



Introduction

This life is worth living,
We can say, since it is what we make it.
– WILLIAM JAMES

It gives me great pleasure and joy to write this book for you because your life is worth living. It's to be used as a source of encouragement, for all people who are currently living on this planet. No matter which country you live in, or what part you are playing in it, to me we're all brothers and sisters, having an earthly experience. May this and the future generations, respond to this book with open arms. I have written this book from my heart to encourage you to believe in yourself, because you are most deserving. I believe in you.

I love life for all the ups and downs, the good times and the bad as these are the cycles that we go through, just like the seasons of nature, the tides of the ocean, the lows and the highs. You must learn to grow, change and adapt to your life changes, so you can turn negatives into positives and become a modern day alchemist. This is achieved by tempering your soul through your actions, thoughts and intentions and letting go of your self-defeating habits, routines and behaviours that keep your human potential limited. You will discover, like all true alchemists, you can transmute your life and manifest everything you want from life.

Simply by learning some new techniques and using the exercises included in this book, I know enlightenment and positive change can take place for you. This is a book of strategies for you to be happy now; however, you must play an active role in your life to get the most out of this book. Each chapter in this book will help you strengthen your character and soul to give you your worth to be happy and succeed.

It's time to discover you're a creator and it's you who shapes and forms your own reality by the thoughts, choices, decisions and actions you make every moment along your travels. Your life is in your hands. All your past jobs, challenges and experiences have laid the foundations

for the person that you are today. With this book, you have the resources to turn your dreams into realities; it all starts with a belief in yourself.

My intentions for this book are to help enlighten the pathway for you, to guide, to push you, and give you encouragement to live your full potential and bring purpose and meaning back into your life. By opening up your mind and the new doors of reality, you'll find that it's you who has been holding yourself back all these years. It's time for you to rise above the ashes like the phoenix. You must be prepared for the big 'let go' and leap into the realms of higher consciousness. Don't be afraid. Feel the fear and continue. Let go of your defined boundaries and defined structures of thoughts and beliefs. Break your conditioning and programming that have held you captive like a caged animal. The truth shall now set you free; a new day is dawning for you. It's time to believe in yourself and your abilities, strengths and talents. Your dreams are no longer fictitious but reality and the incredible and unfathomable becomes possible.

The best thing about your life is if you want change, all you have to do is make the decision and act. You can start at any moment of your choosing, that's the beauty of it. When you come to the realisation that certain aspects of your life need to be improved and changed, and you're a willing participant, well you can begin right now, today. Every moment in your life is priceless and precious, and if you're still living, understand the possibilities and the opportunities of your life are infinite.

By exploring new dimensions of who you are and opening your mind to a new reality, you won't feel defeated by your thoughts and feelings anymore. Your new sense of self-awareness and freedom will tell you it's up to you how to respond to life's challenges. It's a choice you make. And when you make the decision to empower yourself you'll come to the realisation that your life is totally in your hands and you're in the driver's seat on the motorway of life. It's up to you if you want to make the most of it. Are you going to take the wheel or let someone else have control of your destiny and do the driving for you? That's a difficult question to answer!

This book will help you understand that it's you who controls your happiness, in whatever shape or form that comes in, materially, physically, emotionally, mentally, and spiritually. It will help you gain a new sense of happiness, freedom, and self-control. Your self-worth, esteem and confidence will be raised through the roof. It will give you the enthusiasm and direction to achieve anything and everything to which you put your mind to. The world is now your oyster. Don't you think it's time you became the director of your life, the master gardener of your soul's journey? Understand this, you're an infinite potential of creation, your life is yours for the making. It's time to become accountable, responsible and take the appropriate action in your life. Now believe in yourself, as I do.

It's my aim to share this knowledge and wisdom with you so you can benefit from what I have learned and you can reap the rewards and benefits of a happier, healthier and fulfilled life. We can all live the life of which dreams are made. When you do this not only will you benefit, but your family and friends and society will also receive the flow-on effects of what you have created through your positive mindset and actions. It will cause a ripple effect that benefits everybody in the community. You, my friend have so much more potential than you realise.

May I congratulate you on taking the next step in your life by choosing this book. As you know, the first step to change is always the hardest, but also the most rewarding as you have taken the initiative to start working on yourself and your life. I don't care about your age, race, colour or creed as long as you're willing and able, and you know within yourself you're ready to move onwards and upwards and you'll put your heart and soul into your new transformation. Nothing else matters because a new way of life awaits you. You're deserving and powerful beyond measure.

Stop your mind playing tricks on you, let go of the ego which keeps you separate from everyone and everything, it's an illusion. It's time for you to become part of the whole. You come from love, you'll go back to love, so it's time to do great things with your life and be love in service.

It's my wish that this book finds its way into everybody's hands, not just people who enjoy reading self-help, self-development and human potential books. Everybody can gain and enrich their lives for the better and contribute to the society in which they live. Remember this, you help no-one when you're not living to your full potential and living your life's purpose. However, you can help everyone and anyone when you've found your true calling and are happy and successful.

Read and re-read this book from cover to cover and take what you need from it. Underline parts of the book that you really enjoy and which strikes a chord with your soul. Answer the questions truthfully and honestly so you're participating as well. It will help identify areas in your life that needs attention and focus. You need to be an active, willing and enthusiastic participant. Be ready for your mind to be opened, to become more productive and discover your hidden talents, meaning and life purpose. It's time for you to achieve the happiness and success you so rightly deserve. There are no problems, only solutions. It's time your life changed for the better. Strengthen your inner vision and embark on your spiritual quest.

Live your life in a visionary way; let all of life's wonders be played out for you. Let the magic begin. Time is of the essence, it's in this moment when your life will truly unfold. Are you ready to truly express yourself in your own unique way, to discover your own hidden treasure? They will be found in the place you haven't looked yet — inside yourself. This is where your destiny awaits you, its time to tap into and reconnect with the source, your inner self. Listen very quietly with a still mind and your heart will tell you. Have the faith and courage to act now.

You are special, talented and gifted. Don't you think it's time you brought all the beautiful creation that you are to the surface and shine like the diamond that you are? Come and take this epic journey of self-discovery with me, to your new life of higher consciousness, inner fulfilment, real abundance and happiness. This is where your new life awaits you. Shall we set off together on this journey to discover your path?

Our life is like a journey in which, as we advance, the landscape takes a different view from that which is presented at first, and changes again as we become nearer. This is just what happens, especially with our wishes. We often find something else, nay, something better than what we are looking for. Instead of finding as we expected, pleasure, happiness, joy, we get experience, insight, knowledge, a real and permanent blessing, instead of a fleeting and illusionary one. In their search for gold, the alchemists discovered other things - gunpowder, China, medicines, the laws of nature. There is a sense in which, we are all alchemists.

– *ARTHUR SCHOPENHAUER*