

THE INNER REVOLUTION

by Luke Hancock

Have you ever wanted to change something in your life? Perhaps your career or country? Or even change something about yourself but didn't know where to begin or were too afraid to start? I wanted to change all of the above but didn't know where to begin, until my crash in November 2006.

Having received a traditional education in business, I worked in corporate sales in IT Telecoms for 17 years before burning out. The crash left me feeling empty, lost and betrayed. "Consume and you will be happy" had proven to be a false myth. It became evident to me that our *consumer society* does not satisfy or nourish us on any deep level. Treating us like docile consumers only serves to keep us in this "contracted state of awareness".

I began to slowly realise I needed another approach. To be guided from within and not from the outside world. Change was inevitable. I decided to leave it all behind before it was too late; create some time and space for myself and follow a life dream of mine to explore the world. During my travels I became aware that my basic biological needs had been met by Western culture (food, shelter, work) but not my higher needs of self actualisation (independence, creativity, self empowerment). I was living a life I was 'paid' to live, not a life I wanted to live. I *wanted to discover my real purpose for being here on earth*. I decided to spend my time in various Ashrams and Buddhist retreats to learn more about myself, meditation and the powerful teachings of the East.

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This journey of healing and transformation left me with a very different perspective of myself, the world around me and most importantly, *my role in it*. A big shift in my personal values took place; conditioned limiting beliefs began to crumble along with fear. Importantly I was awakening to my 'calling'. Following my intuition as guidance instead of *people pleasing*, upon my return I decided to re-educate myself both in the field of environment and in Life Coaching/NLP, with the intention of creating a new career.

Acknowledging that one of the biggest pains in our society is our unexpressed creativity and unfulfilled potential as human beings – partly due to us not knowing our gifts and purpose, but also because we operate from a place of fear – I have decided to share a very personal account of my entire journey in a book *The Inner Revolution*. The book shares not only my challenges, common to all of us supposedly 'stuck' in the Rat Race, but also how I gained courage to leave my comfort zone, enter the unknown and reach new levels of awareness; how I developed new tools, beliefs and confidence

"In his succinct new book, The Inner Revolution, Luke Hancock has presented a great way of going inside to find one's "Call to Action" – something each of us must do."

– James Redfield, author of *The Celestine Prophecy*



MEET THE AUTHOR

LUKE HANCOCK is the author of the life changing book *The Inner Revolution*. Qualified as a Transformational Life Coach and NLP Practitioner, he lives with his partner, Susana, in Thailand. Together they lead healing and self-empowerment holiday retreats on the coast of Thailand.

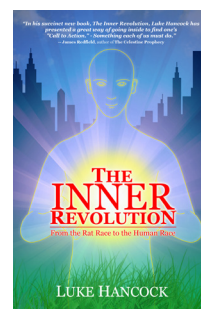
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FURTHER READING

THE INNER REVOLUTION: From the Rat Race to the Human Race by Luke Hancock, published by Light Worker Publishing House, paperback, eBook & audio (272 pages).



in myself and my relationship with the universe to make the right decisions in my life. I decided to write this book to really empower the reader and add practical value to their life. With this in mind, I have included very powerful life-changing exercises and teachings from the East, so that readers can choose and create the life they actually want, free from fear, rather than accepting the life they are 'supposed' to have.

Following my life transformation and the successful completion of my first book, I now lead retreats together with my partner Susana Norte. We have created a project called Mundos Divinos (Divine World), on the coast of Thailand. Mundos Divinos provides various 2 week life-changing 'holiday retreats' in healing, education and self-empowerment, designed specifically for people who want to change their life for the better and constructively contribute to the new *paradigm shift* that is now happening globally. We have life changing holiday retreats planned in the spring and autumn of 2014. We also offer the space to other professional spiritual teachers from around the world. I also work with clients on a 1 to 1 basis providing life coaching support face to face and via Skype. I strongly believe that spirituality must have a practical purpose in our daily lives, a service towards a greater purpose, a higher cause. With that in mind, I have begun preparation of my second book, *The Outer Revolution*, that exposes the broken, toxic, wasteful and dysfunctional ways of our current matrix and shares new and existing ways that can be applied to food, energy, money, health and more.

For those of you that resonate with my story, see below. Enjoy the book! Have courage to listen to your heart and enjoy the journey! 