

Your book is a gift

I have a message for you



David FREY



Summary

Me *page 2*

You *page 13*

We.. *page 27*

Messages *page 42*



BE
HAPPY

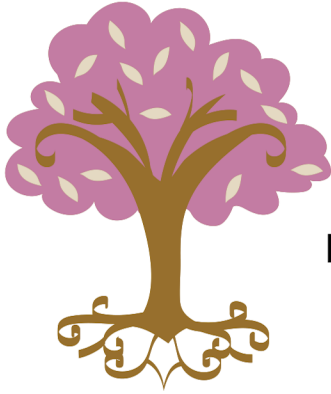


**Thanks to Anne-Carole Chaumet for carrying out
the English translation**

Here is the book which shares Happiness,

Take a moment of your time to discover it,

as I have a message for you.



Make yourself comfortable,

Make yourself a beverage,

Now, let's start together,



Now, let's start together,

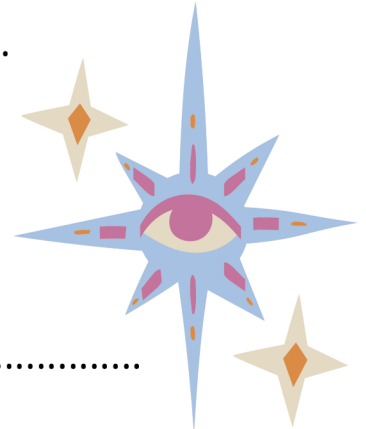


I am

Today is

at

This book is for you,







A little about me,

My favourite hobby

My first car

Posters in my child room bedroom

The number of times I passed my driving licence

My favourite artist or sports-man/sportswoman

The last book I read

My favourite movie or series

The album of music I listened to the most as a teenager

.....

My favourite dish as a child

My worst favourite dish as a child

My last promise

As a child

Now



I dreamt of becoming a

I am a

I was imagining living

I am living

My favourite animals were

I have

I wanted child(ren)

I have child(ren)

My idol was

My idol is

My passion was

My passion is

My haircut was

What I ask my hairdresser is

The place I liked to spend time in was

The place I feel good in is

What I liked to do was

What I like to do is

The most beautiful picture of me

My best profile

BE
yourself

What fascinates me,

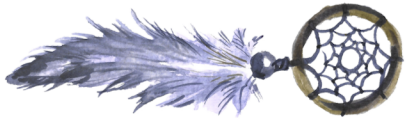
Image, picture, drawing



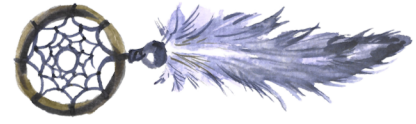
enjoy
THE LITTLE
THINGS

Description





What I like,



	Yes	No	It depends
I like napping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to help my neighbour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to do foodshopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to fold the laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to go to the swimming pool in winter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to speak in public	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like classical music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to lend my things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like sudoku	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to go out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like playing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



What ...



I love above everything else

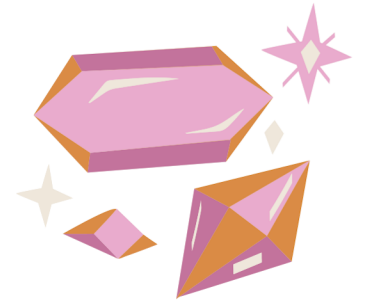
I hate

Words, images, pictures, drawings

Words, images, pictures, drawings



Who am I ?



My most precious memory

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My most shameful hobby

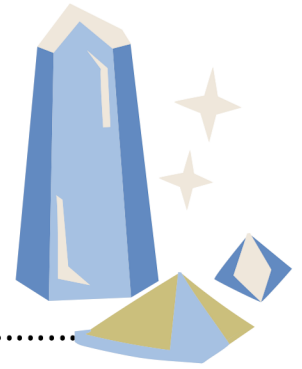
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What gives me a smile

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3 words to describe me

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What I am the proudest

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The mission that Life entrusted me with

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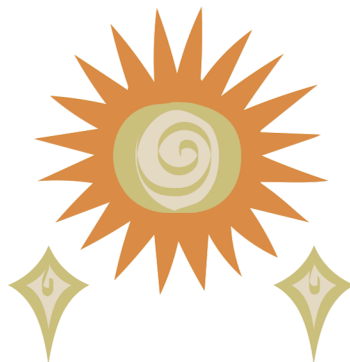
What makes life worth living ?

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Feeling.



In this moment, I am feeling

.....

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This feeling, where does it come from ?

