

Thank you for this time, Aya & Alan

— • ◆ ◆ • —
*We wish you much love
and understanding.*

Today's conversation is part of your garden, always. Come back here when you need presence, tenderness,
or simply — each other.

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