

Foreword by Chris Attwood
New York Times Bestselling Author of *The Passion Test*



HAWAIIAN

REBIRTH

YVES NAGER

**QUESTIONS, STORIES AND STRATEGIES TO
GUIDE YOU TO YOUR LIFE'S PURPOSE**



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GUIDE YOU TO YOUR LIFE'S PURPOSE**

BY YVES NAGER



**LIFESTYLE
ENTREPRENEURS
PRESS**

LAS VEGAS, NV

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Endorsements for *Hawaiian Rebirth*

Yves Nager is a wisdom teacher, navigator, and guide for meaning and purpose. Here he provides tools, stories, and maps for the most important journey of your life...home to the truth of who you really are and why you are here. This exquisite book, *Hawaiian Rebirth*, will inspire and awaken your heart and soul while showing you how to fulfill your heart's desires.

—Marcia Wieder, CEO, Dream University and Bestselling Author

Yves Nager, a truly passionate adventurer of life and a humble mystic, shows brilliantly in his new book, *Hawaiian Rebirth*, how following your heart and continuously choosing in favor of your passions leads you to a life filled with wonder, a sense of destiny, and unlimited possibilities of living your greatness.

—Janet Bray Attwood, NY Times Bestselling Author of
The Passion Test and *Your Hidden Riches*

In this book, Yves Nager has expanded the principles of the Passion Test to help you clarify your passions and deepen your understanding of the reason you were born. *Hawaiian Rebirth* will take you on a journey that will serve as a map to use as you fulfill your unique contribution to the unfoldment of yourself to itself.

—Chris Attwood, President at the Beyul Club,
Bestselling Author of *The Passion Test* and *Your Hidden Riches*

I have known Yves Nager for many years and joined with him and his wife, Eunjung, in some of their journeys of life. I am touched by their sincerity and their passion, their dedication to service, and their love for this Earth. I am touched by their fearlessness, their ability to move as the wind moves them, and to become the wind itself. Thank you, Yves, for demonstrating the 'passion way,' and for holding your candle through all the ups and downs of life, so that

each of us might learn to trust the One Light that has always already been shining so brightly, even through the darkest of nights.

—Kiara Windrider, International Spiritual Teacher and
Author of Several Books, including
Gaia Luminous, *Homo Luminous*, and *Ilahinoor*

I have known Yves Nager for many years. Yves is one of those rare individuals who has the know-how to dive deep into his soul and create healing for himself and those around him. His journeys across the globe give him keen insight into human behavior, which adds to the depth of his storytelling. He makes a difference in this world because he is willing to do the hard work of personal transformation and he wants to share his knowledge. Yves' book, *Hawaiian Rebirth*, inspired me to examine my own journey and created many opportunities for me to look within.

—Shajen Joy Aziz, creator of *Discover the Gift*,
Award-Winning International Bestselling
Author, Educator, Filmmaker, and Entrepreneur

You will find Yves Nager's new book, *Hawaiian Rebirth*, intriguing and inspiring, yet practical. Yves offers guidance to what he calls "the most meaningful adventure of your life—the discovery of your gifts and passions." He is clearly here to be of service and he shares what he has learned through his own experiences and transformations. He is passionate in his desire to help you discover how to live your highest destiny. He offers a cornucopia of knowledge and wisdom and comes from the heart. I hope you will say yes!

—Sharlyn Hidalgo, Author of *Nazmy: Love is My Religion*

Each of us have four life realms we must attend to—mental, emotional, physical, and spiritual. Give too much attention to one and offer too little to one or more of the remaining realms and your life will be out of balance. All four realms are intimately linked and when one of them is lacking, all of them will suffer and the individual will suffer.

Far too many people simply exist, living out pointless, meaningless lives without passion or purpose, adrift and directionless from an unbalanced approach to living. I believe the realm most often ignored and responsible for those bereft of purpose is their spiritual realm.

