

## INTRODUCTION

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Thank you for choosing this book to be your companion on a journey through which you will be able to demystify what *#Loneliness: The Virus of the Modern Age* is. It is my intention to help you uncover safe pathways for you to search deep and discover why you feel lonely, isolated, abandoned. Throughout this book my focus is to assist you in clearing away the resistance that makes you desire solitude.

Together, we will explore why we plant seeds of solitude that grow into concrete forests that isolate us from our essence and that of others. Learn what it takes to tap into the infinite being you are, the one who has infinite ability to grow, expand, change, manifest, connect, communicate, and love.

This is an opportunity for you to discover what scientific research has to say about the impact loneliness has on your physical health, emotional well-being, and your personal, professional, and social lives. It will bring to your awareness the universal, toxic effects loneliness has in your community, your family, your work environment, your finances, and in businesses across the world.

You will learn how to recover pathways to deep empathy, social harmony, and wholeness through finding your inner switch that turns on your inner light. That light can shine brightly and illuminate your way and can shine for all those around you in their journeys out of the isolation and into the oasis of connected living in peace and gratitude.

At the beginning of this book, I share with you transparently the traumatic life events that shook me to the core, stifled my sense of

belonging, and led me to riding the never-ending emotional roller coaster of loneliness.

You will discover what it took for me to go from being rejected, fearful, abused, bullied, uncertain, abandoned, and unloved to living in gratitude and embracing wholeness. I'd love to share with you how I went from being a homeless teenage refugee of war to being a director, entrepreneur, and a best-selling author.

Along the journey, you'll come to realize the healing power of gratitude through the tools that acquire the knowledge and wisdom of the ancient sages as much as that of philosophical scientists. Once you apply this in your personal circumstance, you will shift your current reality to one more favorable, inspiring, and aligned with your soul's vision and mission.

Think about this book as a collection of stories, facts, and applied knowledge that are all true. These stories shine light on the personal impact that loneliness had on me and has on each one of you as well as the grief impact it has on the collective consciousness. Each story or metaphor I share illuminates the reasons why addressing loneliness now in some cases will change your life and could even save your life.

From every story shared, you will draw practical knowledge, tools, and the wisdom required for you to overcome your loneliness and be better equipped to deal with life's adversities. It offers you a solution to change your life, awakens your hope and inner genius to help you through troubled times, and instills the beliefs required to assist you in your soul's evolution.

Something on every page of this book will make you realize how thirsty your soul has been for your attention and love and for finding another, more-favorable way of looking at the world.

Come to your own conclusions on how, despite all the advancements we've achieved so far, we continue to forget the simple but very important power of contact. Without contact, there is no connection, no flow, no light, and no life. The lies we have been fed, the skewed perceptions of who we think we are, and the lack of contact described throughout this book give birth to loneliness.

See how the absence of contact with the higher mind creates the many discrepancies the lower mind creates between the ideal and perceived self and how this discrepancy gives birth to seeds of separation and loneliness.

To be lonely often reflects the hunger of your soul for a different way of being with others and for a different way of life that currently might not seem possible to you. It's the distressed feeling that occurs when your personal, social, professional, financial, and spiritual relationships are less satisfying than you desire.

This book describes how loneliness is perceived, conceived, and measured; how loneliness is mentally, emotionally, physically, spiritually, and financially represented; how it influences your thoughts, feelings, and behaviors; and how its consequences occur in all spheres of your life.

An increasing number of people around the world feel isolated in their little cocoons. They feel lonely, unloved, unwanted, uncared for, and disconnected because of their painful reality. We have become so busy, so distracted, and so disconnected from our true essence that we no longer even know who we truly are.

In her observations during her visit to the United States, Mother Teresa gave an American reporter a very bold statement that describes *#Loneliness: The Virus of the Modern Age*.

The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for Loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread but there are many more dying for a little love. The poverty in the West is a different kind of poverty—it is not only a poverty of Loneliness but also of spirituality. There's a hunger for love, as there is a hunger for God<sup>1</sup>.

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<sup>1</sup> The quote was used with the permission of the Mother Teresa Center, exclusive licensee throughout the world of the Missionaries of Charity for the works of Mother Teresa.

This bold statement is a great mirror that reflects how far we've evolved in material wealth, technology, and our outer understanding of life and how ignorant we are in our understanding of our inner worlds, our infinite natures, and our souls, the main pilots of our lives.

Each chapter, each bold statement, each word in this book is an invitation from your soul to you to stop, rethink, and reassess who you truly are so you can connect to your essence, your truth, and your spirit and embody a new way of living and being.

Though we have created the most advanced technologies known to humanity with the potential to connect us to every human being on our planet, this book alongside Mother Teresa's statement is a great reality check and reminder to us all that life is far from the truth we have created for ourselves.

You don't need to read it in a book, be told by a friend, or experience an adversity to know that feelings of loneliness, rejection, and separation are painful and unwelcome. Your body's innate intelligence will trigger the alarm that will warn you when it's in a state of imbalance or discomfort or in a threatening situation. Your body doesn't feel good about being subjected to pain, shame, or any emotions triggered by loneliness. The problem and the truth of the matter is that despite this knowing, very few people are listening and doing something about it before it's too late.

You too may have left home, walked into an elderly-care home, children's refuge, or a place for homeless people and seen, felt, and experienced how lonely the lonely can be. No matter what you have or don't have in life, feelings of loneliness, rejection, and abandonment, as well as feeling not listened to, uncared for, and unloved is common to us all.

This separation, isolation, loneliness, and disconnection follow you in every sphere of your life. On your daily commute to work as well as in airports and restaurants, you'll see people glued to their mobile phones, iPads, tablets, computers, and laptops in desperate attempts to connect, communicate, and be heard. Yet if you look around, you'll see many people ignoring the presence of others right next to them, failing to create a personal connection with them, and shying away from simple conversation.

Technology and social media have become frantic attempts to numb the loneliness that some of us feel and suppress the pain that comes from

feeling rejected, not listened to, unacknowledged, or unloved for who we truly are.

Those of us who have become so distracted with life's daily demands fail to see that if we continue living that way, we are bound to become even more isolated, selfish, and self-centered.

If you don't do something about it, you may become an emotionless robot that's programmed by a central control unit and told what to do. The possibility of someone creating advanced technologies as seen in movies such as *iRobot*, *Kingsman: The Secret Service*, and many others is real.

Imagine what our world would look and be like without harnessing the power of nature that provides us with air, water, electricity, fire, and gas. It would be impossible to invent any of the modern technologies we now have and have become accustomed to. We take for granted radios, mobile phones, TVs, satellite communications, computers, laptops, tablets, robots, planes, and the Web that have helped us create rich content and share trillions of bits of information with people around the globe.

Similarly, without the contact, connectivity, and communication that occurs between the cells in your body, you wouldn't have been born and been able to function. Your internal organs wouldn't work. Your mind wouldn't be able to make decisions; you wouldn't be able to follow your feelings, know right from wrong, or hear your intuition. We as a species and the world as we know it would cease to exist.

This is why I felt deeply inspired to share the message of this book with you all. This message carries the healing power of love, which can support you in your journey from feeling lonely, abandoned, or rejected to being connected to your essence, your empathy, freedom, and your compassion.

By facing life's adversities head-on, honoring your truth, and experiencing quantum awakening, you can harmonize your body, mind, heart, and soul. In doing so, you will connect to the love that descends from the higher realms of existence. When you make contact with love, your curiosity will awaken, your heart will open, and your soul will be free to be.

A profound feeling of internal discord and your desire to seek a greater significance and connection in your life is what brought you to pick up