

RISE FROM THE ASHES

Recover Purpose, Gain Clarity,

and

Resurrect Your Life

– In One Hour a Week!

George Stoimenov

Do you feel *stuck* in your life?

Are you often feeling emotionally and physically drained, empty and *devoid of purpose*?

Is your life *cluttered* and *messy*?

Are you *frustrated* and don't know where to begin in order to clear out that mess and address the things that you want to pursue?

Would you give *one hour* from your week in order to start gaining the inner sense of direction, purpose and drive that would help you bring about the life you want to live?

If you are willing to give that hour in order to practise a simple, 4-step process that would set you free to be able to pursue your goals and dreams, you have all you need right here.

But without further ado, let me give you a quick outline.

Timewise, this is what the process looks like:

Four Steps + Fifteen Minutes = One Hour.

Yes, just fifteen minutes at a time, no more than four times a week! This method can change your life – but if, and only if, you are willing to give it your ‘best shot’. The secret ingredient of this method is very simple: you will be given new ‘tools’ with which to try a new approach to life.

You have very little to lose – only one hour per week – but a lot to gain...

Read on if you want to change your life...

If you choose to enter this journey, this is what the work ahead will look like:

Step 1. One session of emotional freedom;

Step 2. One session of practising a 'lost art';

Step 3. One session of 'seeing' your best future;

Step 4. One 'step of faith' into that future;

That's it! It really is that simple!

Now, are you willing to look into it, or would you rather sit back and do what you've always done?

If you choose the latter, and do what you've always done, you will probably get the same results you've been getting already – and keep on *being who you've always been*.

If you are happy with that, wonderful! That means you're already doing great, are operating to the fullness of your potential, are doing well in all areas of your relationships and life; and therefore, don't need to look into this.

But if you're not happy with where your life is at right now, and believe you can do more and be more, say 'yes' and start reading.

You will thank me later...

Step One: Let It All Out!

One Session that Frees You Emotionally from Your Past

It is only by making the past alive again for a person that a true growth in the present is facilitated. If the past is cut off, the future does not exist.

—Alexander Lowen

Each one of us is a product of our past. For most of us, the fullness of humanity within us, our full potential, remains mostly dormant and untapped over the course of our lives.

Much of what stops you from being fully-present, radiant, healthy, smart and open to life—a fully-developed human being; the human you would have wanted to be if you could choose it—lies in the realm of your past. Your present-day responses, reactions and struggles, the way you form relationships (or you don't), the way you take care of yourself and others (or you don't), are rooted in things that happened to you, your history.

But this is not who you really are; and it is not who you were meant to be...

If there had been no trauma, no abuse, neglect, lack of love, or other factors that have negatively shaped you (all humans have suffered those; there is no perfect family, or culture, or nation) you would have been someone entirely different. The good news is that you can still become that person; the potential for that is still within you. The bad news is that this potential—the glorious self you were meant to grow up and blossom into; the human essence we so admire when we see a glimpse of it in others—is buried beneath layers of pain.

Around that pain, children's personalities are formed; at best, we all suffer rejection.
heartbreak, disappointment and neglect—often, much worse.

As a result of all those things that come with what we have learned to call 'real life', our glorious 'original' self gets lost, neglected, forgotten and abandoned. It gets buried underneath the ruins of who we have become, and we are not even aware of it anymore. We only know that things are not working in our lives. We may blame others and rage at the world for not offering us a seat at the table; but if we are honest with ourselves, we will admit that, deep down, we know that we are not the humans we would like to be.

We are all, in other words, living in a 'fallen state'—we are all deformed and misshapen in some ways in soul, mind and body. The glory that we wish was ours—the strength, the beauty, the passion, the excellence, the health, the fulfilment: all the things we long for and admire in other human beings—doesn't come easily even to those few who appear to be more fortunate and blessed than we are.

We are all full of historic pain; we are all shaped by it and have learned to allow it to push us into a tight corner of life and limit our lives and relationships the way it has limited our deepest selves. The light within us, that was once shining, grows dimmer with the passing years; we call that maturation.

It is not. It is a slow, gradual surrender to the messages of pain.

Pain says you are not enough; and must therefore live according to what self you were able to become: this is how pain dictates the course of your life.

But this does not have to be the story of your life. The first step in dealing with this enemy—your historic pain—is awaiting you. If you apply the advice I am about to give you, you will learn how to deal with the limiting, crippling force that has been oppressing you for all your life. You will learn how to become free from the limitations of who you have become, and move into the realm of the person you were meant to be—a person you would actually like to be...

This is how you take the first step toward the recovery and resurrection of your true self.

Tapping Into Your Historic Pain

On a ‘bad day’—during a time when you feel particularly disturbed, upset, or are reacting strongly after being ‘triggered’ by people, events, or life in general—instead of avoiding those ‘negative’ feelings, try to stay with them.

Be curious even in the midst of the pain, and allow yourself to feel it. Try to take your mind off those external situations and people, and focus purely on what you’re feeling. I guarantee you that your misery has actually got very little to do with those external factors—the pain is within you; they are merely triggering it.

Turn your mind away from them and—no matter how right you may be to blame them—recognise that this strong emotion has more to do with you and your history, than anything outside of you. This is your old enemy, the historic pain; do your best to feel it instead of suppressing it.

Do not reach for your phone; do not seek to be distracted or entertained. Do not turn to the comfort of food, or sex, or the gym—if those things had worked in the past, you wouldn’t be needing them constantly. Turn away from the things that act as addictions in that moment—even if they are things that are normally good for you—and keep you from being present to your misery. Say no no anything that you have previously been using to numb your pain, and turn to your pain instead.

Face what is surfacing within you, and try to see, really see, what or who really causes you to feel those strong emotions. Words will come; old historic words that speak old poisonous messages of worthlessness and despair. Do not run from them this time; try to stay with whatever words pop up in your mind...

Then say them out loud. Weep and rage; pour out what has been inside you since childhood and allow yourself to finally feel and express that which you would rather not feel, and not say.

I know this is counterintuitive, but believe me, this is how big changes are made. Unless you turn against the ‘natural’ (really, learned) direction of emotion in your life—and against all the habits that have been put in place to ensure that you don’t feel those old ‘negative’ feelings—you will not be able to uncover that layer of pain, and therefore, get to the goodness buried underneath it—a portion of your true self, damaged, hurt but still there!