If you believe your spiritual realm may be suffering and causing you to feel a lack of a sense of purpose, Yves Nager's new book, *Hawaiian Rebirth*, will offer you a reliable roadmap for discovering your true and intended purpose. Increasing self-awareness, goal-setting, what it means to be happy, and achieving your dreams are just some of the topics covered in this actionable step-packed book. If you are ready to get to work on changing your life for the better, releasing an unbridled passion for living by discovering your true life's purpose, and having a more meaningful and balanced existence, then I highly recommend this book.

Get it, read it, believe it, follow it, and live like you've never lived before.

—Dr. Clark Gaither, Medical Doctor, Bestselling
Author of *Reignite* and *Powerful Words*

The inspiring, intriguing stories from Yves Nager's mystical, world-wide adventures will open your heart wide and expand your visions. If you are looking to bring more passion, purpose, and meaning into your life, then *Hawaiian Rebirth* offers you an insightful array of tools and life strategies that will guide you toward achieving your most cherished dreams and aspirations.

—Geoff Affleck, Bestselling
Author of *Shine Your Light* and *Enlightened Bestseller*

I met Yves Nager through the Passion Test and found him and his work genuine, refreshing, and profound. His new book, *Hawaiian Rebirth*, is so full of nuggets of wisdom and inspiring, intriguing stories that you cannot but feel transformed by just reading it. Of

course, if you actually put into practice the insightful steps and strategies Yves has mapped out in the book, your life will definitely turn around for the better, with you following your heart and living your highest purpose.

—Terry L. Sidford, Author of *One Hundred Hearts*, TEDx Speaker,
Passion Test Facilitator, and Professional Coach

Yves Nager's book *Hawaiian Rebirth* is one of the most in-depth and detailed guides I've read on the transformational process involved with uncovering and pursuing one's life purpose. Yves' simple, straightforward, and passionate demeanor comes forth in this book which elaborates on some of the more challenging topics in transformational consciousness. You'll come away from reading *Hawaiian Rebirth* with the belief that transforming your life is a challenge worth taking on and that it is a healing journey you must embark upon immediately with his guidebook in your hands.

—Patrick Wyzorski, Principal WyzGuy Consulting

“The meaning of life is to find your gift. The purpose of life is to give it away.”

—Pablo Picasso

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FOREWORD

By Chris Attwood



The illusion we call life is by its nature dual. There appear to be differences when in fact these differences are the interwoven threads of one fabric. However, it's in the appearance of differences that the play of life or *Veda Lila* unfolds, sequentially and in perfect order.

What upholds the flow of life in wholeness is dharma. Dharma is built into every person's body, mind, emotions and spirit. Everyone is born for a special and unique purpose only they can fulfill. And the common purpose we all share is to serve each other. When someone is connected to dharma, then their life feels rich and full. Nothing is missing, nothing needs to be added or taken away. Life feels meaningful, purposeful.

In these times, many people appear to struggle in their life. They struggle because they are disconnected from dharma, that path of action which will allow them to fulfill their unique and special

role in the unfoldment of knowledge (for what we call life is actually the sequential unfoldment of consciousness coming to know itself).

As long as a person is disconnected from dharma, they are unhappy, they suffer, and they become miserable. We see this in every country in the world today. The statistics tell us that more than seventy percent of the population is unhappy with their work and their lives.

In the Bhagavad Gita, the sacred Vedic literature of India, Lord Krishna (the living expression of pure consciousness) says: “Whenever dharma declines and the purpose of life is forgotten, I manifest myself on earth. I am born in every age to protect the good, to destroy evil, and to reestablish dharma.”

My personal feeling is that the Lord does not simply manifest in human form, but also in the form of tools like The Passion Test (which I developed with Janet Bray Atwood), to reestablish dharma.

For those who are not lucky enough to be spontaneously connected to dharma, the path to meaning in their life is through their passions. It’s not an accident that a person loves the things they love or that they care about the things they care about. Even when one is immersed in the Self, neither repelled by nor attracted to one thing or another, the path of an individual life takes that person in some directions rather than in others.

The path to wholeness is through the vehicle we call love. Love connects. Love draws what appears to be separate together. When we fall in love with every aspect of life then life becomes one magical, connected whole.

