

PREFACE

Dear reader

I am so happy and grateful that you're holding this book in your hands. Ever since I was a young boy, I have felt a positive force in me to contribute in a significant way to a better world and to bring the joy of life to everyone, even when our life's path presents us with obstacles and a bunch of challenges. Keep on going, in a healthy way, that is the message.

In Belgium alone there are 1,200,000 people on antidepressants and one in four adolescents is said to be thinking about suicide. So many people battle through a burnout or a depression. Mental health issues, however, are not resolved with a little pill, I think. Instead, I invite everybody to look into the real causes of all this mental 'misery' and to transform these causes. That is what I did and that is what worked. Naturally. Using ancient wisdom.

I had been dreaming about sharing my experiences with conscious connected breathing with the whole world for a while. For me it had been the discovery of my life, giving me so much wisdom, joy and confidence. So, if it worked for me, it can work for everybody. That is always my starting point. Discovering your true self and being yourself, regardless of where you are, or with whom, always and anywhere. That is my wish for everybody. Life is supposed to be a party, but we need to get on the dance floor to get the party going.

Some people mentioned in the book, were given a different name to safeguard their anonymity. Others just kept their own name. It is important to realise that I have mentioned them through my experience and that their experiences may be another story, their story. I have written down my story with them from my perspective respectfully and in integrity. And I am grateful to them for all the insights they have given me. For we need others to make it possible for us to 'see' ourselves. Furthermore, I can say that I am at peace with anyone who has crossed my path. I have come to realise that every situation tells us something about ourselves and that we need other people to discover ourselves.

That is why my gratitude goes out to everyone that has crossed my life's path. Without them, I would never have become the person I am today. I could sum up a whole list of people. Some I have known all my life, others have made a difference in just a brief encounter or a small part of my life.

My hope is that with this little book I can convince you to choose a life that is inspiring and driven by a positive attitude. I have had my share of negative experiences, but they have never prevented me to get back up. Mary Poppins sang about it a long time ago and it is one of the songs that always provides me with a positive feeling:

*Anything can happen if you let it
Sometimes things are difficult
But you can bet it doesn't have to be so
Changes can be made
You can move a mountain if you use a larger spade*

*Anything can happen it's a marvel
You can be a butterfly or just stay larval
Stretch your mind beyond fantastic*

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*Dreams are made of strong elastic
Take some sound advice and don't forget it
Anything can happen if you let it*

I wonder...

*Anything can happen if you let it
You won't know a challenge until you've met it
No one does it for you
No one but yourself
Vacillating violets get left up on the shelf*

*Anything can happen just imagine
That should be my epitaph
I wear the badge in honour of this world's free thinkers
Those who see beyond their blinkers
Jelly isn't jelly till you set it
Anything can happen if you let it*

*Anything can happen if you let it
What good is a whistle unless you whet it
Broaden your horizons
Open different doors
You may find a you there that you never knew was yours*

*Anything can happen
Raise the curtain
Things you thought impossible will soon seem certain
Though at first, it may sound clownish
See the world more upside-downish
Turn it on its head then pirouette it*

BREATHE TO BE FREE – IT'S A KIND OF MAGIC!

*Anything can happen if you let it
If you reach for the stars all you get are the stars
But we've found a whole new spin
If you reach for the heavens you get the stars thrown in*

*Anything can happen if you let it
Life is out there waiting so go and get it
Grab it by the collar seize it by the scruff
Once you've started living life you just can't get enough*

*Anything can happen it's official
You can choose the super or the superficial
Sally forth the way we're steering
Obstacles start disappearing
Go and chase your dreams you won't regret it*

*Anything can happen
Anything can happen
Anything can happen
If you let it*

My wish is that you have fun reading this book and that you experience all the good your life has in store for you. Meanwhile, take a deep breath because ... *Breathe to be free! It's a kind of magic!* is about to give your life a positive turn. Enjoy this adventure!

ANYTHING CAN HAPPEN IF YOU LET IT.