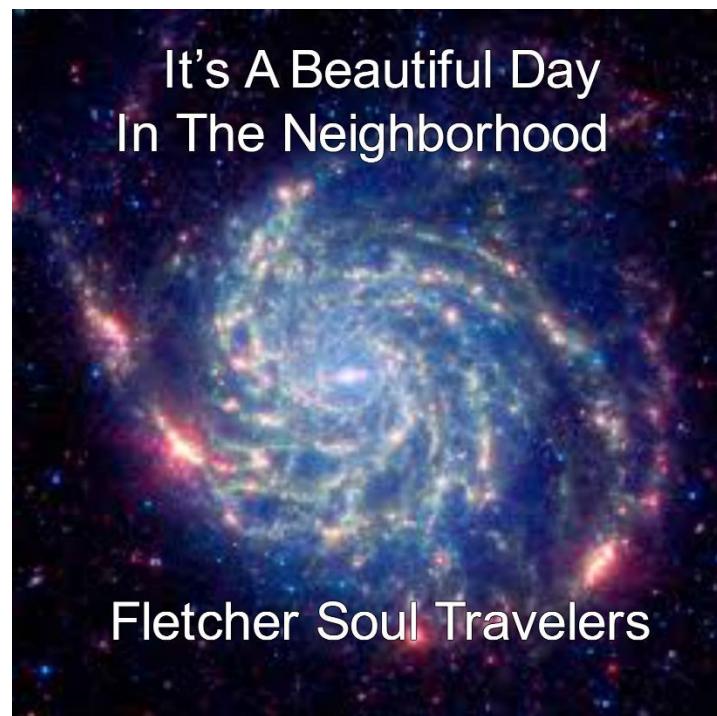


It's A Beautiful Day In The Neighborhood



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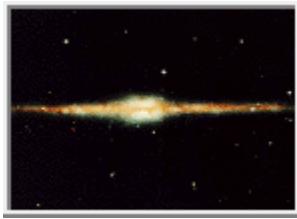
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Introduction



Isn't Life an incredible experience? We are all so different and yet we are all so similar. Each of us truly has a unique gift to offer this world. As human beings, we are custodians to the creatures of this planet and to the earth itself. I pray that someday we all hold the same dream and vision to make this planet a showcase to the universe.

At times as humans, we are so bogged down in everyday existence that we fail to realize we are a planet in midst of a galaxy in a universe. There are literally billions of universes. Yet we wonder and dream and worry about our tiny existence.



Grandma Josie seascape painting 1

This period of human history is an evolution revolution. Look at all the changes in this last century. More changes probably took place

from 1900 on than all of the changes in recorded history. Yet with all the changes is a man truly happy. What will make a man truly content? There's an old saying that "The Grass is Greener on the other side of the hill Yea it's burnt." In the west, we are searching for happiness in the material. Everyone wants to become a millionaire. We think that money can buy happiness and it will overcome all of the problems. We have been so conditioned that happiness is dependent on material gains. We look up to people who have everything materially and literally worship the ground that they walk on. Over in the east wealth is measured by one's own spiritual insight. People usually worship the ground walked by the various Gurus. What is the answer? This is what this book proposes one man's simple solution. All of us are so different and yet at the same time, each one of us is tied together by a string that makes up a garland. Our existence is tied together. For this planet to be tied together, we must be conscious. We can no longer go by our ignorant ways and destroy this planet. Each one of us has a part to play in the unfolding of this play. We must be conscious.



Dad's painting 1

Conscious, Conscious,
Conscious. What does it mean to
be conscious? This question has
been asked by all civilizations
throughout all history. Each
religion tries to answer these
questions in its own way. What
does it mean to be conscious? Is
there a state of consciousness
that ties together all of life?
What is Life? What is death?
These questions have pondered
man for forever. Is there life
after death or death after life?
Does death really exist or is it
merely a change of seasons?
Does time really exist?

Einstein's theory of relativity proves that there is infinite energy yet we
still live in a space-time continuum. Western science believes that we
must first have the experiment proven to be true to believe. But how
can Western science prove the existence of unifying energy which
exists in the whole universe? How can we prove that happiness is a
state of being?



For over two centuries modern man thinks that he
has solved the riddle of life. He has conquered nature
and all of the forces. We have taken nature and put it
in our possession. We saw the Indians as savages
because they were custodians of the land. They were
barbarians because they believed in a spirit of the

land. How foolish they were in this time of technology. Western Man was on a roll and they were out a touch of the times. Yet for all this technology have we solved the problems of the day. Has Man been truly satisfied? We have gone to the Moon, sent satellites way past Mars. Yet we still are longing to have peace of mind. We take sleeping pills, uppers, and downers to control our restless state of being. We are looking for something, yet we don't know what we are looking for. How many of us actually ask the question of what I am doing here. What is the purpose of being alive? School taught us not to question society but to memorize and give the right answer to the right question. Your grades were based on how good was your memory than the quality of your inquisitive nature. Dreams, Lovers, Ponders, Outsiders, People who were different or unusual didn't fit into this picture. Our society dictates that each one of us had to conform to a certain standard to be accepted. We couldn't tolerate people who were different. We all had our roles and the roles couldn't be reversed. Then came the sixties. This generation for the first time came along and didn't take the hook, line, and sinker. Sure we were childish and unrealistic yet that generation questioned authority and asked questions that are still being answered today. It was like a peace bomb was silently dropped in our society and started to activate more and more each decade. The sixties were full of drugs, sex, and the hope of a better society. Younger people distrusted older people and wanted to create a different society. There was a spirit of revolution in the air. The Vietnam War was on and for the first time, we questioned why we were fighting. People became draft dodgers and left the country. We thought we knew all the answers. In actuality, a lot was going on behind the scenes. The sixties died hippies became yuppies and rest are to be seen.



I grew up a child of the sixties. There are millions of baby boomers out there. We grow up together and played together. We played baseball, football, and basketball. We went to school together. We laughed and we cried together. We

played at the same playgrounds. We had the same friends. We all had the same ideals of peace on earth. We wanted this planet to be safe for our kids. We started a social revolution by creating the whole hippie movement based on love. We thought we could change the whole world. We went to anti-war demonstrations. A spark of hope was captured in our hearts. Could we as a society change our nation's way? By our protest, the war in Vietnam ended. Thousands of our dear friends fought for our country and thousands lost their lives. Each one fought with the idea they were serving their country.

Years later we are now parents. Many of our children are going to college or have graduated. We are beginning to take control of our business and government institutions. Have we lost our dream? Is there still a small flame inside of the heart that desires to change the world? Have we lost ourselves as a nation? Does our nation still have a soul? We have so many problems in our nation today. Crime. Drugs. Poverty. Poor schooling. At times as a nation, we don't know where to start. The problem seems so overwhelming. We have spent billions on the war on drugs and drugs are still completely rampant today. We have lost hope in the government. We have seen our leaders take office and hold on to their own power without any interest in the people they represented. Their attitude is what they know. I know what they want. The lobbyist controls the politicians. Has ethics gone out the door? Where are our

goals? Are we going to let the foundation of our forefathers crumble? We are now at a junction point where America can go two ways. We can go like the Romans and the Greeks whose civilization fell by the wayside or we can experience a new rebirth of America. The choice is up to us. At times we felt powerless as a nation. We don't know how to heal ourselves.

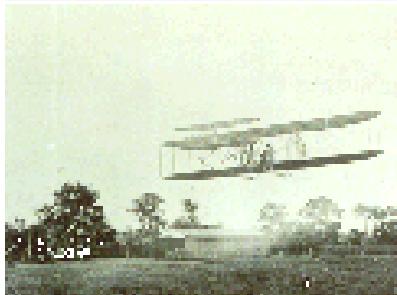
Maybe it's time for us to rekindle the flame that was started years ago. Dreams are never lost. We are wiser now than in the past. If we as a nation started to change ourselves our whole nation would bloom once again. Let's learn to be tolerant of each other. Each one of us can make changes in our life. Let's think of a nation as a whole. We are one being, one nation who is the hope of freedom for the world. The entire world looks at America for inspiration. It's time for a spiritual revolution. I'm not talking about converting anybody. I'm talking let's renew our spirit in shaping our country's destiny. Let's be more open to all races, religions, and nationalities. Let's rejoice that we're all so different and yet at the same time so similar.

If each of us would do something in our way to help our society we would be in a better place? Each one of us has something wonderful to offer. We have different gifts to give to this world. Whatever it is now is the time to start. Our dreams can be fulfilled.



My start is by writing this book. I hope I can create a small spark inside anybody who reads it. This spark can then be carried to another. We all have the same common dream. It is contained inside each human being on the face of the planet. We all want to see the human race living in harmony with each other. We are all brothers and sisters from the same almighty God. We may have different ways of seeing things yet we all come from the same Father. I hope we can learn this lesson. Let's join the Peace Train and let's go throughout our land traveling in peace and joy. The time is now. We need all of the world's help. There are millions of people throughout the world who have the same desire. Let's cast away our greed and our power and start to heal our nation. Let America be the light of this world. If each one of us would have the experience of the power of love that is keeping us alive our world would change. I speak of a peaceful revolution. There is no need for guns or war. We have been conditioned for so long that we don't even think there is a different way. But in this century India was free by the British by the whole nation uniting and protesting by non-violent means. The British government didn't know what to do. Consequently, over time they had to withdraw from India. Let's use our thinking power and our creativity to solve our nation's problems. Let's go back to the basics. The answers to our questions lie within. Whatever method works for you whether it is meditation, prayer, contemplation, or just thinking let's try to discover ways that you can help. In the end, we are all children of the creator. Let's rediscover our playfulness. Let's make our dreams come true.

What is the next step in man's evolution? Is man ready to go where no



man has been before? Is a man still growing or are we at our climax. At this point in history, man can discover places inside of himself which have never been uncovered at a mass human level. In the past few human beings had the means and know-how to rediscover the part of themselves which is eternal. Yet at this point in history, man is yearning at a conscious level to be truly free. Are our spiritual longings connected to our social and psychological changes of the time? Because man is a thinking being can we dream and project ourselves into a state of consciousness that is universal? Man for thousands of years dreamed of flying. He would look at the sky, the stars, and the birds. Such freedom it represented. And yet over time and centuries man developed the capability to fly. Can you imagine the joy of the Wright Brothers taking off on the first flight?

Just think at that moment in time the entire mankind's dream of flying was realized. Every day in our lives dreams is being manifest in our world. Look at all the scientific discoveries in the last forty years. Each discovery existed in man's mind and eventually, with the knowledge it was developed.

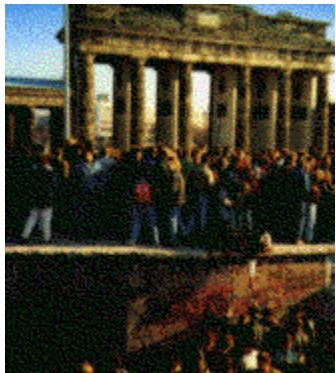


Does man have a global consciousness? If he does can it change for the better? What is the cause of man's problems? Is man merely a physical being that has a body and a mind which are distinct from each other? Man has been thinking along with these kinds of lines

for about 400 years. Because of this concept we have divorced ourselves from nature and our bodies. In the last decade, scientists have realized that there is a very fine line between the body and the mind. Both of them could be the same. Our hormones and our emotions are so entrenched that it has to say what comes first the chicken or the egg. Where this leads us as our knowledge grows our understanding of the world and universe grows. Man is at a pivotal point where we must change or we might not want to see the consequence. Look at the current condition in the world. In the US we use 60 % of the world's resources. Is this the American dream? We believe in democracy yet at some level we believe we have the right to over half of the world's resources. Are we a nation of greed or have we simply forgot that we are living on the planet earth and we should take care of it.

When the first white man first came to America the Indians couldn't believe the white man's idea of land belonging to someone. The land was for the whole of mankind. It was for nature and all of the animals. Since then we have almost destroyed the land and the resources. The conquest of the Wild West was over a long time ago yet we still hold it in our

consciousness. Maybe it's time to change our consciousness that in fact, we are custodians of the land. We should protect wildlife and nature. It's a shame that so many animals have been extinct due to man's greed. We think the world and all of its resources belong to us.



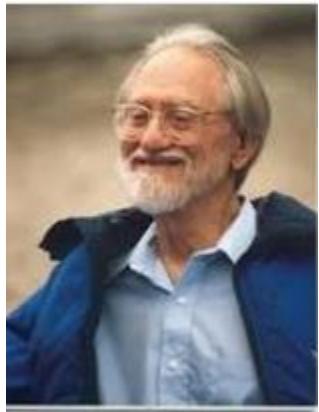
Can man change his habits? Can we use technology and change our society and our world around. Because there are dreamers I believe it can happen. In the world today there are millions of people just like you and me who believe we can change this planet and ourselves. We know to change anything we first must change ourselves.

Maybe this is the key to the next evolution of man. For thousands of years, man has been controlled by politics, religion, and the social order. According to a select few people, the majority of the population was controlled by the select few. What happens when the population stands up and says enough is enough? Look what happened in Poland, East Germany, and the Soviet Union. Ten years ago nobody would believe what would take place in such a short period.



Have you ever noticed that some goals seem impossible to achieve? And yet once they are broken man has shifted this idea and many hundreds of people could achieve this goal in a short time. Take the idea of a four-minute mile. Before Roger Bannister, nobody ever thought that this could be achieved. A four-minute mile. No way. Yet one day it did happen. Today some high school milers can

run a four-minute mile. Somehow a shift happened a door was unlocked in the human psyche.



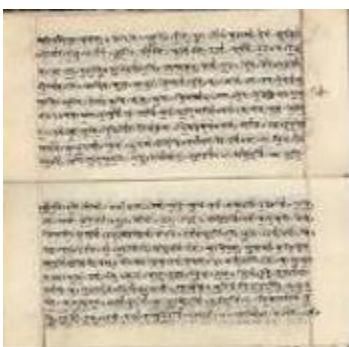
I sure a lot of us have heard about the thousand monkey theory. I read this story in a book by Ken Keys. Supposedly a research scientist was researching monkeys in the South Seas. I have heard from some sources that this episode never took place but it is a good story. The concept does happen as in the case of the four-minute mile. One day he saw a young monkey wash his coconut into the ocean. This was never done by the monkeys. Well in the next couple of days the research scientist discovered that all of the monkeys on this island were washing off their coconuts. To make a long story short in a few years all of the neighboring islands developed the same trait. What took place in the shift? I'm sure that there must be global consciences that subconsciously we are tapped into. We all dream of freedom, of peace on earth. I feel this is a state of conciseness that we can experience in our everyday walking life. The reason we don't is that we are too much involved in the everyday matters of life. What would happen to our world if we did exist inside of this universal state of conciseness? I know a lot of people say hocus pocus about conciseness. Isn't it about time that religions and science start seeing that there on the same bandwagon?

Isn't Einstein's theory of relativity proved that there is something beyond the physical? Energy = mass times the speed of light squared. To break it all down there is a universal energy that is sustaining the whole universe.



Have you ever read the book the Tao of Physics? In this book, modern science and ancient religions were talking about the same thing. In some of the passages, it was hard to tell which one said it the modern-day scientist or the ancient wise man. What I'm getting at that at this time in human history man has the capability at a mass level to discover who he is. We are wearing a mask and now is the time to take off the mask. It's kind of funny that Einstein's ideas occurred in the early

1900s. Here we are almost a century later and our whole world is still based on the same concepts as our forefathers. We believe in Einstein in some way but our lives are still dictated by our ancient ways. So many people have a hard time believing that we can change our consciousness. We still firmly believe that our bodies and our minds are two distinct and separate entities. But there are millions of people out there whose experience is against the so-called norm. They are the bringers of a new dawn.



According to the Vedas one of the world's oldest manuscripts, there are various stages of consciousness which occur in different ages. According to this manuscript, we are living in the Kali Yuga. Kali means Dark Age. Their idea is that there are cycles of consciousness from darkness to light. In a dark age, man is ignorant of his state of

being. He has no idea of who is and where he has come from. He has completely shut himself off from his true nature. This is what they mean by a Kali Yuga. These cycles go on for a few thousand to 10 thousand years according to different translations. The Sat Yuga represents an age where the majority of people know their true selves. They live in a state of a golden age or the Age of Aquarius according to astrology. Do these cycles exist or are they ancient tales? Are we embarking on a dawning of a new age or is it wishful thinking? Scientists know that there are natural rhythms. We quite believe in summer, fall, winter, and spring. Even if you live in Hawaii which I do man still believes in the four seasons. Is this a beginning of a new age for mankind? The only way to know is to catch the wave yourself and experience it for yourself. Incredible changes are happening all over the world. It's time to wake up from our dream. The whole world has the opportunity to dream together and let it happen. This dream isn't about forcing one religion against another or one country against another. This dream is about the world as a whole to be aware that we are custodians of the planet. We want to see peace on the planet. With the power of thought, we can achieve this dream.



Which is more powerful, an atomic bomb or the person who created the thought to build the bomb. Of course, the person who created the thought. Thought + energy = creation. Consider a universal intelligence that has thought and energy. What do you get over billions of years? Our

universe. Now suppose we take the same thought and the same energy and put it in force on this physical earth. What have you got paradise on earth? I know a lot of people have a hard time with that one but I know thousands of people who are in their everyday life are making that happen in their daily life.

[Web Of Life](#)



This book isn't solely about me and my adventures. No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey. At times I will stop and reflect on the impact they had on my life.

Surfing



I remember one event which totally changed my life. In 6 grade my brother and I had a paper route. My brother wanted to buy a surfboard. My parents said save your money and you can. At that time I didn't care one way or the other. On Christmas day in seventh grade, my parents gave us money towards a brand new surfboard. From that moment on something clicked in my consciousness.

It took us only three months to buy our new boards. We bought a Gordie surfboard in Huntington Beach. Mark McClellan Dad knew Gordie. Mark has been a friend for around 60 years. We both got surfboards and started to learn how to surf together. These boards were priceless for my brother and me. My father would take us after school and on weekends. My life from then on was the sea. I felt totally at home. All of my problems would disappear into the ocean. My happiest moments in junior high school and high school revolved around the ocean. It's hard to explain the excitement of riding a wave. Such joy and happiness come from this experience.



1969 1

sometimes made homemade pizza for lunch. We had a great summer. Surfing taught me to leave all of my troubles on land and be in the majesty of the ocean. The ocean was a great place for healing. It was alive.

As a child surfing was a form of meditation to me. I would like to wake up early in the morning and my Dad would drive us to the beach. I loved the early mornings. It was a spiritual experience to be in the ocean and experience the harmony of nature. During my summer of seventh grade, my brother and I would be dropped off at a beach called Big Corona. We would surf for 5 hours and then we would paddle home about 4 miles. Sometimes our dear friend Mark would come with us. We would arrive home exhausted and my Dad



Mickey Munoz 1

I will never forget my first wave riding a surfboard. My Dad gave my brother and me a surf lesson from a famous surfer of the time Mickey Munoz. We got out of school early one day and drove 45 minutes south to a beach named Doheny. We waxed our boards and paddled out

to the waves. I remember when it was my turn Mickey Munoz gently pushed me into a small wave. It was probably one foot. But this one-foot wave gave me such an exhilaration. I felt I was riding a 10-foot wave. Inside I was screaming "Yes Yes Yes". There were so much joy and bliss that I knew I was hooked. Surfing from that moment on became part of my life. Years later I felt so grateful for my connection with surfing and the sea. It saved my life. It was my home and refuge. It was a place on earth where I could go and be alone with myself. I developed such a strong bond with the sea. Surfing at the time represented our primordial roots with life. All of life is based upon water. Without water, our whole world would die. How incredible that humans beings can ride the waves of life. We take it so much for granted. I felt that without surfing I probably never would have survived my teenage years. Surfing was a vehicle to experience something far greater than I learned in schools. It touched the very source of life itself. I needed in my life practical ways to experience the glories of life and surfing provide me with that experience. I knew as a youth that we were all going through the motions of life. We were taught to memorize and not to question our existence. So many times the dreamers would get scolded that how it is. Don't ask questions. Just

carry on. Surfing allowed me to ask questions and to experience the wonders of life. I knew I was protected and my life was on track. Years later I realized that surfing brought me in contact with GAIA the mother earth. I could go surfing and all the troubles of life would go away. The planet is alive and conscious. I learned this at a young age. Surfing brought me the experience that the ocean is alive. It communicates to you by the power of love. Talk to any surfer and they will say the same thing. Maybe they can't put words to it but they will agree that the ocean is a marvelous place.



One experience I remember in eighth grade was every day I would see this girl named Patty Tucker going down the hall between the fourth or fifth class period. We would simply smile at each other. I took her to the Sadie Hawkins dance. Years later I saw her at our 20 reunions and both of us remembered how powerful that experience was. It's amazing how some experiences get carried along with you for the rest of your life. I'm sure years later this experience will linger. How powerful we are as humans just the mere look and no words can generate such a powerful experience. Our feelings were of inner connectedness. It was beyond boy and girl. It was a simple recognition that we are alive and we both recognized the beauty of it. It was beyond words. Not one word was ever spoken between us in that hallway. How incredible years later I still can feel the magic of those moments.

Mark McClellan



Mark had a huge influence on my life. We were neighbors. He lived across the street. I spent many hours with Mark and his family. Mark is extremely kind and loves the adventures of life. He loves to snow ski and spent many years snow skiing. Mark introduced me to many different kinds of music. He was always sharing different

points of view. People liked to be around Mark. Kevin Charles another good childhood friend said to me about a year ago "Who wouldn't like Mark. Mark is the kindest person I have ever met." Yep, that's true. Mark has the spark of life. Maybe he gets that spark from his Dad. Spark is his Dad's name.

Knowing someone that long Mark has a deep place in my heart. We have had many incredible adventures along the way. I call Mark about 4 times a year to keep in touch with him.

Mark will forever be young at heart. He loves life and life loves him.

Cookie Monster



Recently I had a phone conversation with my sister Jane and she told me a story about Mark that I had forgotten. Many times when my sister would make her famous Chocolate Chip cookies Mark had this uncanny ability to either call or come over to our house. This happened many times. In fact when at a certain point my sister would see that Mark would call or come over and he did. This was a great joke for us. How did Mark know, good question? Was it by chance? I don't think so because it happened so often or Mark has a keen sense of smell he lived across the street. Mark would have been an incredible Hatha Yoga practitioner. He could do yoga moves I have never seen before. I was flexible but Mark was off the charts.