Passion is one aspect of this love. When someone makes a list of the things they love most about their life, they are expressing elements of their unique nature, of their dharma, their purpose for being alive. Because our brains are designed to only be able to hold five to seven things at one time, it’s almost impossible to give attention to twenty or thirty or more passions, or loves, at once.

So, the Passion Test provides a simple method to take this expression of one’s dharma in the list of passions, and identifies which of these are the five that have greatest meaning, that are dearest. This

doesn't mean everything else is not meaningful. The list of five passions that comes out of the Passion Test process is simply an indicator, right now (not forever), of the things that will bring the most fulfillment in life and lead one on to fulfill one's purpose, or dharma.

This list of five passions becomes a decision-making tool. As Janet and I say in *The Passion Test* book, "Whenever you're faced with a choice, a decision, or an opportunity, choose in favor of your passions." While this is a simple and perhaps obvious truth, so many people today do what they think they "should" do that this simple instruction changes their whole experience of life.

And our experience from sharing the Passion Test all over the world is that as people consistently choose in favor of their passions, they discover that their life begins to feel more and more meaningful. Of course, not everyone needs the Passion Test. Some people spontaneously follow their passions. Yet, most people in the world today are not in that boat.

In this book, Yves Nager has expanded the principles of the Passion Test to help you clarify your passions and deepen your understanding of the reason you were born. *Hawaiian Rebirth* will take you on a journey that will serve as a map to use as you fulfill your unique contribution to the unfoldment of yourself to itself.



AUTHOR NOTE:

Chris Attwood is co-author of the New York Times bestseller *The Passion Test – The Effortless Path to Discovering Your Life Purpose* and *Your Hidden Riches – Unleashing the Power of Rituals to Create a Life of Meaning and Purpose*.

Chris is an expert in the field of human consciousness and is also deeply grounded in the practical world of business. Chris is the founder and CEO of the Beyul Club, a company dedicated to personal and global transformation. www.BeyulClub.com I am honored and grateful that I was personally trained by Chris as I find his work truly inspiring and regard him as a great role model who is living his purpose to the fullest.

PREFACE

“The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.”

—Marcel Pagnol

As long as I can remember, I’ve loved expressing myself through writing. Whenever I write, I feel happy, present and centered.

I’ve often had difficulty finding the appropriate words to describe how I feel. During my teenage years, I discovered that writing was a helpful way to reveal what I felt deep inside. It didn’t matter if I was just journaling for myself, or writing an essay at school. When I reread my journals and essays some years later, it always helped me understand more about myself and others.

However, twenty years later, I had the courage, self-confidence and commitment to start publishing my writing for others. I started by creating content for my website and then began to write articles on various topics, sharing my insights and experiences through blogs, newsletters and social media. A door opened for me when I was asked to contribute my writing to two books, one a collection of chapters about following your passions and another focused on global awakening.

In the compilation book *Inspired by the Passion Test: The #1 Tool for Discovering Your Passion and Purpose*, I relate my initial awakening experience while in Hawaii. I also share ten practical steps to help you embark on your own journey of healing and transformation. I am one of sixteen passionate storytellers in the book, including *New York Times* bestselling authors Janet Bray Attwood and Geoff Affleck.

In the book *Ilahinoor - Awakening the Divine Human*, written by my friend Kiara Windrider, I contribute an extensive testimonial. It's an account of my transformative experiences across the globe teaching and working with Ilahinoor, a gift to help humanity experience multi-dimensional consciousness. You'll find a section called "Exploring the World with Ilahinoor" later in this book.

You hold in your hands my latest writing endeavor. If someone had told me five years ago that my name would be displayed in three books—and that they'd all be published within only two years—I'd have treated their words as fantasy.

However, as you've likely experienced on your own journey, life sometimes takes twists and turns, leading us to places beyond our wildest dreams in completely unexpected ways. *Hawaiian Rebirth: Questions, Stories and Strategies to Guide You to Your Life's Purpose* is the outcome of opening myself to something bigger and allowing myself to transcend the person I once believed I was.



