

MEDIA BACKGROUNDER

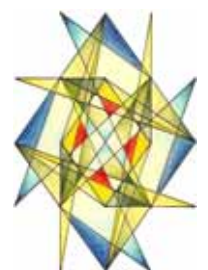
ABOUT THE BOOK OF TESTAMENTS

About The Book of Testaments

- The purpose of The Book of Testaments is *to help each and every one of us realise our spiritual potential and achieve our life purpose.*
- Without the right tools, an entire lifetime can pass by before we realise the great gifts and potential that life has to offer. The book provides a guide of how to realise this spiritual potential through “everyday practices”, and without having to live in a monastery for months on end or sit in meditation for 24 hours a day.
- The book encourages you to undertake simple exercises, to challenge the current way you think about things and to enhance the concepts and beliefs of how you view yourself as well as others. It also provides practical steps about how to realise your sense of “life purpose” and overcome the challenges and obstacles that confront us in this realisation.
- While the book contains the “nuts and bolts” of how to realise one’s spiritual potential, it also challenges many preconceived concepts about God, organised religion and our systems of belief. The emphasis is on developing a clear and compelling sense of “life purpose” and belief that all things are possible. Spiritual realisation is achievable within the context of our everyday “householder” lives, chosen career and family situations.

Key Lessons and Takeaways

- One of the key lessons of The Book of Testaments is to challenge your perception of someone or a situation before you interact with that person, or engage in the experience. Our perspective creates our perception which creates our experience. For example, if we see someone as a mean, nasty, or evil person then that is how we will perceive them, and that will be our experience of them when we communicate with that person. We can therefore re-create our experience of people and situations by ‘challenging or enhancing’ our perspective of that person or situation. *“If we look upon the world with love our perspective will create our reality.”*
- Another key lesson is to, “choose a state of being, before you start doing.” Many professional coaches will give you time-management techniques that use priority lists of tasks constructed into ‘to do’ lists. However, what we must know is that a “to do” list is a means by which we



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“fill up” the time that we have. No wonder we are all so stressed and tired at the end of a day! We fill each moment with “something to do”.

Rather than creating these “to do” lists, let us start each day with a “BE” list. For example, today I will BE:

- Happy
- Peaceful
- Loving
- Compassionate
- Contented

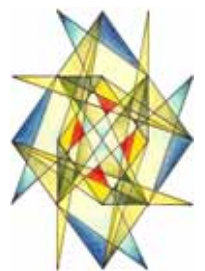
Let this “state of being” be our mantra for the day: **“Today I will be Peaceful, Articulate & Compassionate.”**

Major Influencers/Contributors

- I was browsing through a book sale one day, and happened to pick up a particular book, I asked myself the question, “Stephen, do you need to read this book?” The answer I received was a resounding, YES! This book was, ‘Conversations with God’: Book 1, by Neale Donald Walsch. This book led me on to reading all the others in this series and has been one of the most profound influencers on my life to date.
- I am also profoundly thankful to Tom Poland and his Entrepreneur Success Program and book, ‘Your Extra-Ordinary Life’. They say that, ‘when the student is ready, the master will come’. For me, Tom is that such master.
- More so, and in combination with each of these, I am, and will be eternally grateful, to my friend and colleague, Elmarie Gebler. To be able to work in-conjunction with such a blessed being has been a gift much too gracious to express in mere words.

About the Book’s Cover

- The cover image on The Book of Testaments is called many things - majik squares, yantras, harmony squares, sacred geometry and Mandalas. They are also known as square matrix,



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meaning “that which gives origin or form to a thing”. In Latin matrix means womb or source, and ever since numbers came into existence, mandalas have been known to man.

- Mandalas or patterns are formed by drawing a continuous line in arithmetical order from the first number to the last. The sacred geometry is designed to protect, to heal, to ensure long life, health and happiness, to bring self-awareness and empowerment. On a deeper philosophical level the graphics express the Taoist vision of the universe as a ceaseless change and all-pervasive energy.
- The mandala on the front cover of the book is unique to me and represents my life purpose and journey. I am very fortunate to have my own mandala, and also one for each of my three children. Apart from being beautiful pieces of artwork that proudly adorn the walls of my home, the mandalas are used in my home to bring a strong sense of peace and purpose to my home environment. They also resonate for me a strong sense of family connectedness and love that supports the well-being of my family members.
- I have used the mandalas previously through the meditation process, but now that I have a very strong ‘sense of life purpose’, I no longer use them for this purpose.

What makes The Book of Testaments different?

- There are many other excellent books of self-help and personal development. It is said that, “when the student is ready, the master will come.” If you have the Book of Testaments in your hand, the master has come for you!

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Stephen Chong is available for book signing events, public speaking engagements, workshops, interviews and professional development/coaching activities.

