

Forward



My dear, adorable family of friends: I woke up this morning and had to write this book. It's because of my immense love and adoration for you that I can't keep this burning ancient secret inside of me any longer.

Over time I see you unhappy, in pain, dissatisfied, complaining and regurgitating your latest psychological and spiritual catastrophe and I want to whisper the good news in your ear: "Please, darlings, please, relax. Breathe the fresh air that you are and please, please, sweet ones, relax." And when that doesn't work, I'd like to breathe the truth that you are into your pores, so that it floods your system with the sweetness of love and you finally come to rest in the arms of yourself.

Unfortunately, all my whispers of sweet nothings haven't worked. Only a few of you have warmed to my embrace and joyful chiding and are living, loving, and laughing your life.

The rest of you are stuck with your unhappiness and ungrateful whinings. “When will I feel better, more whole, more enlightened? Why do I make the same mistakes over and over again? When will I ever learn?” After months and years of meditation, affirmations, and therapy work, “Why do I still have negative thoughts and feelings? Why can't I be more grateful? Why don't my relationships last? Where is my soul mate? Why can't I live in the ‘now’ and let go of my past, and stop worrying about my future? When will I finally be happy? (And the big one...) What am I doing wrong?”

These questions have kept you churning in your own wheel of misfortune and deadly hope. But, hey, it's okay, I love you, and you're in luck, the honeymoon is over. We're way past all the playful teasing and whispers of loving endearments. It's time to drag you home, by your hair if need be, so you can finally get what you've been begging, pleading and crying for—a little peace, in the land of milk and honey. Your sweet, ever lovin', most adorable Peace that you are.

So now, sweethearts, open your mind, body, and soul, and take a deep breath in—and let it out. It's time for the big secret of the ages, the true words of the Gurus, Avatars, therapists, healers and wise grandmothers. This is what they've always wanted to say to you, but were afraid of losing their adoring followers and family of friends, or perhaps it just wasn't their nature... So, my darlings, ready? Repeat after me:

Shut Up! And be Happy!