I grew up in Switzerland, in a town called Spiez, located next to the beautiful Lake Thun and surrounded by forests and mountains. When I went to Hawaii for the first time in 2008 to improve my English skills, writing a book in English was far beyond my

abilities—entirely out of reach. During that time, I studied for three months at Global Village Hawaii, an international language school in Honolulu. Somehow, it's still a miracle for me that I'm now allowing myself to express my gifts in this way. I'm deeply grateful because for many years I perceived my life's journey as being mostly challenging. When I was younger, I began to feel a mounting level of crisis and desperation. This feeling climaxed when a series of deaths occurred in my family in 2005. Within seven months, I lost my father and two grandparents and nearly lost my brother. Since then, my life has never been the same.

At first, I immersed myself in work by day during the week and partied by night on the weekends, all in a futile attempt to free myself from the uncomfortable feelings of loss and pain. Out of my element and disconnected from my purpose, in the following years, my inner life became increasingly chaotic. I kept searching for meaning, even as my personal relationships and career succumbed to more chaos and confusion. I was finally gripped by massive depression, to the point where I considered ending my life.

Around Christmas of 2007, I started to pray desperately for help and guidance, something I hadn't done in years. Only ten weeks later, through the grace of divine guidance and the loving support of my mother, I found myself in Hawaii, on the island of Oahu.

Within two weeks of arriving on Oahu in mid-March 2008, I had my first huge spiritual awakening. It happened through a mystical healing that turned my life around in an incredible way. I also started reading many self-help books, applying to the best of my ability the techniques I'd learned. Some of the tools and steps I encountered yielded fast and fantastic results, others prompted new questions.

Wikipedia defines a self-help book as a book written with the intention of instructing its readers about solving personal problems. Did you know that the history of self-help books goes as far back as

the year 1859, to the bestseller *Self-Help* by Samuel Smiles, a Scottish author and government reformer?

And, did you know that now, almost 160 years later, there are more than a half-million products available on Amazon when you search for “self-help?” It’s evidence that countless people are out there, seeking a deeper understanding and a more fulfilling life.

Over the past decade, I’ve read many self-help books, watched many transformational and spiritual movies and videos and attended numerous courses and workshops. Between 2008 and 2010, I literally became a “transformational workshop junkie.”

All these authors and workshop leaders shine light on how we can improve our lives. Although each takes a slightly different approach, with his or her unique point of view based on their rich life experiences, I have discovered that the advice we receive from these authors is not as diverse as I had initially believed. There are certain common threads in self-help books. In essence, most self-help books assert that you’ll have lasting positive changes in your life when you let go of old patterns and behaviors and continually replace them with positive habits.

***Positive change happens when you let go of old patterns
and behaviors and replace them with positive habits.***

Author Simon Sinek states this principle wonderfully: “Optimists have a habit of seeing positive. Pessimists have a habit of seeing negative. All that is required to change a habit is practice.”

Here are ten of my favorite books in the self-help and transformation category that have positively influenced and inspired me, helping me to improve my life over the past decade. Please refer to my Recommended Reading List at the end of the book for more information on these wonderful books:

- *Life's Golden Ticket: A Story About Second Chances* (Brendon Burchard)
- *Loving What Is: Four Questions That Can Change Your Life* (Byron Katie)
- *Supreme Influence: Change Your Life with the Power of the Language You Use* (Niurka)
- *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* (Gary Chapman)
- *The Four Agreements: A Practical Guide to Personal Freedom* (Don Miguel Ruiz)
- *The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom* (Rod Stryker)
- *The Grace Factor: Opening the Door to Infinite Love* (Alan Cohen)
- *The Power of Now: A Guide to Spiritual Enlightenment* (Eckhart Tolle)
- *Your Hidden Riches: Unleashing the Power of Ritual to Create a Life of Meaning and Purpose* (Janet Bray Attwood, Chris Attwood with Sylva Dvorak)
- *Zero Limits: The Secret Hawaiian System for Wealth, Health, Peace, and More* (Joe Vitale)

Why did these books positively impact my life? It was because the authors all had established some sort of relationship with me. I found each book's content easy to apply straightaway and, more importantly, I was committed to continue working with what I'd learned. On the other hand, I confess I also experienced times when I put other self-help books I read down and gave up altogether. What was the difference between the books I stuck with and the books I gave up on? The difference was that the books that taught me valuable

lessons were written with clarity and focus, they were readable, and they provided clear guidance and useful information. In short, they mapped out a path for the reader to follow.