- | | |
|---|--|
| <input type="checkbox"/> from my heart | <input type="checkbox"/> from my thoughts |
| <input type="checkbox"/> from my current life | <input type="checkbox"/> from my last purchase |
| <input type="checkbox"/> from the Universe | <input type="checkbox"/> from the people around me |
| <input type="checkbox"/> from my mind | <input type="checkbox"/> from this moment for each other |

What does this feeling bring about in me ?

- Tears
- Joy
- A second breath
- A new awareness



Finally,



Why am I here ?

- to love
- to live
- to understand
- to learn
- to grow
- to enjoy
- to share
- for a specific reason

During our next meeting I would like ...

- a hug
- a decision
- a Moroccan stew
- sauerkraut
- a "yes"
- some compassion
- a small present
- the truth
- some trust
- some Love
- a smile
- an invitation to a restaurant
- a lemon tart
- have a drink
- a handshake



Other

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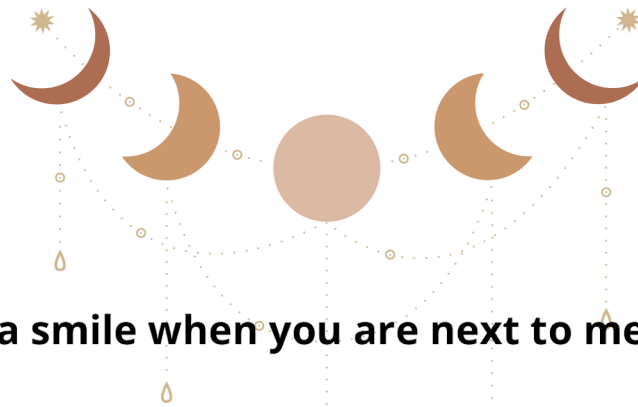
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A little about you,

How do I consider you ?

- | | |
|---|--|
| <input type="checkbox"/> a faithful support | <input type="checkbox"/> a confident |
| <input type="checkbox"/> a heart to love | <input type="checkbox"/> a sunshine in my life |
| <input type="checkbox"/> an eternal friend | <input type="checkbox"/> a funny friend |
| <input type="checkbox"/> a light in my life | <input type="checkbox"/> an angel in my life |
| <input type="checkbox"/> a good cook | <input type="checkbox"/> an unbreakable love |
| <input type="checkbox"/> a source of hapiness | <input type="checkbox"/> |



What gives me a smile when you are next to me

.....

.....

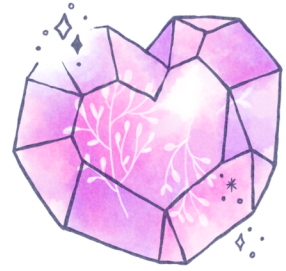
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With an open heart,



What I would like to give you

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The adventure I would like to live with you

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What I never dared telling you



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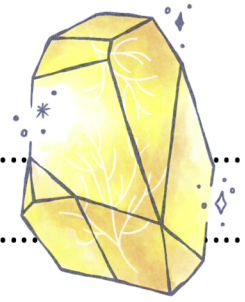
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the part of you I admire



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The positives you bring into my life

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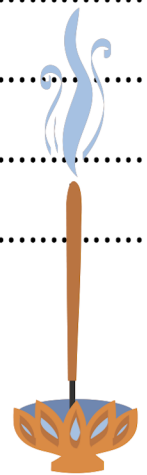
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What you represent for me

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In the present moment,



I choose for you

Smile at life

The sun shines, and you too

You are beautiful

Keep trusting

Look at the sky

You are handsome

Everything will be fine

Surrender

Act upon it

You are safe to cry

Take good care of yourself

Be considerate toward others

Accept what arises

Become the actor of your life

Make your own choices

Stop doubting

Dare

Realise your words are treasures

Show the example

Take the time

Listen to your intuition

Meet your heart

Do not judge so fast

Come back inward

Become whoever you wish to be

Follow your heart

Discover your desires

Be the creator of your life





For your future Self,

Take care of yourself

Continue to :

Change :

Try to :

Listen to :

Act upon :

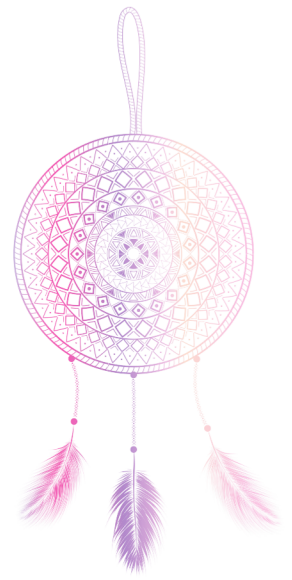
I wish for you to :

I am certain that :

I sincerely hope that :



Some discoveries for you,



a song :

a thing to do :

series :

a creation :

a movie :

a piece of art :

a book :

a game :

a place :

a purchase :

an idea :

a trip :

a thought :

an activity :

a word :

a colour :

a sharing :

an animal :

a decision :

a person :

an emotion to experience :

another language :

food :

a complicated word :

a beverage :

another thing :