That which has been shaped by pain, forged by it like a metal tool forged in fire, can only be reshaped by the same pain. The metal tool can’t be reforged without being exposed to the same fire that it had once been forged in. It is the same with the soul—unless we are willing to let the old pain resurface, we will not be able to be reshaped, redeemed and like the Phoenix, rise from the ashes of our past and be resurrected, to live a new life of freedom.

So be brave and feel what has been unfelt for so long. There are trapped feelings within you, unsaid words, uncried tears and unfelt love—and it must all be expressed.

Find out what those unsaid words are and find out who, in your past, they are directed towards. Even if it’s just one word, or a phrase, or a sentence. It could be something like ‘why?’; or ‘it’s not fair’; or ‘leave me alone!’. Remember, you are talking to someone in your past, whom the present struggles are only reminding you of...

Demanding wives evoking overbearing mothers; strict employers summoning harsh fathers; absent husbands bringing out old abandonment in their wives; rejection at work tapping into old memories of school and uncried playground tears...

It is all in our story. If it were not, it would have been powerless to cause us to feel such strong emotions. There is a hidden reason we overreact; there are old reasons behind strong feelings.

And so, on a day when your old emotional enemies surround you—the anxiety, the depression, the gloom, the obsession: you know well the things that plague you—instead of trying to escape those feelings by doing something that you know doesn't work (smoke, drink, overeat or numb your feelings by watching something), try to feel them, and feel them fully.

*...suppressing a feeling doesn't make it go away; it only pushes it deeper into the unconscious.
By this action we internalise the problem.*

— Alexander Lowen, *Fear of Life*

Find those lost, unsaid, stifled words, and have the courage to say them out loud, and direct them at the person in your life that you once wanted to address. No matter how 'irrational', or 'silly' or 'crazy' this may look to you, try to be true to what you feel, and set that trapped emotion free.

Note: this has to be challenging. It has to be something you won't normally do; it has to feel like you are 'going against the flow' of your normal emotional process; it has to feel like a step toward the undoing of the fabric of your emotional make-up.

Do not trust those first impulses; look for the deeper emotion instead.

So, if you're 'naturally' someone who finds it easy to feel anger, anger is not what you should look for—do not stay there: resist that and look instead for the sorrow that lies

underneath. Instead of giving in to destructive aggression, a deeper question must be asked: what am I really angry about, that stems from my past; what do I really feel beneath the protective veneer of anger? That is what you should seek to feel—that is what your real task is.

If you're more emotional and tender, seek to find your lost anger; punch a pillow if you have to—but you must find strength; anger is a tool that helps protect you from injustice. The world needs to hear your roar; your anger is a tool that helps you stay strong. If you have never had it, you need to find it within—for it is there but lost and deeply buried. If it has been taken away from you by trauma or abuse at an early age, you need to get it back.

Feel what is unfelt with you—find your old enemies and fight them; direct your old emotions at them—you must go against the lingering presence of those old shadows and ghosts: those people whose energy still oppresses you and shapes your life and choices. You must let it all out and get them all out—take the old oppression down and kick those shadows out of your life.

After the emotional outpouring, after you have gained a sense of justice, freedom or 'closure', you need to make the choice to forgive those who had hurt you.

You do not need to feel like forgiving; and you certainly do not need to justify the evil that has been done to you. Forgiveness is not done for their sake, but for yours. It is a matter of choosing—of choosing to be free from your past.

Now, having done the hard emotional work, you can make the choice to forgive and 'let go' of those people who caused that particular emotion to remain trapped and unexpressed within you. Remember, you are not at all excusing what they've done, but are simply choosing to no longer carry them around with you, along with the emotional burden that your judgement of them is.

There is a very high probability that, after doing this, you will feel better. You will feel 'lighter'. You will perhaps even feel a little bit more like the child you were before that emotion started building up inside you.

Becoming more and more like a child should be your goal here: you need to reclaim your 'inner child', and all the potential for joy and play, curiosity and exploration that still exist within the child that still lives inside you.

Remember the forgotten. Express the unexpressed. Take your inner child back. Take your emotional health back.

Give it fifteen minutes.

Recommended reading for step 1:

Alexander Lowen, *The Way to Vibrant Health*

Reclaiming Courage: Awaken the Sleeping Lion Within You and Live Out your Purpose as a Man (a short book for men, written by yours truly)

STEP TWO: Find The Child Within

One Session of Practising the Lost Art of Your Childhood

Who we are in the present includes who we were in the past.

—Fred Rogers

In the development of humans, there are various stages and cycles of development. When a child grows up, he is not meant to stop being a child; instead, he is offered the opportunity to *add* adult qualities, skills and traits that would make him more mature, developed and well-rounded. This is what should happen in every child's life, and all humans are naturally drawn to people who have at least a degree of this maturity. Men who have a strong and even aggressive presence, yet are gentle, sensitive and boyishly playful—fully-developed masculinity; women who are youthfully beautiful, but calm and secure, with a soft, alluring presence—fully-developed femininity.

Before you begin thinking that I am stereotyping, or am elevating some forms of human expression above others, consider this: full human expression is the deepest subconscious desire of every human being. It runs deep into the core of humanity...and it is most active and present in *children*.

There is a reason why we suppress them, and shun them from our presence.

But wait a second, you may say, who suppresses children these days? Most parents today love children and go out of their way to encourage them to be themselves. If anything, children seem to be running their parents' lives, not the opposite!

I agree, of course. But this is what I would ask you:

What about the *child inside you*? Have you not shun that child from your presence?

If you think you have not, let me ask you this: are you allowing that child to play, explore and enjoy life, develop and pursue the interests and activities you were once so passionate about?

Are you, on a regular basis, allowing yourself to *play*?

I rest my case.

‘I am every age I’ve ever been,’ said writer Madeleine L’Engle once; and this is true of us all. Who we have been as children and adolescents has not simply vanished—it is still within us. It is the traumas of the past; the losses, great or small; the resignation that often sets in as the years of unfulfilled dreams pile up and the grey same-ness of daily life takes its toll—it is those things that have affected each ‘segment’ of our inner self, and stopped it dead in its development. When they are traumatised, and thus not allowed to stay open and able to connect to the world, those ‘segments’—a two-year old, a five-year old, a teenager—are shut down, pushed down into a world of their own, and end up being unable to connect to the ones that, like layers, are added to the whole being afterwards. As a result, we are all a collection of individual ‘pieces’, each living their own life and having their own unmet longings and desires.