Jinx And Red Liquorice



My sister reminded me about another cute story. One Christmas my brother and I gave my sister 500 sticks of red licorice. That was her favorite candy. After a few months, she was down to four. She decided to share the last four with the brothers. She handed each one a stick of

licorice. When she handed me I accidentally dropped it. We had a poodle who scooped it up and ran out of the house with us four kids chasing the dog. It was quite the scene. It's amazing how each one of us has different memories that come up when we think about our childhood. I forgot all about these two incidents until my sister

reminded me. At that point is was an easy recall. Just think all our memories are there but at times we need a trigger to remember them.

The fifties

Childhood (House Of The Future)



My brother and I were born December 24, 1952, in Pasadena Calif. We had an incredible childhood. My Dad and Grandfather owned an aerospace company. The first house I remembered was near an orange grove. My brother and I would sneak through the fence and walk in the orange grove. There was a tree house and we would climb up in it. We were probably three years old. Our house was years ahead of its time. My father and grandfather were both inventors. They developed a house where you could walk in the house clap your hands and the lights would come on. The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.



Move lamp an where and it would light up. 1



Windows would close when it rained. 1



Move watching us on TV 1

My mom would watch us in the backyard by video cameras while she was cooking dinner. This house was featured in the Los Angeles Times Home section. This was back in the early

fifties..



Steering wheels for kids 1



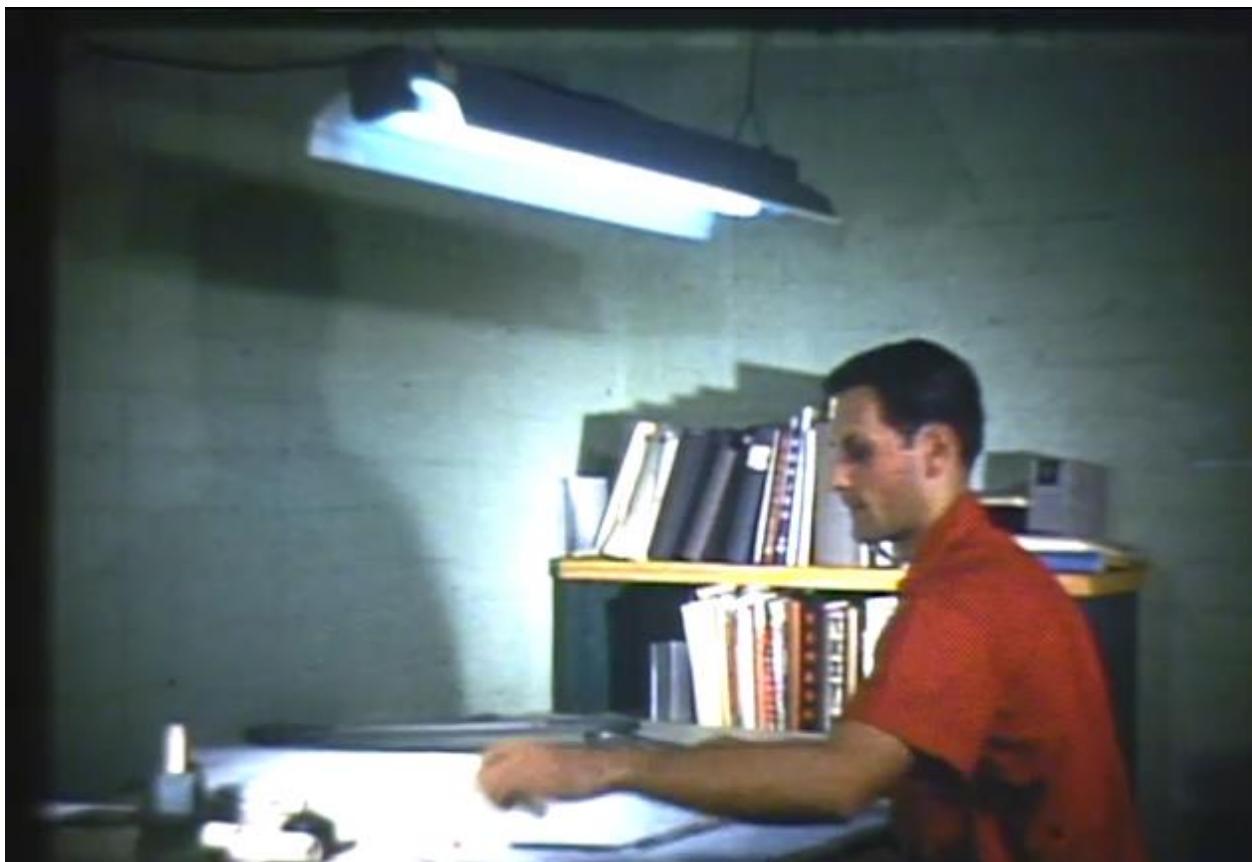


Floating frying pan 1

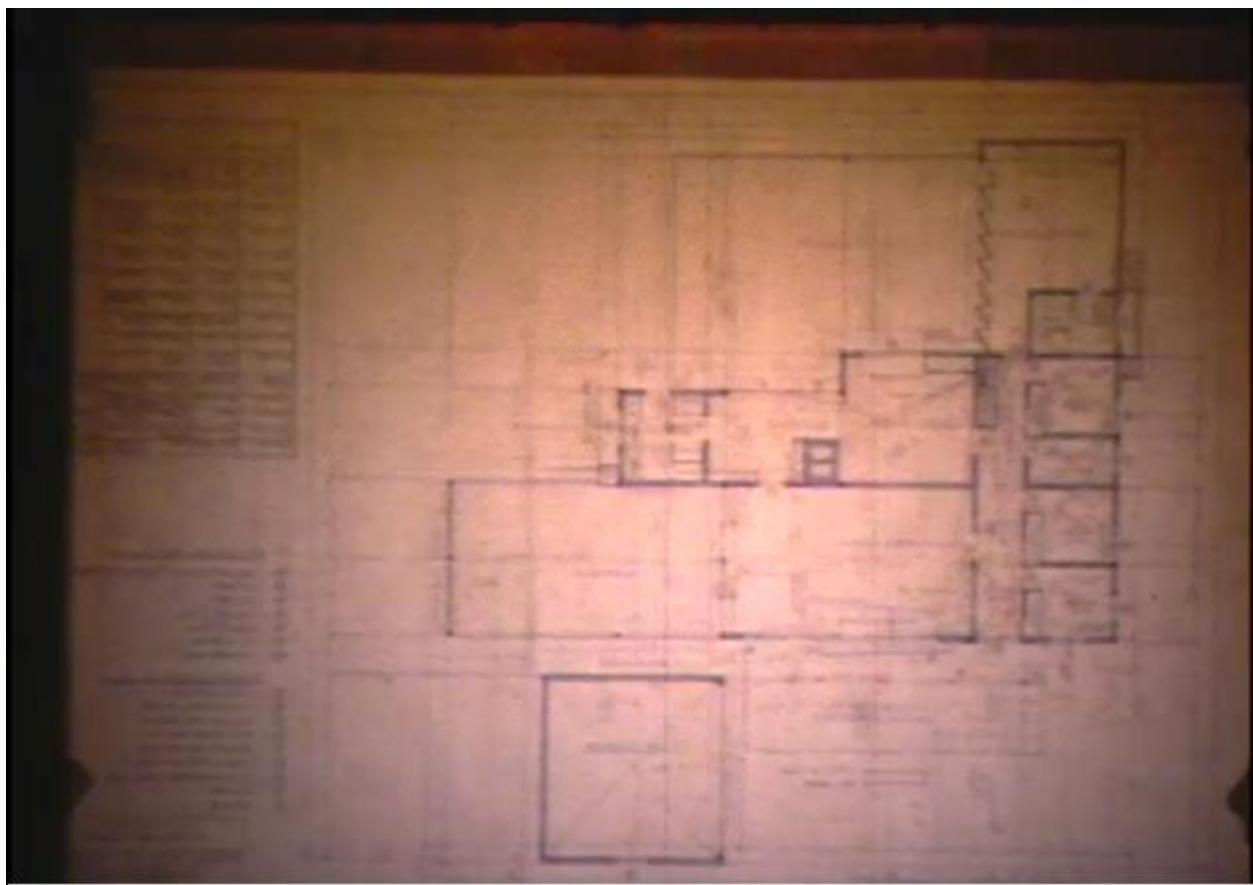
In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)



Control room 1



Designing house 1



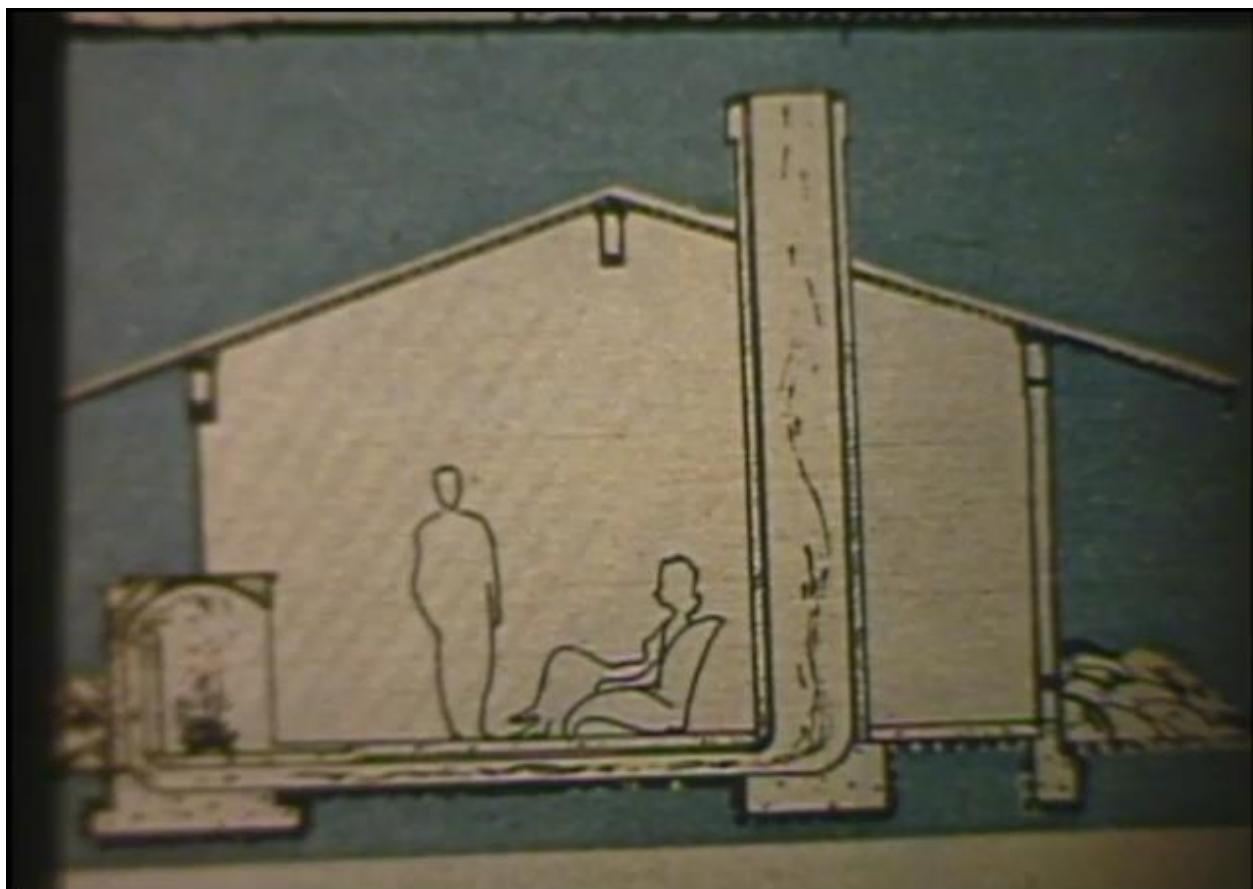
Plans 1

- House of Mechanical Surprises
- California's Wildflowers
- Rustic Ranch House
- Paper Sculpture

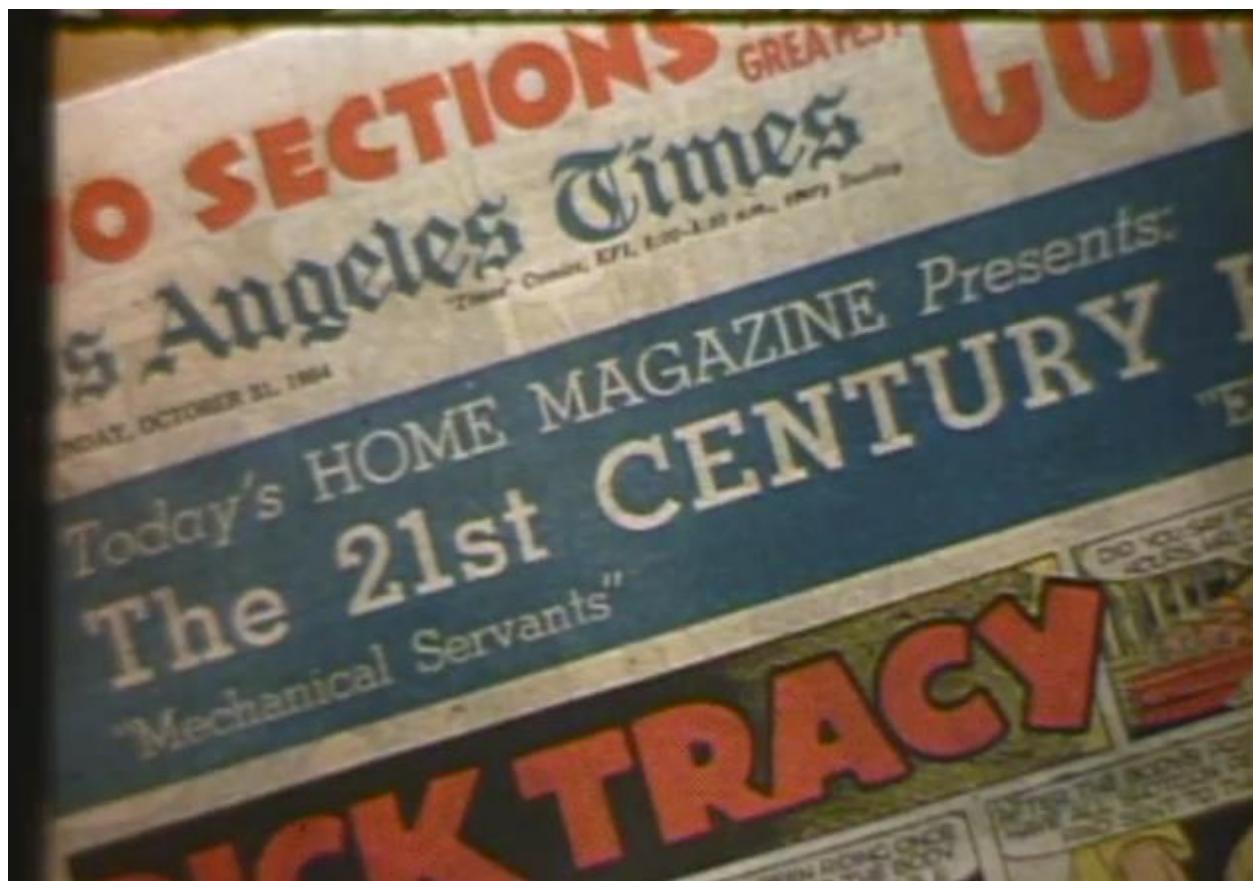


LA Times House section 1





chimney underneath floor. 1

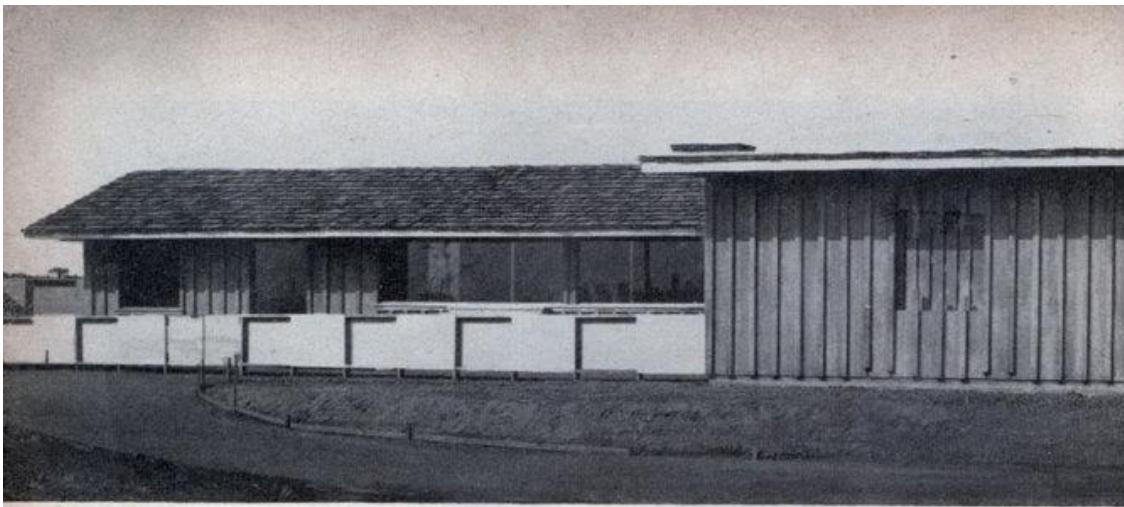




Lights turn on and off by waving hand. 1



Could see out but not in. 1



"House of the 21st Century" has rustic shake roof and board-and-bat siding. Makeshift fence is only temporary

Built for Modern Living

A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

IN JACK FLETCHER'S new home, the windows close themselves whenever the wind blows hard for more than 15 seconds. They close automatically, too, when a rainstorm starts or when the outside temperature drops too low for comfort.

Guests never trip over the wires to a floor lamp in Fletcher's living room. The floor lamps in this "House of the 21st Century" have no electric cords. Their fluorescent tubes, in fact, could be burned out and still operate perfectly when placed over certain spots on the living-room floor.

Mrs. Fletcher's stove has an attractive hardwood top and she does her cooking over the stove, not on it. A concealed electromagnetic cooking element not only heats the pans but keeps them suspended in the air while the meal is cooking. There's no need for an "old fashioned" metal stove top.

If the children start quarreling in their play yard, Mrs. Fletcher can admonish them at once from the house via a loud-speaker attached to the play-yard wall. She sees the youngsters by means of a television camera that scans the yard area and is linked to TV receivers in the kitchen, living room and master bedroom. These picture tubes also receive standard TV programs.

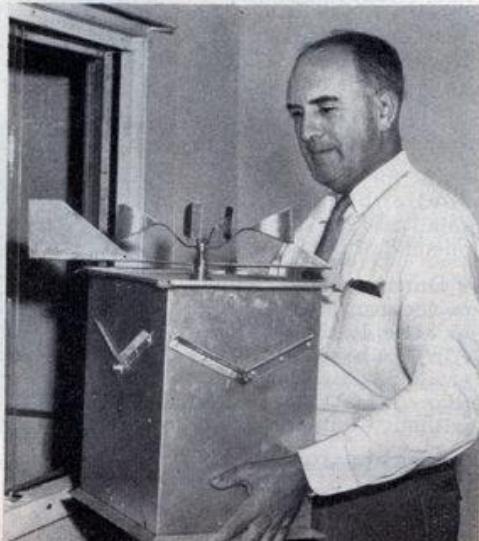
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

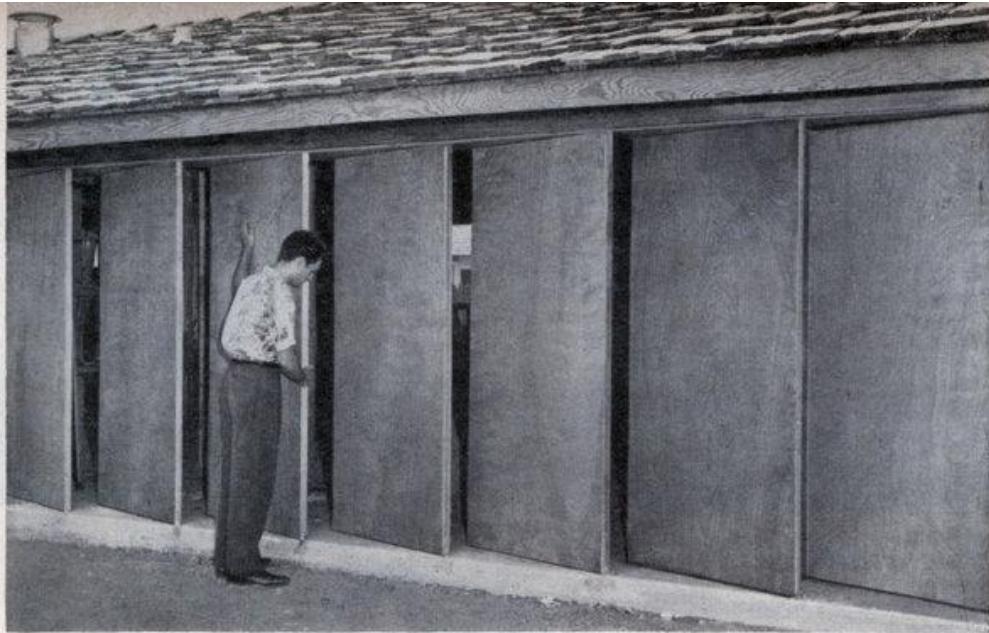
enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

To phone his office or various friends Fletcher presses a button opposite the name he desires, then lifts the receiver when a signal lamp shows the connection has been made. The actual dialing of the number is performed by a concealed rotary switch.

One of the fantastic features of Fletcher's

"Window brain" with rain troughs, weather vane and wind gauge, shuts windows exposed to bad weather





Bedroom wall consists of slab doors permanently set at a stagger. Movable glass panes will be between

thus can be simple nonload-bearing curtain walls built up from short inexpensive lengths of material. The wall panels, in fact, were assembled at a temporary factory instead of on the job. They consist of one-by-six-inch vertical stiffeners nailed to two-by-four horizontal spacers. There are no vertical studs in the ordinary sense. Any scrap lengths of wood as short as 29 inches can be used.

This wall core is erected, then building paper and insulation are added, and finally the exterior and interior wall surfaces are applied. In Fletcher's home the exterior consists of redwood boards and bats. Wall-board paneling is used in the interior.