Since my early teenage years, I've been passionate about creating orienteering maps. When I work on such a project, the first step is to map what I believe will be useful to people trying to find their way through the same terrain in the future. For me as a mapper, out in the terrain, the main task is determining which features to put on the map and how to represent them.

The second task is creating a good design to enhance the readability of the map. I probably spend more time devising a clean and attractive design and layout than many other mappers do, because I always appreciate a readable map. It helps others trust my maps more. *Generalization* is the keyword here, meaning that I must focus on selection, simplification, displacement and exaggeration. You'll find a section called "Mapping Your Inner Landscape" later in this book.

This book was created in a similar fashion to how I create maps. I put together many questions, tools and exercises that will be helpful to you in finding your life's purpose. Then, I summarized them and compiled them into the 7 Questions, 12 Steps and 12 Stories you're about to engage with.

Of course, this book is not a direct representation of what your life's journey is all about—just as an orienteering map is not the territory itself. But it will serve as a guide to help you understand the territory you're in and how to move through it to enrich your life through self-development, self-empowerment and determination.

Since my wife Eunjung and I got together in 2011, we've been teaching and sharing a variety of workshops covering topics such as energy work and self-development and we've been working at sacred sites with groups. It's been essential for us to structure the contents of our teachings clearly and in a manner that's easy to understand. We've also found that by presenting the information we share interactively,

and by including inspiring personal stories, we can maximize the benefits to our participants.

One of the challenges I face as a writer is that I don't get feedback right away from readers. Having spent the past decade working with many people from various countries and cultural backgrounds, all I can try to do is anticipate the feelings, thoughts and behaviors that will arise while readers work with this book. The only way for me to truly know your response, however—as well as any questions or results you may want to share—is if you leave me feedback on Amazon and through social media or email. I encourage you to do this and I welcome your honest comments. I hope you enjoy navigating this map to discovering your life's purpose!

This book is roadmap. You can use its questions, steps and strategies to discover your gifts and fulfill your destiny!

INTRODUCTION

The present moment is all that ever is, and in each new moment we die and are reborn. For example, people block love and close off their hearts out of fear of being hurt again. If they lived in the present moment, there would be no fear and they would walk forward in life with confidence and certainty that there is the joy of new experiences to be had.

—Alaric Hutchinson

I heard a soft voice say, “You look so beautiful now, and the color of your eyes has changed.”

When I opened my eyes, I found that I had woken up in Paradise. I was reborn into the most beautiful world. I felt like I was waking up in another dimension or reality. There was no difference or separation anymore between how I felt deep within and what I perceived in the outside world. I felt “one with creation” and the Creator. All the pain, all the struggles, all the suffering, and all my feelings of separation and inadequacy were completely gone. All my senses were crystal clear as never before, and tears of gratitude flowed down my face.

I realized that the loving and caring voice I heard belonged to Paul, the man who had guided me to this magical place less than two hours earlier. With his help, I had found myself again, in a clearing in the tropical forest above Honolulu, Hawaii.

With a gentle smile in his eyes, Paul said, "Watch this now." He raised his right hand and snapped his fingers.

I looked up, amazed to see the clouds parting to reveal a patch of blue sky right above us. The clearing in the trees we were standing in was filled immediately with a huge, bright column of light.

Paul snapped his fingers again and we found ourselves in absolute silence.

Just moments earlier, the whole space had been full of the melodic chatter of singing birds. I was absolutely present and experienced the power of the moment more profoundly than ever before.

A few moments later, Paul snapped his fingers once more. Instantly, the birds started to sing again, the opening in the sky closed and the clouds returned. Paul said, "Yves, it is now your turn to try. You can do the same."

