

*In his book **For All of Us** Bojan Jurina tells us about how he faced the unimaginable pain of losing both of his children, and of his simultaneous financial and personal bankruptcy, sharing with us his profound experience of his inner transformation.*

## **FOR ALL OF US: Making a Wounded Heart Shine Again**

By Bojan Jurina

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# For All Of Us



Bojan Jurina

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## Passing From One World To Another

*A very special day. Dominik would've celebrated his birthday but he's no longer with us for many years now; at least not in the way I want as a father...*

It's an extra-special day, Dominik's birthday. He would've been a grown boy by now. But unfortunately, many years have passed since he said goodbye from this world forever and so he's not with us anymore. At least not in the way I'd like as a father. For instance, I'd like to give this wonderful boy a big hug and wrap my arms around him. To ruffle his hair and absorb his smell.

Oh, that special scent I'd recognize among thousands. I'd give anything in the world for just one such moment. For the briefest moment in all this infinite eternity. But that's not possible anymore. Regretfully. Not in such a human-like way.

In moments like this, you discover how much of everything you still carry inside. I thought my little tears were behind me. But one or two still sneak up on me now and then. Even now, in the middle of the night. But I know tears are nothing but pure love so let them run. They will run out when the time comes. Even real men may cry, right?

Such days are very different. More intense and particularly exciting in a way. Largely on an emotional level. All events from the past (the way people view it) become more alive again and quite clingy. As if they were happening now, in this moment, instead of a long time ago. Clearly it's true that there's only now in the quantum world otherwise you could not feel everything so strongly. It would all pretty much sink into oblivion; it would be foggy and more blurred. However, it stays very much alive. It's obvious it's not going anywhere.

*The worlds we experience intertwine. In any given moment, we only experience the worlds we currently pay attention to. And the things we embrace on an emotional level, in a way accepting them as our own. So theoretically, we can be everywhere anytime; we just have to decide about the where and the how. We keep passing from one world to another, oftentimes without noticing it. Because our minds are almost always somewhere else.*

I'm thinking about life before the series of shocking events that not only transformed me profoundly in all these years but spiritualized me a lot as well. I no longer search for answers and excuses in the outer world; they're usually not found there. I'm much more focused on internal life. I've underwent a complete transformation of my whole being in the broadest sense of the word. Probably the only thing that's left from my previous self, which even I wasn't familiar with that well, is my name. Bojan Jurina before. And Bojan Jurina after.

That's one world that's already over but I still experience it vividly. That is, when I think of it. Growing up normally; school; college; sports; music; marriage; family; a roof over my head. Really quite typical; perhaps too much. If I knew then what was in store for me, I'd probably just run away somewhere. But Life is so subtle and perfect that it always offers us ample protection from such things.

Then the unpleasant events I've already mentioned took place. They came one after another about once every two years; it was quite intense. We barely recovered from one devastating storm when another one was already brewing just around the corner. One that was at least as fierce as the last one if not fiercer. That was another completely different world.

Losses; suffering; intensive contemplation. Defying fate and having an extremely hard time accepting new circumstances. In fact, quite the opposite: a period of confusion, full of unanswered questions, and of a severe personal crisis. On the other hand, it was a time of intensive maturing, personal growth and bringing about a total shift in my view of the world. As far as Life was concerned and what that even was. But it didn't feel like it at the time. It's only now that I know that.



This was followed by a period when effectively my entire system fell apart. The loss of my loved ones and my entire material wealth. Including my job, and for quite a long time at that. The loss of personal identity and true faith. Numerous moves here and there because we never stayed in one place for very long due to lack of money. It was all a giant test. A genuine spiritual bankruptcy, and in all the areas at once on top of that. That was also a special world, which is still in me and is accessible to me whenever I want.

The next period that may be called “a world” as well is my longtime search for meaning going forward. Everything I’d been building my life on vanished like a bubble into thin air. Fundamental reorganization was necessary from inside out. Completely new perception of the whole thing once again.

I’ve had a normal job, a normal flat, a car and stuff like that for quite some time now. As far as I’m concerned, though, I’m completely changed, different. It’s not easy to fit into the world that primarily works the way it did twenty years ago, whereas I see and feel everything different. Again, this is another completely new world if I compare it with the above-mentioned ones. At least as far as the way I perceive it is concerned along with events around me.

How can you navigate through all these worlds that arise independently of each other, sometimes all at once? You might think there’s something wrong with you but that’s just the way it is in the spiritual realm (and there is no other realm so we don’t have much choice). Everything can exist simultaneously or not. It depends on the conditions that are the cause of it all. Thousands of worlds are indeed flowing around in a single moment of thought. This rather trite idea holds an extremely powerful message.