Steel-pipe columns support the roof beams. The beams are hollow and are built in accordance with aircraft design. A typical beam may consist of a two-by-six on top, a three-by-six on the bottom with 16-inch-deep walls of one-half-inch plywood and with an internal wood stiffener every eight feet. One of these beams will support a 25-foot span and can be nailed and glued together "by the mile" at less cost than solid timbers. For some shorter spans two-by-fours are used for the top and bottom of the beam.

To provide privacy, light and ventilation in his bedroom Fletcher used slab doors for one exterior wall, the doors being staggered to create a louvered effect. The space between each pair of door panels contains a narrow pane of glass for ventilation.

Patio areas outside the house have louvered roofs that screen out the sun and yet permit air to circulate. The patio-roof boards are set on edge, in slots, and may be

removed when winter sunlight is desired.

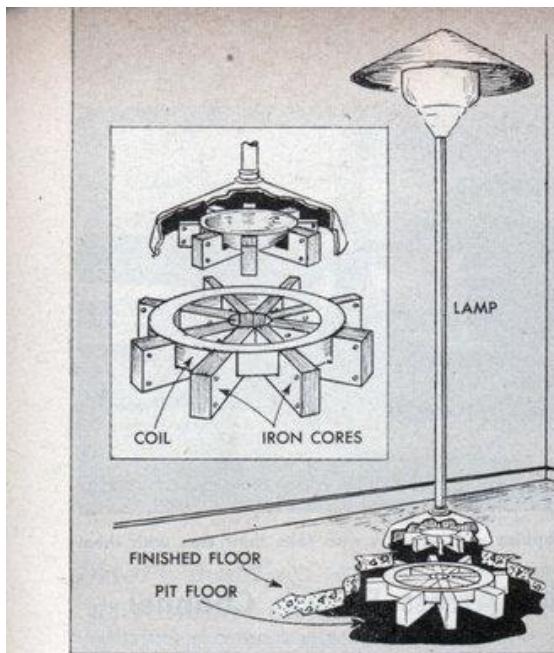
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate an electric circuit. Solenoids beneath the windows trip locks to release springs which close the windows.

Mrs. Fletcher's mysterious stove operates by electromagnetic repulsion. Be-

Wood louver roof over patio provides shade in summer, may be lifted out for additional sunlight in winter



POPULAR MECHANICS



Cordless floor lamp relies upon induction coil buried in concrete slab floor, secondary coil in lamp base

neath the hardwood stove top are four main lifting coils that also heat the metal pan floating above it. Three adjustable stabilizing coils steady the pan.

To operate his cordless floor lamps, Fletcher buried induction coils at various points in his living-room floor. Contained in the base of each floor lamp is a secondary coil. The current flowing between the coils provides enough wattage to fluoresce the gases in the fluorescent tube at the top.

The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate

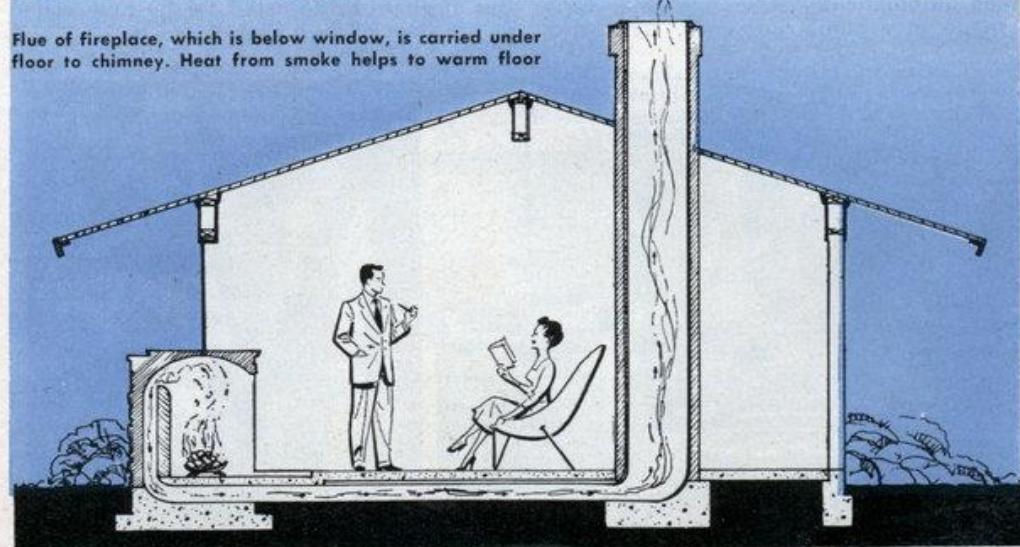


John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

connected to a vacuum-tube circuit. A relay then switches on the lights. The same capacity effect operates the doorbell when a person walks onto the porch. It is used outside the house to operate lights and on a burglar-alarm system.

By the time you read this, Fletcher may have added some other improvements to his house. He and John Campbell are studying the feasibility of an outdoor air conditioner that would keep the large patio areas at comfortable temperatures even on the hottest days. And they are thinking about an invisible ultrasonic screen that would keep flies away. ★ ★ ★

Flue of fireplace, which is below window, is carried under floor to chimney. Heat from smoke helps to warm floor



At that same period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep. They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall. If you don't have inside connections with the government you could have a futuristic jeep and nobody would care. During this time they came up with a way to make houses that would cost 1/10 of the present-day house. It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this. Consequently, it was never marketed. I guess those early years had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present. One of my first was multimedia. Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market. You could put in a search for a house and all of the houses which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house. This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo database programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



Our great Dane Carmel 1



One of my first impressions, when I was young, was that when my brother and I were born that I said to him you go first and check it out. My brother remembers going down a long bright tunnel in ecstasy and then told me to come down. I remember it was a rush and both of us laughed inside. When we were young my brother and I had telepathic communication with each other. A lot of people thought we had communication problems because we didn't talk English very well. I remember our state of communication was non-verbal but with thoughts, pictures, emotions, and experiences. It was like if you wanted

to know about an apple and you have never seen one talking was one way to explain about the apple. A way was to graphically send the experience of an apple. I remember hearing stories about tribes in the South Pacific Islands who would communicate with their loved ones telepathically. Today we use telephones. Our sense of communication is more physical. It's kind of funny that people think it is mystical when it is probably very natural. We have simply not used this communication so we forget we ever had this ability. So now we scoff at the idea that man can communicate in ways that we don't imagine.

[Jokesters](#)

My brother and I loved to play jokes when we were kids. I remember that one joke we played was on our bus driver coming home from kindergarten. As the bus driver drove us home, we realized that our mom wasn't home. Usually, when that is the case the driver can't release you. You have to return to kindergarten. My brother and I didn't want this to happen. As soon as the bus stopped my brother and I ran out of the bus and ran to our front door. It was locked. So we ran to the back of the house and entered another door. The bus driver was amazed. He knew what happened. He started to yell "open the door. You have to return to kindergarten. We both made faces. Fortunately, my mom came home and resolved the situation.

When my brother and I were babies my mom put fingernail polish on one of us to tell us apart. We used this to our advantage growing up. In the fifth grade, we would switch classes for the fun of it. All the kids in the class would get a kick out of that.

Take Me To Your Leader



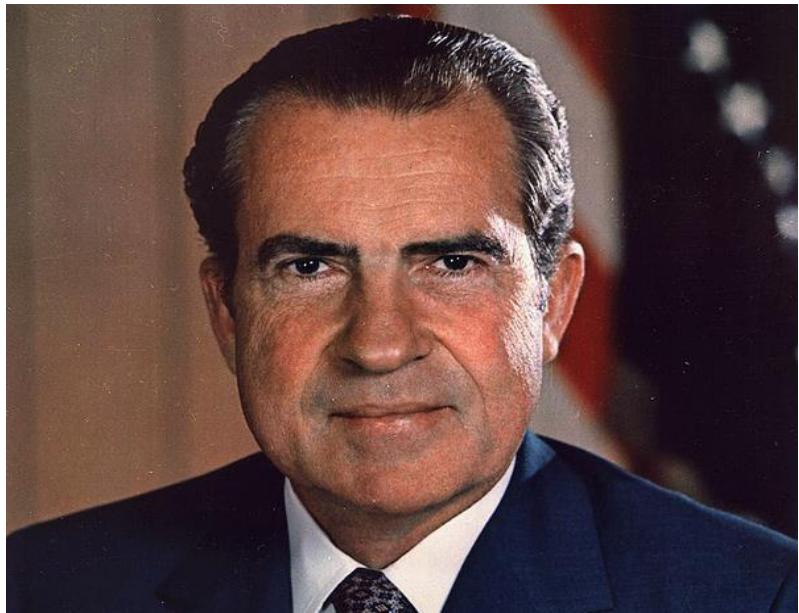
I remember when I was a child my Uncle took my brother and me to Bob's Big boy for a chocolate milkshake. The place mats were a spaceman with the words "take me to your leader". My brother and I were so much in joy placing these masks over our faces. In one way we knew that we came from the stars and it was really funny to see these masks. We knew that

these earth and bodies were stardust and could laugh at the joke. Yet we take this life too seriously. We think this world is so physical yet over 94 years ago Einstein taught us differently. Yet we continue to live and believe so staunchly in this space-time continuum. My brother and I knew we were special and yet we knew everyone was special but didn't know about it. I remember looking at the stars when I was a child and I knew that I came from far beyond the universe. Here I was in a tiny human body but something inside of me knew that my consciousness existed everywhere. I was the sun and the stars. I knew as human beings we could experience this but at the time our western culture never expressed the idea. I remember when I was probably about 10 years old my yearning for self-discovery began. I began to look consciously for ways to learn about myself. Whenever I heard the words India or meditation or yoga it would send a chill down my back. I remember trying to get involved with a church but I had a hard time with the concepts. I felt that life was glorious and incredible.

Christianity was trying to make me feel guilty for what 2000 years ago. At the time I had a strong connection with Christ which I still do. It was my own personal and private connection. I felt that religion should be a private experience. I had my own experience with the creator. At times I would watch the church services on TV but it didn't have any substance. I felt it was a lot of talk and they took advantage of people. I knew at that age if I kept my vision that I would someday have the experience that I was looking for. I knew the doors were inside of my being but I wasn't conscious of the doors being opened. I knew I needed a direct personal experience of my creator. My life as a child ran on two levels. I was a happy-go-lucky kid. I loved the world and played to my heart's content. On the other side, my life was very personal. I wished for the stars and my friends on the other side. I lived in this world but I didn't altogether leave my inner world. I knew there was a purpose to live. Our culture at that time hardly expressed our desire to become one with our creator. We were taught that when you die you might have the chance to experience your creator. I could never buy that. I knew as human beings we could have a firsthand moment-to-moment connection with our Lord. It was direct and personal. As a child, I never wavered from that. At times I would have fleeting glimpses of that experience. I remember waking up and feeling such joy and ecstasy. I knew that in my dreams I went to such an incredible place. But I didn't have full conscious memory. I knew my friends were looking after me. I felt that in due time I would be shown the way to consciously 24 hours a day to be in that joy.

The sixties

Prophesy On Maharaj Ji Baseball Game



One experience I remember was in little league. I was stepping up to the plate and the catcher Ricky Nixon the nephew of Richard Nixon told me that a young Indian boy born in India would someday come to the west and teach the knowledge of

oneself. Years later after meeting Maharaj Ji this experience filtered back to my consciousness. The Indians believe that the whole universe is being recorded like a video camera. Man has the potential to tap into the energy fluctuations and bring back experiences from the past and the future. Take Nostradamus the famous French philosopher. He could foretell the future. Every human on the face of the planet has this potential but it has remained hidden. I'm sure that years later Ricky Nixon never remembered saying such a thing. Can our minds be used as an antenna and prophesize things in the future and yet as humans we are unconscious of it. I remember years later this episode. Even back then I had signs in my life to relax and enjoy this ride of life. Patience pays off. We just have to be persistent and in the end, everything will come to fruition.

It was kind of funny that years later Richard Nixon became president. I remember during the Watergate crisis I was glad that he had to leave office. Years later I have a different perspective on things. Before he died I admired him for being a great statesman. He was crucified by the world and yet he came back and carried on with dignity. My view of him changed. I guess you could say I had love and compassion for him. I felt he was an old wise man for America. Over the years my feelings and thoughts change. During the Nixon era, I was very much against the war. I was anti-Nixon but over time we can respect those whose ideas don't follow our own. I am learning to be more open and accepting of other people.

Years later I can see the God always provides hints that he is inside of us.

Learning How To Ride A Bicycle

Once upon a time, there was two twin brother named little Ricky and little Johnny. Little Johnny was a genius in picking up and learning new things. While little Ricky was what you would call on the slow side. It took him hundreds of tries to learn new things.

For example one Christmas morning their wonderful parents presented them both with brand new bicycles. Both of them were so excited. Well, they took them outdoors. Little Johnny hopped on his and immediately started riding down the block. Well, Little Ricky didn't have the same luck. It was kinda funny to see how clumsy he was. He didn't give up. He knew deep down inside he could learn how to ride this. It took him about a month.

The first time he realized that he was riding the bicycle he was filled with joy. He was so grateful. I did it. I did it. I didn't give up.

This incident carried him throughout his life. Every time he had to learn something new he remembered the experience of learning how to ride a bike.

Years later his wife said that he learned things so quickly. Little Ricky just smiled. He knew that life taught him such a precious lesson at such a young age. New give up. Preserve. You can learn anything. It may just take your time.

Follow The Recipe

Little Ricky loved ethnic foods, He was brought up since he was born to eat ethnic foods. He loved them. Yet he never knew how to cook them. One day in high school he enrolled in a cooking class. He wanted to learn how to cook. To his amazement, he learned that there were cooking recipes that you can follow to make each dish. A recipe usually had a list of ingredients along with the actual step-by-step steps needed to make the dish. He was so excited. From that precious course, he took he learned hundreds of recipes throughout the years. He took the same concept to his own life. He learned how to use spices like kindness and patience in his life. He would sprinkle these on his daily actions. He knew that life was an incredible adventure. He adds these precious spices to his everyday affair.

Ponder this over. What spices can you use to enhance your life? Kindness, tolerance, patience. Love and compassion. These are incredible spices that the world loves.

Learn how to avoid the spice of anger, being a bully, and fighting. These never are good in the end. They are old habits from the past.

Saving The Kitten



I was a member of the Boy scouts for a few years. One day I was selling Boy Scout tickets for an event with a friend of mine. We were overlooking the bay. All of a sudden my friend yells there is a kitten in

the water. I see the kitten and jump in the water wearing my Boy Scout uniform. I get the kitten and return the kitten to its owner. The owner gives me 5.00 for saving the kitten. The next day at school the whole class is excited that I saved a kitten. One classmate said to the class that I should be ashamed that I accepted money for doing a good deed. A true boy scout would never do that. I felt so embarrassed yet at the same time, I never knew about this so-called rule. It seems like my classroom friend wanted to taint what was done. Years later I think my friend intentionally threw the kitten in the water without me noticing it.

Church



St Andrews church 1

I remember as a child going to Church and getting very confused. Somehow I knew that I had the potential to experience a light more brilliant than the sun, eternal music, nectar, and vibration which is keeping everything alive in the whole universe. I knew that religion was a practical experience of God. We have the potential to experience the source directly inside. I remember asking the

minister can we see God face to face while we were alive. The answer was no. You have to wait until you have died to have that experience. I couldn't take no for an answer. I knew we as humans could experience Christ while we are alive. I believe in all religions and the universality of all religions. Religion comes from the word *religiō* which means realization. I feel as mankind we should be tolerant of all religions. Faiths are simply different flowers surrounding a garland. Each sect and religious order is a different flower on the garland. I know at times in my life I was very staunch and I knew this was the truth and the concept I had got blown to pieces. Einstein proved that the material world is not absolute. Our concepts, our thoughts are not absolute. They are ever-changing. Let's not get stuck on one idea and say this is for everybody. One man's poison is another man's food. The Muslims won't eat pork but will eat beef. The Hindus won't eat cows but will eat pork.

I remember my early childhood of joy. My brother and I were popular in school. We excelled at sports. Learning was a joy. I remember an intense desire to know myself. I knew there was an experience inside of me and I knew a teacher could reveal it to me. As this story continues I realized 20 years later that we are our best guides. God truly lives inside of us. There is a part of us that is eternal and resides everywhere. We just need to open the door within. God is always providing hints that we are never alone. You are the sun, the moon, and the stars yet we have simply forgotten. All the answers lie within. The more you pay attention to your higher self the more it gets revealed.

[Altar Boys](#)

My brother and I were altar boys or Acolyte for one year at St Andrew's. Our job was to light the candles at the beginning of the service and to extinguish the candles at the end of the service. Everything went according to plan until one Sunday morning. I remember when they lit our candles. You can adjust the intensity of the flame. Usually is a small simple flame. But not on this day. It started small but as my brother and I walked down the church aisle the flame began to grow. Halfway down the aisle, my flame was like a flamethrower. When we reached the altar to light the candles the flame was huge. The candle was very near the wall of the church. I remember lighting the candle but at the same time, the flame singed the walls of the church. It was quite the moment. I remember my Mom saying afterward that was quite the lighting of the

candles.



Europe In Grade School



more awesome stuff at ThumbPress.com

When I was in fifth grade my parents took us to Europe. It was so incredible to see the countries that I learned in school. We saw the ancient coliseum, the Forum, Vatican, catacombs in Rome. In Paris the Eiffel Tower. We went to French, Italy, and Switzerland. I have incredible memories of that trip. My love for different cultures began to blossom. Each country was so different and unique. I loved the smells, the food, and the different customs. Europe was so

different than life in the states. I loved to see the vast differences. This impression carries with me today. I love the diversity of life. I love meeting new people, cultures, and different lifestyles. We are all so

different yet at the same time, our essence is the same. Untimely we are the same. We came from the same creator.



St Mark's square Venice 1

This is my passport photo. I'm sensitive to light. I remember the lights were so bright it burned my eyes. Many moons ago.



Passport photo 1

My Father Teaching Us Exercises

I remember in the sixth grade my brother and I received a series of exercises from my father. My Dad drew each exercise on a brown piece of paper. It was enclosed in a brown folder. At that time my Dad said these exercises came from the Air Force. I practiced these exercises for many years. When I began to study yoga I found out that exercises were yoga postures. It wasn't until 20 years later that my Dad told me that he had a Yoga teacher in the early sixties. Those exercises came from my Dad's teacher. It was kind of funny for years my Dad couldn't understand my brother and me. When he found out that both of us were on the same wavelength we both laughed. It was kind of funny that years later I realized that the exercises my dad taught me were the foundation of the exercises I do today. Even back then I was guided in learning about ancient postures which create good health for the body. I did not have any formal teachers but my brother and I did these exercises every day. To this day it is a foundation for my physical health. I was lucky as a child my parents were conscious of the foods we ate. We weren't vegetarian but our diet was excellent. Our diet consisted of vegetables, grains, fruits, and poultry. We only had soda pop for Christmas and Easter. We had some junk food but fortunately, it was controlled. My body thrived on good wholesome food. These habits were easily incorporated into my life later on.

As a child, my brother and I would go to bed between 7:30 and 8:00 every night. Our bodies naturally followed the rhythms of life. Consequently we hardly ever got sick. I probably was out sick for a week total my whole 12 years in school. Subconsciously my life was directed to a healthy lifestyle. My Mom said you can go to bed as late as you want knowing that we would be so tired around 8:00 and we would just fall asleep. I remember my Mom kissing

us good night and we would fall asleep before she got out of the door.

I believe that everything is contained in our DNA. I feel at a young age I tapped into the past where I had this spiritual upbringing where the human body is divine. At this time none of my friends could relate to this. This is another factor that we can listen to and find guidance from within. We are never alone.

High School

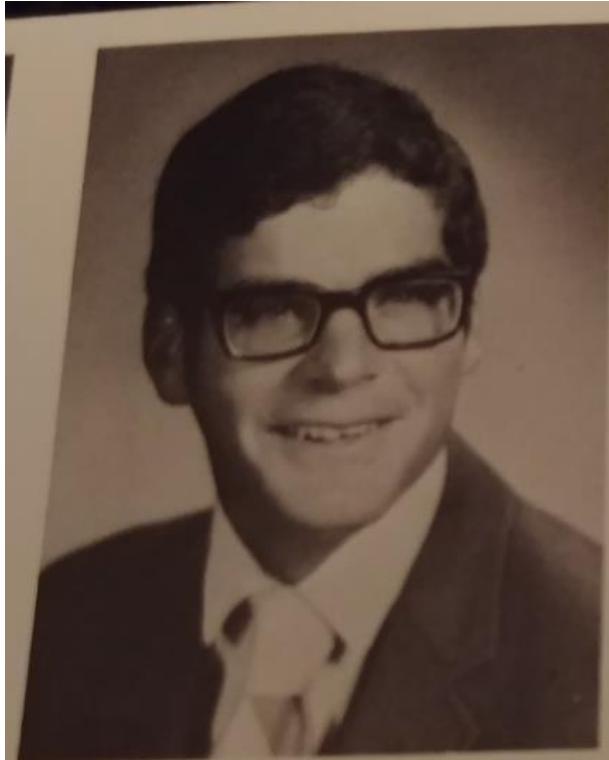


In ninth grade, my brother and I went out for cross country and track. I didn't excel until the tenth grade. Then I was unbeatable. I won every race of the track season. I remember how incredible running was. It was such a rush. My brother and I could run 10 miles in an hour. Running put me in such a trance. At times I felt I was on top of the world. Each step was a living

experience of the power of life surging through me. I remember one tactic I learned on my own was to breathe through my nose as long as I could during the race. I ran the 1320 3/4 quarters of a mile. I would usually run two laps through my nose and the last lap and I would run as fast as I could through my mouth. I would usually win by a long shot. I remember my last track meet before the finals



Graduation day 1



Richard Fletcher
Pasadena, Cal.
Professional Bum



John Fletcher

Year book photos 1

I won my event yet according to some rules I could be challenged the next day. The following day I had to run against runners who have been running varsity all year round. I knew that it would be very hard to run the next day. It usually took a few days to fully recover. I ran a respectful race but didn't qualify.

For All-Country Clash

"Keep up the good work," can always be heard from atop the stadium stairs by Harbor's cross country runners. Optimistic Coach Robert Donald is usually the one yelling the encouragement while his team works out below.

Coach Donald is very pleased with his team as they look toward the upcoming Orange County Championship tomorrow. Coach Donald stated, "Every week we have over 20 improvements in time, which is very good for a field of only 40."

