

Paul E.
Hendricks

WAKE UP!

12 Questions for Paul E. Hendricks

Author of *Wake Up! The Enlightenment of an American Misfit and Outlaw*

1. *What inspired you to write this book?*

The idea for the book came to me in a foxhole in the mountains of Grafenwoehr, Germany, where I was in training for the U.S. Army. I wanted to write a fantasy story about a man's journey back to self. Little did I know it would take me seventeen years to come back to the book—long enough to see the journey through myself.

2. *You call yourself a "misfit and outlaw." What does that mean?*

I came of age in the punk rock and hardcore music scene in Ohio and New York and was always a bit of an outcast from "mainstream" society. And I got into a lot of trouble, so that's how I became a misfit. I referred to myself as an outlaw because I was a "taker." I took from a lot of people; but mostly I took from myself.

3. *What does your life look like today compared to the life you wrote about in **Wake Up! The Enlightenment of an American Misfit and Outlaw**?*

My life is completely different, although I'm still essentially the same guy. Aside from my success as an author, publisher and teacher, the biggest difference is that I am much easier on myself than I used to be. As a result, I have a lot less stress and a lot more fun, even though I'm running my own business and working hard. I choose to love and respect myself and others now, rather than play the victim. I am the architect of my life.

4. *What happened to you and Diane? Are you still together?*

Yes! We're married now and we have an amazing relationship. She's my best friend and we can be totally honest with each other. Removing perceived expectations and communicating with less judgment and more love were the ultimate lessons we learned. She has supported me completely from the beginning of this journey, and often believed in me when I did not. With Diane on my side, giving up simply was not an option.

5. *What are the Universal Laws?*

You can call them Universal, spiritual or natural laws. They are the laws set forth by God, the Universe, Nature or whatever you want to call it. They include the Law of Attraction, which falls under the Law of Vibration; Cause and Effect; Circulation; etc.

6. *Do you really expect people to believe in the stuff you teach?*

I hope so. The information I'm disseminating isn't coming from me. Universal laws go back throughout the history of man and can be found in every religion and philosophy. I knew about them as a little kid so I questioned everything around me. Now I trust my instincts again.



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12 Questions for Paul E. Hendricks (continued)

7. *What is “be-do-have?”*

I believe in the trinity. In the Bible, the trinity is referred to as the Father, the Son and the Holy Ghost. I call it the Trinity of Consciousness. You have a conscious mind, a subconscious mind and a super-conscious mind, which is what connects us to everything else. The super-conscious is your essence, it's who you really are and who you were born to be. When you aspire to be something, the first step is to be it: live as if you are already the person you want to be. Next, start doing what you're passionate about. Your subconscious mind always finds a way to make you right. So, if you are being a certain thing and acting accordingly, your subconscious mind will manifest it. Be who or what you want to be; do what you love and you will have everything you desire.

8. *What do you mean by, “Don't Talk About it...BE About It?”*

I talked about being a writer and speaker for years. It wasn't until I decided to BE a writer and speaker that it finally happened. Remember, be, do and have.

9. *What do you want readers to take away from your book?*

I want readers to realize that they are the architects of their lives. We all have these stories that we made up about ourselves; stories of unworthiness, being unlovable, incapable, etc. They are stories we created mostly during our childhood and teenage years. They are our truths. However, they aren't THE truth. The truth is we are more than capable of living extraordinary lives. We just have to believe in and love ourselves. That's how we create freedom and liberty in our lives. I use my story to illuminate this truth. I wrote and published this book as an example of how powerful we truly are.

10. *Why did you decide to start your own publishing company?*

The more I learned about the publishing industry, the more I wanted to do it myself. I met with publishers and kept getting the same response: “You can't do it that way.” They literally woke up the misfit and outlaw in me. I admit at times I was naïve; however, it's been an awesome adventure and I've had the opportunity to meet and work with many exceptional people.

11. *What's the best advice you can give people that want to write a book?*

Put pen to paper and start writing. Don't worry about the “hows” at first. Once you set your intention, the “hows” will come to you. Tell your inner critic to take a hike for half an hour, an hour, however long you need to bang out a page or two. Don't worry about what others will think about your book; keep it to yourself until you're ready to receive honest feedback.

12. *Are you planning on writing a follow-up book to **Wake Up**?*

Yes. This book was the first in a series of three books. This particular book was based on the “Basic” seminar by PSI Seminars and “Awareness” class with Ike Pono Quest and focuses mostly on my past. The next book will be based on the concept of true choice, focusing on the present. The third book will be based on my vision for the future.

