



***~ Manifesting a Prosperous Tomorrow by
Living in a Positive "Now" of Daily Gratitude ~***

"Of That Which I'm Thankful!"

by

Coach Stefan Rudolph

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“Welcome to a story of one man’s journey of turning a collapsed life filled with hardship, disease, addiction, anger, regret and overall escapism into a fulfilled life of joy, happiness, growth and prosperity. All through the fuel of gratitude and developing thankfulness for overcoming obstacles in life...was growth into a whole new life possible for life. Now may this story inspire you to go now and grow now and take your life to the next level!”

The confirmation of transformation began with affirmations of growth during the hardest times of my life. Here along my journey, I had experienced death multiple times and lived to tell about it. And from the strength within that I found through my Higher Power, I was then able to develop the ability to face and erase the *“dying me.”* And from there, I began to find and grow my *“new you”* within me and become born again in life through life with life for life, all in order to flourish into a whole new life.

I then began living a life of bountiful abundance through even the hardest times in my journey. Here I awoke to a vision of destiny fueled by failure and grown through perseverance. I began to uncover, recover and discover a whole new life. I connected with and grew a new self through a newborn inner spirit of wisdom, passion and strength. I grew even further along this journey with the passion of inspiring others by knowing that I must first *“put my old self on the shelf”* in order to grow in body, mind and spirit.

These experiences of my story are told in detailed analysis through the view of the mental mindset of the *Ego* denying spiritual awakening. This versus the spiritual awareness of the heart that had long awaited this *“Holy Shift”* in my life. A shift ending one major part of my life and bringing birth to another.

This story will prove to the reader how the power of positivity fuels manifestation through the processing of gratitude for all that occurs in life. This is my story of self-development, personal growth and having the ability, during even the darkest of times, to believe and receive in the light in life. Through the necessary daily steps of breathing in gratitude, living in awareness and living with heart, all in the *“moment of now”*, my story of death of one life and birth of

another was lived to be told to you as the reader direct from the “*new man*” that died in one life and was born again into a new life.

Here is where I found my calling to show others the steps of how and why to be “*Thank-Full*” 1,000 times every day for all that occurs in life and even especially, all that “*does not*” occur in life. This is a story of how I was lost along the wayward path in life that I was told to live in life. A story based not on the outer journey of my life, but on the inner journey of a rebirth and awakening to a whole new life that I had yet to live. This path was a formation of steps that had to be taken and had to be lived in order to help others grow and take their life the next level.

You as a reader and as a human being seeking growth are called to read this story, hear this story and live this story in the mind in order to plant a seed of spiritual growth and enlightenment in the heart. Here you will experience a story told from the inside out in a detailed analogy of how the “*accidental awakening*” to my destiny in life shook me to the core in life and put to rest the “*old me*” in life that I was told to be in life by society in life.

This is a story not specifically based on what happened “*outside*” of me, but a story focused on the shift and the growth taken place on the “*inside*” of me. A story of how I found the mind battles to stay in charge when the heart begins knocking on the door of life through awareness and spiritual enlightenment. This is a story of how a new born love for life revealed my true heart felt destiny for life when I had to face death head-on numerous times and lived to tell about it.

May my book show you the steps toward fueling the awakening of your own spirit and gaining the ability to live in spirit, grow in spirit, be in spirit and thrive in spirit daily. And may you, along the way of reading: Perceive, receive and achieve motivation and encouragement from my story of growth and betterment in life. My goal is to instill, ignite and grow a heartfelt passion for life for you as the reader to hear my journey, see my growth and resonate with my new love for life. This being a passion that came to light and showed me my new path by pushing me to live through and survive through the hardest of times of life; all the while learning how to welcome

change and welcome challenge along the way as change is a part of challenge (CHA-lle-NGE).

From the financial success in life that I experienced all the way up to living the American dream lifestyle for a few short years, the horrific collapse of all my monetary gains in life showed me what a love for life truly means in life by still being physically alive in life in the end. Be it known that this failure will show you that even by losing it all materialistically, life is not over. It's not the numbers on the outside that makes your heart worth value. Instead, it is the cash register of love on the inside in your heart that matters most and makes life truly worth living.

“Choose to Act. Choose to Live. Choose to Love. Choose to Grow.”

Here you will be shown the steps I took that involved growing my level of self-confidence in the power of choice, the power of decision making and the power of action. All through choosing gratitude as the fuel for life, even during the hardest times in my life...I began to “win” in life. I did so by following specific steps, taking action on them, growing and learning from them daily and living life to the fullest day in and day out. And from here, I saw that by loving all that life has given you, this can and will be the fuel within you to never give in and never give up.