If this explanation is too technical or too complicated, consider this:

Most of us go through life leaving various aspects of ourselves behind. We call that ‘growing up’. The activities that we once enjoyed—things like drawing, painting, playing music, dancing, or playing a certain sport—that once brought us so much joy, tend to be less and less present in our adult life as the years go by.

When I have asked my clients about a childhood hobby or occupation they have once loved but are no longer pursuing, they typically respond, ‘but I am too busy now’; or ‘I was never good at that anyway’.

We effortlessly find excuses such as these and tell ourselves that they are true. I find the one about not having enough time particularly easy to dismantle: if I really haven’t got time to draw a picture, or play a forgotten childhood game, how would I explain my binge-watching of a TV show late at night? That takes a lot of time...

It is easy to spend a lot of time trying to comfort ourselves, numb ourselves, in front of a screen; it is a lot harder to reopen those old doors and pursue those lost passions.

Or so we think.

You see, if we are courageous enough to face the reasons why we engage in excesses such as endless hours of entertainment, we would find that our soul has been craving something we hadn’t given it for years; and we need to be numb in order not to feel it’s longing. But wouldn’t we be better off if we addressed those old repressed longings? Wouldn’t we then need less time for comfort—doesn’t the need for excessive comfort come from those unaddressed, forgotten places within our soul?

Think of this, if you’re wondering why you’re spending hours watching videos every night, and then find it hard to have the energy and motivation you desperately need to have in the daytime.

Trust me, I have been there. For years.

And what about the binge-eating? I myself have been guilty of that, too—for decades in fact: food has been one of my false comforters since my very first years in this world.

My soul needed attention and love; but what was mostly available was food, books and, later, television. I consider myself blessed to have been raised without internet or even video games (the games came later, in my mid-teens).

Why do we have time to indulge ourselves with food, alcohol and endless hours of entertainment, but when it comes to reclaiming and pursuing the things that once brought us joy, we are ‘too busy’?

Something is very wrong here.

Of course, it is not time that stops us from practising those lost arts of our childhood. We run from pain; and this is why we avoid that old, forgotten world.

We know that pain awaits us there, and we live our lives miles away. We keep the child within us at a safe distance, and still wonder why we feel drained of purpose and passion and joy...

Because the pain of our childhood is more real than the motivation and hope for a better, more fulfilling future. On a deep, subconscious level, we all fear that pain; we also feel that there is no point in revisiting a world that is dead, and a child that has gone. But it all comes down to pain. We know it is there.

For you see, once we pick up that forgotten paintbrush, football or book, we risk coming face to face with the vacuum that now exists within us in the place of our younger self.

We think that the pain and the emptiness of our past will ambush us, leap upon us, whenever we try to open that old door and revisit those old loves. And—understandably, I must add—none of us want that.

*When I was a child
I caught a fleeting glimpse*

*Out of the corner of my eye
I turned to look but it was gone
I cannot put my finger on it now
The child is grown,
The dream is gone.
I have become comfortably numb.*

—Pink Floyd, *Comfortably Numb*

We no longer feel the life that was once available to us, and think that, to attempt to reconnect with those lost parts of ourselves—the child within us—would mean to feel the pain of that loss; and none of us want that.

Hence, binge-watching Netflix but having ‘no time’ to pursue feeling alive again.

It is not our fault. Of course, it is not our fault.

It is the traumas of our past that have robbed the child within us from that golden innocence; and we have had to survive as a result. We also have good reasons for avoiding opening the old secret doors of the past. After all, the child within may be full of grief, or rage, or sorrow—why would we even want to access that child, and engage in that world?

We choose to stay on the comfortable surface of things for a good reason. This is understandable...

But in reality, our numbness comes at a great price.

The trouble with steeling yourself against the harshness of reality is that the same steel that secures your life against being destroyed secures your life also against being opened up and transformed...

—Frederick Buechner, *The Sacred Journey*

By not pursuing the journey of becoming alive again, we end up suffering even more loss than what we had originally suffered once—and we deprive those around us...

We deprive them of our truest self—the self that could still be filled with the life that was available before the trauma happened—and all the life they can experience through that self.

‘Unless you change and become like little children’, says Jesus, and goes on to say, ‘you will never enter the kingdom of heaven.’

The good news is that it is never too late to rediscover the hidden kingdom within you. It is never too late to turn, and recover that old longing for life again. It is never too late to enter life again, and it is never too late to begin living it with joyful abandon.

But getting there is a process.

Do you remember Step One? That is the missing link. By accessing and ‘emptying’ yourself from the emotions of your past, you will begin to heal. And then, after each such step, there will be more ‘space’ available within; and the little child’s joy within you, will now be easier to access. After all, when one’s pain begins to drain away, what else is there?

Joy, of course. Joy is there. And love. And that is the goal of this step.

Return to your inner child and *repent*—that is, ‘turn around’, ‘change your mind about’—of the ways you have suppressed them, and denied them what they desired. Welcome that scared, lost, sad or angry child back into yourself; and begin the journey of life anew, this time with the child by your side.

Find a ‘lost art’ of your childhood, and begin to bravely enter back into it. Draw, paint, dance, swim, play...*live!* Learn to live again and explore life through the body and all its senses.

Of course you will stumble at first. It will be hard, and it will be messy.

But it will be worth everything.

Give it fifteen minutes.

Recommended reading for Step 2:

John Bradshaw, *Homecoming: Reclaiming and Championing Your Inner Child*

The Recovery of Innocence: Uncovering the Hidden Path to Fulfilled, Mature

Masculinity (a short book for men written by yours truly)

STEP THREE: Shift Your Mindset

One Session of Imagining Your best Future

Imagination is the preview of life's coming attractions.

— Albert Einstein

Gratitude is an attitude that hooks us up to our source of supply.

— Bob Proctor

It is now time to start changing your mind about who you really are and about what you think you can and can't do with your life...

When you are feeling relaxed and well, take some time to meditate on the future you'd like to have. Try to see your life—the things you want to be, experience and even materially possess—with your mind that is beyond what your current life allows for. It is important that you experience a bit of 'resistance' from within: after all, this whole mind-changing business won't be efficient unless you begin to come against the 'walls' of your internal limitations. Those walls have been erected by your past traumas, the culture and conditioning of where and how you've grown up; but they can be demolished in time. Then, your truest self can start shining again from within; life can become meaningful again, and you can start feeling full of purpose and hope.

Hoping, however, is what people do when they don't have a plan; but a person with purpose, works toward that purpose daily. But before you can start working towards that purpose, you must first imagine it, see it in your mind; but I would challenge you to go a step beyond that.

