

N I N A      B A S T E T

# THE QUEST FOR JOY OF LIFE

**Throught Inner Transformation**

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# THE QUEST FOR JOY OF LIFE

## **Through Inner Transformation**

The book is designed, as an easy-to-follow, step-by-step guide to find your joy in life. It could become your first step to spirituality and Enlightenment.

This book is written without the use of ghostwriters, by a first-generation immigrant. I am asking you to be patient with the grammatical or stylistic mistakes you may find here. Reading this book without judgment for the correctness of language use may be a great lesson and one of the steps to the road of happiness - the road to total acceptance of life in all its beauty.

# FOREWORD

There are so many roads in life. All of them ALWAYS take us where we are supposed to be. Some of them will take you a long way, some will take you in circles and some will take you straight to your destination. But our final destination is set and whether we know it or not, we are heading in this direction.

Our soul knows exactly where we're heading, but we have the freedom to choose the road to get there. The number of roads available to us is infinite. Just pick one and follow it, and if you do not like the current one, take a different path and it will take you to another road.

It is your choice and it is the main principle of life on this beautiful planet Earth - FREE WILL.

You just have to make step by step and keep moving ahead to follow your destiny! And depending on your level of awareness, you will choose one road or another and it will take you to your goal with more or less life adventures.

This book will show you some techniques and practices that may help you find a faster and easier road toward your life goal and your happiness in life when you choose to follow them.

The book will be available at no cost when you subscribe to our email list.

We may send you emails once or twice a month with holistic and spiritual information to help your life to become easier and happier!

When you are on your path and it seems more difficult than you expected, do not rush to make a turn away from your path. Walk on it for a while to see where it takes you, only then, if you really feel you are not where you wish to be at this moment, make a turn away from it. Be patient. Making too many turns can get you lost or take you in the circle and make your road even longer.

On your way, you will hear many different pieces of advice, you'd better hear them out, but follow your heart! Your heart has its own knowing, it is your intuition, this is your only real compass in life.

Same concerns and about reading this book. Everything written in it is old as the World. All this already was told many times by many great teachers starting

from ancient times. But people hear different words from the same teachings and same books, according to what they want to hear and depending on their level of consciousness. And very often the same words, but said differently will have a different effect on different people.

Remember that every book will come to you at the right moment and for the right reason. And maybe this book, supposed to get the “AHA” moment in you, so read on to find out why you’re holding it now, at this specific time. Even though this book is for beginners on the spiritual path, even if you are a student of life with a good spiritual background, you may still find something new for yourself. Often, something, described from a different point of view or by using different words will get you to understand it better.

A large part of this book is my life story. A life story of a regular person going through life with its ups and downs and finding the way to happiness. I really hope this book will help you to get into your own path to happiness. Do not wait!

Every day of our lives we are getting closer to the end of our life journey. And it is up to us with which experiences we get to the end. Did we experience all the happiness of life, did we live through all the fun of life, or did we notice and lived through only in misery and unhappiness? You need to find your own answer and what it will be, is totally up to you.

**Freedom of Choice is the main principle on the Earth, choose wisely!**

Start making your steps now to get to the end, whenever it will happen, with the happiness in your heart and the great feeling that you lived your life happy and had a lot of Joy and celebration in it!

**So, start celebrating your life now. Good luck on your road.**

Thank you for reading it.