I now, as an author, have brought my story to fruition by living with love, telling with love and being in love with life daily. May you as the reader find connectivity in this love as I tell a story of pain and growth, hardship and happiness, suffering and surviving, along with loving and living life daily with gratitude. Here you will discover the steps for growth on your path through a vision of enlightenment that will turn the times of your outer journey of hardship in life...into an inner journey of love for life.

The auspicious timing for the release of my story came as a calling in March 2020 during the beginning of COVID-19 lockdown. My heartfelt passion signaled to me in full force to take action and get my story out to the world. A story of a journey and battle in life of living in my own personal 14-year lock-down from life. A lock-down

stemming from addiction, alcoholism, gambling, epilepsy and overall daily “*Escapism*” in the end.

Yet in the midst of my journey, I found how to “*turn the survive into thrive*” and use this path and story of growth in life as a proven way to help others succeed in life by taking their life to the next level. This proven through the steps which include awareness, love and acceptance; all of which are tools for fuel of inner strength in overcoming all obstacles and hardships in life. By choosing love over anger, acceptance over rage and happiness over hatred, my story will show you how life will blossom into full bloom.

“Listen to that voice within speaking softly of change. This is the voice of your soul. Quiet at first, it is the voice of awareness; the voice of reason. Synchronize awareness. Institute constant change. Peace of mind will be heard. Peace in life will be seen. Peace & harmony will be lived.”

“Inspired to Inspire” - Coach Stefan Rudolph

Introduction

“Open the heart and the mind shall follow.”

I was told once in life to live in spirit. I knew not the true meaning behind this until life as I knew it had suddenly come to an end. Everything I worked for in life was gone. Everything I studied for in school and achieved through degrees and diplomas was now left useless. Everything I achieved, purchased and invested in financially was now lost. My checkbook balance became equivalent to what I owned in life...zero. All this as my materialistic life had vanished before my eyes in less than three years.

Yet keep in mind of the fact and read with heart to the fact that this is not a story to bring you down; no, instead, this is a story of inspiration that will bring you up. Especially for what we have all gone through and grown through in COVID-19 time period from 2020-2022. This is my story of a spiritual awakening and personal growth ignited to inspire the level of passion for you as a reader to begin living life to the fullest everyday through gratitude.

No matter how hard the road has been for you or will be for you in life, may my story shine light in the darkness by giving hope to the hopeless, life to the lifeless and bring love to the loveless. May you see one man's weakest moments and inability to face life *“head-on”* as a learning experience for you to grow from now.

We all have the capability to find a way out of life by ending our life through *Escapism*. While at the same time, there is also a way out of your old life by searching and finding a path to your new life through enlightenment. This book is here for the latter for you to climb the ladder in order to enlighten the *“Light in Life”* and awaken a new connectivity of the soul within you to the spirit of life around you.

As you read, may your heart open, your mind expand and your soul awaken. May you *“observe with courage”* life's changes and life's challenges in order to connect the *dots of thoughts* and grow

through the blessings of connections between the difficult times and the wonderful times in life. May this process lead to positive spiritual and personal growth. May this connectivity shine a light of love into the life you have waiting for you on the outside by growing a love for your life through the “*new you*” on the inside.

May this story inspire you to live every day to the fullest as you read how one man lost all reason to live life, all reason to fight for life and had every reason to leave this life...yet never gave in and never gave up. A story of inspiration written for you as the chosen reader to continue to live your life to the fullest every day with gratitude. A story that was manifested to be lived through in divine destiny by I myself as the author, all in order for you as the reader to learn through observance how gaining gratitude for your present life will grow your future life.

And now, from the journey through my past life of tremendous success to living in a collapsed life of what I initially felt were crushed dreams by life’s lies for what the world had handed me, may this story present to you how all changes amongst all challenges are possible. All this through a shift in present mindset fueled by the heart.

Here in my story is where I define the reasons, excuses and set ways and means that were laid forth by my *Ego*, that being my “*past addictive self*”, in order to keep me from ever changing and ever growing. Excuses that I now see were for giving in and giving up on life when life as I knew it had collapsed. Yet still, I had the strength to push forward and move forward to where I am today by taking responsibility for where I was in life, where I ended up in life and what I had to do in order to change my life by taking the first step on a pathway toward a whole new life.