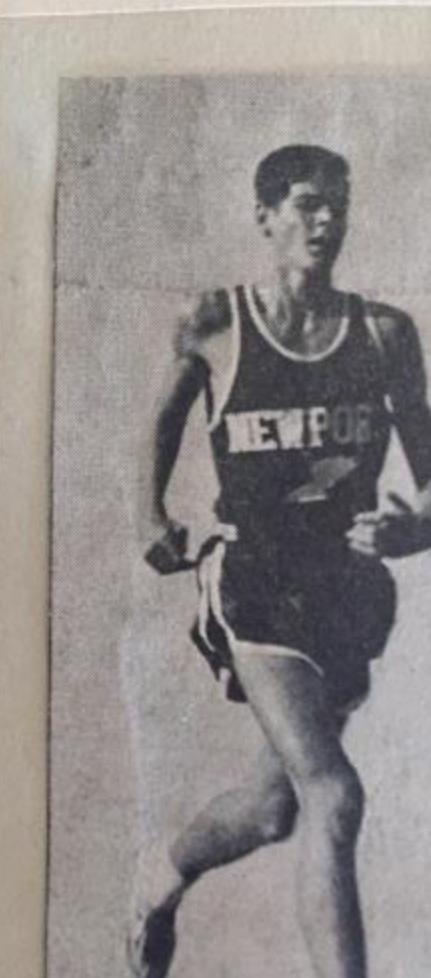
Toughest Challenge

While looking ahead toward future meets, Coach Donald pointed out that Westminster will be Harbor's toughest challenge.

Against Marina October 4, the Tar varsity was victorious over the Vikings by a score of 22-33. Top runners in that meet for the varsity were Rick Pierce (1st, 10:53), Dave Jaffee (2nd, 10:57), and Chris Bently (3rd, 11:05). Rick Fletcher led the junior varsity with a time of 11:27, while Frosh-Soph runner, Nat Brown, turned in a time of 12:30.

New Frosh R.

Donald would like to see cross country become a winter sport alongside basketball and wrestling, thereby giving runners more time to build their stamina after summer.



1320 — 1. Fletcher (NH) Time: 1:20.0.
(NH) 2. Alward
1320 — 3. Robertson (NH) Time: 3:28.8.

11:05). Rick Fletcher led the junior varsity with a time of 11:27, while Frosh-Soph ran

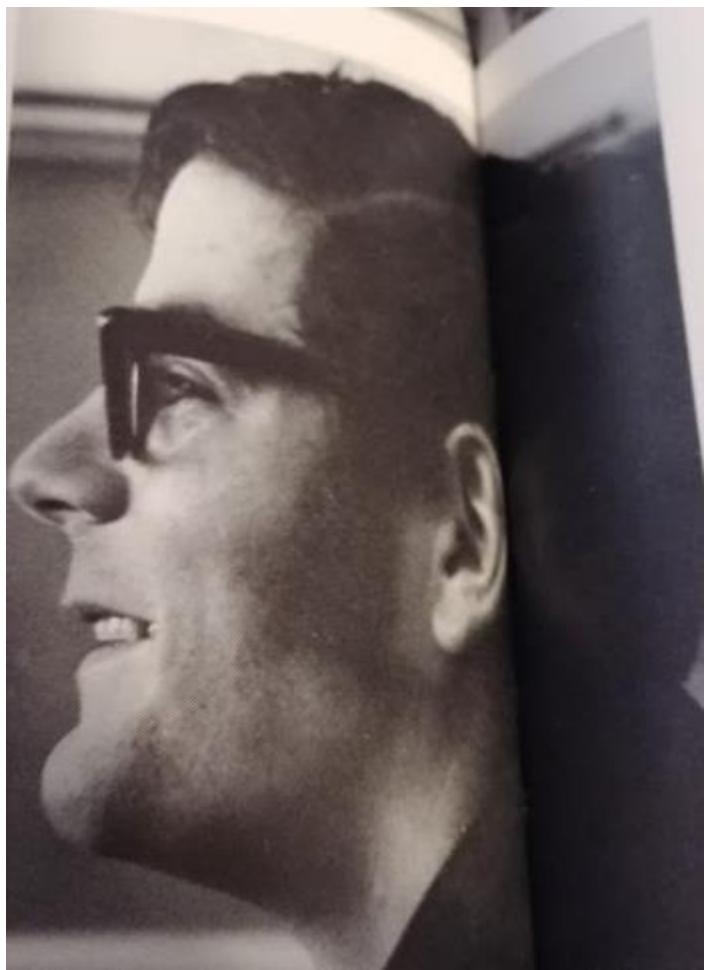
Steve Deyler (600), Ken Hurst (1320).
Newport Harbor — Brad Schultz (220), Kirk Chatillon (1320), Rich Fletcher (1320), Court Reeser (120 LHT), Terry Albritton (SP), 880 relay.

Terry Albritton went on to set the world record in the shot put. He is regarded as a pioneer in importing the training techniques from the Soviet Union to the U.S. These methods include power cleans, plyometrics, and other fast twitching muscle training techniques.

Class Switching

There are, however, a great many advantages to having a double. Sophomores John and Rick Fletcher enjoy switching classes. As a matter of fact, they fooled Mr. Bob Hailey last week, although this trick is not always successful.

... Word playing the same



a word of wisdom
from a fool

"ॐ"

Randy

Steph

O'most holy guru,
I intend with deep
passion to follow in
your brave footsteps
and take the meditation
course this summer.
However, there is
no way in hell
I am going to be
able to meditate from
5:30 AM TO 7:00.
4:30 (my bed!) Alex

That summer I got involved in surfing. When the school year began I decided not to go out for track and cross country. My cross country coach came to my house to try to change my mind but my mind was changed. My love was surfing. It was kind of funny how leaving Cross Country and Track my relationship between these two coaches changed. I knew they were disappointed. I was so-called blacklisted from them. I never had the communication we once had.

It's amazing how as humans we make decisions and if they don't agree with your superiors that they withdraw and no more take interest in you. I still have fond memories of these coaches. I chose on my own with pressure coming from parents and coaches. Surfing was a great part of my life.

One of my fondest memories in high school was each year we would have exchange students from Argentina come and leave in the student's home for a month. Each day there would be an after-school activity. We had for three years students from Argentina and one year a student from Ecuador for one year. I remember such a great social get-together. There were no drugs or alcohol. Just good music and dancing. It was a great way for different cultures to get together. I have fond memories of getting

to know members of the group. Upon leaving we would always write. I remember one girl named Graciela Di Iorio. She was an Italian girl. I met her in ninth grade. She was three years older than me. It was amazing how mature she was. In our society, a junior would never talk and be social with a ninth-grader. She became a good member of our family. My sister Jane went and spent some time with her. I went three years later. I appreciated the manners the Argentines had. They were representatives of their country and culture.

In my junior year, we had Eduardo Pena from Ecuador come and stay at our house. Eduardo became a great member of our family.



Grand Mother Thais 1

One of my most memorable surf experiences was going to the Hollister Ranch near Santa Barbara. The ranch was twenty miles of the best waves in California and it was private. The only way to get in was by boat. One of my brother and I

childhood friends was Joyce Caldwell. Her father was president of the

Macco Corporation which owned the place. Her father would give us passes to go there. This place was one of the most beautiful places in the world. Wildflowers were all over the place. At this time no development was on this property. It was so beautiful driving in there. The waves were so incredible. My brother and I spent three years going there. The ranch was every surfer's dream in California. I'll never forget my first trip there. My brother and I drove from Newport Beach to Santa Barbara. We stayed with our Grandparents overnight. The following day we drove north forty-five minutes to the entrance of the Hollister Ranch. The drive into the ranch was probably one of the most scenic drives I have ever seen. It was a one-lane road going through the incredible countryside. The hills were green with incredible wildflowers everywhere. The road passed through beach breaks, point breaks, and reef breaks. This was one of the last uncontaminated frontiers in Calif. My brother and I were overwhelmed by the beauty. The waves were incredible. My brother and I were the only ones out. We could pick any break we desired. My favorite break was a sport called Rights and lefts. This wave was perfect. As soon as you took off the wave lined up perfectly. It broke on a reef with a rocky shelf. The wave was perfect for tube riding. My brother and I were in heaven. We felt so fortunate. Here we were all alone in one of the best surf sports in California. Years later at my high school reunion, I saw Joyce and told her my best experience in high school was surfing the ranch. I told Joyce to be sure to thank her Dad on behalf of my brother and me.

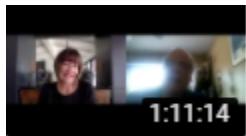


The Ranch Cojo Point 1

My twin brother and I were very close. My brother was more than a brother he was my friend. It was a blessing growing up with him. We had such incredible times. Both of us realized our life was special. I owe a lot to my family. Both my mom and dad supported us. I have a younger brother and an older sister. I felt we were a close-knit family. We all had our share of good times. The highlights as a kid were going to Disneyland. We would probably go twice a year throughout my childhood. Disneyland represented to me, heaven on earth. The place was spotless. I have fond memories of our family outings. I loved when we would go to the beach and have picnics. My Dad was an incredible cook and so was my mom. We had a lot of ethnic foods. We would always try

out new restaurants. All our family loved trying out new cuisines. My Dad worked at home the majority of my childhood.

Joyce Caldwell



Talk Story With Joyce Caldwell Ukropina
Fletcher Soul Traveler



I have known Joyce since fifth grade. She has always been kind to my brother and I. For example, she knew my brother and I loved to surf. Her Dad was a member of the Macco Corporation who at the time owned the Hollister ranch or known as “the ranch”. It was simply the best surfing spot in California. It was on private property and you needed permission to get in. If you had a boat it took

probably around an hour to boat in.

Joyce was kind enough to ask her Dad and he said yes. My brother and I went to Joyce's house and met her Dad. My first impression was wow what a kind man. He had such a kind demeanor. So this is where Joyce gets her kindness from. I never met Joyce's Mom but I knew Joyce's brother Scott and he had the same kind demeanor as the rest of the family.



How kind was it for Joyce to ask her Dad. She didn't get anything out of it. She was kind and didn't think about herself. The same goes for Joyce's Dad. The Macco Corporation owned the place and could have

said absolutely no. You're too young (We were 16 years old). But her Dad was kind. I felt he included my brother and me as a part of his family. He trusted us and gave permission.



My brother and I had many great adventures surfing the ranch. Imagine given the keys to heaven. This is what it was like. We surfed a place that was so pristine. During the spring wildflowers were everywhere. The wind was

predominately offshore to a surfer's delight. Offshore wind is rare in California except during the autumn months. It can be offshore at the Ranch and at Newport Beach a few hours south the wind can be blowing directly onshore. This place has perfect conditions for a surfer. This was the Disneyland of surfing without the crowds. What an incredible blessing we had. Many of our friends came with us. We were so fortunate to share this experience with others.



My brother and I were awestruck by the beauty. At night thousands of stars were in the sky. At times we were only the only ones on the beach for miles. We could pick

and choose whatever surf break we wanted.

Years later each time I see Joyce I thank her and her Dad for such a precious gift. Kindness goes a long way.

Mentors

We are all shaped by our society. No man is an island. We all learn from each other. These are the teachers who helped shape my life for the better.

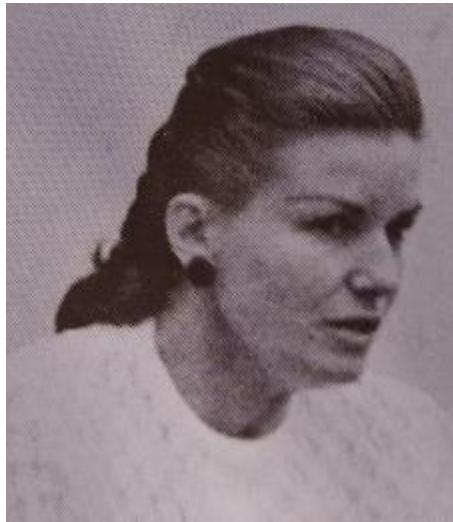


Joan Condon

teaching style. It was fun and entertaining to go to her class.

Mrs. Condone was my English teacher. She had a sparkle for life. I remember one day a student played on a record player “all over the watchtower” by Jimi Hendrix. She led a beautiful discussion on the lyrics which I still remember today. She was innovative in her

Betty Topalion

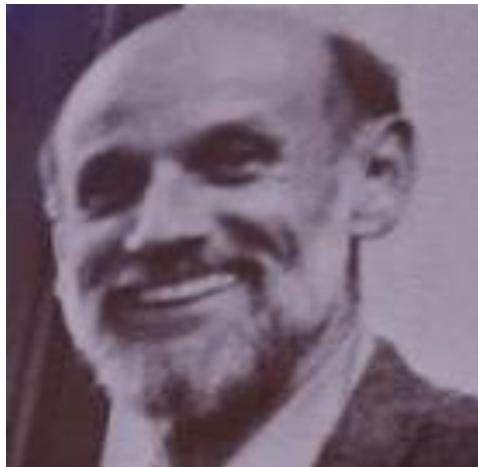


Mrs. Topalion was my poetry teacher in my senior year. She taught me the love of poetry. I remember one day we had an assignment to read a poem. I found a spiritual poem and read it to the class. She asked me what it means and I said it was self-explanatory. To be honest I had no clue. She knew that and was kind not to go further. She inspired me to look at ways that

are different from society. There is a world where words come up to the surface to be a creative force for mankind. She helped me to dive deep to discover the pearls of life.

Each year someone
Good things happen
To me — Getting to
Know you & How
was one of them
This year — Have
a marvelous time &
on your trip —
Mrs. Topalion

Bob Wentz



What can I saw about Bob Wentz? He was a figurehead at Newport Harbor for many years. He was my speech teacher. He thought outside of the box. Nick Roth and I had to give a speech together. We asked Mr. Wentz if we could do a talk on Surfing at the beach. He said yes. He somehow managed to arrange a bus to take the student to Newport Pier where Nick and I did a surfing demonstration and a talk on surfing. He cared about his students and would do things out of the ordinary.

Julia Smart



Julia was my culinary arts teacher. Wow, what can I say? She taught me by following a recipe you could make anything you want. This opened up the world of cooking. I never took two and two together. Since then my passion for ethnic food cooking has skyrocketed. It has opened up so many new doors. My cooking partner was Scott

Adams a neighbor for many years. We had a lot of fun cooking together. I still remember the good times.

Rick -

Well I've known you
for a really long time, but
~~you for a~~ I really didn't
get to know you like
I did this year.

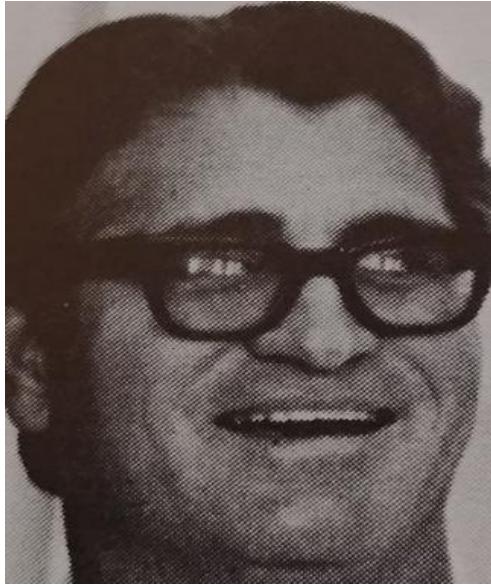
Or out-of-sight hope
I see you later

Come see me when
you get home from
your world travels -

Later

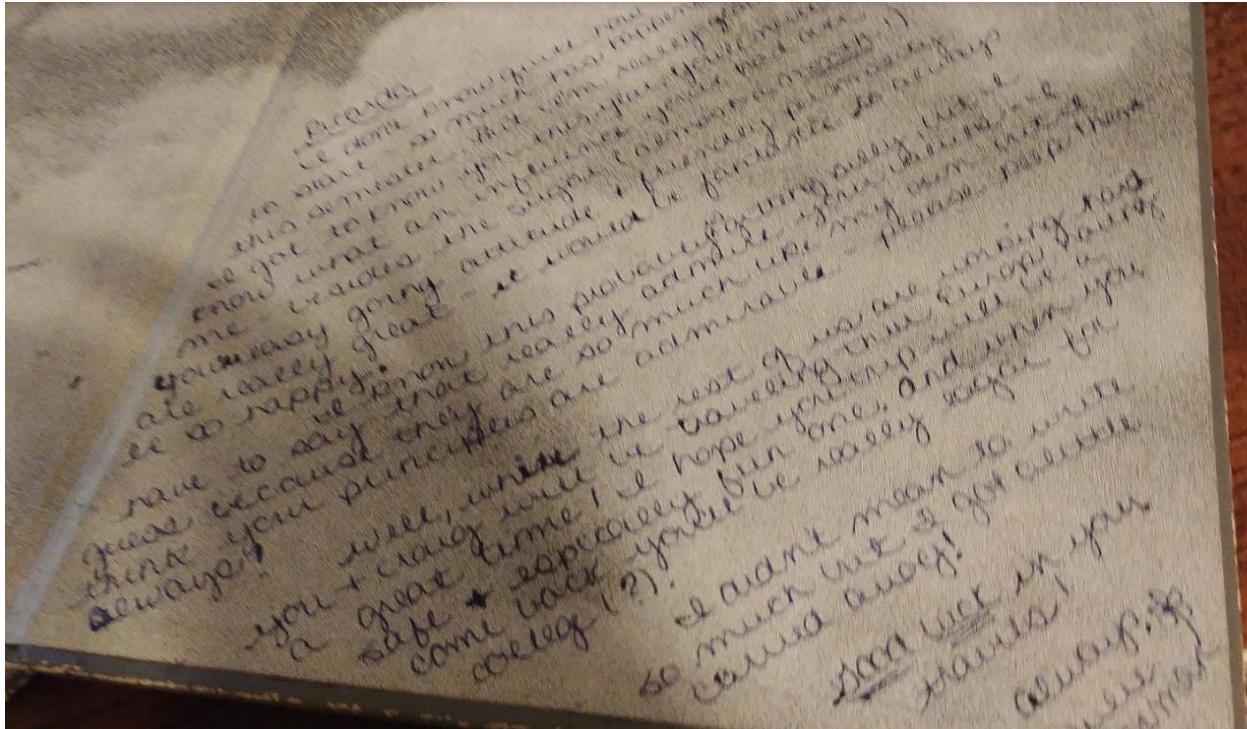
Scott

Jim Hemsley



Mr. Hemsley was a surfer and a teacher at our High School. I remember surfing at Huntington Pier one day and I see Mr. Hemsley swimming to shore. It was quite a big day. I said "Hi Mr. Hemsley. Do you need any help"? He said yes. So we slowly paddled to shore on my longboard. We made it to shore and then I paddled out again. The waves were quite good that

day. About six months later my Mom bumps into Mr. Hemsley and said your son save my life. Without him, I would have drowned. I nonchalantly didn't think anything at the time.



The Boat And The Whale



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One incident that remains to this day is the following. One day, while we were in high school my dear friend Mark Blackburn and his Uncle Carl, took my brother on a boat ride. It takes probably half an hour to reach the ocean from where

we took off in the harbor. When we got off the harbor we moved left to where we were directly off Big Corona where my brother and I surfed as a kid. We are sitting there when all of a sudden we feel this tremendous rush of energy with thousands of bubbles underneath the boat. It was kind of scary. Finally, these huge whales emerge to the surface probably ten feet away. When I saw its eyes it was such an incredible sight. Pure wisdom, kindness, compassion, and supreme intelligence. Today this day probably 46 years later I can still visualize this in my mind's eye. I always was in love with dolphins and whales but to see one in the wild like this was truly a gift. I could sense and see the magnificence of such a beautiful creature of God. If he wanted to he could have destroyed the boat but that's not its nature. We need to learn from the dolphins and whales in our lives. They have so much we can learn from.

Mark Blackburn

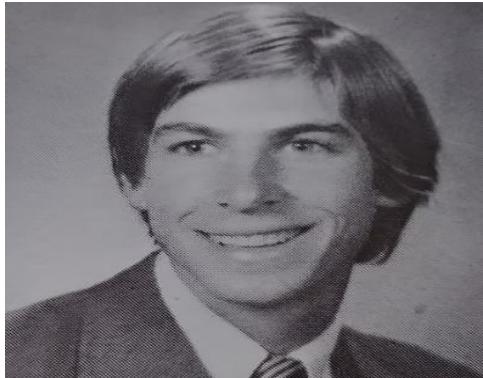


I have known Mark since kindergarten. Mark has a place in my heart. We have been good friends for years. He loves adventures. Mark is extremely intelligent and humorous at the same time. Good traits to have. He always has a wise crack you can see from his mouth. He is listening to you. Another good trait.

We have been friends for so long that anything goes. We don't try to change one another. Another good trait. Both of us are in the same field of IT so we know what going on the hiring and firing in our industry. We both laugh and cry in the absurdities of life. We talk around four times a year. It's nice to hear about his life's adventures. Mark just completed a childhood dream when he was 10 years old. Here's a Facebook post that Mark posted on April 19, 2017. It describes his sense of adventure in life.



Why I climbed the pyramid: The year was 1963. I was 10 years old attending Mariner's Elementary School in Newport Beach, CA. We had a school assembly. The father of a student (that a handful of my friends might remember) gave a slide presentation in the cafeteria of their family's summer vacation trip to Mexico. Many things impressed me, but I was utterly astounded and enchanted to learn that Mexico had pyramids. Up to that point, I thought only Egypt had pyramids. The slides clearly showed that this family was allowed to climb to the top of the pyramids. From that instant, it has been a dream of mine to climb to the top of a pyramid. So, yes, it took me 53 years to finally make good on that dream. The cost was minimal--\$300 RT airfare from SFO to MEX. Mexico is on sale right now. For whatever reason, the Peso is down against the Greenback. Rental cars can be had for \$4 a day, decent hotels for \$40/night. A final inducement to go now was the fact that UNESCO is trying to make it illegal to climb all pyramids. A gringo borracho (a drunk American) fell off Chichen Itza a few years ago to his death, and it HAS been closed for climbing ever after. I wanted to go before all of them are closed. It was a fantastic and surreal experience. I am extremely glad I went. I am now glad I was a spy for the NSA in Central America in the late 70s, and still retain much of my Spanish



speaking/listening ability, which was mandatory for that job. The classmate whose Father gave the presentation was Paul Cohen. Does anyone remember what became of him? (I suspect he went to CDM , not NHHS). Since I was sent to my reform school in Hawaii during my last 2 years of NHHS, I lost track of many folks. That said, I must have at least 8 good FB friends who

attended Mariner's with me, and might even remember that slide show. I cannot put into words how satisfying it was to be at the top of the Pyramid of the Sun on Good Friday. Incidentally, I chose that day to go, believing I would have Teotihuacan to myself--because everyone in this Catholic nation would be at church! No, they were all at Teotihuacan! Avoid holidays! On a normal day, the Unesco Historical Site 40 minutes north of Mexico City will have 10,000 visitors. On Good Friday there were 40,000! Bucket List item accomplished! I have 1 friend and 1 relative who has climbed these pyramids: [Les Jones](#) and my cousin [Gale Demmer Seiersen](#), both of whom climbed these over 50 years earlier. Who else has?

