



## INTRODUCTION

I often wonder if one can have a perfect life on this earth. What I do know is that many people are willing to 'die' before they have truly lived.

I do not agree with several authors of our day who tell people that life is a game and that we are to play this game skilfully. I believe that life is a journey and that we are all pilgrims *en route* travelling our own roads and aiming for our own destinations. As long as we are pilgrims, our business should be **life** and not death. Therefore it is of immense value to plan the journey of life well!

Also know, that **how** you travel, determines the outcome of your journey. You are more than a body with a brain. You are a being with a spirit. We know this because we often speak to God or make some kind of deliberate conscious contact with God when we pray or sing. Others live with spiritual awareness and although they find it hard to put the concept in words, they realize that we are **spiritual beings** and that the body and mind are equipped to work **with** the spirit, to assist us in every challenge along this journey through life.

I have developed a proper dissatisfaction with half-truths and one-sided writings that lead people to worship the body or the mind, exclusively. We are living in an age where the spirit of man will be the most important part of this unity of three.

What people **value**, what people **believe**, and what people **FEEL** have become of major importance. In its essence, a purposeful life, a life with a destiny, requires being attuned to our minds, hearts and souls. The many challenges we are facing are inviting us to look beyond the intellect, the outward appearance and physical control – also to go behind all the mind games, or putting the right spin on things, or being politically correct.

The time is here to **blend and harmonize the unique characteristics of spirit, mind and body.**

Intellectually and physically speaking, our minds and bodies are being trained to accomplish the amazing. Trail-blazing studies, conducted by dedicated experts on human development suggest that we stretch our capabilities and just go for every dream we have, using mind power and bodily fitness.

Personally, I believe we **still need God's wisdom and power** to live a healthy, successful, happy and fulfilled life.

Many of us often ponder on questions such as:

- What is life all about?
- Why am I here at this place and in this time?
- Will I ever feel that I have achieved my purpose on earth?

Often, I get the impression that I have received answers to the above – however – my brain and my heart gave me different answers! And many times, my body 'talked' in ways that didn't confirm any of my brain or heart's answers! So I carried on with my daily life – knowing deep down in my spirit – there is more to life than just earning a living and belonging to a certain family, working on this project or that event.

I **know** that you and I are neither accidental, nor incidental to our own life's story. Every one of us plays a major role in the outcome of our life's journey, whether people, books or any other source assist us.

Every night when you go to sleep, it is you and your thoughts, you and your feelings, you and your body.

So embrace with me an explorative reading journey and participate in the few questions I have challenged you with.

I've divided the book into three separate sections, all interrelated in an open-ended way. You may decide which section you would like to read first, although it would

help you to understand the parts on feelings and body talk better, if you read Part One first.

I propose a case against the old way of positive thinking as an answer to all one's problems, because of the many case studies that have proved that a more unified approach to problem solving, involving brain, body and spirit, is more successful!

My passion is research and this gives me the confidence to say that the content is psychologically, spiritually and medically sound. I am inspired to present to you substantial information on how your brain, emotions and body are a magnificent communication system in order for you to apply and live a life that is **well lived**.

During the months of writing this book, I spent quality time with people who have walked this way of life and are now preparing for their final resting place. It was not always easy talking to them. However, the overall message I got from these loving folks was simple, somewhat austere, yet very powerful. They talked about "coming together in one's being" recognizing the life, energy and movement that have been given to us all. The focus was undoubtedly on the **spirit** of humankind and the quality of the heart and what happened inside the person's mind.

Take the words into your heart. Invite your brain to help you make a powerful connection with how you feel about the content.

You are not a mistake. You are strategically designed to fulfil a purpose, a plan and a destiny. Make a new paradigm-shattering SHIFT and travel with a plan.

Find your purpose and discover your destiny.

I cannot tell you what your destiny is, but I can motivate you to find it while reading, pondering and making some notes.

Norman Cousins (1993) wrote: "Death is not the greatest loss in life. The greatest LOSS in life, is what dies inside us, while we are still alive."

You are the greatest miracle ever created.

**Becoming** that miracle will enable you to perform miracles too!

**Everything you will become, starts with how you THINK.**

**Your thoughts will create what you FEEL.**

**And then, without a doubt, your BODY will accept these thoughts and feelings, and you will BE.**