

A Written Observation

Merel van Wolferen



### **A Written Observation**

*“We’re trying to fit into the standards of today, while tomorrow all can be different again.”*

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For the aching and the searching ones, the happy hearts, troubled  
minds, the curious; welcome.



## Prologue

How are you? Whether it's a question out of pure interest, or like a habit grown in our social system, I would like to get to know you.

Because maybe we have met already, somewhere amongst the stars, have our roads already crossed, our universes touched. We are often focused on the life of others, while our own is as important. I would like to get to know you, so I will share something with you. I am here and I am ready, so let's make it count for two. As side by side, things will be easier. Here is an invitation to consciousness, to connection with yourself and the world around you.

This book will get you from a meeting, to showing you a problem. Then with the help of a piece of knowledge, it will get you to a way up, so it will lead you to an arrival.

You see, love comes in different ways. You might not always expect it, nor want it, or thinking you deserve it. But take it, because you do. It's like when you're cold, and you feel like you will never be warm again. I promise you: the sun will warm up your face and so will the rain hit it as well. But you will get through them both. And once you're in summer, you start appreciating the winter and vice versa. All I want to say is: you will get through life. And despite it all, we are here now. We are proud and we can say: we made it.  
Welcome to my book.

Note: this book isn't meant to trigger anyone. However, it mentions topics like trauma, suicide and different mental disorders. If you are not in a good state of mind or if this takes you back to that place, please be careful with yourself. I would like to spread awareness with this book, but I don't want to get you (back) to that place.

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