

Tjaši Artnik Knibbe

Tjaši Artnik Knibbe with the spiritual name Sarabraj went in search of inner peace after losing both of her parents and brother. She chose the 850km long Jacob's route. She described her experience in a book entitled Venerable.

1. Why did you decide to walk the 850km long Jacob's route alone?

After the death of my brother, my mother and my father died as well. I and my younger sister were left alone. A tumor operation followed, which I got from all the stress and the neglect of my body. I still remember how helpless and tired I felt. All I could do was let my intuition guide me. After I got better I took my backpack and went traveling. The Jacob's route was the first and since then I've been on the road.

2. Let's stop on Jacob's route for a little bit. For a normal person the length of the route you walked is a big challenge. How did you do it with all inner pain?

In my book I explain that when you're in contact with so much death something inside you changes. Your priorities change and the whole concept of life changes. Overnight I got an insight that we as humans are not just the body. But we are led by a spirit of a higher power, and if you allow it to coexist within you it can show you the world in unbelievable colors. This insight is what gives me power and it doesn't stop there it also puts death in a whole different perspective.

3. You published a book about Jacob's trail with the title venerable. What is it about?

If I'm being completely honest it's about pain and the meaning of vulnerability. Your ego retreats when you are in pain. And then there is silence, and in that silence I find love. I can feel what life is and how lucky we are to be alive. The book is a tale about one of us who lives with a tragedy.