



Preface

Loosen the Grip on your mind

To begin with, a sneak preview about this book.

In my search for answers to life's many happenings and questions, I rediscovered a number of old and new writings from inspired authors who wrote about **life** and living it skilfully and creatively.

Many of the authors dated back as far as the Bible and others even BC. My reading left me in awe and wonder about life.

I also read many of the latest books on issues about **living an empowered life**: being healthy, fit and feisty, happy and content – and was fascinated by a golden thread of beautiful, expansive possibilities to enhance our life on planet earth for everybody, everywhere.

If we care to apply them.

We need **more** than a good mind to live a life with purpose, passion and pride.

I would like to refer to this book as a **Self-Empowerment Reader** where you will be asked to step out of your head and leap into life.

With your pen in your hand...fill up all the empty spaces I have left for you!

The content has been alive within me for many years.

I am not interested in theories.

I have a curious, refreshingly candid commitment to ask the right questions -

questions that might lead **you** to find solutions to your own problems and start a brand new journey on earth.

I am also not interested in excuses.

I want answers and I trust you will search for them in your own heart, mind and body!

I mean it!

Even your kidneys are able to 'tell' you something about your body and the way you live!

And **then** I want you to enjoy the unfolding of a new life.

Filled with greatness and goodness

and love

and health and happiness

and a destiny that rejuvenates and inspires on a daily basis.

And for all this, the word, '*unbelievable*' works well.

Let's keep it.

Passionate also works well here.

Just add '*extra-ordinary*' and '*blessed*' and know you can be part of it!

I have seen pain and I have experienced pain.

I have seen trauma and I have experienced trauma.

I have seen how relationships – the life blood of a healthy family - have fallen apart.

And I have experienced it myself.

I have felt the desperation and anxiety when I do everything 'right' according to many books and programs –

yet the consequences left me disillusioned,
robbed me of every drop of faith I thought I still had,
and made me sceptical about the so-called goodness of life.

And it forced me to wonder:

“Is there a difference between ‘*I believe*’ and ‘*I have faith.*’

I will emphasize **wisdom** more than any other kind of
knowledge or clever sayings, and quotations.

All of my instincts compel me to protect you from illusions.

THIS is a forceful statement.

As you do your reading and writing, may you realize that wisdom is different
from intellectual knowledge –

and even more different from information studied to earn a number of
university degrees.

I don’t know anybody who has ever found perfect wisdom.

Yet it doesn’t hurt to try and find it!

Many might have similar questions about the effect of wisdom on one’s life.

People who are natural leaders,
commanding the respect of others by their sheer force of personality,
people whose influence may still be enormous.

People like you and me.

People who are Christian believers,
people who were Christian believers,
people who wonder about wisdom and what it feels like in real life,
people who doubt about the reality of living a fulfilled and healthy life on **this**
earth.

People who want to believe and say:

*'God is real and He is **MOST** careful with me!'*

People who wondered how senseless it is
to almost kill themselves in the effort to
live longer and happier.

And perhaps those who think wisdom belongs to the Prophets of old and
striving for it is delusional and impossible.

Excellent.

Well, I'm going to be confident and write about 'these things.'

And I'm leaving you space in the book to write how you feel and what you're
going to do about it.

My hope is that it frees you.

My purpose is that you use this book as a **self-enriching reader** with loads of
creative conversations with yourself!

Courageous conversations.

Believe me, there is not a hint of judgment in any of the suggestions.

When last did you seriously talk to yourself? Huh?

If you believe your life is worth living,
I believe it is worth writing about it!

Right here.

For your eyes only.

This book is an invitation to you to find **LIFE** in all its fullness.

But it requires writing.

And now I really sound like a school teacher!

Unless.

Unless!

Unless this empowerment journey becomes one of the most life-altering times of your life and you don't mind the teacher being obsessed with empowerment and what it really means!

You're in good company when you are with yourself:
You, with all of your blunders, brokenness and floundering.

You who may feel that your life's journey has been littered with mistakes and failure – tangled in a web of obligations and distractions.

YOU who can start a journey with God's grace manifesting itself to you in all its unfettered simplicity, all its majestic truth – and ALL its unparalleled magnificence.

Space is provided and may the **open invitation** in these pages inspire you with its intensity.

My dream is that this book is not just another self-help book to fill your shelves and empty your heart.

I'm not giving too much honour to our minds – our minds are already way too full of 'other' knowledge and battle to work through all the do's and don'ts.

It's for you to discover.
But for now, **loosen** the tight grip on your mind and go deeper.

Answers within you are screaming to get out, but you're too busy with brain-driven tasks.
How about some commitment?

Wholehearted commitment to improve your life!

Right here – in this book – in your own handwriting.

Really.
This again, is another full-fledged argument.

I'm direct and focus in on specific issues about life.
I'm writing as urgently and accurately as I know how to.

I'm raising possible disturbing questions about the way you manage your life – and what you believe and how your beliefs have impacted your life.

So yah – it's not just about being positive.
And it's definitely not just about your mind!

If you allow yourself to feel what you're going to write, don't be surprised when you experience thoughts like,

'I'm getting real to the core of my being'.

How extra-ordinary is that?

You may also find yourself humming while preparing food or whatever. Millions of people have been hijacked by self-empowerment writings, written by people who were not really interested in your unshakable development, because maybe, just maybe, there were other reasons for writing the books!

The plot has been lost and it's time to reclaim it.

Too many have responded to self-empowerment writings by working out harder at the gym, eating more low-fat foods, trying to meditate the way the gurus do or turned obsessive about life and power –

trying to avoid dying,
instead of simply enjoy living!

I desire for you to have **PEACE** with all the happiness you can imagine.
I will be thrilled once you can shout:

'I am the Great Creator's personal concern!'

And shout some more:

*'My **very life** can be a manifestation of how much He really loves me!'*

Not to mention how glad I will be if the reading and writing inspire you to vibrant self-discovery.

And if it happens that you often feel '*not-so-together*', or '*a bit screwed-up*' it's OK.....

Go on a little meandering.....uh.....and let the self-writing turn your world upside down...

It may be exactly what you need right now.

Awesome.

Life is beautiful.

Now take a deep breath and say to yourself:

'I am beautiful too!'