Paul Cohen



I believe in Synchronicity. This is from Wikipedia.

Synchronicity is a concept, first explained by analytical psychologist Carl Jung, which holds that events are "meaningful coincidences" if they occur with no causal relationship yet seem to be meaningfully related.

This post of Paul got started by the synchronicity of events. My friend Mark (see above) goes to Mexico and visits the pyramids at Teotihuacan just outside Mexico City. This is his childhood dream. When he was ten years old he listens to the adventures at a lecture given by Paul Cohen's Dad. Paul's family spent the summer in Mexico and Guatemala. Paul's Dad was a doctor and did volunteer work for the summer. Mark never knew that Mexico had pyramids.

So Mark goes to Mexico and posts his adventures on Facebook. I read the post and thought whatever happened to Paul. We go back to first grade. I haven't spoken or heard about Paul for over 46 years. That's a long time.

So here's where synchronicity kicks in. Mark post on Facebook. Mary Louise Piccard sees the post.



Mary Louise Piccard Paul Cohen is in Colorado Springs [Mark S. Blackburn!!](#) I spoke with him last summer! I'm sure he'd love to hear about your adventure and that his family inspired you! He's on FB - albeit very seldom - he does check it!

[Like](#) · [Reply](#) · [2](#) · [April 19 at 1:50pm](#)



Mark S. Blackburn Mary, Thanks so much! I found Paul's FB page. (which you are correct, he hasn't used since 2015). Still, next time I'm in Colorado Springs, I may try to look him up.

[Like](#) · [Reply](#) · [1](#) · [April 19 at 2:39pm](#)



Paul Cohen Mark--so nice to read your post and am looking forward to reconnecting with you. Wow-was nice reading of your trek to Mexico-very cool! Interesting how you had that intent for so many years--I think our visit to Mexico and Guatemala long ago led to a couple year volunteer in Laos, SE Asia.

[Like](#) · [Reply](#) · [2](#) · [April 20 at 5:53pm](#)



Mark S. Blackburn Paul, Great to hear from you & know you are alive (and presumably) well! I vividly remember your Father narrating that slide show to this day. Traveling that far from home was not so common in those days.....How long have you been in Colorado Springs?

[Like](#) · [Reply](#) · [April 21 at 11:47am](#)



Paul Cohen hah--yes, mostly well, thank you! Great to hear from you as well. Wow--this is an amazing story. So fun that you did that. I've been enjoying seeing your video posts. Looks like you've had an incredible trip. Are you back in the U.S. now? A friend and I made that same climb this time of year--just two years ago. We really enjoyed it. I moved to the Springs about 25 years ago and like it. Are you in Seattle?

[Like](#) · [Reply](#) · [1](#) · [April 21 at 1:18pm](#)



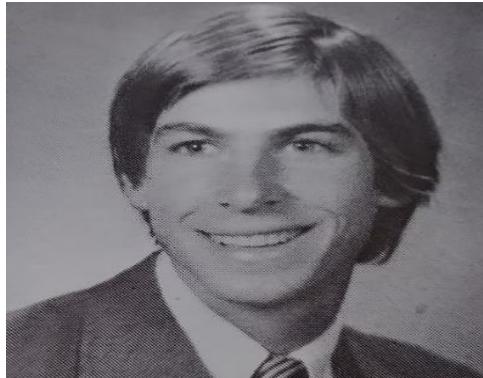
Gretchen Gribble Omg...[Paul Cohen](#). FB has become "old home week" for me recently. I don't know if you remember me or not. It's fun hearing what my classmates are doing all these years later. Happy to hear tidbits about you, Mark S. Blackburn, [Mark McClellan](#) and others. Yeah Mariners, Ensign and/or NHHS alumni!

[Like](#) · [Reply](#) · [2](#) · [April 27 at 12:52am](#) · Edited

I see that Paul is on Facebook so I send him a Facebook friend request. Paul responds **Richard, [Paul Cohen](#) has confirmed that you're friends on Facebook.**

So yesterday I was looking at Mark Blackburn's chapter I decided to add Paul's picture.

This is from the previous chapter.



The classmate whose Father gave the presentation was Paul Cohen. Does anyone remember what became of him? (I suspect he went to CDM not NHHS).

I get out my Newport Harbor yearbook and snap this picture and insert it above.

I send Paul a message.

Hi, Paul, It's been many moons since we have last seen each other. I was visiting some friends last summer in Colorado Springs. I tried to look you up. Anyway, maybe next time.

Rick!!!

First Mary P, Mark- now my friend Rick!!!!

Haha

Can't believe it!

What's happening?!?

Paul

Wow

Earliest of friends!!

So then we get on the phone and start talking for a few hours. Now we haven't talked since high school but we had instant communication. It's amazing to see how a series of events connect each one of us. If Mary

Louise Piccard didn't contact Paul or Mark didn't do a post of his adventures on Facebook I wouldn't have been in contact with Paul.



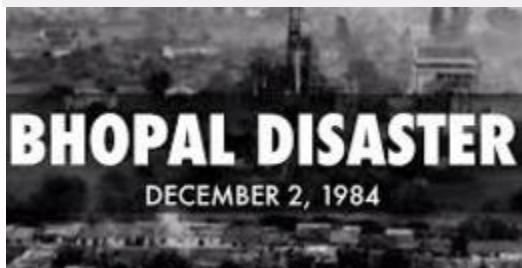
I remember as a kid I was fascinated by Paul's house. It was a Japanese-style house. From what I remembered they had a courtyard with the rooms coming off from it. Instead of having ordinary doors, they had shoji doors. Now as a kid I love anything from the Far East. I loved things outside of the box. Paul's house was stuck in a

neighborhood with all standard houses of the time. The front of the house was standard but nobody knew the jewel inside.

Paul's Dad was a doctor. I saw him a few times when I was a kid. Paul's Dad was my brother David's primary doctor. Back then it wasn't unusual for a Doctor to treat a patient smoking a cigar.

Paul and I were great friends in elementary school.

I learned over the phone that Paul has been to about the same number of countries that I have been. Around 35. He spent two years in Laos doing volunteer work.



Paul tried to go to India. He had his plane tickets but unfortunately, the Bhopal gas tragedy happened in India. When Paul tried to get a visa he was denied. Paul was a lawyer at the time. The Indian government wouldn't give him a visa. They

thought he was going to India to work on the Bhopal gas tragedy. Paul tried to tell them he was going just as a tourist but they wouldn't listen.

It's a small world. Paul's Mom got remarried. Her husband was a member of the Beek family from Newport Beach. I went to junior high school with his niece Carol.

This is a story from the Balboa Island Museum about the Beek family

In 1919 Joseph Alen Beek obtained the rights from the city of Newport Beach to provide a ferry service across the Newport Harbor between Balboa Island and the Balboa Peninsula. Before starting the ferry service Beek owned The Ark. The Ark consisted of a giant rowboat with a small engine which Beek used as his first ferry vessel. The Ark carried oars in the event of engine failure. There was no regularly scheduled service and customers telephoned Beek when they needed a ride across the harbor.

In 1919 Beek charged a nickel (5 cents) per person. Three years after commencing operation, Beek built the Fat Ferry. This vessel held twenty passengers. Beek later built a small one-car barge which the Fat Ferry pushed across in front of it.

In the 1950s Beek built three double-ended wooden boats for his ferry service: the Admiral, the Commodore, and the Captain. These three boats are still in service and have transported over two million persons. Each ferry holds three cars and 75 people. As of 2007, the Beek family charges \$1 per adult, \$2 per vehicle, \$.50 for children ages 5–11, \$1.25 for adults on bikes, \$.75 for children on bikes, and \$1.50 for motorcycles. Children under the age of 5 are free.

The ferry boats need constant maintenance but this does not usually interrupt the ferry service. For two weeks in 2008, the ferry service shut down for an extended period, for the first time in 50 years, to rebuild the automobile ramp leading to the boats.

Currently, Beek's three sons run the business and it has been in the family for close to 100 years.

Paul tells me his Step-Dad is an incredible character. He is in his nineties. He has driven the same Volkswagen since the seventies. Who knows how many miles he has traveled on it? Paul says he has the unique ability for photographic memory.

photo-graphic mem-ory

fōdə, grafik 'mem(ə)rē/

noun

1. the ability to remember information or visual images in great detail.
- 2.
3. He also loves computers. He was involved in the early days when computer science was still in its infancy. I would love to meet him someday. He seems like the character I would love to be around.



Train ride though the ranch 1

during high school.

Paul went to the Thacher School in Ojai for two years. Paul met the family that sold the ranch to the Macco Corporation in the sixties. I wonder how the family that sold the ranch feels today. For a surfer, it would be like selling the keys to heaven.



Paul said he would tell stories to his kids about my brother and me. Paul remembers a time in fifth grade where John and I would switch classes. Paul remembers that John and I would switch shirts and then go to each other class. All the students knew my brother and I were playing a joke. At some point in time, the entire class would start laughing. Everyone except for the teacher was on to this joke. The teacher would wonder what's going on.

Eventually, the teacher would catch on and we would all laugh. These were simple times. I don't know if today the school system would appreciate this.

Paul said he loves to travel on the Amtrak train between Los Angeles and San Francisco. His favorite part is when the train would pass through the Hollister ranch. Paul said each time he would reflect that the Fletcher brothers spent an incredible amount of time there



Bruce Charles 1

I knew Paul's brother Nat in high school. My brother and I were on the same track team and cross country team in high school. Nat was best friends with Bruce Charles a great neighbor of ours. I remember in either fifth or sixth grade they dressed up as surfers and carried a surfboard for Halloween. I was impressed. I distinctly remembered when I said, "someday I'm going to be a surfer".

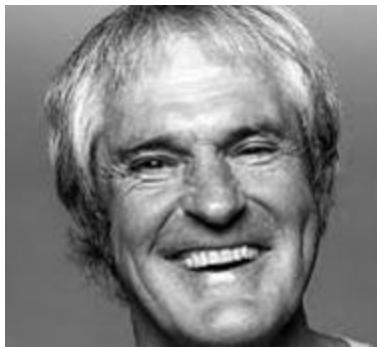


Richard Albert 1

During my phone conversation with Paul, he mentioned that with my travels to India and my love for meditation did I hear about his second cousin. He was somewhat a black sheep in the family. His name was Baba Ram Das formerly known as Richard Albert. Did I know Ram Das? During my late teens and early twenties, Ram Das was famous in

the meditation community.

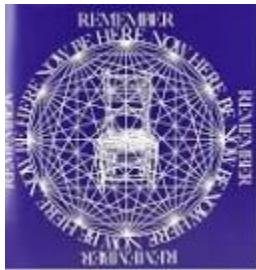
Richard Albert was a famous young psychologist during the sixties. He along with Timothy Leary began to explore the effects of psychotropic substances on the mind. Both of them worked at Harvard University.



Timothy Leary 1

They began to do clinical studies on the effects of LSD and psilocybin. At this time they weren't illegal in the country. At some point, they got fired during the research. They had graduate students who actively participated in the research but one time they had an undergraduate study. Consequently, they were fired.

Timothy Leary's famous slogan was "Tune in, Turn On, Drop Out".



Ram Das wrote the book "Be here now" a popular book during the sixties and seventies. Today it is considered a modern spiritual classic. I read this book at Ananda in Nevada City before I went on my journey. To be honest, at that time I didn't understand the book. Books like these take the

practical experience to understand and to incorporate these ideas in the book. Ram Das stopped using drugs and meditated for the rest of his life. He used to say that drugs were training wheels. At some point, you don't need them anymore. I tried LSD once and never again. The state of meditation brings one into our natural state where we don't need anything artificial to open the door within.

So I was completely surprised when Paul told me his second cousin was Ram Das. I saw him speak in Santa Fe New Mexico during the seventies. I have been impressed by his work. He had a tremendous influence on the population at large. He helped to bring meditation to be common in our society. During the seventies, it was considered you were on the fringe of society if you meditated. You were strange. Now a day's yoga is mainstream. You can practice it almost everywhere.

Synchronicity is so common yet most of the time we don't see it. Signposts are everywhere yet we don't have eyes to see.

Thanks, Paul for being my lifelong friend. I'm so happy that we are connected again. We are all on an incredible journey in life.

Drugs And Alcohol



I was fortunate enough to avoid drugs and alcohol in high school. All my friends were totally into it. I drank probably 2 beers and tried pot a few times. My life addiction was the ocean. The ocean taught me a lot about living. My best state was in harmony with nature. I didn't need some artificial high. I still blended in with my friends but I wouldn't compromise my values. In my senior year of high school, I became a vegetarian. Our high school had a 10-week elective course on Yoga which I took. I loved practicing yoga. Yoga and surfing were so closely tied together. I would wake up around 4:30 in the morning and do my exercises, meditate and then go surfing. In high school, I hardly went to parties. I would go to bed early and wake up early.

South American Travels

During the summer of my junior year, my brother and I went to South America. We went to Argentina, Brazil, and Ecuador.



Our first stop was Brazil. A good surfing friend Steve Lemontange had a roommate in college. He was Chinese and lived in Brazil. John invited us to visit him and his family in Rio de Janeiro. His family owned a Chinese restaurant. This was the first time I ever lived in a Chinese household. Every morning we would have a delicious bowl of soup. This was standard for breakfast. My brother and I loved the Brazilian culture. We went to the Christ the Redeemer atop Mount Corcovado and were captured by the incredible view of Copacabana and Ipanema. We saw the dire poverty of the shanty towns. I don't think you ever get over when you see the poverty of this kind. Human beings for thousands of years had to live in such an existence.

My brother and I visited Cabo Frio a small beach town about 3 to 4 hours from Rio. It was off-season. We met a beautiful Portuguese family and they showed us around this town. It was wintertime in Brazil and it was probably in the low sixties (cold for Brazil).



We stayed a month in Argentina. There was a small group from our high school who were exchange students. I stayed with Pedro Vascena and his family. Pedro stayed with us two years before. In Argentina, they have café con Leche (coffee and milk) and croissants for breakfast. This was the first time I ever tried coffee. The croissants were served with butter and jam. The Argentine family was nice and treated me like a member of their family.



Meat is king in Argentina. I was amazed to see that street cart vendors would serve steak sandwiches. You have better be adventuresome if you go to a BBQ. I visited a family that took me to their ranch in the Pampas. The cowboys provided an authentic Argentine BBQ. In Argentina, they eat parts of the cow that Americans would never eat.



My brother and I had a Forrest Gump movement. We were taking a tour of this government building. They had a person giving a tour in Spanish and I was told to

translate it into English. We entered this one room and saw a window and two people were playing chess. One of the players was Bobby Fischer (one of the greatest players in the world). We stayed for only one moment and the tour then continued. I think back now and laugh. Here was a historical moment in chess history and we nonchalantly nod our heads and go along our merry way.

The Argentines drive like crazy. I thought I drove radical. They would drive fast and furious. Imagine driving down a city street at 90 miles per hour and not stopping at stop signs or street lights. If you got a ticket they would give a bribe to the officer.



If you were going to a nightclub or party it would start around midnight. Nobody ever came on time. A 16-year-old could go to a nightclub and order a shot of whiskey. The most important aspect of their society was family and

friends. This was the backbone of life. Yes, a job was important but there was a great balance between the two. They knew their priorities in life.

The bus service in Argentina was first class. We took a bus from Buenos Aires to Mar del Plata. Imagine the same service you would get on a first-class ticket on an airplane. The service was incredible.



I stayed with Graciela Di Irio a friend of our family. Mar de Plata is a seaside resort. There is a grand casino overlooking the Atlantic Ocean. We spent about 4 days there. Surfing was a new sport there. I never had the opportunity to go. When I was there it was freezing.



We parted ways with our friends and took a plane to Ecuador. We stayed with Eduardo Pena and his family. Eduardo stayed with us for 1 year. He was an exchange student. As you can probably see I love different kinds of ethnic foods. Eduardo had a housekeeper who made the best batidos in the world (smoothies). She made all sorts of exotic fruits into a delicious drink.

Mangos, bananas, papayas, and many others I can't recall. I remember eating fried plantains with rice.



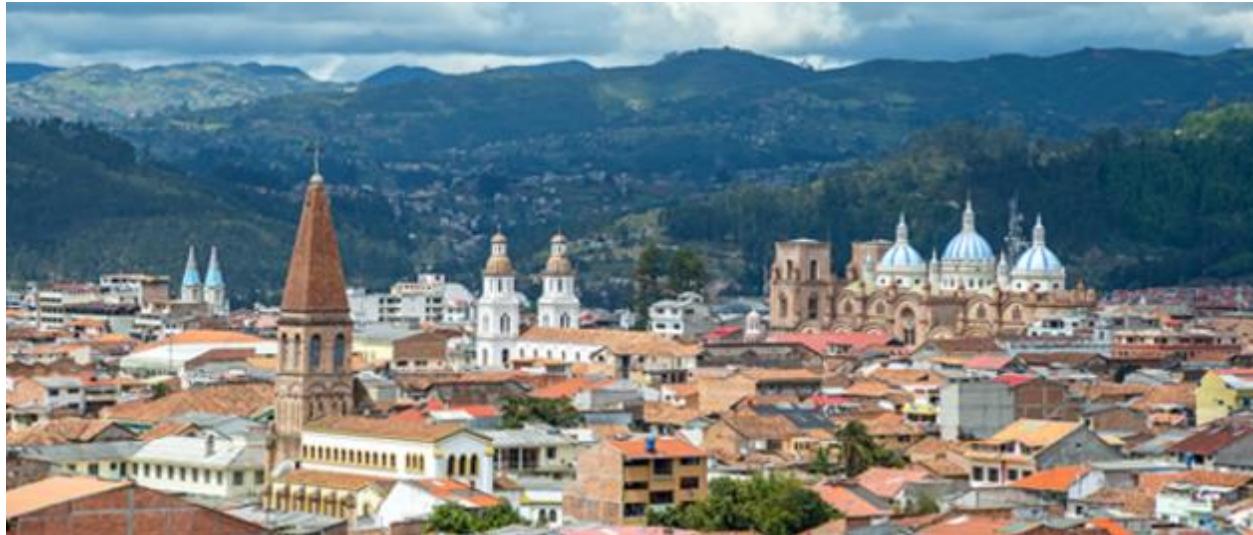
Playas Ecuador 1

Eduardo's family had a friend named Victorio Piscado (a famous Spanish bullfighter) who was a surfer. He would take my brother and me to surf trips to Playas. It was about a 2-hour journey from Guayaquil. Playas was a sleepy beach town. They had this small but long wave that broke along the point.

My brother and I could see it's potential. The beach town resort was known for its fresh fish. It was a delightful time spending time with Victorio and his family. We went several times with him to Playas.

Eduardo took my brother and me to Quito and Cuenca. In Cuenca, we stayed at his grandmother's house. It was a beautiful place. We were there during winter and there was no heating. Burr, it was cold. Cuenca is a city in the southern Andes Mountains. Temperatures are around 58

degrees year-round. Lately, a lot of Americans have moved there to take advantage of the great standard of living.



Quinca Ecuador 1

While in Ecuador we heard the Ecuadorian Navy allowed tourists to go on tour with them to the Galapagos Islands. We called our parents a few days before school was to start. My parents said it would be OK but they had to talk to our teacher and principal. We received a phone call a few hours later saying it was all right. Our principal said we would learn more about traveling than in school. We came back to school three weeks late.



The Galapagos Islands was a trip of a lifetime. We went on this old US Navy (WW2) ship. At this time there was a tuna boat war between Ecuador and the United States. The Ecuadorian navy was looking for US tuna boats. We visited Santiago, San Cristobal, Isabel, Fernandina and Espanola islands.

Isabel, Fernandina and Espanola islands. While there I could see why Darwin came up with his theory of evolution. The Galapagos Islands at that time weren't a tourist destination. They contain one of the only giant tortoise populations in the world. My brother and I were amazed by the size and age of these incredible creatures.

I have pictures of seals jumping over my brother's head. You had to watch for Mom and Dad. They were huge and would chase you out of the water and then run after you.

I remember vividly looking at the waves and I counted over a minute while it broke perfectly. No one had ever ridden this wave. I saw years later they now have surf excursions to this beautiful place.



The first time my brother and I saw iguanas we were standing at the same spot looking at the waves and we sensed something was looking at us. We looked around and there were hundreds of iguanas were looking at us. They were completely camouflaged. The Navy personnel was very kind to us.

There were a couple from the US and a poet from Argentina onboard. We learned a lot about nature. It would be hard not to. Never before have I ever been in such a pristine environment.



The seventies

05-02-2021 One Thing Leads To Another



One thing does lead to another. This is an incredible journey. I remember in my junior year at Newport Harbor High an elective class that changed my life forever. The entire student body had a choice of three or more electives that one had to choose from. Quite frankly I only remember the one I took. The one I took was a three-week Yoga class that took place on our basketball court. Did anyone out there take that elective? I remember Michael Folks brother of Missy taking the class. The teachers were Ramakrishna Ananda (Graham Ledgerwood) and his lovely wife at the time. The class blew my mind. It opened up doors that I knew existed yet didn't know how to open them myself. It was love at first sight. Yet it was so radical. At that time there was only one yoga studio in our area. I was 17 years old at the time. Surfing and yoga became my passion in life. Does anyone know how they were invited to our high school? It was extremely radical for its time. It was like a communist coming to our school and teaching communism. This was 51 years ago. Today the area is flooded with yoga studios. Even my Mom took classes there in the eighties.



Here's the address 445 E 17th St, Costa Mesa, CA 92627 next to the car wash. It has been there for 51 years. After I took this three-week course I took classes at their yoga center. The incredible wife taught yoga postures and Graham taught meditation. This helped set my foundation for life. I still practice both today. I think I remember Buddy Owens taking both classes. I don't remember. This series of events lead me to go on my surfing odyssey and meditation

odyssey around the world, especially in India. That my friend is even more of an incredible story. One thing does lead to another.