Stop Resisting Negativity

Most people—especially people who aren't fulfilled—go about in a state of resistance. They are in a constant state of war: they fight against their children, against their spouse, against their government and against those who are on the other side of the political spectrum. They feel that, if they could only get this or that circumstance to shift—if they could only change this person, or that—they would be fulfilled. This is never true of course; for even when one of their battles is finally fought and won, they can never enjoy that victory—they move on and get busy fighting other battles.

They are forever in a state of resistance; and we can understand why.

It is a lot easier to keep fighting with the world, hoping to bend it to your will, than it is to enter your own inner misery, express your historic grief and rage (Step One) and then begin living with an open-childlike soul (Step Two).

It is a lot easier to focus on the things you don't have, than it is to be grateful for the things you do have. The former doesn't require you to change; the latter does. To be grateful means to start seeing the world as a child again, to see and enjoy its beauty, and open yourself up to receive its boundless blessing.

When one is in a state of resistance, with fists clenched, expecting battles and always being ready to fight them, one cannot be at rest, with one's soul open and ready to receive and enjoy those blessings. After all, how can a hand that's clenched into a fist receive anything? The fist must be unclenched first; the guard must be dropped; the hands must be opened...

Of course, of course, I know—this is easier said than done.

But it can be done.

Forgiveness of the past may be required in order to achieve this childlike state; relinquishing of an old negative mindset—probably passed down for generations—may be in order, too.

There is an unseen principle that is at work which seems to make things come to those who are ready for them, and are ‘open’, free from limiting beliefs, and looking for the opportunity to have them.

But you must rethink your old, self-limiting beliefs first.

Granted, you have them for a reason; they are telling you that your past life, family situation, upbringing and conditioning, have been true and valid. They are also telling you that you have a reason to be a victim of your trauma and your personal circumstances.

But unfortunately, those old beliefs about the world and yourself are not only informing you how bad your past has been: they are also trying to make sure your future is just as limited, hopeless, and even dark, as the past.

Don't let them.

Even after having been acquainted with the processes required by Step One and Step Two, and integrating it into one's life, you must remember that Step Three may be even harder.

At least it has been for me.

I grew up in rural Bulgaria, at the time when the 45-year old era of Communism was collapsing. If you consider all the previous upheavals of my country's troubled, complex history—and add to it all the unrest and uncertainty that followed the long oppressive rule of Communism—you may begin to get a glimpse of the forces that reigned within the people and community at the time.

I grew up surrounded by fatalism; premonitions of evil and tragedy were everywhere, and general negativity was on the lips of everyone I ever interacted with. And it was easy to see why.

People—and tribes, communities, and nations—have good reasons to be bitter and despondent...

But even though we can clearly see the reasons why, and easily justify that mindset as a product of the past, we do not need to accept it as our future.

Yet, it is one of the hardest things to do...

After all, how does a person who has grown up surrounded by poverty, misery and bitterness, can even begin shifting this old, deep-seated mindset?

The answer (after having taken, and continue to take regularly, the first two steps) is this: one must focus on what is desired, not what is unwanted.

What you resist, persists; and if you spend most of your time being fearful, worried and fighting battles against the things you don't want, you will be possessed by those very things.

Beware that, when fighting monsters, you yourself do not become a monster... for when you gaze long into the abyss. The abyss gazes also into you.

—Frederick Nietzsche, *Beyond Good and Evil*

No, spending your life in negativity will never produce the results you want. It will make you more negative, as the years go by; and you will keep 'attracting' one battle and negative person or a circumstance, after another.

Believe me, I have seen this happen, over and over again. Negativity, no matter how justified, cannot produce positive results. ‘Darkness cannot drive out darkness’, said Martin Luther King Jr. ; and I believe that perhaps it is a lot easier to see this in historic examples, than in our own lives.

Start Seeing Fulfilment, In Order to Cultivate It

Winston Churchill, in his fight against Hitler, did not merely envision the final destruction of the Nazis; what propelled him into this war and through his daily battles was his vision of the post-war world moving ‘forward into broad, sunlit uplands’...

The truth is that most people have no idea what they really want their lives to feel, and look like. Most of us know what we don’t want—we don’t want to be sick, or poor, or in bad relationships—but have no idea, no vision, and no taste of what we want.

Being fulfilled, having a purpose- and hope-filled life is something that must be cultivated. It is not something that is automatically ‘dropped’ from the sky, into our lap—if it were, we wouldn’t be able to receive it; we wouldn't be able to handle it.

No; one must develop the ability to live a fulfilled life, and thus, in time, cultivate more and more of that ability.

Then and only then can those desired blessings come. Then and only then, can they be retained and multiplied.

You must begin this process by practising the art of contentment, gratitude and—a cliché, yes, but it is a cliché for a reason—visualisation...

If you cannot easily visualise the ‘broad, sunlit uplands’ of the life which you want to live, it will be very very difficult to, ever, get there.

I myself remember when, at the very beginning of this process for me, I saw a quote by Joseph Cambell who said, ‘Follow your bliss and the universe will open doors for you where there were only walls’.

Something came over me as I read this; and an unexpected reaction rose from within me:
I suddenly began to weep.

For me, this was the first step of addressing and removing the old limitations of my past.

I had, of course, spent years doing the work I outlined for you in the previous two chapters; that had prepared my soul and made my mind open to new truths being ‘dropped’ in it. That last wave of grief was connected to the ‘walls’ of rejections, to all the opportunities that were never taken and never offered—to all of life’s fulfilment that had been previously unavailable to me due to my upbringing, culture and circumstances.

I could not enter the new stage of life I was preparing for—I could not begin to dream—unless I had let go of those old limitations.

In the same way, you must let go of your old beliefs—and release the old pain associated with them—that have been dictating your life, telling you what you can and can’t be.

It is time for you to start dreaming again. See the life you want to have; imagine the self you want to be.

When you can at last imagine your best life—your desired home, your best physical state, your material possessions, or work—try to actually *feel* the feelings that such a life would give you. Perhaps it is easier to begin with the material, the immediate (almost everyone wants more money and better living conditions) so begin by imagining that. Feel the leather of your new couch as you sit in your house enjoying the lovely view from your window; feel the warm water on your skin in your own swimming pool. Feel the liberation of not owing money to anyone and having no financial limitations and burdens.

Your desires must be unique to you; this is not about money or not having needs: this is about being *fulfilled*.