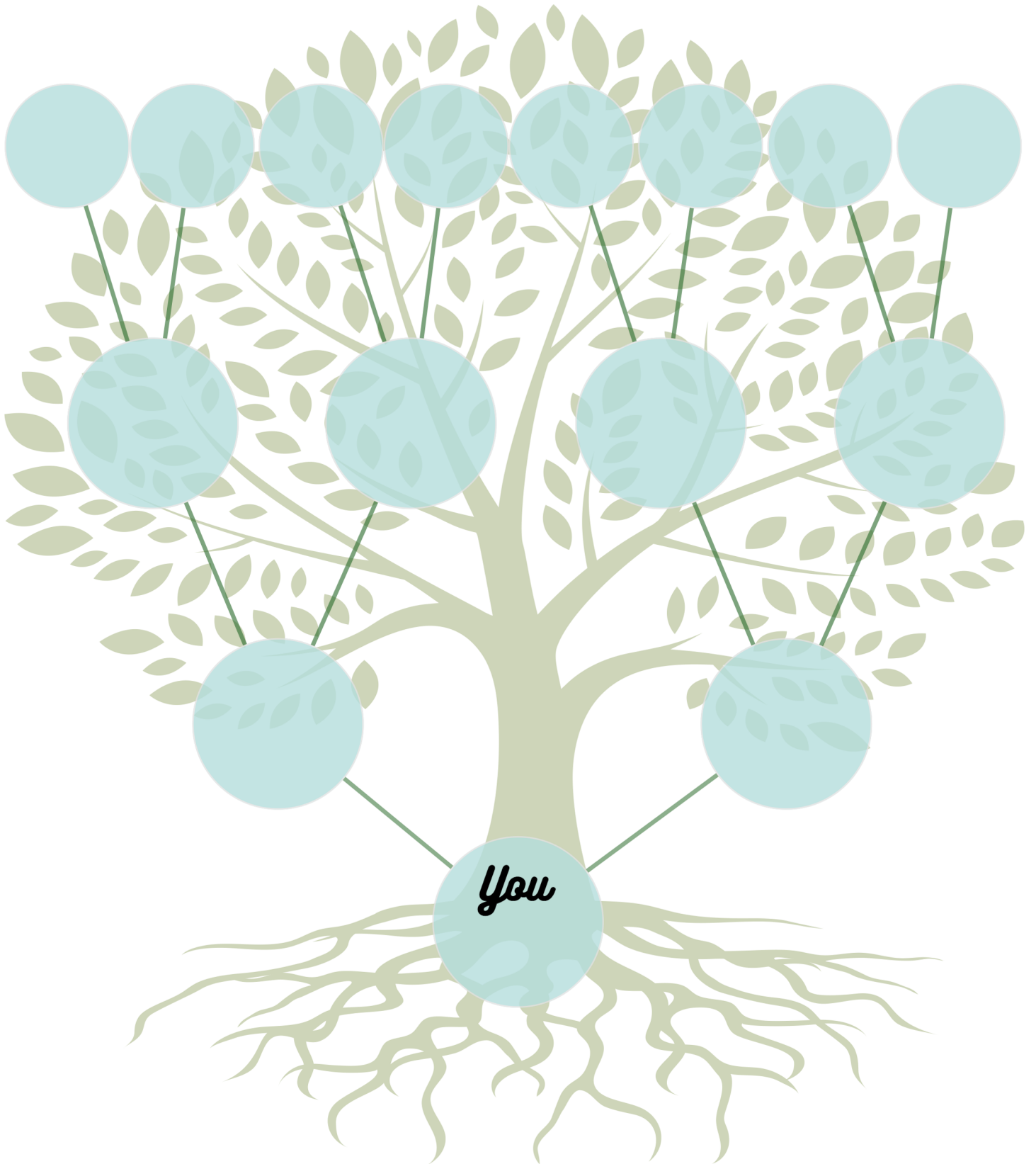
Comments book,

A few thank-you and compliments for you :



