

**EXCERPT from ...**

**DON'T  
LOOK  
BACK**



**Hello**



**Woll**



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### **DON'T LOOK BACK**

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To: J.J., Tiger and You.

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# Introduction

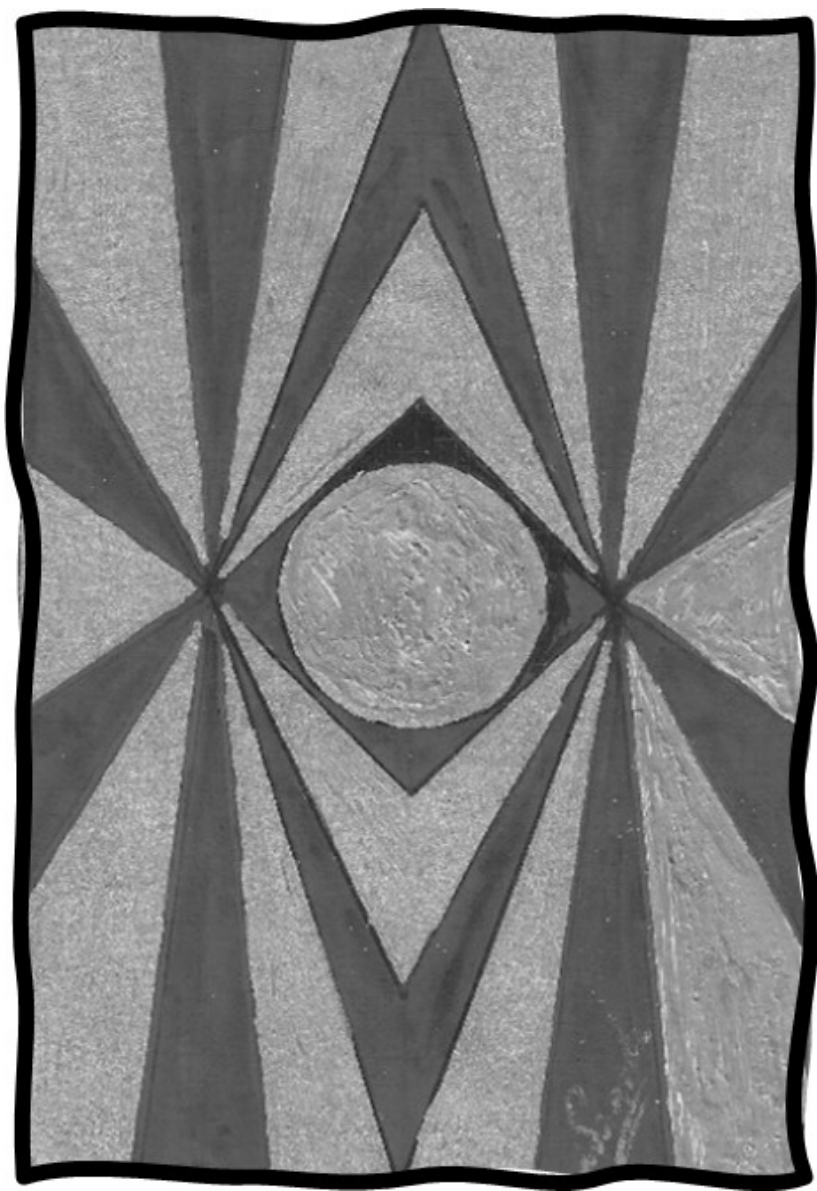
Thank you for downloading the “DON’T LOOK BACK” excerpt. As the book description on [www.mentormewanda.com](http://www.mentormewanda.com) mentions, the book itself contains 18 letters from Augusta-Maria to her friend Tiger.

This is the first letter - Hello. It is an innocent confession. If you enjoyed this letter, you may purchase the book on Amazon, Barnes and Noble, Books a Million to name a few.

I trust you’ll enjoy travelling the inner mental journey with Augusta-Maria. May her wisdom uplift you.

WdLL

1 - HELLO



Dear Tiger,

Look! I confess that I'm not perfect. Like you, I have had external value systems imposed on me, I have felt hard done by the examples to which I have been exposed, and I too, have had to deal with, what I perceive to be, were a lot of traumatic experiences.

But I will not run away from the fact, that I have made many, many mistakes. I'll be the first to admit that I have taken decisions that have burnt me badly. I have also exercised judgement and thrown my head into a hurricane of confusion. I have done things that have made me fall flat on my face and into a sea of humiliation. Basically, I have messed up royally on many occasions and on all counts; physical, mental and emotional. I make no excuses. I have had to learn many lessons, the so called hard way.

To be honest with you, at one point in my life, I was completely convinced that I was a victim of my circumstances. The pain became unbearable. I felt I was stuck in a bottomless pit. All I wanted to do was quit. I uttered that famous cry, that cry of pain, which you so vividly captured and portrayed in your painting. I was desperate. For days and nights, I felt death, was the only way out. Not only did I feel that way, I also looked that way. I wasn't only sinking, I was drowning. But when I really hit rock bottom, just when I thought there was really no way out, a strange thing happened.

My survival system switched on. I felt as if the banks of my creative stream had burst and for the first time in my life, I was able to take a complete look at myself, vis a vis, my external circumstances and actually reason.

It was only then, I realized, that motivation is something which happens within us. It's an "inner" will. To try and look for it elsewhere, I felt, was but a form of deception; a form of temptation which does not really lead in any direction. I thought of the donkey and the carrot. Sure, the donkey would go after the carrot, but for all I could see, it would end up going round in circles. Something which I felt, I had been doing for years. Idle repetition.

With this experience however, also came a recollection. At approximately the age of twelve, I believed that a truly intelligent person, was someone who could keep themselves happy 100% of the time. What I didn't realize then, was the feat of discovery, I had embarked on. Knowing you, you will argue that it's impossible and I will be the first to agree. The discipline and level of consciousness required to achieve this state of being, is tremendous. But irrespective, I have found a way to lift myself up from the dumps, to the top of the heap.

Look!!! The two questions that people most frequently ask me are: one, what are you on? and two, how do you do it?. To the first, I always answer "I'm on love, baby!". As to the second, if you are genuinely interested in my response, I am willing to share my inner journey with you.

I will try to systemize what I've gone through and lay down the "technique" I use, to the best of my ability. All I know is, that when I bear this "technique" at the forefront of my mind, there is a sense of peace and order which surrounds me. When I don't, I am caught in tide of chaos.

I would be very happy to share what I've gone through with you; in the hope that it would provide you with the clarity of vision and sense of stability that it has provided for me.

I'm fully aware of the fact that you believe no experience is absolute and that you feel this may not work for you. So I leave it entirely up to you.

I love you and look forward to hearing from you,

Augusta-Maria

P.S. Last but not least, I would like to thank you for being part of my life. You are a diamond in my heart.



# ABOUT THE AUTHOR



WdLL a.k.a. Wanda de Liefde-Lyons is respected as one of the most open-minded mentors one can have.

As she has stated ...

*“I have always been fascinated by the higher mind. By what transcends what we perceive to be physical or natural. By awareness of the mind in and of itself.*

*My goal has always been to take in the mental and/or emotional state of another individual, thing or situation and find a way to remain inwardly calm when dealing with it. I trust, my writings have unveiled a path on how to do that. May they uplift your spirit.”*

This is reflected in her unique and entertaining books.

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