

To our very special Father
who touches us deeply
with His grace

Acknowledgments

My heartfelt thanks to you Wyatt, Frick, Creiddyladd, Frieda, Leya, and Pearl for having entrusted me with your hurts. Without your contributions this story would not have been possible. I deeply appreciate your courage for unlocking the gates of pain in the hope of experiencing release. Stay well, and walk in peace, for life is beautiful.

To my promoter, trusted colleague, and friend Johan Nieuwoudt, I can only impart what I feel in my heart: Thank you, for having been the breeze that cooled my brow, the air that made me dance, and the tune that made me sing!

A special word of gratitude to you, Armand Kruger, for the skills you honed within me many years ago. And as you have informed us yourself: nothing is better than a good role model!

Thank you from the bottom of my heart Anke, my faithful childhood friend of 43 years. Your welcoming and forgiving nature has thankfully accompanied me in person and in spirit throughout our journey through life. When we are together time stands still, and what we were and what we have become flows together, and I feel deep down inside our hearts we are one.

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My sincere thanks to you Paul, for perceiving in me what I still struggle to believe after 27 years of being your friend.

Ulrike and Cornelia you have been contained firmly within my heart while I was busy writing these guidelines for a life of joy. Yes, forgiveness is the origin of a life of joy. I thank you both for having been and being the joys of my life!

To you Fritz, thank you for your many absences during our marriage. With the benefit of

hindsight I now realise they were blessings in disguise.