Your genealogical tree

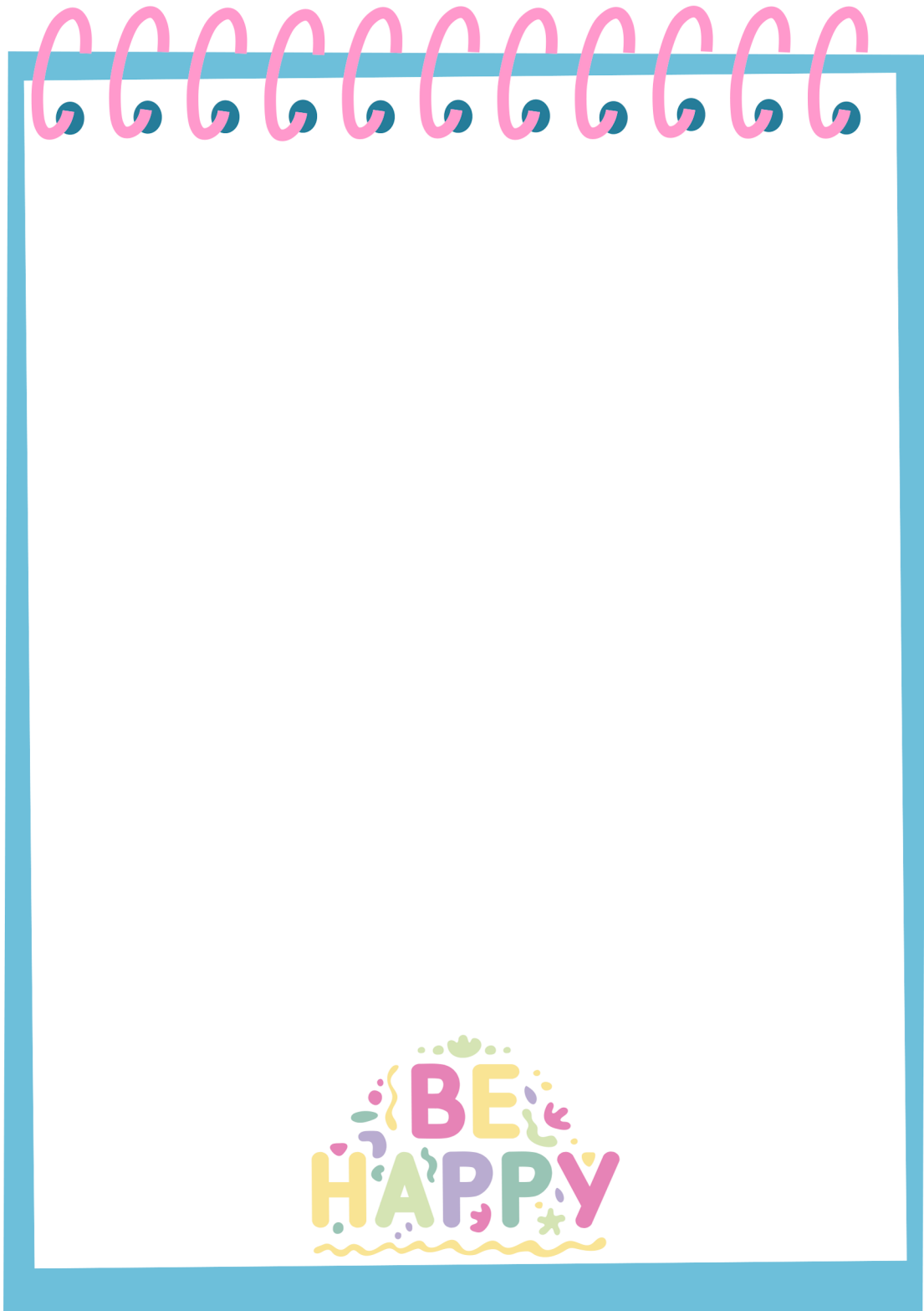
Reality or fantasy :



Something for you,

You are in my thoughts, I am thinking of you,

Words, images, pictures, drawings





For...

an inward journey

a restaurant

an outing together

a smile

listening to me

going for a drink

a cooking class

big news

a manicure

a massage

Special Gift

a hug

For :

Presented to :

Until to :

listening to you

a laughter

a guided tour

going back within yourself

a magical occasion

going wherever you wish

listening to your intuition

finding the way to your heart

a moment of happiness

pineapple pizza

a walk in nature

some shopping time



I wish you,

- | | |
|--|---|
| <input type="checkbox"/> to believe in your dreams | <input type="checkbox"/> to dare being yourself |
| <input type="checkbox"/> to be happy | <input type="checkbox"/> to never give up |
| <input type="checkbox"/> to believe in yourself | <input type="checkbox"/> to surrender |
| <input type="checkbox"/> to succeed | <input type="checkbox"/> to find happiness |
| <input type="checkbox"/> to act | <input type="checkbox"/> to learn from life |
| <input type="checkbox"/> to master your fears | <input type="checkbox"/> to see yourself as I see you |
| <input type="checkbox"/> to grow | <input type="checkbox"/> to become who you wish to be |
| <input type="checkbox"/> to like broccoli | <input type="checkbox"/> to succeed your next baked dish |
| <input type="checkbox"/> to never forget | <input type="checkbox"/> not to think about it anymore |
| <input type="checkbox"/> to have fun | <input type="checkbox"/> to glow |
| <input type="checkbox"/> to find | <input type="checkbox"/> to reach the life of your dreams |
| <input type="checkbox"/> not to stress | <input type="checkbox"/> all the best |
| <input type="checkbox"/> discover who you are | <input type="checkbox"/> to forgive |
| <input type="checkbox"/> to love | <input type="checkbox"/> |





Who are we ?

