

# Contents

Foreword	2
Author's Note	9
Introduction	11
<b>PART 1: ASLEEP:</b>	
<i>The "Eyes Wide Open" Decimation of Earth and Soul</i>	19
The Evolution of Knowing	20
The Big Lie	32
The American Dream	46
The Culture of Addiction	55
Breeding Ourselves into Oblivion	67
The Blessed Curse of Technology	87
Powerlessness Power	100
The Myth of a New Story	113
It's Over	128
The Fuck-it Point	142
<b>PART 2: AWAKENING:</b>	
<i>Living Fully, Loving Hard and Letting Go</i>	151
Planetary Hospice	152
The Power of Grief	159
In Praise of Mortality	173
Return to Essence	183
The Paradox of Awakening	196
Being is More than Enough	218
Beyond Hope	234
Redefining Meaning	243
Activated Presence	254
Endnotes	265
Where to Go from Here	271
Gratitude	274
About the Author	275