I was doubtful that I could create such a miracle, but I put my trust in my magical new friend. I snapped my fingers. I watched in awe as the same column of light came down to fill the clearing. The birds stopped singing until I snapped my fingers again. I was blown away. Was I dreaming? This was the biggest miracle I had experienced in my whole life.

How is all of this possible? Who is Paul? Why is this happening today? Will this beautiful dream last forever? These were some of the questions running through my head, and I asked them of Paul while we were driving back to Honolulu.

Paul smiled at me again and said, "It is possible because of *Aloha Ke Akua*."

"Paul, I just got here two weeks ago," I said. "I am not yet familiar with the Hawaiian language. Could you please explain what that means?"

“It means to recognize God as the Supreme Being, to acknowledge the divine spirit in all things, and to be grateful for its many blessings.”

While Paul spoke these words, I felt as though the divine itself was speaking to me.

Paul continued, “We were brothers in another lifetime here in Hawaii. In that lifetime, you helped me, and now I am here to help you.”

“I was struggling for thirty-two years,” I said. “Why didn’t we meet earlier?”

“Because you chose to have this experience today.”

“I feel so wonderful now. Will it last forever?”

We had arrived near the ocean. It was almost sunset.

“Yves, look out at the ocean and the waves,” Paul said. “It will be just like the waves—sometimes high and sometimes low. Sometimes you will feel as wonderful as you do right now, and then you will find yourself feeling disconnected again. However, even when you feel low, always remember that you are like a drop of water, part of the ocean, and will be carried through the low and high tides of life.”

***You are like a drop of water, part of the ocean,
and will be carried through the low and high tides of life.***

Paul had to hurry to catch his flight back home to the Big Island and our time together was running out.

“Paul, all I wish for is to do the same thing you just gifted me with. What do you recommend as my next step?”

“Learn and practice energy and healing work, and you will start to create and share the same experiences with others.”

“When will I be ready?”

“Whenever you choose to be ready.”

Paul smiled at me one last time, gave me a long, loving hug, and drove away. I sat by the ocean, gazing at the gorgeous, magical sunset. I felt more clarity, peace and inner calm than ever before, and I tried to recapture what I had just experienced. It had only been four days since Wendy, my host in Oahu's Manoa Valley, told me she had received a phone call with an important message for me. Paul, who had called her from the Big Island, told her he was having vivid dreams and visions about someone staying at her place and he needed to fly in to help this person as soon as possible.

The description of the person in his dreams fit me. Of course, I said yes to his offer of help. Four days later, on this magical afternoon, Paul had shown up at Wendy's door in a truck that even carried a massage table. I had wondered how he had managed to bring that table on the plane from the Big Island.

During my sunset contemplation, I wondered if I would ever see Paul again. Later, I tried many times to locate him, but without success—I never saw him again. It was up to me to make this dream last forever and to remember that I am a part of the ocean of love that surrounds me always.

The foregoing story has been excerpted and edited from a chapter I contributed to the Amazon bestselling book "Inspired by the Passion Test – The #1 Tool for Discovering Your Passion and Purpose." You can find more information at: www.InspiredByThePassionTest.com



This book is my way of sharing Paul's magical message with you. "You are ready when you choose to be ready," Paul told me. I am ready—and I hope this book helps you to realize that you are ready too!



Tropical Forest above Honolulu, Hawaii



The purpose of this book is to present you with a guide on how to use 7 questions and 12 steps to discover your gifts, find your life's purpose, and ultimately fulfill your destiny. I hope this book will make a lasting, positive impact on your life, and help you to inspire everyone you are connected with and everyone you meet.

I've written this book from my heart, with my best efforts and highest intentions. However, as with reading any other self-help book, to change your life you need to invest time and energy and really delve into the book's subject material. You must commit yourself to reading actively, not just skimming. To get the maximum benefit, ask yourself the 7 questions and follow the 12 practical steps—as well as the related tools and exercises provided—as you go along.