Your thoughts are the architects of your destiny.

— David O. McKay

The hardest, but I would say, most needed thing to imagine is not material possessions or even health: it is to try and see, feel, and experience the person you would really like to be. If you want to be freer in your communication and your expression—or be able to do anything like public speaking, singing, or acting—begin to imagine what that would be like, and *start practising* by yourself.

I know, I know. This will feel silly at first—but what did I tell you about the resistance? And what did we say about reclaiming your inner child? That’s exactly the point: *be* silly, *be* irrational. Allow your mind to go there, and do it on a regular basis.

You can go really wild here: if you have always wanted to be taller, imagine and *feel* what that would be like; try and see if you can act and live accordingly, even if it’s just for a little while, in your private time alone.

You see—silly or not—whether or not your body actually grows taller is not the point (although I am not saying that the body won’t respond to what your brain believes—I simply don’t know; and, as crazy as it sounds, there seems to be plenty of evidence of the opposite). The point is that, by imagining and ‘practising’ what being taller—or emotionally freer, or richer, or more extroverted—feels like, you will get used to acting like who you want to be...

And once you start acting like that, you will be unstoppable.

The point is to become as free as you can be, as uninhibited and confident as you can be—and unstoppable—being *nobody else but yourself*.

Practice being the best version of yourself. Imagine your best future as though you have already received it.

Give it fifteen minutes.

Recommended reading for Step 3:

Napoleon Hill, *Think and Grow Rich*

Ronda Byrne, *The Secret*

STEP FOUR: Discover Your Future Self

One Small Step of Faith Into Your Best Future

The chain of destiny can only be grasped one link at a time

—Winston Churchill

We act consistent with who we believe we are. Do you practise raising your self-image?

—Bob Proctor

Imagine for a moment what your life would be like if:

- a) You never suffered the trauma/neglect/abandonment that ended up shaping you into the person you are today.
- b) You had all the energy, motivation, drive, creativity, innocence and openness and resilience of the person you would have been, had it not been for those factors.

What would you do if that was true?

What would you do if you were still that person—the person you were meant to be, before your inner self and identity were assaulted, robbed and misshapen by life and its traumas?

What would you do if you could still live like that person?

And what would you do if I told you that you *can* still live like that person—not suddenly, of course, as with a flick of a switch—but to begin a gradual process towards that?

You can indeed begin a process toward the regaining of that ‘lost ground’—of the recovery of the things that you have lost, gradually, in the years since your birth.

The secret to living as a person you want to be, is in your mind. Once your mindset changes, everything will change. Once you feel like you are six feet tall, for example, you will walk like someone who’s six feet tall and behave like someone who’s six feet tall; and, believe me, because of the way you will carry yourself as a result of those beliefs, you will even begin to *look* like you are six feet tall. And people will perceive you as someone who is taller, and relate to you accordingly.

We’ve all met people who are ‘a lot smaller’ or ‘a lot shorter’ than we had thought them to be; but why did we think they were bigger in the first place?

Because of the way they behaved. Because of the way they carried themselves.

A Fighter’s Confidence

We have all seen fighters who enter the ring behaving as if they were bigger and stronger, and even more skilled, than they really were; and this confidence and the way they carried themselves as a result of it, instilled respect in their opponents that other fighters—even some who genuinely were bigger, stronger and even better skilled—could not hope to have gained.

In my younger days in rural Bulgaria, there were many guys who had the respect, well, the fear, of others. Those guys won many fights, and most other ‘normal’ guys were afraid of them.

There was a problem, however: those fights weren't really that; they weren't really fighting contests—had they been so, those who were bigger, stronger or better at fighting, would've won. As it was, the 'winner' was always the man who had the confidence, and the reputation for being violent, and 'crazy'. My friends and I, however, weren't like most 'normal' guys; and, in the process of growing up and getting integrated into the night life of the village, eventually had to cross paths with some of those guys...

We soon found out that, although some of them were indeed violent, most of them were neither 'tough', nor 'crazy'. It was all based on reputation; and their reputation was based on their confidence in themselves. That was no true confidence, of course—not in the case we're discussing here—not a true faith in their inner selves. No; they merely trusted that their bravado, and the skills picked up in past street fights, would enable them to instil fear into others, so that they won't even have to fight them. They used all of that to ensure that their inner weakness would not be exposed, and to establish their places in the pecking order of broken, fear-based masculinity.

Sure enough, that worked for them. For a while.

My friends and I were younger and, in some cases, 'crazier' than most of those guys. We were quiet, withdrawn boys, but deep down, we longed for battle; and whenever we were challenged by some of those 'tough' guys, we responded right away, with as much brute force as we could muster. And I was astonished to find that those legendary 'warriors', who had most of the peaceful population of the village in mortal fear of them, were nothing more than cowardly bullies—boys in men's bodies, needing to exert power over everyone around them in order to feed their fragile egos, but afraid of everyone who appeared stronger and scarier than themselves.

The most astonishing thing was that my friends and I weren't really much more aggressive, or scary, or even more able than them in terms of fighting skills; in fact, it rarely came to actual fighting: we were simply braver and more willing to stand up for ourselves and fight back, than most 'normal' people we knew. We also lifted weights, and

looked bigger, stronger and perhaps more aggressive than the average man of our little village.

I keep using the word ‘normal’ here, for a good reason. My friends and I, though peaceful, fun-loving young men, weren’t normal. We knew that one day some of those guys would want to test us; and we were ready to fight back with brute force, as soon as that test came. The ‘normal’ people avoided fighting, and avoided those guys like plague.

We, on the other hand, were ready, and waited for them to come to us.

Why am I giving you this weird, crazy example?

Because, even in my youth, I was already a student of human nature; and I learned, back in those wild years, that there was something to those foolish, arrogant men’s confidence. They too were students of human nature; like sharks smelling a wounded animal’s blood, they could sense what might work in most situations. They were not afraid to take chances. They had the confidence to step into the fight, and ‘let loose’ their rage at anyone who would dare oppose them—so that they hardly ever had to fight anyone. Most people left those men alone, because they were either afraid of them, or simply didn’t want the trouble of messing with them: they knew there would be fighting if they did.

Those lonely, scared, vicious ‘loose cannons’ were not good men—far from it! But they had the confidence that all good men should have.

They had a fighter’s confidence, and were not afraid to enter conflict. They were not afraid to act.

And it worked. Most of the time.

