

## *An Introduction To Our Book*

### *“The Journey Of Choices ~ City Of Knowledge”*

There is a time in our lives when we decide to stop running and we ask ourselves:

What am I doing? What do I want to do now? How do I want to continue in my life? What legacy do I want to leave behind when I move on? Am I living my life according to my own beliefs and values? Am I happy with my life?

Having identified a “Life Model” – a path and life philosophy which has led to profound answers for tens of thousands of students, seminar participants and clients over the past 30 years – my wife and I decided to write a book. It would not be a “how to” book, but rather an inspirational fiction with life lessons embedded in the story.

The fictional story takes place in Wales, around 1280 AD, and describes the breathtaking journey of a brother and sister (Bowen and Alis), who live with their guardian, Yorath. Their uncle Myrddin (Merlin) sends a raven to Yorath with a message that he is ascending from this dimension, and Bowen and Alis must journey to the distant City of Knowledge. Myrddin will summon his powerful warrior-knight, Cadeyrn, to protect and escort the young Bowen and Alis on their journey. Upon arrival, they will open a Treasure Chest left for them by their departed parents, the King and Queen of the Realm.

Traveling by horseback while guided by Cadeyrn, Bowen and Alis face endless perils as they cross a forbidden forest, crystal clear lakes, impervious mountains and dangerous bridges. Danger yields to enlightenment as Life Lessons emerge through encounters with talking animals, Druid talking trees, dragons and other enchanted entities such as: Lizzie, the two-toned colored lizard with a dual personality; Adar, the wise owl; Yarug Rua, the shape shifting fox; Ghaidhlig, the deadly scorpion; Barcud Coch, the flying bird of prey; Losgrinn, the red bandana frog; and Gaoth, the swirling wind tunnel. All become part of their lives as ultimately, 13 Life Lessons are revealed.

Protective deities like Niamh, the Lady of Lake Heddwach; Tuatha of the people of Danann; Brighde, protector of the Realm of Permanent Spring; Aidan, the ageless Wizard; and, Bec Ma De, the legendary Druid leader populate the story. They train, shield and defend Bowen and Alis.

What is most interesting is that Chronos, the Father of Time, alters time-dimension in the story. Thus, the original two-week travel lasts 24 years, with Bowen becoming the new King of the Realm after defeating the Evil King and the Evil Master, and Alis becoming the High Priestess of Caerfyrddin, the Old Mystery School of Magic.

Some of the highlights in the book include: the Smoke Demon taking possession of Bowen's mind and soul, resolved by the intervention of Bec Ma De, the most famous Druid priest, who is assisted by Alis; Bowen's mind and body training with Waljan, the Warrior Training School Master, leader of warriors and competent winner of thousands of battles; the transformation of the black dragon into Aritusa, the white frost dragon, king of all white dragons; the battle against the Evil King and the Evil Master; the change of Alis from a young girl to the stunningly beautiful High Priestess of Caerfyrddin, her capture by the Evil Master, and his ultimate demise; the protection of old Lemurian priests now living in other dimensions; and the Coronation Ceremony – where the contents of the Treasure Chest are revealed.

The story concludes with an explanation of how the lessons learned by Bowen and Alis during their journey to the City of Knowledge are teaching moments for us all. Those lessons become showcased for all readers as *13 Rules of the Game of Life*.