In 2014, I wrote a thirteen-page article about finding your life's purpose. During the summer of 2015, I presented the article in greater depth (and in a more digestible way) to my newsletter subscribers. I published the original contents in smaller excerpts over a period of two months and made it easier for readers to follow the steps and to start putting the steps into practice. I also incorporated further insights that I'd become aware of since I first wrote the article. I also encouraged readers to participate with one another—and with me—in an interactive dialogue. I asked them to send me an email with a brief question, whether they were seeking clarity on their current situation or simply wanted to know more about finding their life's purpose. Each week, I picked one of these questions and provided my response. *Hawaiian Rebirth* was in part inspired by the uplifting conversations and questions and answers that arose from the lively interaction of my readers and the subscribers to my newsletter.

I have divided this book into four parts:

Part I is focused on 7 questions—your answers will help you to live your dreams.

I've divided the questions in this book into seven main categories. If you want to move closer to your purpose and start living a life that fulfills your destiny, asking the right questions and finding your own answers is an important step. And, the language that you use in your answers must move you toward your desires and goals, rather than away from your vision.

A gifted, dynamic speaker and teacher in the United States, Niurka, states that the quality of our lives mirrors the quality of the questions we ask. Check out her website at: www.Niurkainc.com I learned from Niurka that our language patterns reveal our motivation, and indicate whether we're moving away from or toward what we're seeking. For example, when we use the language of necessity (“must” or “need to”), negation (“not”) and comparison (“better” or “worse”), it signals that we're moving *away*—perhaps unconsciously—from what we seek. On the other hand, when we

use the language of possibility or empowerment (“accomplishing” or “confident”), it signals that we are moving *toward* what we seek.

Part II – the 12 steps, provides you with tips, tactics and tools to help you gain clarity about your life’s purpose.

Some of the concepts and techniques you’ll read about in this book—and hopefully start to apply in your life—may be familiar to you. I hope you’ll learn a few techniques to help you make strides in implementing changes in your life. I’ll be delighted if this book helps you enjoy more confidence in your life, so that you can get clear about your life’s purpose and move forward to realizing your dreams.

In Part III, you’ll find twelve stories in which I share how I came to be living in alignment with my purpose.

Living your purpose comes in many different forms and paths. These stories provide examples of people—and even animals—who are living or have lived their purpose. I also tell you about some places that have helped me learn more about my own purpose. The people and animals featured in these tales are shining examples of living from the heart and being in touch with their own essence, qualities I believe are essential to fulfilling your destiny.

In Part IV, I introduce several exercises to help you take action and manifest your goals.

These exercises teach you, firstly, how you can start each day being centered, aware and inspired. There are numerous examples of successful people who emphasize how important it is to start each day with focus, awareness and gratitude. When you do this practice, you are establishing a foundation for attracting what is in alignment with your purpose. It is also important to fine-tune your perception about yourself and others.

Secondly, these exercises show you how you can learn more about yourself and others. When you have a clear understanding of yourself and others, it will help you to find those who have visions or purposes that are in resonance with yours. Together you can

help each other create something far more powerful and valuable than what you are capable of creating individually.

Finally, in this section, you will also receive valuable tips on how to use social media consciously, how to set goals, how to get motivated and how to take action to achieve your dreams and visions.

When we follow any self-development system or read any self-empowerment book, after our initial high, we often face limitations when it comes to putting what we've just learned into practice. Jack Canfield, an American author known for creating the uplifting *Chicken Soup for the Soul* book series, says that it takes at least thirty days to create new habits that will help you overcome the limiting beliefs that have kept you from living your purpose and fulfilling your destiny.

Over the years, I've taken and taught many self-awareness courses. I've witnessed many people who were at first extremely inspired by what they learned, either in group settings or individual sessions. But sadly, many failed to implement the teachings they'd just experienced. After my initial awakening in Hawaii, I started attending workshops and seminars and had similar experiences—I was excited while I was with the group but my inspiration and excitement slipped away a few days after the workshop adjourned.

