

Nothing you don't already know

First print, november 2018

Design and layout by Manon Binkhorst

Edited by Julia Willard

Photo made by Steven Borghouts

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ISBN 978-94-92066-46-6

Printed on FSC-certified paper

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Uitgeverij Bewust Zijn

P.O. box 17390

2502 CJ The Hague

The Netherlands

“Life is a school where you learn how to remember what your soul already knows.”

– Unknown

INTRODUCTION

In September 2015 I started an Instagram page called Purposologist. On this page I've been posting short insights that I have gained during my journey of trying to figure out what it means to live a life of meaning and purpose. On the Instagram page it has always been my aim to put powerful perspectives in one simple sentence. The words I wrote have been read and shared by millions of people. I'm very thankful for all the support and feedback I have received so far. This book is a collection of these writings.

I once read that if people want to write for an eternal audience, they have to write to themselves. That's exactly what I did in this book. What I have written was initially meant to motivate myself.

This book is mainly about self-realization, which to me, is about transforming oneself into what one is capable of being. It's the intrinsic desire to fulfill one's potential.

On every page you'll find a new insight. You can either browse through the pages and read several insights, or you can read it from the beginning, just like a normal book. The chapters of the book represent my own journey towards increased meaning and purpose. They follow a path that's recognizable to many of us; from being stuck in a place where we don't belong, to being in a position where we can inspire others.

This book is not meant to tell you what to do; it's only meant to make you think. It's not a how-to book either. It's a "why" book. It's not meant to tell you the truth about your life; it's meant to encourage you to explore the truth for yourself. I believe the best books don't teach you anything new, they just point to that which is already inside of you.

All I can do is share with you what has inspired me. The word 'inspire' literally means 'to breathe life into'. That's the most beautiful thing words have ever done to me, and I hope the words in this book may do the same to you.

Alexander

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1.

A CALL
FOR CHANGE

**You often feel tired,
not because you've
done too much, but
because you've done
too little of what
sparks a light in you.**

Many of us spend our working days running from desk to desk, solving urgent but meaningless problems. Our managers are constantly searching for ways to get more out of us. We're often living in the future, thinking about the next quota to make, the next meeting, the next car to buy, the weekend. We're constantly trying to get somewhere instead of being where we already are. We miss the only moment we ever have access to.

The Now.

We spend more time at work than with our loved ones. And when we come home, we are busier connecting to our devices than to the people we love. We have become little more than zombies. Yet we wonder, 'Why am I so tired?' We figure it's because we work too much.

What if we're not doing too much, but rather we're just doing too little of what truly matters?

It's not hard work that exhausts us, it's meaningless work that exhausts us.

**The most harmful
road is not the road
with the toughest
obstacles, but the
road that's heading
in the wrong direction.**

Sometimes life pushes us in such a way, whether it be through circumstances or our own choices, that we end up walking down the wrong path. We may not have wanted it, but somehow we ended up there. And with each step this road is leading us further away from our true North.

Leaving the road is one of the most difficult things to do. We may be afraid of the unknown. Maybe we're afraid that all the other roads are even worse. What if we never find the right road?

Fear holds us back from leaving the road. And so we continue, one heavy foot in front of the other, hoping that one day things will end up resolving themselves. But in our hearts we suffer.

Unless we have the courage to get off the road, we will only get farther away from our true North. We may not know our destination yet, but we can sense it when we're heading in the right direction.

2.

LEAVE THE
ORDINARY

**Changing is not the
problem; letting go
of your resistance
to change is.**

When we resist inevitable change, we may well end up frustrated. Frustration is the result of trying to resist change. In fact, it's the result of resisting life itself. It's our resistance to life that disrupts our personal development. We believe change is difficult, but it isn't actual change that's so difficult.

Think about it, many of the seemingly difficult things in life are actually quite easy. Quitting a job you don't like, leaving a toxic relationship, asking someone for a date. It only takes one decision. How easy! What is hard though is to make that decision. It's the hesitation to make a decision that consumes our energy, not the decision itself.

Once we have made the definite decision to change, energy is released. Making a decision is about closing other options. When there is no option left, we have focus. Once we have let go of our hesitation to do something, we can focus all of our energy on doing it.

It's not the mountain in front of us that we must overcome; it's the hurdle within ourselves.

ABOUT THE AUTHOR



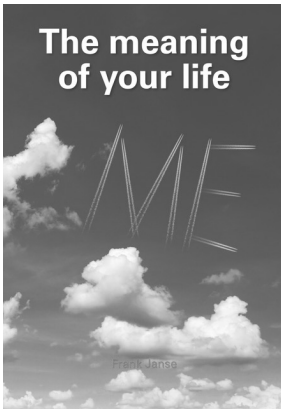
Alexander den Heijer is a Dutch speaker, trainer, and writer living in Amsterdam. His workshops and talks about self-realization and purpose are reaching thousands of people from all over the world. He is frequently consulted by organizations to share his insights on self-realization, consciousness development, and (organizational) transformation.

Alexander has always been fascinated by the question, 'What makes human beings flourish?' This question sent him on an infinite quest to understand human beings, especially himself.

He draws inspiration from many disciplines, including physics, biology, psychology, philosophy, spirituality, and ancient wisdom traditions. He believes no single discipline can answer the questions that are facing us today. We must draw from different perspectives to understand and develop ourselves.

To book Alexander as a speaker or trainer, please visit www.alexanderdenheijer.com
@purposologist

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176 pages
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What is the meaning of life? – a question everyone will ask him or herself at times. Everyone wants to have a purpose in life. At times, it is difficult to understand the deeper meaning of life, especially when life is full of problems and deceptions. Nor is it easy to make abstract questions about the meaning of life tangible and concrete. Frank, however, manages to successfully combine the two in this highly accessible book, skillfully blending Eastern philosophy with Western psychology.

This book will surprise you by offering you a different perspective on the world you think you live in. It also provides clear answers to existential questions. Who am I? What is my role and purpose in life? The insights you get when reading this book may bring you more freedom, happiness, quality of life and inner peace. This book will bring you closer to who you are. It is the next step on the road to your personal development. Ultimately, you will discover who you essentially are, always have been and always will be. It is the key to true happiness.

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