Nos points communs :



- | | | | |
|---|--------------------------|--|--------------------------|
| <input type="checkbox"/> Pink or Pink Floyd | <input type="checkbox"/> | <input type="checkbox"/> Rice or Pasta | <input type="checkbox"/> |
| <input type="checkbox"/> Blue or Green | <input type="checkbox"/> | <input type="checkbox"/> Home or Travel | <input type="checkbox"/> |
| <input type="checkbox"/> Moon or Sun | <input type="checkbox"/> | <input type="checkbox"/> Old or New | <input type="checkbox"/> |
| <input type="checkbox"/> Piano or Guitar | <input type="checkbox"/> | <input type="checkbox"/> Sky or Earth | <input type="checkbox"/> |
| <input type="checkbox"/> Laughters or tears | <input type="checkbox"/> | <input type="checkbox"/> Mario or Luigi | <input type="checkbox"/> |
| <input type="checkbox"/> Eat or Run | <input type="checkbox"/> | <input type="checkbox"/> Mountain or Ocean | <input type="checkbox"/> |
| <input type="checkbox"/> Wait or Act | <input type="checkbox"/> | <input type="checkbox"/> Black or White | <input type="checkbox"/> |
| <input type="checkbox"/> Desir or Will | <input type="checkbox"/> | <input type="checkbox"/> Sweet or Salty | <input type="checkbox"/> |
| <input type="checkbox"/> Idea or Choice | <input type="checkbox"/> | | |
| <input type="checkbox"/> Television or Cinema | <input type="checkbox"/> | | |
| <input type="checkbox"/> Dream or Reality | <input type="checkbox"/> | | |
| <input type="checkbox"/> Dog or Cat | <input type="checkbox"/> | | |
| <input type="checkbox"/> Fruits or Vegetables | <input type="checkbox"/> | | |

3 words for us

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BE
humble

Memories,

To me, the most striking memory of us

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Image, picture, drawing



Be Creative



Our differences,



What makes us different ?



- | | |
|--|--|
| <input type="checkbox"/> our haircut | <input type="checkbox"/> our vision of life |
| <input type="checkbox"/> our activities | <input type="checkbox"/> our culinary tastes |
| <input type="checkbox"/> our choices | <input type="checkbox"/> our ideas |
| <input type="checkbox"/> our clothes | <input type="checkbox"/> our culture |
| <input type="checkbox"/> our moods | <input type="checkbox"/> our sleeping time |
| <input type="checkbox"/> our thoughts | <input type="checkbox"/> our readings |
| <input type="checkbox"/> our knowledge | <input type="checkbox"/> our way of doing the cleaning |
| <input type="checkbox"/> our priorities | <input type="checkbox"/> our way of driving |
| <input type="checkbox"/> our musical preferences | <input type="checkbox"/> |

Sometimes our differences complement each other and bring us closer together, so that we can become one.





“We have the capacity to create the conditions of our reality, so let’s build it together.”



Surprise,



What is hiding behind this page ?



Our pair,

If magic existed and transformed us, which pair could we become ?



- Batman and Robin
- Tarzan and Jane
- Thelma and Louise
- Tom and Jerry
- Mario and Luigi
- Starsky and Hutch
- Astérix and Obélix
- Chip 'n Dale
- Han Solo and Chewbacca
- Lady and the tramp
- Romeo and Juliet
- Raclette cheese and Potatoe
- Wallace and Gromit
- Princess Elsa and Princess Anna
- The Blues Brothers
- Peter and Sloane
- Tintin and Snowy
- Fred and George Weasley
- Lilo and Stitch
- Timon and Pumba



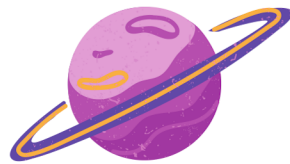
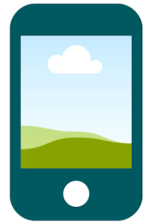
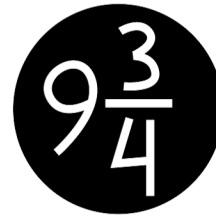
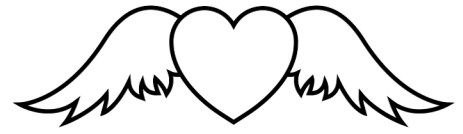


Destination,

Where we have already travelled together in blue colour
Where we could go together in green colour



Which symbols represent us ?