*Nothing has really changed in the outside world but everything is different for us. Our perception is different, our worldview is different. Our convictions that shape our life are different. There isn’t an area where we don’t see and feel differently. We really have to get a grip on ourselves and adapt to old circumstances in an entirely new way.*



People are creatures of habit and we can get used to anything. Just like we can get used to suffering we can get used to joy. Which is extremely good news.

*If you have several worlds flowing around at the same time as well, this is nothing special despite the fact that it might appear to you as such. Most things in life only appear to us a certain way anyway and that's when we're quite far from the real truth.*

All such events strongly push us into doing one thing: into focusing on the now and on present moments only. Into focusing on nothing else except what goes on here and now. Because that's the only thing we truly have. And it is in this focus on the now that true potential lies with the ability to open any door. The present is the only place where this vast potential for change exists. It can't be found anywhere else.

It's only in the present moment that we see things the way they really are. We see the real truth. And that's the key advantage and endowment you can completely surrender yourself to. And you can trust it to guide you through the miracle of Life.

We come to find that Life is mostly quiet –  
it asks us to live by our Knowing,  
*while surrendering that very same thing.*  
It vibrates easily around us,  
candid and benevolent.  
You see, it's only when we root ourselves  
solid in some Knowing again  
that Life seems to have to shout –  
rises,  
*lovingly,*  
from Its whisper.

*(Em Claire: Life Is Mostly Quiet)*

## The Beauty of the Guiding Principle

*Still in Zürich; after a business lunch... I'm a bit tired from all the running around but this has to come out... Tomorrow morning it's back towards Koper, and in the evening I get to jump into the seawater. A nice balance for sure.*

*The feeling of not expecting anything at all or rather of not waiting for anything is great. Awesome. You simply know that everything you desire will come to you and you never deal with the questions of when and how it will happen. You've realized that you can't force anything in life. Things either happen on their own or they don't happen at all. That's all there is to it. You are peaceful inside and you look joyfully into the future. Life has taught you that this is the most glorious and valuable thing you can accomplish on your journey.*

All the intensive shocks I've been through and all the incredible challenges I've had to face and overcome gave me a completely new perspective on everything going on. For many years I searched for something I could really lean on and build on. I searched for that true purpose that would give me momentum to keep going. I'm sad to say that I didn't find it in the outside world; far from it. Despite the fact that I invested a great deal of energy and time into the whole thing.

But then all of a sudden, during my countless rambles down coastline paths, a wonderful idea struck me after I flopped down under an olive tree. I guess the can of beer I bought for that euro I'd been so carefully carrying around in my pocket, the fine Mediterranean weather, and of course the magnificent view of the azure sea did their thing. What if I found my meaning in happiness, inner joy and peace in my heart? What if I first searched within me and then elsewhere? Without any great expectations for dramatic turnarounds and without any impatience because of an infinite number of unfulfilled desires

that bring no good whatsoever (rather the opposite)? When I actually manage to get to that point, I'd focus on further development. Why not? I had nothing to lose anyway. If I could do it, I'd stand to gain a lot. And I did.

Even thinking about redirecting my attention to other areas made me feel better. But I hadn't done anything yet; that's at least how it seemed to me. But the main thing was that something shifted inside me and guided me onto the correct path. I didn't know it then yet. But looking back now, I'm firmly convinced that's what happened. I'd read a lot of literature on this exact topic along with similar ones but I hadn't experienced such a state yet.

*At some point I gave up my pursuit of happiness. I gave up my desires after I was paralyzed by not being able to satisfy them. I stopped yearning for what I didn't have and I stopped wanting things that would replace all the massive losses I'd sustained. I simply let Life take its course. Whatever would be, would be. I promised never to torture myself with anything anymore but I would try to find happiness and joy in places where they might actually be found. And all this would move me forward!*

It's quite hard to express clearly how much better I felt in the following days and weeks because of this irreversible decision. I was still looking for a job but I no longer took it hard when I didn't get a satisfactory reply. Or when, as was most often the case, I didn't get a reply at all.

What has to turn up, will. When the time comes. I was still completely broke but I stopped worrying about it. If I'd managed to hold on all those years, I'd do it for the remaining few turns, too. Even though I did not know when, where or how anything would happen, I simply approached the matter calmly and ploughed on. Amazingly, my faith in Life, love and things like that started to grow as well. Despite the fact that nothing at all had changed yet in the real world. But the conditions for everything to be realized started to be met.

