

THIRD
EYE
GANGSTA

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*Dedicated to the Third Eye Gang
' There where spiritual gangsters meet '*

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Welcome to my world - to my perception, my brain, insights and memories. This book is filled with thoughts, conversations and experiences gathered throughout the years. Inspired by my online journal @*ThirdEyeGangsta* I designed this book for daily insights and intuitive guidance.

Simply ask — out loud or mentally — which page is meant for you. Close your eyes. Take a deep breath. Let your fingers run through the pages and open the one that's calling you. May these words find you when needed the most.

Third Eye Gangsta was founded in 2015 - a painful yet transformational year. I was battling cervical cancer for several years at that point and was forced to take a break from my music career. Writing has always been my home-away from home, a retreat. No matter what shape or form it takes, it's how my emotions and thoughts are expressed. Ever since music was on the back burner for a while I felt restricted and wanted to express it in different ways. Looking back, I can now wholeheartedly say that starting this online journal was led by Spirit. It's funny, because I started sharing how I felt and found that in the midst of loneliness and defeat, there was an entire world out there that either felt the same or was willing to send love and support. Within a years time '*Third Eye Gangsta*' grew to be, not only a platform but a community of likeminded individuals. We spar on perspectives, share stories and help where needed. Till this day I can not wrap my head around the mutual impact kindness can have. The impact of being heard and seen can change someone's world completely. The smallest efforts can go such a long way. Traveling continents, from heart to heart.

Problems, we must tunnel through them. But I am grateful for not having to do it alone.