

My original intention for writing this book was simple and somewhat selfish. I was hoping to explain to *my* children some of the discoveries I've made on this crazy adventure of life. Maybe all parents feel this way at some point. Why should my kids have to experience the same struggles, pain, and suffering I've been through? I know stuff! They can learn from my mistakes.

Organizing boxes of journals and notes into a coherent story was a monumental task that proved to be a painfully slow process. Months turned into years. Finally, I stepped back and began to see the story unfolding before me. This writing process was surprisingly transformational. It was like I'd discovered a secret treasure map. Unfortunately, this map was given to me in puzzle form, and the pieces were revealed over decades. Funny how the Universe works.

When this puzzle was finally assembled, it was a real *aha* moment. On second thought, it was actually more of an *oh-shit* moment! Although I was excited to see on paper what I'd been feeling for many years, the thought of sharing my ideas was terrifying. My insecurities quickly came to the surface. My demons were saying, "Who the hell do you think you are? People will think you're crazy!" I'm grateful for my wife and the small group of friends who motivated me throughout this painstaking process.

As I studied the treasure map, a theme began to emerge. Through my decades of soul-searching, the same nagging questions kept bubbling to the surface. Why is there so much pain and suffering in this world? Why are so many of us living with illness, disease and addiction? Why all the fear, anxiety and hate? The entire planet seems to be on edge, and temperatures are rising.

By stepping back and taking a panoramic view of the situation, the answers began to reveal themselves. It became obvious to me that we continue to repeat the same mistakes. We are treating the symptoms of our dis-ease, which is the chaos we

see in our world, rather than exploring for the root cause. Focusing on symptoms will only result in prescriptions for bigger bombs and more Prozac.

Instead, why don't we ask the difficult questions, like "Why is everyone so pissed off?" Contrary to what many believe, this worldwide crisis did not start on September 11, 2001, nor did it begin on November 8th, 2016. We have been sleepwalking for generations. We've been stuck in a depressive state of apathy, allowing a loud minority to rule the often-silent majority. The struggles we see in the outer world are a direct reflection of the battle being played out in our inner world. We have been consumed by the external stimuli, completely identified with our small selves.

In other words, we have been disconnected from our True Nature. This is the "root cause" I'm referring to. Most of life's pain, suffering, and struggles can be traced back to this disconnection. When we learn how to end this inner battle, peace will soon follow in the outer world.

Despite these turbulent times, I am still an optimist. I feel we are entering a stage of positive change and increased awareness. Unfortunately, it's often darkest before the dawn. **It's time for a revolution!** A simple shift in awareness is all that is needed for this spiritual revolution. No shots will be fired, and no blood will be shed. It is time to rediscover our Primal Way.

Although this book is not about religion or politics, we will soon discover this shift can supercharge any religious practice and will inspire us to demand more from our leaders. Inspire us to become leaders! A Sleeping Giant lies dormant within all of us. **It's time for a wakeup call!** This is your birthright. You were born into royalty. Reclaim your power and join the revolution.