On the inside, however, there was so much more going on. It was like some kind of a friendly storm carrying a point of perfect peace

right in its eye. I was becoming calmer, happier, and even much more self-confident. I finally started loving myself again. Every moment I was telling myself that I carry happiness and joy in my heart. And that after I find them, no event or circumstance can stop me from connecting to them. Whenever I want. I started saying thanks for everything I had no matter how small and insignificant it seemed. I kept telling myself, "What many people wouldn't give to have what I already have." But it wasn't meant for them. Very little can also mean a lot or even everything. It depends on how you look at it.

I was saying thanks for my health and, after all those nights, for peaceful sleep as well. For listening to an orchestra of birds and for watching sunset in the company of olive trees. And for my flat where I was able to find my peace. No matter what it was like then.

There are a lot of things like that, really a lot; we just need to keep adjusting our perspective on everything. And to stay the course, even stubbornly if need be; no matter what the cost. As long as we keep going in a similar rhythm and with similar feelings, it's really worth it.

*Almost any situation allows us to lean on a nice thought that can, at least for a while, take us away from current events we cannot accept yet at that moment. That's completely normal and human. It's very similar with past events, which are long gone but still very much present—if not alive—in our mind. This happens because our mind cannot distinguish between before and now. It thinks everything is still happening to us. It's not, of course. We have to start thinking along these lines and only focus on what is actually around us. In specialist literature this would be called moving from imagined to apparent truth. Not into the past, which is already gone, nor into the future, which is not here yet. Only into whatever is here and now. And that's truly a great achievement. A tremendous one.*

All these changes are already happening inside us. And the important thing is that we can influence the change of thoughts ourselves to the best of our abilities in a given moment. The sooner we start thinking about something positive the stronger this guiding principle is reflected in exterior events. And the sooner we feel at least

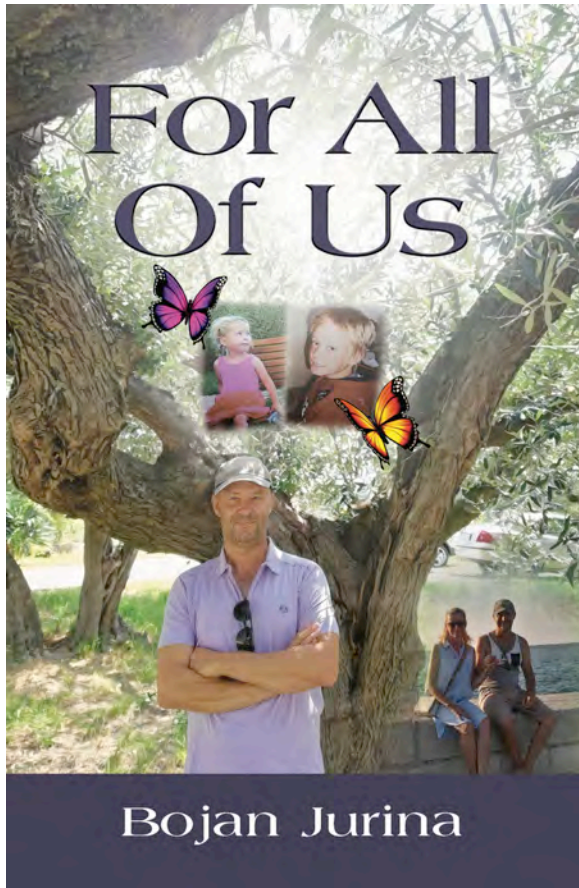
somewhat better. And that means a lot in my experience because that's when things start turning around. Turning in the right and better direction, naturally.

At the moment I'm sailing deeply into business waters again; I'm navigating them lightly without too much struggle. It was high time for that and that's just how things turned out. But even more than that I'm being drawn into exploring Life as a miracle; there's so much more that has to be revealed. I can hardly wait to find out what's around the corner.

In spite of everything I remain extremely grateful even for the smallest things. I believe this will never change. Gratitude is truly a miraculous thing. It opens practically any door; in fact, it creates new worlds. That's what I've observed.

There was, however, a profound change in me. I strictly dedicate most of my thoughts to nice things now, to ones that bring me joy and encouragement. To pleasant thoughts that make it so easy to establish wonderful inner peace deep inside me—the source of unimaginable strength that can alter anything. The well of all wells, you might say. All this happens inside me independently of external events and circumstances. I'm no longer bothered by that. My inner world is mine and mine alone, and I'm the only one who can impact it.

*“It isn't too late. Time is not running out. Your life is here and now. And the moment has arrived at which you're finally ready to change.” (Cheryl Strayed: Brave Enough)*



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