My observation was that, if such a shallow, bravado-based confidence could fool so many good people and keep them walking on eggshells around those bullies, it was not a lack of goodness that was the problem with our world—it was the lack of action. My friends and I never wished to bully people; we were not as vicious or malicious as those men

were; yet, we were never as decisive, never the first to act, never willing to be first and
‘take the fight to them’ in order to prevent bigger conflicts in the future...

And that allowed the bullies plenty of time to run around unchallenged and do damage,
until we felt forced to act.

We did not act, because we were insecure. They acted because they felt secure. Yet they
did evil, not good...

Whether or not we have full confidence in what we are and what they feel is right, there
comes a time when action is needed. If foolish, cowardly, vicious, selfish men can act
with staggering confidence and the appearance of iron will, what is stopping good,
well-meaning people to act out of what they feel is right?

Confidence, that’s what. A simple lack of confidence in themselves.

How, then, is one’s confidence to be developed, if one doesn’t yet seem to have it?

By action. Confidence does not come before action—action comes first, and it gives birth
to confidence. Confidence begets more action, and action produces confidence and the
ability to act again and again...

But it all starts with action. Actions must come before feelings. We live in a world full of
bullies, imposters and greedy, opportunistic people most of whom have very little
genuine concern for their fellow human beings—yet it is they who often have the loudest
voices and the biggest confidence.

Keep them in mind, whenever you feel that you can’t really act; keep those people in
mind, whenever you begin to feel like an impostor and are immobilised by fear of being
seen as that. I have seen notorious bullies flee before one small man who isn’t afraid to
speak the truth and act decisively.

You need to act. The world needs you to act. The world needs you to be yourself and act out of that being.

You need a fighter's confidence, and that is available to you, as much as it was available to those bullies, and later to me and my friends. Such confidence does not come from expertise—if it did, frauds and bullies would have very little—but it comes from having taken enough action to know that your actions get the job done. Experience, not expertise, is what produces confidence.

Experience that comes from having taken action repeatedly.

Time to Act: Start Behaving Like The Person You're Trying to Become

If you act like the person you want to be, you will start coming closer to getting the results you want. This is not 'fake it 'til you make it'—unlike those men from my village, you're not trying to deceive others by doing this—no; but you are actually acting out the *truth* about yourself. You are not acting like someone you'll never be—that would be deceptive—but are merely acting like the self you're becoming; and you're becoming that self by doing this work.

At the end of the day, it doesn't matter how tall, strong, good-looking, or rich you really are; if you believe you are something, and act it out fully, in full accordance with that belief, you will live like that. You will get the same results. You will become that person—the person you want to be; the person that all of your traumas and hurts and fears have been doing their best to prevent you from becoming.

But how do you change your mind? By taking action. Take action and start behaving like the person you want to be.

The results of this work must be made manifest in action. If you have been walking through the first three steps outlined in this book, you will have begun accessing

newfound ‘places’ within yourself—new sources of inspiration, creativity, confidence and joy—which would, in a word, mean that you are becoming more whole.

How is, then, that newfound wholeness to be manifested out in the world?

Isn’t the goal of that wholeness to enable you to live the life you would’ve lived, had it not been for the events that shaped you and prevented you from becoming that fuller, more able, more whole, person?

Until now, whether you realise it or not, you have acted out of your beliefs about who you were, what you could and couldn’t do. Until now, the circumstances and relationships that you have been ‘attracting’ in your life, have been limited—because the self who you have been was limited. Therefore, as this self becomes freer, more able and confident, your actions should—must—change, to reflect that inner change. Then, you will find yourself in different circumstances, and you will find that you’re ‘attracting’ toward yourself a kind of people that are different from the people who used to be in your life.

All these things will happen naturally; but first, you must become comfortable with being the person who is comfortable with this new environment.

And in order to do that, you must begin acting like that person.

In order to begin acting like your future self, you must study that person: imagine them—the person who’s the best version of yourself—and make a list of the things they do and don’t do. What do they eat or drink? What do they fill their day with? What sort of things do they read or watch? What kind of people and places do they gravitate towards?

I am chasing a guy. The man I am chasing is the better version of myself, the man I am capable of becoming, the man I was put on this earth to be.

—Ed Mylett

Greatness can never be built overnight, and this is why this step is, just like the previous three, a fifteen-minute one. It consists of performing one simple, but difficult, task.

This could look like walking into a job placement agency which you have previously felt is too intimidating to do; or being generous with someone you have been wanting to help but have held back due to fears based on a ‘scarcity mindset’; or approaching someone you’ve been avoiding and finishing unfinished business—anything that your future self would have no problem in dealing with, which you’ve been avoiding. This can mean standing up for yourself at work, or at school, and acting and speaking out despite the fear you feel in the midst of the situation.

This also applies to creativity: start doing the work that your future self would do; if you want to become a writer, write! If you want to become a mechanic, sign up for a training course!

Do not—I repeat, do not—wait to feel motivated; or you will never get there. Instead, choose one small step that you know will help you get to where you want to be, and follow it through.

Set one goal for yourself (like signing up for that course, or walking into that office) and then achieve it.

That’s all. Do what you know you should be doing, and put your feelings aside, if they don’t ‘cooperate’—I can assure you that, eventually, after you have gained more confidence, they will!

If you’re not motivated, get to work! Let your motivation come from doing the work.

—Ed Mylett

It is time to act. Do it now.

Do the thing you have been avoiding, despite your fear or insecurity. Just do it and watch what happens. Regardless of the result, your confidence will grow—no, it will *skyrocket*.

Now, set that small goal and take that small step.

Give it fifteen minutes.

Recommended reading for step 4:

Ed Mylett, *Max Out Your Life: Strategies for Becoming an Elite Performer*

Ed Mylett, *The Power of One More: The Ultimate Guide to Happiness and Success*

A Few Final Words...

If you've made it thus far, and have walked through the steps, congratulations!!! If you've just been reading about it all, that's also good—though you will need to 'dip your toes' in the work, and not just read about it.

But no matter how you've been walking through this material, you have invested your time well, and, hopefully, have gotten a glimpse of how wonderful and powerful you can be.

Going forward, I would advise you to read the books in the 'recommended reading' section at the bottom of each chapter—at least those that you think apply to your journey.

But if you're not too busy already with taking action and changing your life, could I ask you to read a bit more, just a little bit: before you go, I would like to offer you some additional advice which, for what it's worth, I hope would help you in the direction of this process and the general mystery we call life...

Some Advice

Now, here is a point of advice...four points, actually!