And more of what ...



We did :

We did not do :

We ate :

We did not eat :

We visited :

We did not visit :

We loved :

We did not love :

We saw :

We did not see :

We thought :

We did not think :

We explored :

We did not explore :

We shared :

We did not share :

We are :

We are not :



Our last time,



Our last laughter together :

.....
.....

Our last great time together :

.....
.....

Our last discussion :

.....
.....

Our last message on the phone.....

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.....

Our last outing :

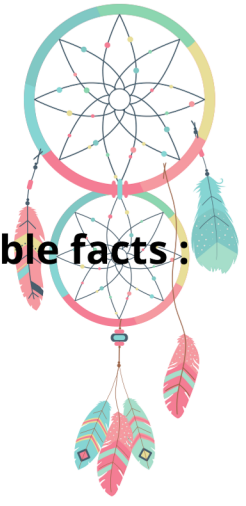
.....
.....

Our last :

.....
.....



Our story,



Dates :

7 memorable facts:

A vertical blue line with seven horizontal blue lines extending to the right, forming a template for writing dates and facts.



Messages



Conversation,

Hello

How are you ?

How did you
find me ?

What do you
want us to do ?

See you later

Let's play a little,



Seriously or jokingly fill in the following sentences, with the words from the next page :

My indicates the North .

My has a new

The bird in the

I a chocolate

I from the plane with my

I a strange

All of this is

I have a

..... makes

My friend is

He the

I until three.

I picked up a

Jump

Piano

Count

Parachute

Universe

Eat

Sky

Thirsty

Raspberry

Fly

Eclair

Weird

Compass

Play

Idea

Union

Car

Strength

Neighbour

Discover



Answers :
My compass indicates the North.
My neighbour has a new car.
The bird flies in the sky.
I eat a chocolate éclair.
I jump from the plane with my parachute.
I discover a strange universe.
All of this is weird.
I have an idea.
Union makes strength.
My friend is thirsty.
He plays the piano.
I count until three.
I picked up a raspberry.

A bottle to the sea,

I threw this bottle to the sea so the memory survives, so the memory comes back to life and travels.

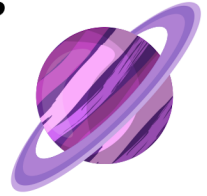
This message travelled through the oceans, the storms and weathers to arrive to you.

I wish now the past to help us. I wish the past to stay in the past but at the same time to give us a life lesson for the only real moment : the present moment.

Here is what the past taught me :



Message from another world,



Dear you,

A message to forgive and to love.

I forgive myself for all the wrong I inflicted to others and to myself.

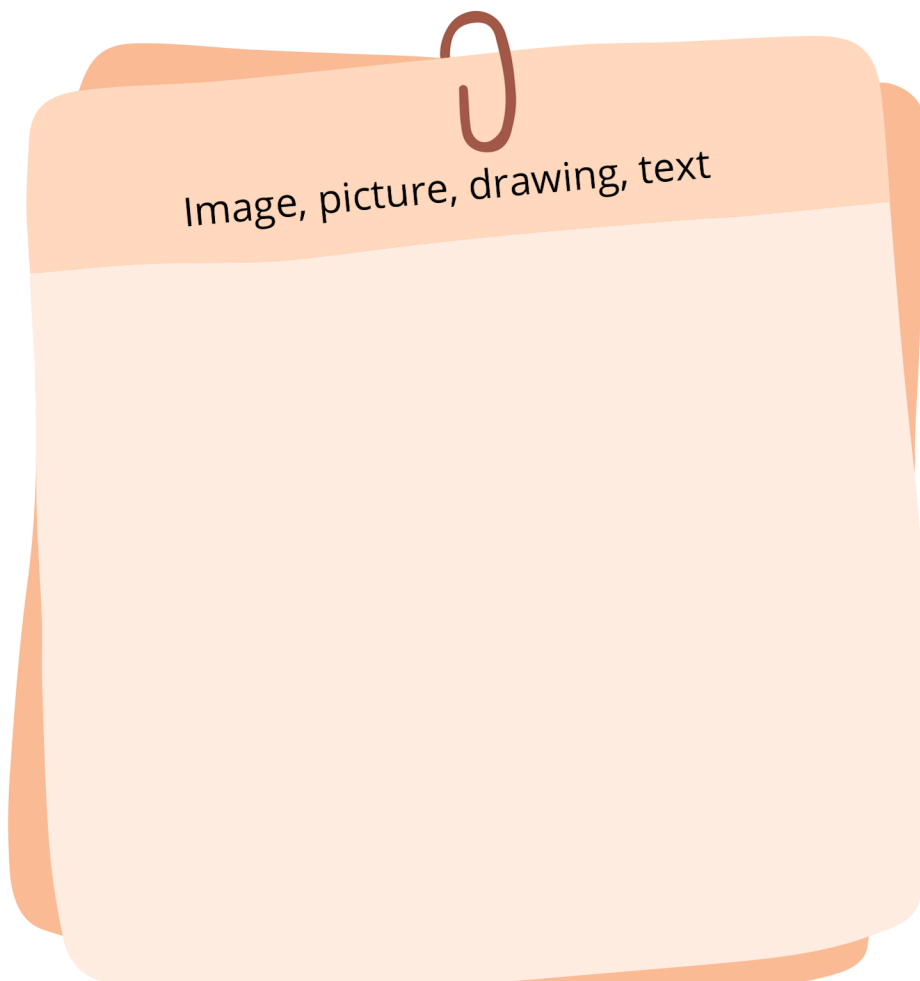
I forgive others for all the wrong they did which offended me and hurt me.