Click on the link for the Youtube video.

Fractal Fairy Tales



During my senior year, I decided to put off college for a while and travel and surf around the world. I had

another objective in mind all so. I wanted to find a teacher who could reveal to me the experience of my true self. I had glimpsed in my life of light more brilliant than the noon-day sun. I knew that God was light but I wanted a conscious and direct experience. I wanted tools in my life where I could achieve 24 hours a day connection with the source of life itself. I prayed to God to be shown. I knew some teachers could reveal that experience and unlock the door. After the door was opened it would be up to me to cultivate the experience. I worked at a grocery store after school and on weekends. I graduated from high school and went on a surfing trip to Mexico for a few weeks. Before I went to Europe I spent two weeks at a YOGA camp in Nevada City in Northern Calif. I had a wonderful time at that yoga camp. The owner of the camp was Kryiananda a disciple of Yogananda. Yogananda was a famous Indian Swami who died in 1952. Kryiananda was one of his disciples.



My fond memories were in the temple late at night. I would meditate late at night and would have these incredible visions inside. I was bathed in blue light. I felt such a relationship with nature. I felt my life was incredible and that everything was being unfolded. Up to this point in time, I couldn't tap into the mediation experience at will. It was a lot of hit and miss. At this YOGA camp was the first time I was in an atmosphere where people were consciously trying to experience the source of life. I learned some valuable techniques. I felt such peace inside of my being. My mind was slowly coming down to a halt. It's kind of funny without mediation a human being doesn't realize how powerful the mind is. I remember the first time I close my eyes and realized a battle was on my hands. It would take patience and work. But it sure was worth it. I spent two weeks there and took a plane from Oakland Calif. to Europe. I went with my high school buddy Craig Perkins. Craig was a great person to be around. He had a great sense of humor.

We hitchhiked from Germany to Denmark. We were looking for a friend name Carter Robinson. We arrive at the dock where Carter lived and found out his boat left a few days earlier. The person told us where they might be for a few days. We hitchhiked to this city and found Carter. It was quite a surprise. We stayed for about a week. They were



planning to go to Norway for a while. They asked us if we wanted to go but we declined. Carter had a guest named Brad Crowl who was an old neighbor of mine. We grew up together.

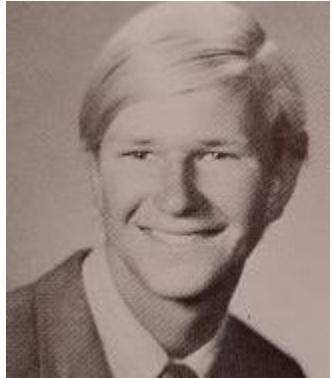
After leaving Carter, Craig and I went back to Germany. Craig took a plane back to the states. Years later I didn't know quite exactly what happened. On the subconscious level, I wanted to be on my own for the first time in my life. Craig will always be a friend. I haven't seen him for more than 23 years. I took a train to Biarritz France where my adventure began.



Wayne Lynch Le Barre 1971 1

My first week in France I camped out in the woods near Le Barre (a famous surf spot). Each day I would go surfing. I met an American named Peter Lingle and we became good friends. He was also a surfer. He invited me to stay with him in his tent. He had a huge tent and was staying in the campground overlooking Le Barre. He had also a car which helped to get around. Both are us didn't smoke, drink or take drugs. We got some incredible surf. I felt great. We went surfing all over the place. One of my fond memories was driving to this old bakery in the countryside. The views were incredible. The bakery was the same for hundreds of years. They had a stream running through which grounded the wheat. The smells that emanated from that place were truly out of this world. I remembered eating these sugar cookies. The people in this part of France were friendly.

Craig Perkins



Craig and I became friends during my junior year of high school. Craig has a great sense of humor. I remember one time my brother and I went on an excursion to a mountain park in Orange County. There was this small trail on this cliff. The trail was probably only two feet wide. Well, my brother and I were petrified of crossing this. I remember walking very slowly and conscious of every step. My brother John did the same. Yet here comes Craig dancing to the tune of tip toe to the tulips. He would kick one foot over the ledge and then do the same to his other foot. It was quite a sight to see.



Craig loved the ocean. He was quite the surf photographer. He had a great camera for his time. Craig was a kneeboarder. He could ride his knee board at the Newport Beach famous break The Wedge on a big day. I haven't seen Craig in many years. I heard he is living in Mexico. My brother bumped into him in San Diego in the late nineties. He was in a fast-food restaurant and John heard Craig's voice. That was a giveaway. That's was the last time we have heard from him.

Surfing Experience In France Something Will Happen In India

While I was in France one day I woke up and saw huge waves breaking. The waves were probably 15 feet high. The surfing spot was at Le Barre a famous but now extinct surf spot. I took off on a huge wave stood up and the next moment I was free-falling down the wave. Back then there were no leases. My board got carried to shore. Le Barre had a jetty and 15-foot waves were breaking on the rocks. The rip was so strong it was like a river. For the first time in my life, I said "Lord if you exist you had better do something real fast. I closed my eyes and saw an incredible light and a small Indian boy. The next moment I was on shore.

Everybody on shore said it was a miracle. The next day I decided to go to India. As I look back at that experience I feel the hand of grace in my life. I felt so protected. Here I was only 18 years old but I knew my life was protected. I was about to start the adventure of a lifetime. This was a near-death experience for me. In the early seventies, I read books about the death experience and my experience closely resembled that experience. I saw a great light that filled my being with bliss that is boundless. I saw a figure which told me without words that everything would be all right. This experience I knew could be experienced consciously. It didn't have to be a hit-or-miss affair. I knew a human being could experience the source directly no matter if he/she was sleeping, dreaming, or in an awake state. Man can tap into the source of life.



Peter Lingle 1

After my surfing accident, Peter and I started on our trip to India. I was very excited. I knew that something wonderful was going to happen in India. All of my dreams would come true. We drove from Biarritz to Venice where we stayed two days with an Italian friend from high school.

We drove through Yugoslavia. At that time it was a communist country. The people at that time were very suspicious of outsiders. They weren't very friendly. The countryside was amazing. We were high up in the mountains and could see the Mediterranean Sea. Peter would drive and had this harmonica he would play. He was a good player.



We drove to Athens in Greece. We spent a week there. I loved going to the Parthenon. Here I was in the cradle of such an incredible civilization. I was in awe. We sold our car and took an airplane to Turkey. When we landed in Istanbul I

knew this is where east meets west. This city was so different. The Muslim mosques were so beautiful. The policeman had submachine guns. I had never seen that before. I remember staying at this house where a lady came in and said we had better leave because the police were going to raid the place. She said people used drugs and the police were going to bust the place. I felt someone was taking care of me. I didn't want to end up in a Turkish jail. Especially because I didn't use drugs. That would be hard to prove in Turkey.



istanbul at night 1

We spent a week in Istanbul and then went to Ankara. In Ankara, we had to stay a week because the border was closed. The Shah of Iran was having the 1000th-anniversary party for Persia. He didn't want young westerns or trouble to come to his land for this party. I heard

that the Shah even built props to hide poverty. I had a friend who went to the party and he said it was quite the affair. They had air-conditioned tents. The Shah spent thousands of dollars. While in



Ankara we saw the Queen of England in a parade. There were thousands of soldiers carrying submachine guns. After a week the border was opened and we took trains and buses to Iran. It was quite a

scene traveling. Both Peter and I carried our surfboards and our packs. The trains were quite dirty and packed. We slept on the floor of the train. The busses were like the trains but they had livestock on board. I was getting quite a lesson on life. We arrive at the capital of Tehran. Tehran was quite a beautiful city. We found out that a week before a young American tourist died the week before. Supposedly she entered a Muslim mosque and was stoned to death. The reason was that only Muslims could go inside the temple. I met a man from the secret police. He came up to me and said that he had killed about 30 Americans this year. In Iran, if they found drugs on you, they would shoot you on the spot. What a way to control the drug problem.



We then took buses to the border of Afghanistan. This is where the scenery drastically changed. I felt I have transferred back two thousand years ago. The Afghanistan people are warriors. Their culture is the same for thousands of years. We were in a high mountain desert. Everyone carried guns or rifles. This was way before the Soviet invasion. I felt I was in an old Wild West town. There was no law or order. The people were quite nice. But I knew you didn't want to cross them up. The people in Afghanistan smoked a lot of hash. They used this drug liked alcohol. The whole nation used it. The food was quite good. We took a bus from the border and made it to Kabul. Along the way, we bumped into this Hawaiian named Charley Krusner. Charley was a great guy and we traveled together. Kabul at this time was a hangout for the European hippies.



The Europeans were heavily involved in drugs. These used a lot of opium. It was quite sad to see people my age addicted to opium. There was nothing I could do. Many of them simply wasted away. The drug was very cheap and could be bought anywhere. I know a lot of my friends in the states would have loved to be in that environment. It was an eye-opening experience. For the first time, I saw so many young kids wasted and hanging on to life by a thread. There were thousands of miles from home. During this time I would meditate each day. I knew something incredible was going to happen to me in India. I just had the intuition that my dreams would come true. I knew I would meet someone who could show me the way

to open the door. I felt protected. It's a beautiful feeling to know that someone is watching over you. I was thousands of miles away from home and yet I felt great inside. I felt protected. My main goal was to

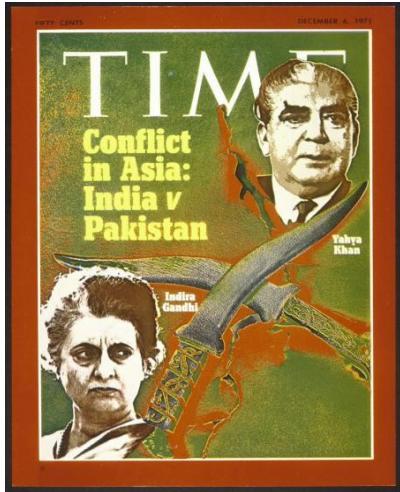


get to India. Ever since I left France the feeling kept on getting stronger. I felt such a wave of anticipation that my dream will come true. I had only a short time and it would be shown to me.

I left Kabul and took the Khyber Pass from Afghanistan into Pakistan. The Khyber Pass was used by Genghis Khan. It is one of the oldest trade

routes in the world. Throughout history it has been an important trade route between Central Asia and India. What a radical road. It was all dirt which most of Afghanistan was. There were no guard rails and we had these crazy drivers driving as fast as they could down this pass. The buses were quite different. Each bus would have a different altar depending on which religion they belong to. They would be flowers, incense, pictures, and memorabilia. We would be driving down this huge mountain on a skinny road. This was the only route from Afghanistan to Pakistan.

Indian Pakistan War



Well, we finally made it to Pakistan. Lahore was a busy city. We only stayed for a few days.

When I was in Pakistan I saw signs saying crush India. When I arrived in India I saw signs saying crush Pakistan. I arrived at the border of India at the beginning of the Indian-Pakistan war. The following day the border was closed for 5 years.

First Day In India



Times have changed 1

My first day in India was incredible. I remember crossing the border. At this time there was a two-mile walk to reach the border check for India. There were parrots and wild birds everywhere. I felt such a strong spiritual experience. I was home. It's hard to put in words what I was

feeling. I knew something incredible was to happen to me in India. I was looking for a teacher who could give me a practical experience of who I was. I remembered being checked by an Indian custom lady who was famous for busting people for bringing drugs into India. Since I didn't use drugs I wasn't worried. I remember such an aura of peace that came over me. The sun was just setting and the whole forest was

alive. Thousands of parrots were in the forest. The smell was like an incredible perfume in the air. I crossed the border and took an overnight train to New Delhi.



sikh temple new delhi 1

When I got to New Delhi I was very tired and exhausted. I heard rumors that the Sikhs allowed people to stay at their temples. I went to this huge Sikhs temple. I asked can I stay here overnight. The man said no but there is a huge festival going on

down the block. This festival is for Maharaj Ji a thirteen-year-old boy who just came back from a tour of the west. I remember 4 months earlier reading about him in Time magazine and from my sister. I was intrigued by how a 13-year-old boy could have such a huge following.



The first person I met was Guy Nouri. He and his Mom came to India to partake in this adventure.



RamLila grounds 1

I arrived at the festival site and was escorted to the stage where 1 million people were sitting. It was amazing, a sea of people. The next thing I knew a young Indian boy walked on the stage wearing a Krishna outfit. He was wearing a gold crown with jewels and a gold outfit. I was laughing and crying at the same time. Something inside of me knew I was home, that the experience I was looking for could be shown by this Indian boy. Being eighteen years old I was very practical that I wanted a direct experience of GOD inside of me.



What this young Indian boy said made sense. He said seeing is believing. If I told you an ant was 10 feet tall, would you believe me? But if I showed you seeing is believing. He said don't believe in my words. Take my experience. See for yourself. If you suites you practice if not go on your way. At this time of my life, this made sense. I have never heard someone saying I can reveal who you are. All my teachers in my past said to believe and maybe someday you will have that experience. Maharaj Ji said to take the experience, practice it and let the seed bloom into a fruit tree.

Initiation



Prem Nagar Ashram 1

The following day I packed up my bags and took a train to Prem Nagar, Maharaj Ji ashram near Hardwar is a small town in the

foothills of the Himalayas. For the next two weeks, I listened to discourses about this knowledge. Something inside of me knew that I was to receive the experience of a lifetime. I knew the door to my soul was to be opened. Words are hard to express the feeling that was going inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself. I knew this experience was real. I talked to a lot of people who had this experience and I could tell and sense that something wonderful was going on. I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.



Indo Pak war 1

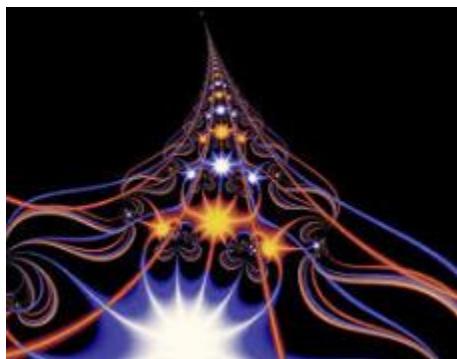
During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off. There was a general blackout at night. Pakistani bombers were only miles away. Air raid sirens

were heard in the distance. At the ashram, the whole place was so serene while in this part of the world people were dying. Trains of Pakistanis were being massacred going from India to Pakistan and train loads of Indians were being massacred going from Pakistan to India. Such a dichotomy.





I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge. We were in the room while Maharaj Ji was playing on top of the roof directly overhead of us. The experience that I had that day still sends shivers of joy just merely the thought.



The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience. When the initiator touched my forehead I felt this incredible surge of energy. I knew at that point that something incredible was going to happen. My whole body and soul sensed it. My conscious completely left this physical existence. A golden circle of light appeared. Inside of this circle a brilliant blue star appeared. This golden circle of light and this blue star were so beautiful. It was probably the most beautiful thing I have ever seen. Waves of love, joy, and peace were surging inside my consciousness. All of a sudden the star transformed into a ray, a tunnel of blue light that went on infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience. I have definite proof that we are more than these bodies. All of a sudden the mystery of life was revealed. I knew the secrets behind all religions. There was a genuine experience that could be shown and

experience. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God. To this day I'll never forget this experience. It gave me practical proof that God existed. I knew it but this was a practical experience. It was more real than any outside human experience. I knew that my life was on track. I have waited years to go home and I was shown such a glorious place. When I returned to this earth and regained physical consciousness my whole body was shaking like a duck. My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe? I knew no damage was done. Over time I knew that the body was built and designed to handle that kind of currents. Day by day through mediation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

inner music

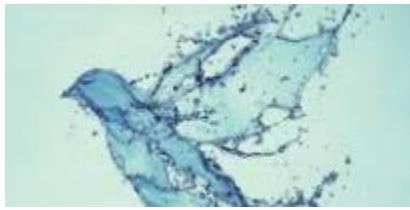
Three other techniques were revealed. One was the music techniques. I was shown how to listen to the innermost frequencies of life. Since God is energy, man can be in tune

and listen to subtle energy frequencies. Different religions have different concepts of this experience. By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be. This is the Word of God. Every major religion talks about the Word in some form or another. There is a very simple technique where a man can be in direct

communion with this subtle energy. When a person first receives this initiation the word is very subtle. The majority of people don't understand the power of this word. I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word. My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had experiences that I was completely taken out of this physical world and taken to a place where there is no time and space. The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all of the creation. It exists in the manifest and unmanifest. It exists throughout time and space and beyond. All of creation comes from this word. In the bible, in Saint John, the verse goes like this. In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the endocrine system. Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience. One drop can take man's consciousness into an altered state. This fluid is very cleansing to the body. When Christ was in the desert for 40 days and nights he lived off this manna. This experience is energy in its subtle form. It is energy yet it transmutes itself into matter. This experience is very powerful to the endocrine system. I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe. Unlike a drug that has a side effect,

this experience is completely beneficial to the body and soul. These experiences reveal over time who we are. We are more than our mind and body. We are this source of life. Each one of us is part of this universal consciousness. We just don't remember it. It's amazing when we were born we came from the source. Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

After the initiation, I thanked my creator for revealing himself to me. My dreams come true. I had the tools. Everything made sense to me. I could read the scriptures and understand the hidden meaning. The scriptures were at the same wavelength. I had a lot of respect for the major religions.

Mediation Ganges



Ganges River 1

The following day I was sitting by the Ganges meditating when I completely lost consciousness of this planet. I saw a light more brilliant than the noonday sun. My consciousness was flowing into a river of nectar. I felt the whole Ganges River was flowing

through me. Maharaj Ji had a beautiful poem by Rumi a great Sufi teacher that sums it up. It goes like this. There is a palace in the sky

without any foundation. A blind man sees a light more brilliant than a million suns. A deaf man listens to the unstuck music. A lame man climbs up a well and drinks the nectar and becomes intoxicated. The clincher is only a wise man who understands what I'm talking about. From then on my life was to change drastically. After my initiation and this experience, my life was never the same. I was shown something so incredible that my focus was on this experience. My whole life from then on was based on practically cultivating this experience. Day by day I was going deeper and deeper into my existence.



My days in India were spent in meditation and spending time with Maharaj Ji. Meditation was such an incredible experience. I call it going to the movies. Day by day I was going deeper and deeper into realms I have never been before. Prem Nagar was such a beautiful place. I was thousands of miles away from home and then again I was truly at home. I was content and full of such incredible bliss. My mind was learning to focus on something inside of me that never changes that is, was, and will always be. I was learning how to be connected to that experience twenty-four hours a day. I practiced meditation liked how I surfed with joy and the thrill of riding the wave of life. To this day I'm still blown away that this experience is lying dormant inside of humanity just waiting to be discovered. We are searching for the jewel and the jewel is hidden inside of each one of us.

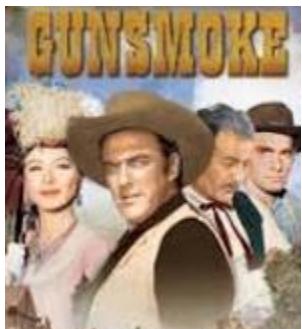


Over time it's not all bliss and roses with this experience. I had to face my mind. The mind is such a powerful thing. It can be your friend or enemy. I learned over time to become its friend. In the beginning, at times I thought I would go crazy. The mind was constantly chattering. I would sit for hours and at times I wanted to get up and just forget the whole thing. But then I would break through. Then the experience would rush in and completely saturate your being. You are bliss. I felt that I had to break down the door. Over time I walked through the door and my mind hasn't bothered me in this way since. I'm not saying my mind doesn't bother me at times it does. But when I close my eyes or put my connection to this Word of God my whole being is filled with bliss. In the beginning, it took tremendous effort to have this kind of experience. In the beginning, you meditate on the experience. Years later the experience meditates on you.



I remember that on a few days before Christmas the whole ashram took a train ride from Hardware to Patna a city in Bihar India. Bihar is one of the poorest states in India. The scenery was beautiful. We were traveling on this old funky Indian train. We would see swamps that were full of Lotus flowers. Wildlife was everywhere. Maharaj Ji was having a three-day program. I remembered at the festival there were probably a million people there. At one point in the festival, the Arya Sumaj attacked the festival. I'm not sure how many people died. This group caused a lot of

trouble in India. It was kind of scary to sit on the stage watching fighting only a half-mile away. India was quite a different place. The people were quite friendly. They liked westerners. The Indian people, in general, had a strong conviction for God.



Before leaving Bihar my friend Peter left to go back to America. I loaned him the money which I got back in South Africa. The westerns left in January. There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town. The Indian food was great. I bumped into the son of James Arness. His father was a famous actor in Hollywood. He played in Gunsmoke on TV. He had a son (Rolf) at the time was a world champion surfer. It was quite funny meeting him. I was buying a kilo of cashews for one dollar. I just started talking to him.

During this time Maharaj Ji was planning to go to South Africa. He needed a few westerners to go and help set up the necessary arraignments. Somehow Maharaj Ji's mother asked me to go. So in early February, we embarked to Bombay.

Finding Bombay Ashram



We took a train from Delhi to Bombay. Maharaj Ji was in Bombay for a week. Upon reaching the train station I realized that I lost the directions to the ashram. I just laughed and knew that everything would be all right. I was traveling with three western girls. I said let's go hop in a taxi. We got in the taxi and the driver said where you want to go. I said we will direct you. Bombay is a huge city. None of us have been there and he couldn't believe it. But he did as he was told. I close my eyes and received directions on where to go. Left-right etc. After about 45 minutes of driving, I told the driver to stop. We got out of the car knocked on the door and walked right into the ashram. I never told Maharaj Ji how we got there. It was just a matter of fact.

Asokananda Incident



While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and starting to wave his hands towards one of his Initiators Asokananda. The hair on his whole body stood up. It looked like he put

his hand in a light socket. He was yelling please Maharaj Ji, stop it. After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more. Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed. This was the first time that I spent close time with Maharaj Ji. There were only a few westerns there. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.

[Getting Drunk On Water](#)



Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water. I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. On board, the plane was Kali, Kathleen, and Tess. These were the three girls I traveled with from New Delhi. On board the plane we drank the water from the canteen. All of us got rip-roaring drunk. I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane. We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

We relaxed for a few days. I remember one moment at Tess's house. I was meditating in the backyard with I opened my eyes and saw Maharaj Ji standing there. He was laughing and laughing. I remember in Bombay asking him if we were to make it to South Africa. We were

going to hitchhike from Kenya to South Africa. He said we would but we were going to have a hell of a lot of adventures along the way.