1. Get Educated

Look to immerse yourself deeper into the material that this book, and all the quoted books, discuss. You need to learn as much as you can, about the journey; you can watch videos, attend free online seminars, and get free coaching calls with professionals in the field – it's all out there for you, available and ready!

If you are a man who's on a deeper journey (or a woman who wants to know more about the inner workings of masculinity) , check out my books for men here:

<https://www.trainingformen.co.uk/books>

2. Get Connected

Next, you will need a community. There are many groups, 'tribes', and circles online (at least to begin with) that are available around any of those books/topics: join them and make yourself accountable and surround yourself with people who are on the same journey. This might mean limiting your involvement with some of your old friends and acquaintances – often, there's a price to pay if you choose a path that's different from the one those around you are taking; that's normal. Be prepared for that.

3. Get Help

If you can afford it, and can find the right person for you, get some personal coaching from a professional who specialises in those areas. Few things work as well as having someone experienced walking with you through it all.

Note: If you are a man who is pursuing coaching in this area, and is prepared to embark on a deeper journey, I would love to hear from you. With over a decade of experience in working alongside men of all ages and backgrounds, I specialise in helping men overcome their inner wounds and achieve a state of greater connection within themselves and others. In just 30 minutes together, I can offer you direction and guidance through the journey of ‘resurrecting your life’ and achieving a greater connection with yourself and others. Click the link below to book your free 30-minute discovery session with me:

<https://calendly.com/georgestoimenov/discovery>

I will see you on the inside!

4. Get Oriented

The last, but definitely not least, thing I would like to advise you is to orient yourself in a ‘story bigger than yourself’, spiritually speaking. The need to do that is because, when one experiences suffering, as indeed we all do – and, as you now know, in this journey you have been called to walk through increments of suffering at every step – one needs to have meaning and a ‘story big enough’ for that suffering to be contained and put into perspective in, and eventually, redeemed in. This is where the myths that surround us can become personal, a part of your own ‘hero’s journey’, instead of remaining merely old and irrelevant, and something useless.

Now, in this last section I will probably seem to be quite biased in my suggestion; and of course I am! Because, you see, I can only speak from my own personal experience and the experiences of people I have walked alongside with; and so, I can only suggest to you things that have worked for those people and for myself.

What has worked, powerfully so, for me, is the daily practice of immersing myself into a process of being ‘crucified’ and then ‘reborn’ following a spiritual pattern outlined in the ancient Biblical stories.

If you have just winced, or flinched, or cursed under your breath—hang on!

If you have been let down, or even damaged, by religion, or see faith as irrelevant to your life - or simply aren't a ‘spiritual’ person - keep on reading: you may yet find something that'll work for you! After all, you are in a completely new stage in your life...

Let me tell you quickly what I have come to know about humanity and what faith means to me...

You have probably heard people say that this world is ‘fallen’, and that humanity is ‘broken’. What those words truly mean—what they have meant to me—is this:

God meant someone when he created you. There is a blueprint, a design, of someone wonderful: a healthy, unique, fully-alive, beautiful human being; a king of a man, a queen of a woman...

But that is who we are in God's original plan; not who we currently are—at least not on the outside. At the moment, the world being 'fallen' and all, we still carry that blueprint in our hearts—our true selves, deep within—but even the best of us can't fully live out of this full humanity. Our hearts—not our emotions but rather, our inner selves, who we really are—are prisoners, in need of liberation. But since

they are largely subconscious by the time we're adults, we need to begin the journey of liberation by adhering to certain—often seemingly meaningless and burdensome—spiritual principles (think of all those Biblical 'commandments'). But we are never meant to stay there, blindly following religious rules without knowing why or, worse, without ever finding liberation of our deepest humanity—our hearts—by a Force that is pure Love, who had created us and seeks our liberation from all that holds us back from being who we were meant to be.

Think about the heart for a moment.

Why do children long (irrationally, in most adults' view, but what do we know, really—we're the ones who live so far apart from our hearts!)to be someone great?

Why do girls ache for beauty and boys seek heroism?

Children know something about humanity that most of us don't. They act out, rehearse, the truth of who we were meant to be...

Or at least they try to, before the world beats it out of them.

But the world is fallen, and children are right.

The world in its current state gives a heartbreaking message to each and every
child:

You don't matter.

Your heart isn't as beautiful, glorious or courageous as you want it to be.

You can never be who you're hoping to be.

You are like everyone else.

Heartbreak and loss assault the young heart long before it has a chance to find out anything about the true nature of things and about the goodness of God. For you see, God's plan is to rescue and liberate each and every human heart. The world is sick—death and loss are everywhere; but how is it that we have come to accept this reality as final? No, this reality is not final. And even for those who grow up in the happiest homes, it is heartbreaking.

Unlike what modern religion teaches, humanity needs far more than being 'forgiven'. Humanity needs a new heart—or rather, the restoration of our true heart: that golden, glorious essence which God put within each child at the moment of their conception.

Perhaps it is our fear of getting our hopes up; it seems too good to be true. Perhaps it's been the almost total focus on sin and the Cross. But the Scripture is abundant and clear: Christ came not only to pardon us, but also to heal us. He wants the glory restored.

—John Eldredge, *Waking The Dead: The Glory of a Heart Fully Alive*
(emphasis mine)

The heart that God put within us is the very thing He seeks to liberate: this is the goal of true faith! To walk with God means to recover the very intimacy which made us, and created our desires—and while much of our desires aren't what they really are at present, all of who you are, and have ever been, can and must be redeemed: that is, not shut down, not suppressed, but re-generated, re-created!

I used to desire two things deeply: to be brave before other men, and to have a beautiful, strong and gallant soul which I would not be ashamed to show to others.

Neither of those desires were fulfilled when I was growing up—not even close! I became a shy, withdrawn young man who lived mostly 'hidden' inside himself. I had a number of what would be called 'conditions' in the modern world today; I was addicted; I was depressed.

Most of all, I was not brave, and I was everything but beautiful on the inside.

That is, at least that's how I felt, and how I behaved, according to those feelings. Children and adolescents can't help but behave and act out of who we feel we are deep inside. Wouldn't we all act in a beautiful, gallant, sacrificial way, if we could?

Where do our attractions to fairy tales, myths and legends come from?

Wouldn't I have been brave and gallant in my adult life if I could feel at least a hint of that inside me? Of course I would! But I felt nothing like that. I felt ugly and even repulsive. I felt shameful. I felt timid and always more a boy than a man; so I remained 'hidden'.

