

Introduction

A Book About Your Life

Every now and then a book is written that speaks to the consciousness of the time—this is that book for our time. Humanity is seeking deeper meaning in life, a sense of purpose for why life matters, and how to make meaningful changes. This book is for anyone who is seeking a higher purpose in life and wants to see and achieve new possibilities so as to create a happy, healthy, mindful, and flourishing life.

Life for most of us in our contemporary society takes a toll on our emotional, psychological, and physical well-being. We do not have the mental framework, and associated mental capacities, to adequately meet the overwhelming demands of modern life. This inadequacy leaves most people with increasing levels of anxiety and depression; disconnected from their experiences of joy, love, happiness, and inner peace; and lacking a sense of purpose in life with related personal and professional meaning.

How can we impact the troubling ubiquitous human issues that characterize our society, or at least know how to process the daily bombardment? With children being bullied in schools because of ethnic differences or social status; heroin abuse due to post-traumatic stress syndrome; increased adolescent depression, cutting and suicide due to mounting stressors and hopelessness about their futures; increased incidences of sexual assault and alcohol abuse on college campuses; and record levels of being overweight and obese, just to name a few—we think we can agree something is not quite right in our society.

Where do you look to make things better for you, others, and all? It all begins with *you*.

At the outset we want to be totally clear that *this book is about you*. It is about your life. There is no one who knows more about your life than you do—how your life feels, how it is, and how you want it to be. We are asking you to reflect upon how your life is now and how you want it to be. This automatically sets up an important internal and natural dynamic that is good for you.

When reflecting upon your current life you may be aware that something is not quite right, that you do not feel as though you are on the path to seeing and reaching your full and unique potential. Further, you may be so caught up in the past—your family issues, those of your friends, and even the complexities of contemporary life—that you have lost who you are. Being *aware* of this is normal and good.

It is those moments or experiences—when you are feeling you want or desire more in life—that growth and change are possible. However, you must set aside time

and space to do the hard work of being totally honest with yourself. We encourage you to do the work on you, for you!

You may be in various stages of growth, but you *are* growing. As the flower on the cover depicts, you are growing deeper within, extending your roots inward, within your soul; and at the same time, you are expressing your self, your full self and unique potential, in the world, making your life and the world a better place for you, others in your life, and for all humankind.