We slowly started to hitchhike from Kenya to South Africa. I have memories of our first night getting a ride and being on the Kenya plains in a horrendous rain storm. Here we were in Africa and the only houses around were grass huts. It was quite an experience. I remember one border crossing between Kenya and Tanzania. The Tanzania border official became very upset because we didn't have a visa to enter the country. Kali became very upset and told the guy off. I was receiving an intuition to be quiet and to respect this officer. They pulled us into a room and this officer just started to yell to Kali. All of a sudden he stopped and said "I am about to throw both of you in jail but because pointing to me you have been such a gentleman I will let you go. Another lesson in intuition.



In Tanzania, the Chinese were building a railroad. Thousands of Chinese truck drivers were passing us by. They all had the same expression on their faces.



I remember one ride where Kali and I got picked up by two intelligent black Africans. We got in the car. After a few hours of driving, they got out of the car and shot two cows with a rifle. We

thought we were next. They got in the car and they said: "O we just shot two elephants." We agreed with them. We knew we shouldn't cause any conflict or maybe we would be next.



I remember one night we were in this small jungle town in the middle of nowhere. I was eating this soup that was full of mosquitoes. The air was so thick of mosquitoes that mosquitoes were falling into my soup. It was quite the scene. It was

super humid and hot. I was lucky not to get malaria.

[Seeing Maharaj Ji On Telephone Wires](#)



One night we were sleeping in the tent when a huge thunderstorm came and blew away the tent. We awoke and found ourselves sleeping in a sea of mud. Quite the experience. I remember

looking up at the telephone poles and seeing Maharaj Ji laughing and laughing.

Zambia

We finally met up with Tess and Kathleen. We switched partners and I hitchhiked with Tess to the capital of Zambia. We all decided to meet there. It was quite an experience. We arrived at Lusaka got out of the car and moments later Kali and Kathleen got out of the car. We were all standing there when this Zambian came up to us and offered us to stay at his house.



We went to his house a dairy in the country. His name was Gary. We told him what we doing and where we were going. At this time our money situation was zero. A few days before we ran out of money. I was pleased because I

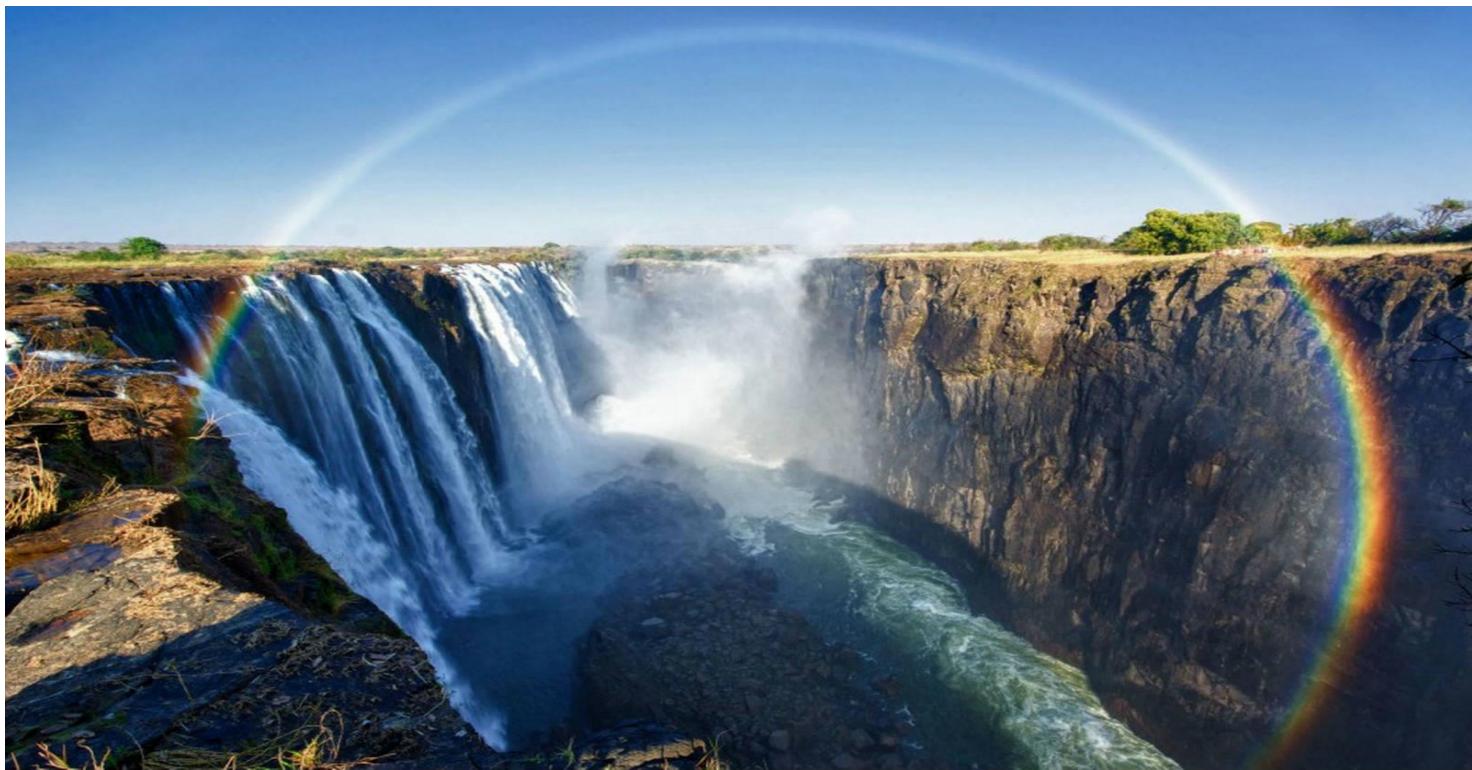
would see that everything would be taken care of. Anyway, Gary's uncle was president of the national TV in Zambia. He could arrange a television interview for us. The next day around 5:00 after the news we were on national television. I only wore my Indian whites and no shoes. We had a beautiful interview for about one hour. The interviewer was very sincere. There was no sarcasm in his voice. The people of Africa were simple and open people. The TV station received hundreds of phone calls asking "what was that?" The response was so great that the next day we were asked back to the TV station. The same phenomenon happened. The Indian community heard us and invited us to their community. Every day we would give discourses in their temples and home. We were treated like Kings and Queens. They would give us money, watches, and clothes. We had probably at least 6 major meals a

day. It is a custom to accept food at someone's home. Each one of our guests would provide a huge spread.



I remember one Hindu temple where the priest would take down Krishna's picture and put up Maharaj Ji's picture. This is like the Catholic Church taking down Christ's picture.

I remember seeing Victoria Falls like it was yesterday. There were hundreds of monkeys in a forest canopy overlooking this incredible waterfall. Kali and I stood on this bridge and a 360-degree rainbow encircled us. To this day I can visualize this waterfall.

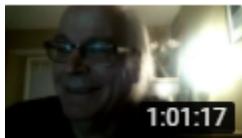


South Africa

Well, we finally made it to Johannesburg. It was quite the adventure. Somehow we managed to get a visa for South Africa. I spent about two weeks in Johannesburg resting up and living in the Indian community. There were a lot of westerners, black and Indians interested. I was sent to Cape Town to prepare for Maharaj Ji's visit.



In Cape Town, I stayed in the house of Nigel Fairhead. Nigel and his wife were great to me. They live in town in an old 17-century church. Cape Town was a beautiful place to live. The cape is surrounded by the Indian and the Atlantic oceans. Nigel introduced me to a fellow surfer Chris Parker. We became great friends. I hadn't spoken to him in over 40 years until recently. We carried our conversation as it was yesterday.



Talk Story with Nigel Fairhead
Fletcher Soul Traveler



My days in Cape Town were spent in preparation for Maharaj Ji coming to visit. I would go to the university there and give talks about self-knowledge. The university and student body provided me with a classroom where I could speak. It's kind of funny I was only 19 years old. The university was real receptive and curious. When Maharaj Ji came to give a talk at the university the whole student body showed up.



I had a great time with Maharaj Ji in Cape Town. There was only one other westerner beside me. It was Gary Girard and he was traveling with him. I remember at one point I was in Maharaj Ji's

room. We were alone and he was talking about his father Shri Maharaj Ji. I remembered asking him questions about his father. Maharaj Ji gave me this magazine that came from England. It contained some of his discourse in England. On the back page was this picture of him. He gave me this magazine and signed it Saint Ji Maharaj. On the back of the magazine, he drew a map of his old school in Dehra Dun India.



Cape of Good Hope 1

One day we went to the Cape of Good Hope. It was an incredible sight to behold the Atlantic and the Indian Ocean merging at one point. I remember at one point Maharaj Ji and the group had a race to get to the top of these stairs. I couldn't believe how fast he ran. He beat all of us by a long shot. I

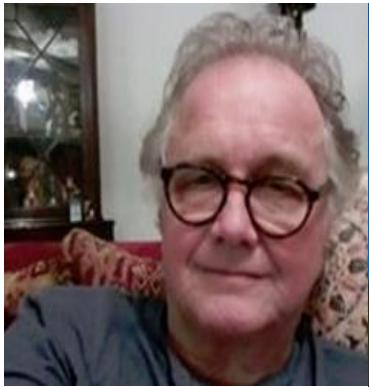
thought with all of my training I was fast. When I got to the top I was breathing quite hard. Maharaj Ji was hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Maharaj Ji, his longtime bodyguard Bihari Singh and myself. We placed our arms on top of each shoulder (just like kids) and said cheese. It was a great moment.



The following day we flew back to Johannesburg. I remember Maharaj Ji passing out Nestles white chocolate on the plane. We spent another two weeks in Johannesburg. Every day we would have people of all races colors and creed come to the house. For some reason, the South African government didn't do anything about it. We had westerners, blacks, and Indians all coming together. There was such harmony. I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people. I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

The following are people I remember in South Africa.

Milky



Gary Girad



Bruce Sirota



Kali Rodriguez



Kathleen Cook



Sandy Collier



Larry Rosenfeld



Nadine Sirota



Robin Heslop



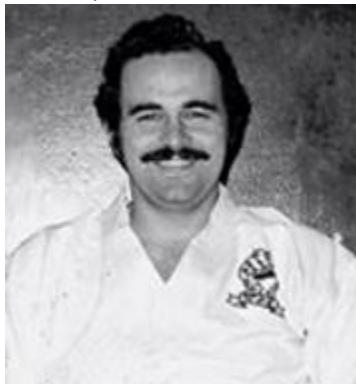
Chris Parker



I first met Chris in Cape Town South Africa over 45 years ago. We became instant friends. I introduced Chris to meditation. Now if you like to meditate and you're a surfer you're on the same wavelength. Chris and Nigel are like brothers to me yet I

haven't seen them since my time in Cape Town. It was until recently did we hook up again. We discovered each other through Facebook. All three of us would have skype sessions. Nigel in South Africa, Chris in Australia, and myself in good old Kansas. We would talk at times for three hours. Now that's a good use of technology. It seems just like yesterday. Now I've known them for probably less than six months yet the connection between all of us is like brothers. I find that fascinating.

Joe Lopez



I first met Joe in India. Joe at the time was the owner of a dojo in New York City. He started this school in the sixties. Joe and his students provided security for Maharaj Ji at the festival in Montrose. I was always impressed by Joe's demeanor. Here he was an incredible martial artist and he had a heart of gold. He was kind and considerate towards others. He embodied the spirit of martial artists throughout history.



When I lived in New York Joe told me this story of how he got involved in Tai Chi and Qigong. One day he meets a Tai Chi master in the early seventies. The master says "hit me in the stomach as hard as you can".

Joe says "I won't do that I could kill you". The Master says "no you won't". So Joe hit the master and nothing happens. The master says now it's my turn. The master doesn't even touch Joe but his hands sent energy through them and send Joe crashing into a wall. That's how Joe gets introduced to Tai Chi and Qigong. He has been practicing ever since.

Joe moved to Santa Monica in the eighties. He has taught classes at a park for over 30 years.

Joe has combined meditation and his martial art practice to refine himself for over 50 years. I like that. I just found out as I was writing this on May 7 that today is Joe's birthday. I haven't seen or spoken to Joe in over thirty years. Happy Birthday, Joe !!!.

Here's a description of his classes.

Description: Our teacher, Joe Lopez, is an accomplished Tai chi, Qigong, Internal and External Fighting Arts Master. He has been holding a very friendly Qigong class every Saturday (9:30-10:30am) at Goose Egg Park in Santa Monica, CA for over 35 years (he has been doing martial arts for over 50 years). The location is 600 Palisades Ave., which is at the corner of Palisades St. and 7th St. one block North of Montana Ave. This class will fill you full of great feeling energy and well being while we breathe in the fresh ocean air. The group is very mutually supportive so we all maximize our learning and practice. Anyone can do it. All levels are welcome. Qigong is an easy to do relaxed set of movements that promotes energy awareness and internal energy development for general well-being, healing, and martial arts. We generally practice one style for a while before moving on to another aspect; so it's always fresh and advancing. Many students have been here throughout the years and newcomers are always welcome. Come and check it out. Class is from 9:30 am 10:30 every Saturday morning. Cost is \$10.00 per class. You will find us under the pine tree. Private classes on Tai Chi, Push Hands, Sword, Saber, Qigong are also available contact: Joe Lopez ph 310-394-1458

Mark And Geraldine Lowenherz



I first met Mark at the festival at Montrose. He was only around 15 or 16 years old at that time. Mark came with his friend Joe Lopez. He helped with the security at the festival. Both my brother and I bonded with Mark. We have been friends ever since.

Both my brother and I have stayed for an extended time at Mark's family house during the seventies. His parents made us a part of their family. I still remember a dish that Mark made for dinner. It was broccoli and shredded Jarlsberg cheese. It was delicious.

Mark was one of the people who help me get involved with computers. At that time he was going to school and he was studying computer science.

Both Mark and I lived for a short time in the ashram in New York. Mark's parents were smart enough to say we will support you in your studies so you can get a degree. Wise choice.

I saw Mark on and off during the eighties. In 1982 I went to New York City for a business trip and stayed at their house for a week. One morning I made the kids Rachael and Christopher pancakes. 35 years later whenever my name is mentioned Rachael speaks about my pancakes.

Mark is like a brother to my brother and me. We have known him for around 46 years. Mark is kind and extremely generous. I would say he has a heart of gold.

I first met Geraldine in New York City in 1976. I knew a few of her friends. Mark's Mom was a psychologist. One of her best friends was also a psychologist. Geraldine was mentored by her and over time she was an incredible counselor. She had the insight from her practice of meditation and a keen sense of intuition to help her clients. She eventually had clients throughout the states.

Geraldine help me when my marriage broke up. She taught there are two sides to the story. Don't be a victim and learn a lesson from it. She also taught you to take out the weeds in your garden. Another wise piece of advice.

Mark and Geraldine have been together for over 40 years. They have been friends of mine for many years. I truly treasure them. They are one of my jewels in life. Words truly can't describe the love I have for both of them.

Back To The States

Sometime in June, I flew with Maharaj Ji back to the states. He was going on another tour. I went back to my hometown for about two weeks. When I returned many people asked where I came from. They thought I was from Iran. I told all of my friends and family about my experiences abroad. Many of them were quite interested. Maharaj Ji told Kali, Kathleen, and me to go to San Francisco to help set up for his visit. I took a train from Santa Barbara to San Francisco. Maharaj Ji gave a couple of programs at Berkeley. From there we went to Monterey. I remember one day Bill Patterson, Maharaj Ji and myself were in this room. Maharaj Ji was telling one joke after another. I thought I was going to die from laughter. I remembered I tried to tell a joke but ruined the punch line.



My next stage of the journey was in Colorado. I spent the summer there. Maharaj Ji had a three-day program in a town called Montrose. I went there with a small group to help calm the town's fears. They were afraid that this festival would be a rock and roll affair. They didn't want drugs or alcohol or a bunch of rowdy people in their town. We calmed the town fears and the festival was a huge success. Many of the people from the town came to the program. There was excellent press coverage. I'll always remember the sunsets during the program. They were probably the most beautiful I had ever seen.

These friends helped with dealing with the city council.

Bill and Linda Bach



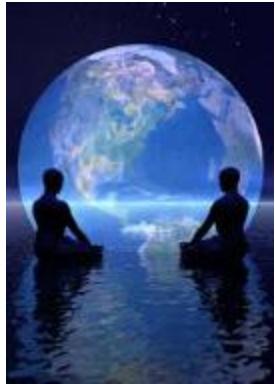
Guy Nouri



Bill Patterson



During the first day of the program, my twin brother John came to the program. I was pleasantly surprised. He was living in Utah and somehow he ended up here. In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Maharaj Ji never knew I had a twin brother. Bihari wanted to play a trick on Maharaj Ji. He got us both together and said "Maharaj Ji look at this. This will blow your minds. He looked over our way and did a double-take. He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.



My brother and I spent many hours together meditating. Meditation was love at first sight. We were both having incredible experiences. It was great for my brother to have the same kind of experience. He admitted when I came back from my travels he didn't know quite what to believe. I guess the taste is in the pudding.



In early September I went to Colombia for two months. I had a great time there. The people were very innocent. The countryside was gorgeous. I spent a lot of time meditating and speaking at programs. I went on a tour with a woman named Gita. We went to the major cities Bogota, Cali, and Barranquilla. I loved Cali. Cali is in a valley and is surrounded by mountains. The Cauca River flows through the eastern part of the city. The weather is almost the same year-round. The people were extremely friendly.

I returned to the states and landed in Florida. I took a drive-away car from Miami to New York City. I remember one experience I fell asleep driving. I had no idea how long I fell asleep. It was quite the experience to wake up and find myself behind the wheel of a car. I got back to New York and spent about a week there and then flew to India with my brother.



Maharaj Ji had charted three jumbo jets to fly to India. My brother and I were on the first one. I would like to thank one kind soul who paid for my plane ticket. Wherever you thank you. My brother and I helped with security.

We had quite the life. During the day we would set outside this door and help with the security of Maharaj Ji's family. We would watch all kinds of interactions. During the night my brother and I got into this routine where we would try to meditate all night long. We did this for about a month. The program came and went and we all traveled to Prem Nagar, the site where I was the year before. This time Prem Nagar was real crowded. There were probably over a thousand people there. Fortunately, my brother and I were assigned to do security for Maharaj Ji.

We stayed on the top of the roof. Maharaj Ji's room was there. We had a great time. During the daytime, we would interact with Maharaj Ji and at night we would meditate all night long. I remember some incredible times. My brother and I were well-liked by the people there. We developed some strong friendships with the people. Meditation was quite the experience.



I remember one night my brother and I went and meditated next to the Ganges River. This was probably around midnight. As soon as we closed our eyes both of us were swept away by this incredible white light. It was so bright I thought I was going to be blinded. The funny thing my eyes were closed. There was such a love and bliss emitting from that light. After one hour we were awakened by a

man doing guard duty. He said there were many bandits in the area and that we should go inside the compound. Well, that was the end of that experience. The only words I remembered from Maharaj Ji was that one day he was talking about how the mind is time and the body is space. To go beyond time and space we need mediation. Mediation is the key to go beyond time and space. I liked that idea. Well, my brother and I returned to the states. We didn't get sick in India but when we returned our bodies were frazzled. It took a few months to recover.

We spent about two months in California. In the early winter of 73, I went to Portland Oregon. I had a great time in Portland. I was meditating a lot. I met a lot of really nice people. That summer I drove from Portland Oregon to Denver to New York City. My brother and I took an airplane ride to London. I remember one day that a really good friend of my brother came to the program. His name was John Slowsky. I told John about my experiences when I first got back from India. He had no idea of what I was talking about. John was practicing meditation. At one point we went into this tent close our eyes and just sailed away. John Slowsky and I have been friends since that day.

I returned to New York and missed my ride back to Portland. Some of the directors at that time were really into politics. I guess with any organization politics comes with the picture. I have a hard time with politics. Anyway, I missed my ride and they decided to throw me out of

the ashram. My brother was doing security for Maharaj Ji at the time so I told him. He told Maharaj Ji and Maharaj Ji said he was in charge. They had no right to throw me out. I had a feeling many of the leaders were jealous of us. We didn't strive for any power. I certainly didn't have anything to prove. I was simply enjoying my experience. The people loved my brother and me.

Spaced Out



I spent two years living in an ashram in Mexico during the seventies. One of my dear friends had a sister who said I was the most spaced-out person she had ever met. She never told me to my face but my friend did several times. I thought it was cruel and I still do. I guess things like this get stuffed inside. Back then I didn't say anything.



Here's what I would say today. I'm twenty-one years old. Since high school, I have traveled around the world. Learned how to meditate. Was sent to Cape Town South Africa. The task was to prepare for Maharaj Ji's talk to the Cape Town University. I was sent solo from a group in Johannesburg. I daily gave talks to the university where I first started to talk on the grounds of the university. Within a short period, they gave me a classroom to speak in. Around 5000 people came to hear Maharaj Ji speak. Maharaj Ji was extremely grateful for the work I did.



During that summer Maharaj Ji was going to do an outdoor program in Montrose Colorado. I was sent along with four others to talk to the city council and help elevate their fears. They didn't want drugs and alcohol and a huge insane atmosphere to take

place. We calmed down their fears and many of the residences of Montrose came to the program.

Maharaj Ji sent me to Colombia South America. Gita and I did a tour of the country and gave talks.

This was all between 18 and 21. I look back and I'm amazed at what I accomplished in such a short period. I had to use practical skills to pull this off.

I admit I was spaced out. I don't think an ashram environment is conducive to life. I think it hinders it. That's my perspective. I think living in an ashram is like hiding from the world. I look back at the forty-plus years and see what I have accomplished.

Frankly, I think a lot of my spaced out was due to not having responsibilities like I had in South Africa, Montrose Colorado, and Colombia. Anyway, I'm proud of looking at myself and working on myself for all these years. I have been consciously trying to get rid of the junk that exists inside. You have helped me to clean out the closet. Thanks.

