

Once I was happily settled in the sticks, I started feeling the urge to write a book. Consider: in my adult life I had experienced a mental disorder, divorce (twice), single parenting, and swimming in the cesspool of midlife dating.

Additionally, I had also experienced becoming a successful entrepreneur, leaving organized religion, and my child coming out as a transgender, occasional drag queen. But, damn, I thought to myself, if I just had something to write about. I talk to myself a lot when I drive. Sometimes I have full conversations, asking, and replying, to my own questions, like I'm on Ellen... and I am Ellen... at the same time. I'll throw out some witty comment and laugh delightedly at it, like it came from someone else. I do this rambling all the time.

One day, as I was pondering what to write about, I found myself driving around the countryside, telling my life story like I was a guest speaker at a Tony Robbins retreat. My presentation was both heartwarming and funny, bringing me to tears and great laughter, as I both listened and spoke. That's when I decided that I should just start putting it down on paper, in my own words, how the universe took me from an insecure, judgmental perfectionist a decade ago to the open-minded, relaxed soul that you find here now (and maybe someday, I'd be listening to this book on audio in my car and all would have come weirdly, yet satisfyingly, full circle).

I figured I'd start writing a book of funny, profanity-laced narrative essays explaining how my present-day Zen had slowly evolved through a journey of unusual life events. That was my original plan.

But as soon as I started writing, I ended up experiencing a completely unexpected, bigger love story of sorts, so the two got combined. You'll see what I mean. This is my true story and you also will see that there are some seriously weird-ass spiritual experiences in it that even I can't fully explain (by spiritual I mean things pertaining to God, souls, and the universe happening outside the realm or doctrine of any religion). However, you absolutely get to make your own judgements on what you read. I understand that we only see what we want to see, and don't see what we don't want to see... so your degree of belief, or skepticism, will be entirely up to you. I suggest you take a deep breath, relax, and allow yourself an open mind as you venture forth. It will make the ride much more fun.

Go fire up the hot coals and hand me the microphone, Tony. Mama's gonna tell her own story about awakening the giant within.