So, just know that as you move through this book and work with the questions, steps and strategies provided, you may feel inspired at times. At other moments, you may encounter resistance. Some days, you may leaf through the pages of this book and find a passage that speaks to you exactly where you are right now. Other days, my words may not resonate with you. Or, sometimes an idea will resonate so profoundly, you might want to run away. When you are reading, you might feel fully engaged, or you may feel uncomfortable or notice you're tired and yawning. You might suddenly remember something else you should be doing. Don't worry—it's all part of the process. It's something I've experienced many times while reading self-help books, attending transformational seminars or watching spiritual movies. All of

these kinds of resistance may signal that you need more time to process an idea, or it may mean that unconsciously, you want to put off implementing life changes.

While it's interesting to hear about different ways of living in or looking at the world, real transformation involves effort and commitment. I've often returned to material that initially caused me to feel resistance, only to discover that it is exactly the message I need to hear. The only way to find out what works for you is through direct experience, by putting what you've learned into practice.

What you learn—and how—is up to you. The questions, steps and strategies in this book have enhanced the quality of my life in many ways. They've also been useful to many others I've shared them with. They are available here as a roadmap for you—but remember, your journey will be unique. Each of us starts from our own point of departure. And while each of us has the same goal of finding our life's purpose and ultimately fulfilling our destiny, we're all headed to different places. Luckily, this “roadmap” has the potential to help you however you use it.

You may benefit from reading the book straight through, following the exercises religiously. Or you might want to focus on a portion of the material, leaving the rest of the ideas for another time. If you fall into the latter category, I invite you to start reading Parts III and IV first. Embedded in my personal stories in Part III are several valuable questions and tools—and Part IV presents several useful steps that can help lead you to your life's purpose.

There are so many ways you can start living your life's purpose and fulfilling your destiny! This book offers you a number of options and I'm confident that however you implement the ideas in this book, it will help you on your path to finding your true passion and manifesting your heart's desires.

On my life's journey, I've been gifted with answers to some of the questions that have nagged at me for many years—among them: “Why is humanity suffering?” “How can I help others release some of

that suffering?” I’m a Yoga Nidra and meditation teacher. Yoga stands for union and Nidra stands for sleep. Yoga Nidra is a powerful and ancient technique through which you can learn to relax consciously. It consists of a series of relaxation techniques and visualizations to eliminate the layers of conflict that exist within the mind and body. Ultimately, Yoga Nidra guides you back to your most natural state of inner peace. When you practice it regularly, the nature of the mind can be changed, diseases can be cured, and your creative genius can be restored. For more information, check out: <http://YvesNager.com/energy-healing/yoga-nidra/>

According to the precepts of yoga, there are four main reasons suffering arises:

- We don’t perceive things as they are and act based on our misunderstanding.
- We don’t get what we want.
- We want to repeat a desirable experience.
- We no longer have what we once had.

Yoga defines clouded perception (*Avidya*) as the source of suffering. The clouded perception is expressed as identification (*Asmita*), desire (*Raga*), refusing (*Dvesa*) and fear (*Abhinivesa*). Having experienced all of these forms of suffering myself—and having truly believed at one point that there was no way out—I want to offer you encouragement. Don’t give up on your hopes and dreams, even when you feel like you’re at the end of your rope. If you commit yourself to moving in the direction of your desires despite challenges and obstacles, miracles happen, and new paths are revealed. My own story is a testament to that.

In his great book *The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom*, Para Yoga founder Rod Stryker www.parayoga.com—widely considered one of the preeminent yoga and meditation teachers in the United States—shares some wisdom

from the Vedas. According to these ancient yogic scriptures, our soul has four distinct desires:

- The desire for purpose; the drive to become who we're meant to be.
- The desire for the means (money, security and health) to prosper in this world.
- The desire for pleasures like intimacy, beauty and love.
- The desire for spiritual fulfillment and lasting freedom.

I feel honored and blessed to study with Rod, and I highly recommend his book. My book, by contrast, is only focused on the first of these four desires. The same steps you take toward finding purpose, though, can enhance any life area and any goal you choose to act upon. The more commitment and self-responsibility you bring to the process, the greater the effect.



Near Waikiki Aquarium, Hawaii