“Your new journey in life begins with one simple step in life, that being the first step.”

Constant repetition of choosing the same choice to live in my past and repeat it over and over led to failure in life. It did so by promoting loss of thought for loving life, loss of hope for ever again living life and loss of strength to ever implement changes in life. All

hope for life was a lost in thoughts fueled by alcohol, diluted by gambling and blurred daily through overall “*Escapism.*”

I had gone from living a life of abundance through material success and being in a loving relationship to living a perilous journey facing death multiple times on a lost path in life. Financial abundance and extreme success were replaced with addiction, bankruptcy, homelessness, jail, rehab and a lost understanding for living life any longer.

Yet in hindsight, as my life ended without me dying, I began to see how I could water the seed of my soul in order to grow from every mistake and flourish from every learning experience. Thus began a whole new life. A life of which began to seed hope and opportunity, of which gave me the ability to grow and flourish.



~Sunrise 2021 ~ Escondido, CA. ~

This dramatic awakening was a rebirth experience that occurred in one moment of one incident in one evening from one of many wrong decisions that *now made a wrong life...right!* The evening of my awakening entails the story of *the old mind vs. the new heart.* The *old mind*, that being my past *Ego*, battled to maintain control over a life it had lost, over a life it had ruined and over a life that it so desperately now wanted to “*end and leave*”...if it so could.

Yet upon the evening of this “*accidental awakening*” was awoken the spirit of the heart; a heart filled with passion that fueled my body and mind to never give up. Here, a new spirit was born through me and for me in order to grow the strength of a new life within me.

This “*new being*” fought for control over the mind in order to save my life and push forward into a new life. I was able to push forward by steering clear of blame and focusing on gain. That being, gaining control of decision making. Gaining control of addiction. Gaining control of *Escapism*. Gaining control of life. All by gaining a new control of the mental mindset of growth.

May the heartfelt message of this book uncover blocks, open the mind and release the heart’s happiness in order to bring the “*Light in Life*” into your world. This story is not based on one dying in life. No, instead this is my personal story of me *gaining a new life through the loss of my old life*. A story of having the pain of this loss healed through the understanding and awareness that...“*there is more than one life within us as we journey down this path in life around us.*”

This is a story as told from the outer being of the human being who I was programed to be by society, awakening to the inner being of “*spirit*” born through the passion of the heart to live life to the fullest every day. Be prepared now for you as the reader shall read two parts of a story of two paths colliding into one life. You shall read from the outside perspective what happened physically in my life, back and forth, through the unprecedented feeling of experiencing birth in life by not losing your life and how it feels to be born again...*in life for life with life through life.*

With an open heart and an open mind, you as the reader shall connect through and grow through each experience of my outer story of the horrific collapse of my past life. All the while, may you be inspired by absorbing the inner story of my beautiful, bountiful re-birth in life. From your own personal experience of our lockdown in 2020-2022, may this story of unprecedented spiritual strength found and developed within myself as a human being, facing the toughest

times in life, inspire you to hear how I lost my past life, all the while gaining a new life.

As I was living in the midst of my story that you're about to read, I knew I was living it in order to become the new *"me"* and give others the inspiration and power to manifest the life and *"new being"* that they always wanted to be. By knowing this fact, I survived and grew. All by using the obstacles in life as fuel for growth in life, the shift of my life took place. May this shift inspire you to push forward, grow forward and overcome all obstacles, hardships and "future lockdowns" in your life as well.

"Believing in the future entails developing the ability to 'be leaving' the past in the past."

The strength you shall gain from this story will prove to you how it is not what is in front of us or outside of us that matters in life, instead it is what is *"inside"* of us in our heart that matters most. This *"matter"* is that of the key essential elements of growth for us as human beings created by acknowledging the learning experience from pain as that of also a spiritual experience of gain.

Again and again, *"a-gaining"* moment of gaining life from experiencing life can and will occur each time we face obstacles in life. We must push forward through the obstacles in life in order to obtain growth in life. And I found here on my path in learning this path, without awareness, death would have won this battle in my story. Yet here is where I discuss the power we all have within us to make it through even the hardest of times outside of us in life. All in order to make through and break through all hardship through the fuel of heartfelt courage into a new life.

"Hardship fuels growth."

This is where is where I found that with a mind focused on *"disbelief"*, the true reason, true belief and truth for *"true growth"* will never show itself. Therefore, you must work with patience knowing that *"reasons for living life"* may not show right away. And then by becoming accepting of this fact, begin working with a new form of due diligence knowing that *mastering patience* is a part of the reason behind your journey.