In light of these feelings, Joy and Happiness submerge me.

Here is my mission for now,

	Yes	No	I am thinking about it
I accept to forgive :	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My idea of another world :



My piece of advice for you,



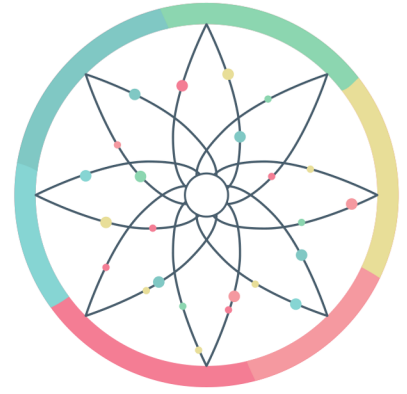
**Become the person you wish be in the present
moment...**

it is never too late !

**Be courageous and determined...
and you will succeed !**



In one word,



What is important,

With others :

In Spanish paella :

In Love :

In life :

To dream :

To think :

To talk about :

To do :

Not to do :

To learn :

To share :

Not to forget :

To see :

To admit :

To know :

To ask :

To care for :

To build :

To reach :

to forgive :

Message from the future,

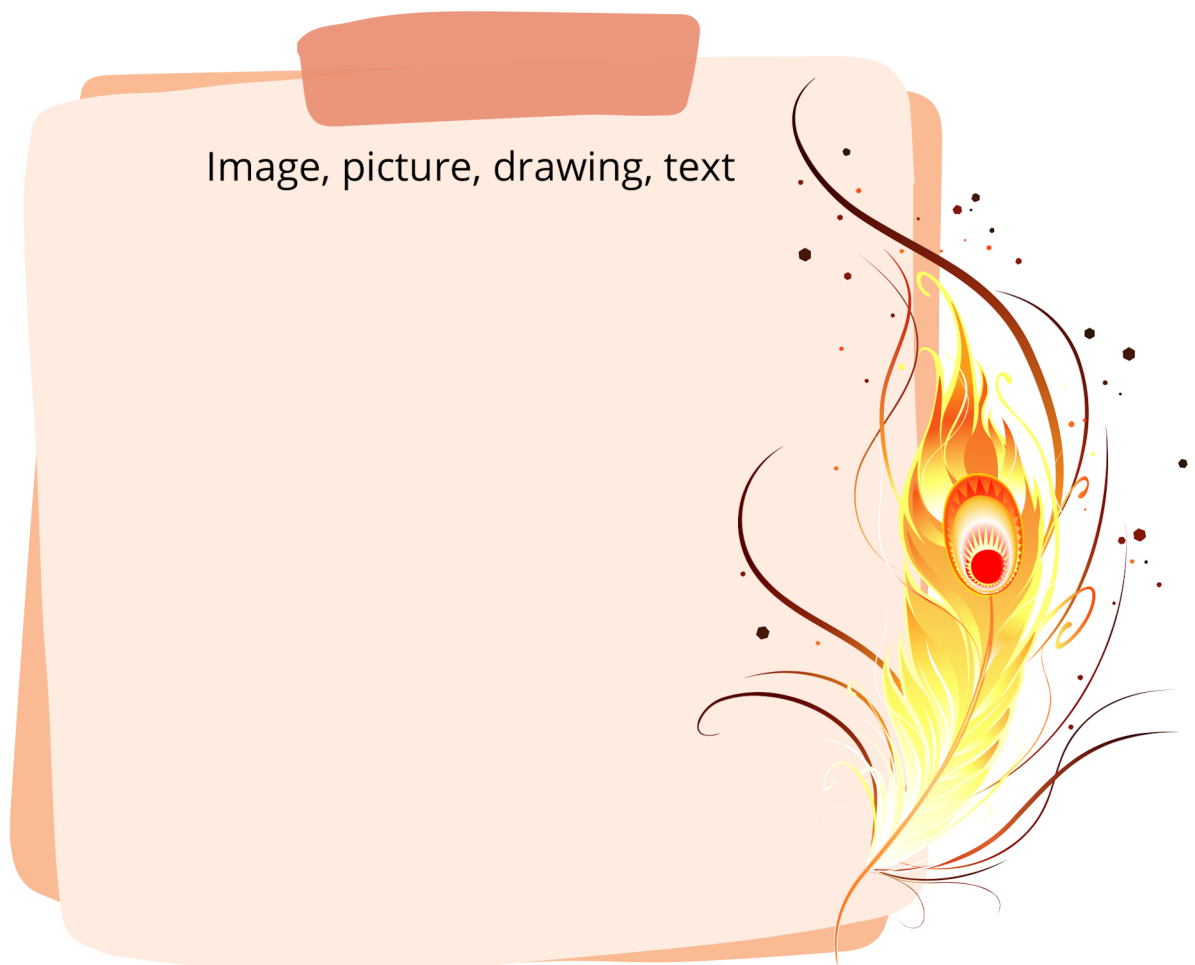
Let's make sure every moment of our life is a gift as the future is written in the present moment.

