

Debojit Das

Christiana Kant (editor)

SOULutions

22 soulful moving inspirations
by a contemporary hippie

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„DARE TO BE WISE.“

Immanuel Kant

German philosopher

1784

I am determined
to be transformed
by the sounds
arising
out of the stillness of my soul
and to allow my heart
to call to the tune
to which I dance my life.

Sheldon Kopp

WE ARE THE MIRACLE

Preface by the editor CHRISTIANA KANT

There surely are a million different ways to shape a legendary worldwide lockdown as we are experiencing it since March this year. Myself, I decided to focus on the positive side effect of having time for self-care, creativity and taking decisions on how I wish to live my life in latest 5 years from now.

As in 2019 I had published my first book “Addie Tjoode: My 30-Day Joy & Happiness-Challenge” - a self-coaching journal for ultimate bliss - I also thought it might be a good time to present it a little more intensely to the world, as I so much love to share this beautiful self-love experience with others.

I was trying out different ways of promotion, watching marketing tutorials for coaches and authors. But everything I did turned out to feel like “work” instead of pleasure. I thus decided to pick back up my lecture about Law of Attraction - combining it my solution-focused approach as a life-coach. And then, the 1st little miracle happened: I came across the teachings of “Abraham Hicks”, who have a very inspirational and creative approach of Law of Attraction. I started to listen to them for quite a few hours a day, so much enjoying to be told, that I have to just ASK and it is GIVEN. That EVERYTHING is ALWAYS working out for me.

And that any action should be taken out of inspiration instead of motivation. With ease. I just so much agreed!

As I have always been a “tribal” person, I started to watch out for like-minded positive thinkers on Facebook and found

so many, that I started my own Facebook-group „Power Reframing – Law of Attraction in Action“ on May 19th. Just three days later, this group was already in full swing of spreading love and positivity – so I asked everybody to post their favourite empowering song, because I just can never get enough of those! That is, when the 2nd little miracle happened. Some Indian guy named *Dave Spirit* shared his song and we started a conversation about music and continued sharing our favourite songs. This sharing of music and ideas and laughter went on for days and the two of were just thrilled about so much likemindedness and mutual inspiration...

So it was without any doubt that we also wished to share this with our other new Facebook friends and *Dave Spirit*, who turned out to be DEBOJIT DAS, and me decided to host this group together – to celebrate live, love, wisdom and music with people from all around the globe. And to call it „*Rock’nSoul*“. Because that is, what we felt it like being.

What has happened ever since is not only a little miracle, it is a rather big one: up to the present day, which is merely five weeks later, this vibe-tribe has grown up to more than 700 members from 30 different countries sharing their inspiration and mutual appreciation. It turned out, that I am the one for funny tasks and challenging questions and Debojit is the soothing „Spirit“ for the facilitating and enlightening answers.

That this special divine vibration of ours is perceived and lovingly appreciated by souls from all over the world is just to be described as the 4th miracle.

The 5th miracle is this book: Debojit and me came up with the crazy idea to publish his soulful inspirations and pictures underlined with our favourite matching songs only a few

days after constantly getting fired up by our Facebook „Rock'nSouls“.

I am so very happy and grateful for this amazing creative Indian-German collaboration of the two SOULution-focused mavericks of us - who have never met in person! And I am so much looking forward to the next miracles we are about to create, as a team and together with everybody who believes in the fact that

WE ARE THE MIRACLE!!!

Thank you Debojit, thank you friends! Enjoy this magical book.

I love you all.

Christiana Kant

Hamburg, in July 2020

We are the SOULution

Preface by the author DEBOJIT DAS

Life is a dynamic phenomenon, when we come to a conclusion of things, we make this dynamic phenomenon static.

I have known this by own personal experiences, as before writing this book, I explored many dimensions of my possibilities like Photography, Poetry, Acting, Radio Jockey, Social Media Manager, Athlete and many more. A midst of the global pandemic, when most of the humanity choose to fear, I chose to write and inspire.

It's always just a matter of choice you make. Just a choice without knowing you are going to accomplish it. When we jump into the unknowing with faith, miracles happen.

We must understand that everything happens for a divine purpose in DIVINE timing. It is our conscious choice which side we wish to see.

Similar incident happened to me as I miraculously met Christiana Kant, who is an author, solution-focused coach, „Queen of German refugee camps“ and most importantly a beautiful human being.

Before the Pandemic, I also chose to drop out from the University, where I was pursuing my masters in Mass Communication and Journalism, in my final year. I have never understood the basic education system where humans are mostly transformed into working machines. I

never regret this in my life. One does not need a degree to spread love and happiness in the world. A mere act of kindness is more than enough.

In last decade I have travelled all over my country India, to meet new people, learn about other cultures, traditions, ethnicity and language. Those traveling experiences make me realise that there is both - love and hatred - everywhere and that we are mere reflections of each other. What we seek will seek us. I was seeking love and compassion everywhere I went - hence I got the same in return.

After joining the Facebook-group „ROCK'N SOUL“ as a co-host with Christiana, I had the opportunity to connect with many amazing human beings from all over the world, who are full of love, wisdom and compassion.

They all also inspired me a lot to publish my spiritual inspirations by writing this book and in choosing the music and my photographs to make it lively and fun.

I don't know how many people will read this book, I also don't know what its purpose really is. All I know is that, if this book inspires at least one life somewhere on this planet, I will live in this physical form as a happy being.

There's no purpose of life, until and unless we choose to create one. We are the creator and we are the creation. Hence, we are the problems and

WE ARE THE "SOULutions".

Thank you Christiana, thank you friends!

Enjoy this book.

I love you all.

Debojit Das - aka „Dave Spirit“

Tinsukia, July 2020

