

# **The Miracle of Being You**

Fulfilling Your Potential

*- Part I of III -*

*Strolling through the grass*

*Looking at the horizon*

*Enjoying ALL that IS*

*Your Road...*

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# **Content**

## **Literature**

### **Sequels**

Part II - I Am (Me): you and everything around you, the road to health, happiness and fulfillment

Part III - Unity: love, all is included

## **1. Intro: successful with all your heart**

When you do in life what you want to do with all your heart you will be a success, feel healthy and happy.

Does it mean that you will have a successful business? That you will be rich? That you will write bestseller books? That you will be a celebrated artist?

No, how your success looks like completely depends on who you are and your deepest wish in life.

Maybe it is to be a successful business owner or maybe it is to be a parent.

Maybe it is to be a celebrated artist or maybe it is to be a nomad.

Maybe it is to be a well-known painter or maybe it is to create unity.

Maybe it is none of this or maybe it is all of this together.

Does it mean you will never be ill, sad or won't have pain?

No, illness, sadness and pain are just as much part of life as feeling happy and joyful.

So, what does it mean?

It means that you are happy with who you are.

It means that you get full satisfaction out of what you are doing, no matter what you earn.

It means you know and feel that what you are doing in life is useful without you needing any reward from someone else for it.

It means that even in more difficult times you allow what's there.

You allow the pain fully, give space to worries and at the same time trust your inner strength and the natural movement of life.

It means that you feel good about yourself no matter what. You feel good about who you are.

And what do you need to get there?

Let go of fixed ideas about how success should look like. Follow YOU, follow your gut instinct.

Be honest with yourself about the wishes you have in life. It's about your wish, success and well being, not about the expectations of the society.

You will need a lot of courage. You might encounter a lot of people who don't understand what you are doing on your way to your success. Trust yourself!

The aim of this book is to make you think, to motivate you to find your own road to success, health and happiness, and to reach a deeper level while doing this.

The aim of this book is to break free from the rules made by society and to get a wider perspective than that. It aims to make you see that the rules made by society limit our capacities and ways to think out of the box.

This book is the first part of a sequence of three. The aim of this book and the other two is to set yourself free, choose your own rules, standards and values to commit to, and while doing this getting more fulfilled with the life you are living with as result a more intense feeling of self-worth, knowing the life purpose you

were born with, a stronger immune system and more love to give.

**Take note:**

- 1 If you want to learn, try reading with an open mind. The idea is to learn to look outside of your borders, to look at life differently. This is only possible, if you are prepared to set aside your ideas about how it is supposed to be and hold back judgment until you have read the text. Ask yourself, when you think you encounter a judgment in the text: "Is this really what is said here, or is it triggering a sensitive issue for me?" Make up your mind about the subject only after having finished reading it through.
- 2 Try to read the context of a story instead of fixating yourself on certain words. It's possible that I use the same word in a different way in different stories. It will make sense if you're able to follow the storyline. Maybe it even makes you think about the way we communicate with each other. The tendency to make things rigid also exists in the use of words.



## **2. The road to health, happiness and fulfillment**

Life shows you exactly what you need. The great thing about that is that you have a choice. Either you use the frustration and pain of the things you don't like for change, finding new options and freeing yourself of limitations. In that way you get more energy, become more passionate and powerful, stay curious and get more curious until the day you die. Or you surrender to the idea that you can't change anything and by doing so, you limit yourself more and more with every challenge you face. Your body freezes, and you get less and less energy, have more and more pain, you fail to see the point of living and want to die at an age when it's generally accepted to die because that's the only option you have.

Which option do you choose?

### **2.1 Power of Intention**

Masaru Emoto, a Japanese researcher and doctor in the field of alternative medicines describes in his book 'The hidden message in water' (2007) the results of his research on the influence of negative and positive words, thoughts, emotions or different kinds of music on water. Emoto exposed water samples to intentions after which he photographed the water crystals of these samples.

The fact that 70 percent of this globe, like the body of an adult, consists of water and it also makes up 95 percent of an embryo, means that the results of this research are of great importance.

The results show that positively influenced samples give beautifully

formed and perfectly shaped crystals while negative words, thoughts and emotions deliver deformed crystals.

Imagine what kind of influence your negative thoughts, feelings and emotions have on your physical state of being and your feeling of well being (health) in general. It does not just affect your own but it also affects the little one in your belly or someone else's, our surroundings and the state of the globe in general.

Now, you might think: but my attitude towards life is very positive and I'm ill. Yes, that's possible. It's possible that you have a very positive mindset in the part of your life that you experience consciously. Looking at it this way, your body should be healthy and strong. If this is not the case then there are thoughts in your mind that you are not conscious about. You might think that you are not good enough, cannot do anything right, you are ugly or that you have to fight for everything that you want in life. You might think that this is not true because you are not consciously aware of them. But these thoughts can influence your state of well being and because you are unconscious about them they can be extremely harmful. As long as they are unconscious, you don't see it and you won't be able to actively change anything about it. They will stand in the way of your health and happiness. They will stand in the way of your capacity to be creative, passionate and ability to create something new. They will stand in the way to create something fully based on who you are as a unique human being.