So, let's be confident in the future, let's live in the "here and now" what is fair for us and the people around us.

Let's grow in wisdom,

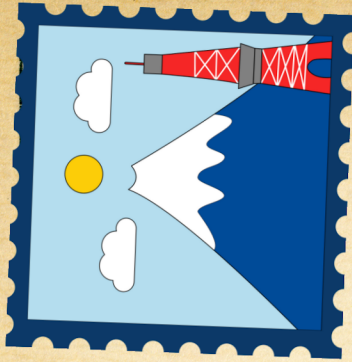
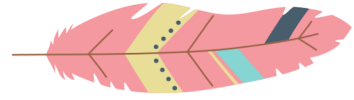
Welcome to our present future,

My depiction of the future :





Postcard



Five vertical lines for writing an address.

A large rectangular box with rounded corners for writing a message.



Loyalty card



Inner
Peace

Love

Rest

Surrender

Smile

Forgiveness

Friendship

Compassion

1 free
pizza

Thank you for your loyalty

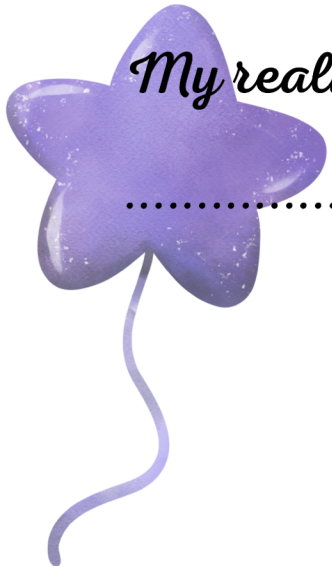




With you,



My life is more



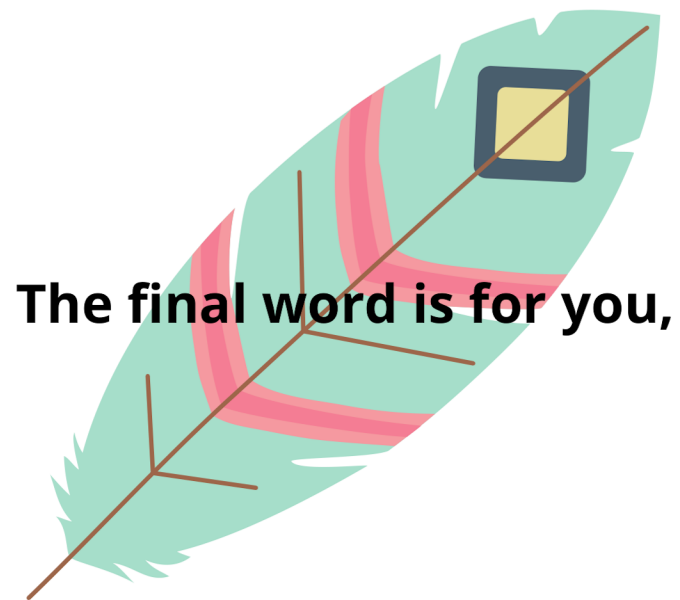
My reality is less





To finish, I would like to tell you that :

A large writing area on a textured paper background, featuring a vertical red margin line on the left and horizontal blue lines for writing. The area is decorated with a hanging feather ornament on the left and a floral arrow graphic at the bottom.



The final word is for you,



Message,



If your heart resonates, you can express here what you feel :



You can give it to me or keep it for yourself.





STAY

positive



See you soon,



[_les_eclaireurs](#)



www.welcome-les-eclaireurs.com