My journey of faith began in 2011, on a hot and dusty day in rural Zambia.

And it has been the most wonderful, liberating—yet most difficult and challenging—path I have ever been called to take.

Up until that point, religion was an enemy of my heart—and let me say this: it *is* an enemy of the heart. But with each step I took, deeper and deeper into the world of love and intimacy which called to me, I discovered that true faith was meant to be precisely the opposite of an enemy: it did not enslave my heart, but *liberated* it.

As a result, not only did my heart begin to be liberated from all that was—unbeknownst to me—holding me back from being truly myself (I did not that self; I had forgotten it during 'growing up'), but the whole concept of faith also took on a meaning very different from the morality-based, performance oriented Jesus-peddling religion of today.

Let me tell you this: religion talks about Jesus and about being forgiven as if this was the destination for all humanity. It isn't. Jesus said, 'I am the door'—the door to what, exactly?

The door to The Father. The door to the Kingdom of God—the realm where we all come from, the realm which we all desire in our search for love, beauty and intimacy.

Modern men are fatherless. Modern religion reflects that fully. We are far more comfortable with being 'forgiven sinners', suppressing our God-given desires and exhorting others to do the same, than we are with becoming sons and daughters of the Father who made us and longs to have us back into His loving arms.

I will not bore you any further with my story of faith.

In this last section, I will not be telling you any more stories myself; I will simply recommend a few resources, according to what I think you may find helpful.

They will all be fragments of a bigger collection of resources that I myself have found helpful over the years.

I hope you find them enjoyable and helpful!

However, in case you have chosen to stop here, I would like to extend to you my deep, heartfelt gratitude and pride in you for having made it thus far: you are a champion, whether you already believe it or not. And I have no doubt that, if you

stay on this path of inner transformation, your life, the lives of your loved ones, and indeed your whole world and the worlds of those who would be touched by you, will continue moving from strength to strength and from glory to glory.

Having said this to you, I can leave you in peace. Goodbye and thank you again.

And, don't forget: it is time.

Time to start living.

Time to be who you were born to be.

As promised, here are some additional resources for you.

If you are hungry for meaning, yet hate religion, I have found the following books to do wonders for people who seek to redeem and reclaim truth and meaning, yet stay sovereign and strong while also childlike and curious, without falling into religion:

On God and the heart: [Waking the Dead](#), by John Eldredge

For those who are wrestling with the problem of God's goodness, evil, suffering or forgiveness: [The Shack](#), by William Paul Young

On God and masculinity: [Wild at Heart](#), by John Eldredge

On God and femininity: [Captivating](#) by Stasi Eldredge

If you have been going to church, or have tried it out, but have found that the old Biblical stories are archaic, empty and devoid of sense and meaning, check these out:

From a Story/Myth/Legend/History/Theology viewpoint: [The Paradise King](#), by Blaine Eldredge.

From the viewpoint of Psychology/Meaning: [Jordan Peterson's Biblical Lectures](#).

P.S. If you would simply like to read a short story about life, meaning and the wonderful, golden self that I believe is buried within us all, have a look at the story below.

I wrote it years ago. I hope you find it interesting.

Regards,

George Stoimenov

The Boy Who Came From Heaven

Once upon a time there was a boy who had come from heaven. He was born into a family of two people who had themselves come from heaven once, but had forgotten it. The two people, a man and a woman, did their best to raise the child but since they had forgotten where they had come from, they were not able to see who he really was. The boy was too little to tell them; he needed them in so many ways but could not express his needs – so little he was, and so tender. But he knew he was from heaven because he felt heaven within him – he knew that he was very special and he knew what he needed, yet he could not say it...

Night after night, the boy lay in his bed, waiting to be seen, longing to be understood; for even though his parents were good, they did not see his heart, and therefore, did not know him at all.

They did not know his heart because they had forgotten their own.

The nights and days turned into months and years, and in time, the boy grew sad. He felt abandoned and alone but since there was no apparent reason for his feelings – he did, after all, have a good family – he hid them, from the world at first, and then

from himself. As time passed, he hid his feelings more and more; he hid them so much that at the end, his whole self was hidden – out of the sight of those around him, and of himself as well.

By the time he was a grown man, he had already forgotten who he was.

Just like his parents had done.

* * *

The man who was once a boy who had come from heaven, spent many years trying to survive by pretending that there was nothing wrong with him. He had not really come from anywhere, he reasoned with others and himself, and had therefore no reason to feel the misery that tormented his soul day and night... Eventually, he succeeded, and stopped feeling pain; he stopped feeling joy too, but said to himself that, so long as he still felt pleasure, he was fine.

He was, after all, a normal man who had come from a normal family, and was living a life that, although not particularly fulfilling, was...well, normal.

The man who was once a boy who had come from heaven grew old and died. He knew about heaven, for even though he had long ago stopped feeling heaven within him, he had heard about it and thought he knew all there was to know about heaven. And so, armed with this knowledge and nothing else, he went to heaven, where he met God...

God was great, simply great: there was great goodness in him, great power and great glory. Fear and amazement filled the man's soul but he knew there was no danger; he was home.

And as the man marvelled at his Creator, from behind the throne and all the dazzling light and glory, there came a young man who looked like a prince. The fear and amazement grew as the man watched him come closer, for he realised that this must be an angel, sent to either punish him or bring him closer to the throne – yet, he still knew there was no danger; he still knew he was home.

As the prince walked toward him, his heart felt full of sorrow, shame, and most painful desire; he saw that he was a man, and that he had a face much like his own.

But he was full of life – he was strong, lean and supple; he was as beautiful as any man could be, yet regal and mighty like a king.

Here before him was a man like the men of legends...

Swiftly, suddenly, he remembered how much he loved those old legends once, and how quickly he had forgotten them, as he left his childhood years behind.

The prince still walked toward him, slowly and with ease, and he had a smile on his face.

The longing grew, and the pain increased.

The man who was once a boy who had come from heaven fell to his knees and cried, for the first time in years, and bitter were his tears, for he had finally recognised the person before him...

He recognised him at the same moment as he heard the booming voice of God, full of sorrow, full of pain, and full of mercy:

'You know who this is, son? This is you.'

*'This is the man who I always wanted you to be. This is the man you could have
been.'*

THE END.

George Stoimenov

Eastbourne, East Sussex,

Great Britain, 2023

www.trainingformen.co.uk

www.menscorner.co.uk