



How Can I Wake Up When I Don't Know I'm Asleep?: Selected Essays by the Author of Peace Begins With Me

Ted Kuntz

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Since I authored *Peace Begins With Me* in 2005 I have often been asked if I'm planning to write another book. I've had the intention to write again for many years, however I didn't know what the content would be. All I knew was the title - 'How Can I Wake Up When I Don't Know I'm Asleep?'

I've known for a long time that humanity needs to wake up. This knowing has sat in my bones and interrupted my sleep for years. Then a number of years ago I was invited to become a regular contributor to a local newspaper – The Tri City News. On a monthly basis I would summon my courage and share my thoughts and reflections with my fellow neighbors and friends. My reflections and writings were not always well received. There was often an edge to many of my writings. In hindsight I recognize this edge was my way of poking and prodding my fellow citizens to wake up.

I continued to write regularly, moving platforms from the hard copy of print media to the ether world of electronic blogging. Many articles were most often inspired by the events of the day - personal, local, national and international. What follows are 67 of the best articles and reflections that were penned over a 10 year period. While some of the events are of a particular time and place, most of the themes that I write about are timeless and transcend the actual story.

This will not be an easy book to read. You will be tested, poked, prodded and stretched. I intend to push you out of your comfort zone and beyond your current state of consciousness. I'm a proponent of Einstein's message that "insanity is doing the same and expecting a different outcome".

It is my genuine hope these rambling and reflections are of service to you and bring humanity closer to what we are all capable of becoming.

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