

Unlocking My Ikigai

A Gentle Path to Purpose, Peace & Passion

By Vimal Pravin

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Chapter 1: The Whisper Within

There is a quiet voice inside each of us.

Not loud. Not demanding.

But soft , like the wind through trees or the warmth of morning sunlight.

It doesn't scream. It whispers.

It doesn't rush. It waits.

That voice is your Ikigai your reason to wake up every morning with meaning.

What Is This Book?

This is not a textbook.

Not a lecture.

This is a conversation from one soul to another.
From me, who is still on the journey...

To you, who may be just starting.

I don't have all the answers.
But I have felt lost,
I have searched for purpose,
And I have found sparks of light that I now want to
share with you.

Why Ikigai ?

In the heart of Japan, in a village called Okinawa,
people live longer and happier than almost
anywhere else in the world.

Their secret?

Not money.

Not fame.

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