Patience is fuel for growth. Growth is the fuel for understanding. Understanding is the fuel for love. Love is the fuel for life. And then by implementing these steps, through all hardships, your reason for living life will follow. And I found by living in life with patience, that if this reason is not in the current moment of “Now”, we must choose peace, we must choose patience and we must choose understanding.

That moment with the answers we are seeking will arrive when tomorrow’s day is ready for us to work on it, ready for us to accept it and ready for us to conquer all the hard work that follows with it. Then I found here, the answers will show; the answers will follow and the answers will grow in life. From this point in life I was able to develop the strength from the spirit within me to battle the *Ego* outside of me.

I saw that we all have the ability to go through and grow through this by battling peacefully for peace. I saw how we shall continue to push forward in life, day in and day out with our newfound piece of patience and a piece of peace in life. Never giving in, and never giving up, all by knowing that the reason for living this new true life we were meant to live will show up...all in due time.

What grew in this “*moment of now*” within me at this time We all have the power of patience, the power to wait for answers and the power to grow strong. Yet many will never find it, as finding it entails using the power to slow down and live in the moment of *Now* through this gift called patience. This is a gift found through and opened with gratitude that can and will lead to a meaningful balance in life.

We all have this power within us to find this meaning. We can define the meaning within us by first seeking less on the outside and more on the inside. The power within us is able to conquer the power outside of us by first discovering what is inside us and using it as fuel to grow.

This is a story of obtaining and maintaining that necessary fuel of inner love, inner strength, inner peace, inner power and most of all, of which all leads to “*inner happiness*.” A story of overcoming obstacles and learning how to win day in and day out with positive

thought, appreciation and a love for life. Through the seeds of growth planted here, you will find how to never give up on either until your true meaning of life is truly discovered in life!

Enjoy this story now as it is a story of gaining, a story of losing, a story of winning and a story of an inspiring comeback in life for life through life with life. A story showing how when peace can be obtained with the past, an awakening of inner wisdom and love will be accounted for in the present, therefore leading to growth and abundance in the future. Growth that is obtained and maintained through the fuel of forgiveness and being able to accept the negativity and obstacles in life as the fuel for growth in life versus using them as fuel for anger in life.

Please read now and grow now and in doing so, “*Enjoy In-Joy*” these moments of growth by opening up your heart in order to gain the power that comes from mastering this “*inner-game*” we call life. This is a power I found within that has now fueled my inspiration to write this book for the world. As in a world of matter and in a world of meaning, my quote “***obstacles in the mirror are more within you than they appear***” is used to better understand how to conquer the barriers on the outside that are blocking you from growth on the inside.

This story will show you how to find your reason in life, live with purpose in life and overall, how to grow daily in life. The steps behind understanding this process first include understanding the fact that...“*we create our own obstacles.*” Yes! You do. I do. We all do. Obstacles are created by you for you within you in order for the “*new you*” to continually grow. Yet until this fact is seen, heard, understood and lived in through the “*new you*”, growth will be limited to come by in life through the “*old you*” as it works to stay stagnant and stay the same by keeping you living...in your past life.

This growth is either “*purposely limited*” by the old you or “*prosperously bountiful*” by the new you. The old you that blames others, points fingers and limits growth based on these obstacles in life will never move forward and never grow in life. The “*new you*”, on the other hand, of which is born now and grows now, learns to

use these obstacles as fuel. Fuel that is a part of your new being that understands these obstacles are here for change, here for growth, here for prosperity and therefore *must be welcomed with an abundance of gratitude.*

“The sooner we realize that the engine of growth is fueled with the octane of obstacles, then we will begin to grow.”

Whether we believe this fact or not, that is the difference between growing and dying in life. We create those paradigms that limit our ability to grow and begin to live in self-doubt and disbelief. Thereby creating barriers of self-destruction that keep us in our past life until the end of our life.

Once you begin to understand how to grow from these obstacles, you will then begin to welcome these obstacles and knowingly accept them and use them as fuel for your future growth. In doing so and in being so daily, life within you, life around you and life in the world you begin to attract and create outside of you, all through the *new you*, will never stop growing!

Use these words, these meanings and my story as fuel for achieving success and finding your own true meaning and path in life. May this meaning be found in your world within...*the world in your true heart; the heart within you filled and fueled with passion.* Go now and grow now. Release Peace and ***“Share the Light of Love!”***