Friends in Mexico

Alan Roettinger



Kali Rodriguez



John Fletcher



Beatriz Miyar Consuegra



Anna Carney



Sue Smith



John Phillip Lemay



Jaime Mencos

Diane Clark

Candy

Nacho Sanchez

My First Girl Friend



Before I met Anna Carney I never had a true girlfriend. During my high school years, I had a hard time with the way we operate in society. For example, many of my friends would see a beautiful girl and say "wow I wish I could get laid by her". They would complement a girl by her breast size or judge

someone who was overweight. I guess I saw life differently as my friends. I knew this life was sacred. I knew that to know God wasn't to go to Church on Sunday for an hour and then the rest of the week you could do anything you want. Knowing God isn't a token. You don't just unconsciously go through the motions. It's a moment-by-moment, day-by-day, year-by-year affair.

At times I was quite lonely in high school. All my friends had girlfriends yet I never did. Girls liked me but nothing ever developed. I think I only went on two dates in high school. I realize the loneliness was my soul was calling out to me. At times it seems something external will fill the loneliness but it never will. The cup must be filled from within. Being young I didn't know that.

I first met Anna in an ashram in Mexico City. She was from Ireland. Anna caught my attention. She was on the same wavelength as me. She loved to meditate. She was fun and loved the adventure of life. Anna had a great heart and soul. She was funny. She was smart and she had wisdom. Also, she loved to cook.

Anna was kind. She had the maturity and understanding that life is sacred. So over time, we fell in love. I remember once I need to renew my visa for Mexico. Anna and I took a train to Guatemala. I still remember at the border crossing this American boy around 10 years old with a beautiful parrot on his shoulder. My first thought was this boy already knows about life. I could sense that traveling was his education.



We spent a week or two in Guatemala. I always will remember Lake Atitlan. What a beautiful Lake. The lake is surrounded by mountains and volcanos. I loved the Mayan people. They were short. Most of them were under five feet tall. Most of all they were happy and content. They come from an incredible lineage. The Mayans at some point in time developed calendars that made the Gregorian calendar look primitive. Yet we think they were ignorant and lived in the Stone Age.



Anna and I visited Kali's Mom. She had a house in Baja California. Along the way, we stopped off at Matanchen bay. This bay was known by surfers since the sixties. On a good day, you can ride a wave for almost a mile. The only drawback is at sunset and sunrise the no-see-ums come out by the millions. One day we took a walk up the point, past the bay. At some point, both of us realized that we should turn around. We couldn't quite pinpoint it. We turned around and start to walk back to Matanchen bay. Well, we were right to turn around. As

we were walking a bullet whizzed so close we could hear it. We didn't turn around but slowly walked away.



At some point, Anna and I thought we were going to get married. It is a custom in Ireland that the man asked the daughter's father to ask for the hand in marriage. So I did. Anna went back to Ireland to visit her family. We were going to meet in Toronto Canada in a month. I remember Anna comes to Toronto and we are staying at this elderly couple's house. She made this dumpling soup that I still remember today. It was the best dumpling I ever had. We met Richard from White Rock British Columbia. He was driving back home and said we could travel with him if we liked. We did. I remember traveling at night and an avalanche occurred as we were passing. We were at the right place and the right time. If we were off by thirty seconds we would have covered in snow.



We ran into Mahatma Rajeshwar and Bill Paterson. They were going to do a TV interview and asked us if we wanted to come. We spent a few days there. Bill gave me a copy of a book about Milarepa. He was Tibet's greatest Yogi. The Kagyu lineage still exists today. In fact, in Ashland Oregon, there is a beautiful temple that comes from the Kagyu lineage. Bill, unfortunately, died about 10 years ago. He was well known for his kindness.



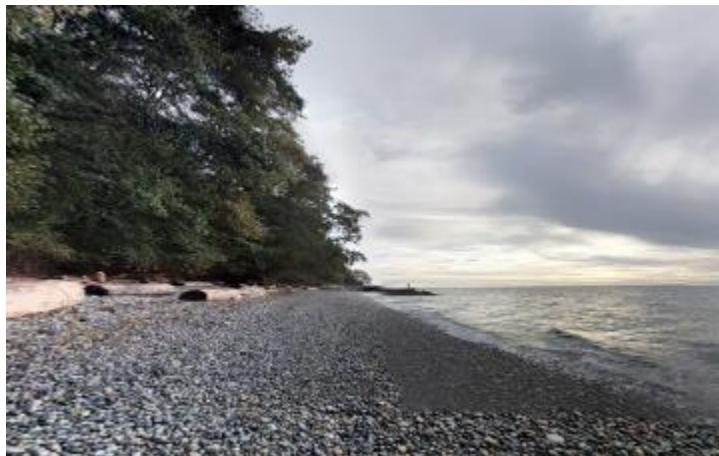
We made it to British Columbia. We stayed at Dr. Michael Klaper's house. He has been on the cutting edge of health for over 40 years. Mahatma Rajeshwar and Bill Paterson came to visit our house. We made this incredible Indian meal for Canada's thanksgiving. Bill showed me

how to put chapatis in the oven to puff up. It was a beautiful technique.



Anna and I moved to White Rock. It's right on the border of the US and Canada. It borders Semiahmoo Bay. I remember walking home with Anna late at night when it was snowing. It was so peaceful. I used to play chess with the elderly man next door. He

loved my company.



Anna and I went to Vancouver Island with a friend of mine name Richard. He wanted to try out surfing. We went to Wreck Beach. The waves were quite fun. The water was cold. A friend of ours had a nice sauna that we used.



At some point, Anna decides to move to Nelson BC. Quite frankly I felt lost for a while. I didn't have the maturity and life experience to cope with this.

You can't put your happiness and love into someone else without having that inside of you. Nobody can fill you up. I learned that you can't hold on to something forever. Everything changes. Our relationship was never the same.

I spent around 6 months in Nelson BC. We stayed in a beautiful Cabin built by a friend of ours. Bill School his wife and son lived there. Nelson was an incredible place. I love the town and the people. Many of the folks were involved in meditation in one way or another. The first time I ever saw fireflies was in Nelson. I was captivated by the flashing of the lights.



We loved going to Nelson hot springs. It's a natural hot spring with many different temperature pools. It was a great place to go and relax with your friends. Back then it was real cheap in getting in.



One of my favorite moments was going to Kootenay Lake for a 3-day adventure with Anna. We took this ferry to this island. I remember having French bread and brie cheese along with a little white wine. The ferry ride was gorgeous.

Mountains were all around the lake and the water was crystal clear.



During my stay in Nelson, I met someone who went to Jay Victor Scherer's Academy of Natural Healing in Santa Fe New Mexico. I decided to move there. Anna moved to Gainesville Florida.

We met up in California about a year later. Anna was still living in Florida and I was still living in New Mexico. I introduced Anna to my Mom and Dad. I remember my Dad made homemade gazpacho soup. It was served cold. Anna and I made an Indian meal for my Mom.

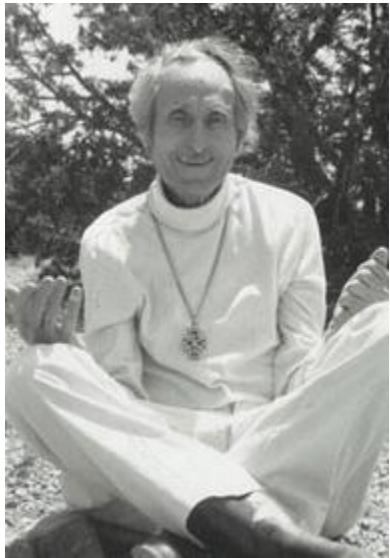
During this trip, my Dad, Anna, and I went by car to Nevada City to visit my Grandmother Josie. I loved my Grandmother. That was the last time I ever saw her.



Anna and I never got together again. The last time I saw her was over thirty years ago. We had lunch at a Chinese restaurant in Miami Beach. I remember having Wong Tong soup.

I have fond memories of Anna. Anna has been happily married since 1997. I'm happy that she has found someone special in her life. Thanks, Anna for being a part of my life.

Santa Fe New Mexico



I went to Jay Victor Scherer's Academy of Natural Healing in Santa Fe New Mexico for one year. It was an incredible experience. I made enough money in Canada to pay for my tuition. Dr. Scherer was a well-loved and respected naturopathic physician and massage therapist in Santa Fe for over 40 years. He was a great healer and teacher. Short and wiry, Jay was a strong man with huge warm hands. He had a wonderful sense of humor, a generous spirit, and a kind heart. His compassion for those in pain or need was boundless, and he never turned anyone away. Jay trained hundreds of students. Jay introduced me to St. Germain an ascended master. Back then he was on the cutting edge of New Age/Old Age thought.

This is from his school website.

His love and passion for massage therapy were central to all his work. Even at age 84, he would come out of his massage treatment room doing a little dance, saying, "If you do it right, it gives you energy." As a naturopath, Dr. Scherer also practiced homeopathy, nutrition, herbal medicine, color therapy, colonic irrigation, and spiritual healing. He was a pioneer in the naturopathic field, passionately committed not only to the healing process of individuals with whom he worked but also to the living body of knowledge that is always evolving and could be passed down from teacher to student in a mentoring tradition.



Scott Gershen was the primary teacher. He was a gentle soul. The classes usually occurred inside of his home. Scott and his wife Vivian died in an airplane crash in Burma.

This is from the NY Times

On June 21, 45 Burmese died when a Burma Airways Fokker Friendship 27, a Dutch-made medium-range plane that is the airline's mainstay aircraft, hit an 8,200-foot-high mountain minutes after takeoff from the eastern town of Heho, about 280 miles northeast of Rangoon. The Government has not said what caused the June crash.

The crash today occurred one day after diplomatic officials reported that police protection of the United States Embassy in Rangoon had been increased because of reports that an anti-American terrorist group had entered Burma. List of Casualties

WASHINGTON, Oct. 11 (AP) - The State Department released the names of 12 of the Americans killed in the crash: GERSHEN, Scott, Santa Fe, N.M. GERSHEN, Vivian, Santa Fe, N.M. GRIFFIN,

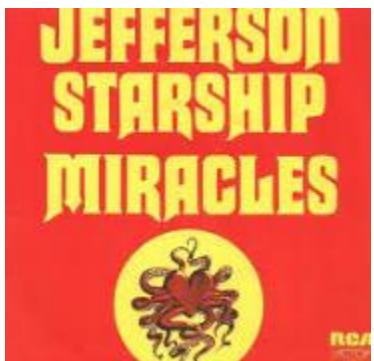


I took a trip with Scott Gershen and Vivian to Mazatlán Mexico during our spring break. We camped out for a whole week. This is when their relationship began.



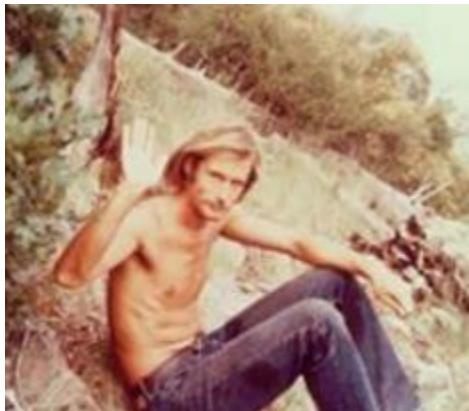
I had two incredible roommates and classmates. Silas Smith and Ephraim French. They were both from Santa Barbara California. Silas was tall around 6'6 but he had incredible agility. He was an incredible skateboarder. He won first place at a skateboarding event at Los Alamos where the

Manhattan project occurred in the forties.



I have fond memories of listening to the Jefferson Starship play the song Miracles on the radio. My other favorite song was dust in the wind by the band Kansas. We would skateboard at night on this incredible mountain road. Ephraim would drive this car and the headlights were on full beam. Silas and I would ride down

the mountain weaving back and forth. It was a blast.



Ephraim and I loved to play tennis at the governor's mansion. He was kind to let people play on his tennis court. Ephraim was fun to play with. We didn't play to win but we played to have fun. Big

difference. Both of them worked at the Sheraton hotel as waiters. Another friend of mine Bill Whyland worked there also.

Ephraim, Silas, and I for a while stayed at Nora Fisher's house. She lived a few blocks away from the plaza. Nora was kind and gracious having us living there. Nora was the curator of textiles at the Museum of International Folk Art in Santa Fe. She has since

retired. It was always an atmosphere of fun and enjoyment. I remember there was a party at Nora's friend's house. It was out in the country. This house was built out of adobe. It was awesome. One of my favorite styles is adobe. The adobe keeps the house cool during summer and warm during the winter. I remember falling asleep on the floor. The next morning my friends said did you know we had a party last night and we danced all over you and you didn't wake up. Talk about sound sleep.

This is what Nora has written about her career. Pretty incredible. I will be honest at the time I didn't know and understand her work. Forty years later I beginning to see her importance in her field.

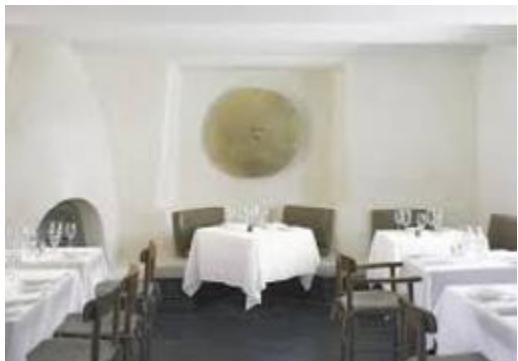


Between 1965 and 1998 I had 33 years working as a Curator with textile collections in a Museum setting, first at the Textile Museum in Washington, DC, and then at the Museum of International Folk Art, Santa Fe, New Mexico. During the time I worked with Museum collections I had several stints at designing and instituting new textile storage areas and was awarded an International Partnership Among Museums (IPAM) grant to do a museum exchange with the

Kelkar Museum in Pune, Maharashtra. *Mud, Mirror, and Thread: Folk Traditions of Rural India*, published by Mapin Press, Ahmedabad in 1993, 1995, and, most recently, in 2006. I have pursued fieldwork studying the Banjara in eight states: Himachal Pradesh, Uttar Pradesh, Gujarat, Rajasthan, Madhya Pradesh, Maharashtra, Andhra Pradesh, and Karnataka. As for myself, Nora Fisher: I have 33 years of experience working with textile collections in a Museum setting, first at the Textile Museum in Washington, DC, and then at the Museum of International Folk Art, Santa Fe, New Mexico. During the time I worked with Museum collections I had several stints at designing and instituting new textile storage areas. During my museum work, I took two personal senior fellowships (1988-89 and 1992-93) that were processed through the American Institute of

Indian Studies, New Delhi. Both grants were hosted at Gujarat Vidyapith in Ahmedabad, and both focused on the embroidery and dress of the Banjara. I have done fieldwork studying the Banjara in eight states: Himachal Pradesh, Uttar Pradesh, Gujarat, Rajasthan, Madhya Pradesh, Maharashtra, Andhra Pradesh, and Karnataka. I am most at ease in Karnataka: working with the Banjara, visiting and staying in tandas, and meeting with Banjara in cities. Mud, Mirror, and Thread: Folk Traditions of Rural India was published, by Mapin Press, Ahmedabad in 1993, 1995, and, most recently, in 2006.

Nora had this small funky convenience store near her house. I would buy bananas and frozen orange juice to make smoothies. During the winter we would like to soak up the rays outside the store. I loved feeling the rays hitting my body. Words truly can't describe it.



For a time I worked at the Compound a famous restaurant on Canyon Road. Esquire magazine awarded it the restaurant of the year for the Southwest. It was built out of adobe. I loved the inside of the restaurant. The wall was painted in pure white. The owner was

Victor Sagheer originally from Lebanon. He was a great boss. I remember they would serve these incredible meals for the staff.



I once waited upon the table of Art Garfunkel of Simon and Garfunkel fame.



I would ride my bike to work. During the winter it was so peaceful riding my bike back home at night. At times it would be snowing and it was so serene. Nobody else would be on the road. I would pass the main plaza in town and all these incredible lights were surrounding the plaza. I never knew that it was the custom to place candles inside paper bags. Wow!!!. This is called a luminaria or farolito depending on who you talk to.



New Mexico is called the land of enchantment. It's in the high desert. About 45 minutes away is the Santa Fe National Forest. The Santa Fe ski basin is situated there. I first learned how to ski there.

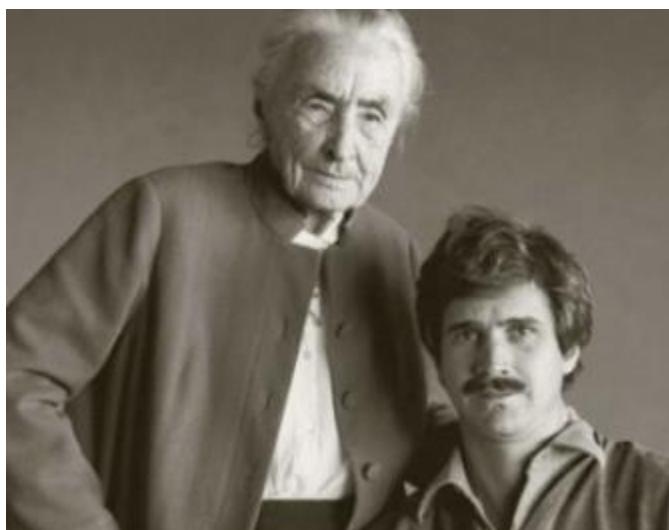


The most incredible sunsets would occur there. Being in the high desert it seemed you could almost touch the sky. At times it would give me chills at the beauty of it all. This is literally God's painting. The signposts are everywhere. Every sunrise and sunset was different.



Yogi Bhajan and his followers had this incredible vegetarian restaurant in town. Back then they didn't have very many. They served a mixture of Indian and vegetarian cuisine. They also had the golden temple ice cream of either honey or carob. You could also buy the ice cream at the local food Co-op. this was probably the best-tasting ice cream I ever had.

I met Yogi Bhajan once. Ephraim's friend was getting married and Yogi Bhajan was going to do the ceremony. His friend was an attorney for the organization.



My friend Ephraim was also friends with Juan Hamilton. I met him a few times.

This is from Bazar magazine including the picture.

Georgia O'Keeffe's intimate relationship with Juan Hamilton, 58 years her junior, was an art-world scandal.

At that time Georgia O'Keeffe was my favorite artist. She lived outside of the box. I admired that. She moved to New Mexico from New York so we could paint whatever came her way.

Santa Fe had an avant-garde movie theater. They would play films all around the world. I remember they would serve incredible food there. It wasn't your typical movie food such as popcorn and

soda. They would serve beer and wine. It was quite an experience.



It's funny my friend Paul Cohen's black sheep of the family was Ram Das. Ephraim, Silas, and I saw him give a talk in Albuquerque about an hour away from Santa Fe. I don't remember too much about his talk. He went over his life. At the

time Ram Das was at the forefront of the mediation movement. He was underground. At that time meditation was still on the fringe of society. You were considered an outcast back then. Today you can learn about meditation almost anywhere. Times have changed.

Since then I haven't seen Ephraim or Nora. When I moved to Ashland Oregon I heard rumors that Silas lived in the area. Through synchronicity, I tracked him down. It was just like the old times. Our connection never died. Silas comes to my Christmas Eve birthday party when I come to town for a visit.

Search For Oneself "The Quest"



DNA 1

Ultimately I discovered that the search for oneself has to be done by yourself. A teacher may give you the tools but you have to utilize them. It is our responsibility to make this quest. Of course at times it is very difficult. We learn a lot of lessons on the way. Each one of us is on a journey.

We are our teachers and student on this journey. I have different lessons that you have. Each one of us is truly unique. I feel that we are on a quest to find ourselves. We are here to have a complete understanding of life. Man will never stop growing. The pursuit of knowledge is ingrained into our very essence. We are beings in the pursuit of knowledge. We are wondering who I am. What is my purpose on this planet? Where I'm I going. All of us deep down have this inner calling. It is a part of our DNA makeup. For thousands of years, man has been yearning to find out the answers.

Man ultimately learns that the search exists inside. We have looked for



all the answers outside while the real answer lies inside our very own being. We are our own teachers. We may have help on the way from outside teachers but ultimately it is up to each one of us. I feel so fortunate that throughout history our planet has been blessed by teachers who have dedicated their lives to helping mankind. Let's take their wisdom and

knowledge and transform this planet. I have learned that over time to be more compassionate and loving towards people. Let's accept this human race and let's go on from there. We all want peace on earth. Let

open up our hearts. Over time I realize that we are our best teachers. We are the ones who open up the door. Only we can transform ourselves.

Meditation 10 Hours A Day



There was once a time in my life where I had the chance to meditate as much as I wanted. All of my worldly concerns such as food and a roof over my head was taken care of for me.

This was during the seventies. I

remember waking up early in the morning and meditate for hours on end. It was an incredible experience. Each day it was Surfing the inner wave. My whole being would be completely saturated with love and bliss and would just go deeper and deeper. At times I would be conscious of this human body. I would be in the presence of universal conciseness of pure love. Each day my body and mind would take the experience and absorb it. Over time I just could simply close my eyes and just be taken away. I wasn't afraid of death because each day I die and come back to life. I read books back then on the death experience and my experience and those were definitely on the same boat. I did this not to escape from society but I wanted to know the answers about life itself and consciousness. I had the time and I was in an environment where I could spend this time. I felt I was the luckiest human in the world. My whole being was radiating bliss and the power of love. I felt in one way like an astronaut going into space. I was exploring uncharted territories of consciousness. I saw that the power of love exists inside of us and we can tap into it consciously. We are so much more than our bodies. At times I experience a power more powerfully than any power

in this physical universe. I saw a brilliant light that existed everywhere and was blinding. This light was love itself. I heard a loud hum-like noise that was full of harmony. My whole being was drenched in a universal substance that was nectar-like. My whole being was energized. It is so hard to describe this experience. I feel every human being on the face of this Planet is looking for this. We are looking for the power of love in our lives. We go out and search for it every moment and we can't find it. We need to look in the right place. I spent from 1971-1979 daily meditating for hours on end. This gave me a foundation where I could take this experience and integrate it into the world. During this time all of my friends were already finished college, had families already. I started 10 years later but in my eyes it was perfect. I built a spiritual foundation in my life. I learned a lot about myself and this universe. I learned the most important thing that Love is the most important thing to hold on to. We are all here to help each other. None of us is greater. We are all in the same boat. So let's help each other. We all have different gifts to offer the world. I have years of experience in going inside. I just want to share my experience with you. We are never alone. We have friends who are looking after us.



For the past 10 years, I haven't meditated for hours on end. I have a family and a great job in Hawaii. I am now bringing my experience into my daily life. I just want to be

an example. I have nothing to prove or want to convince anybody. I am just trying to live in harmony with this earth and universe. If you met me you would have no idea of who I am. I don't broadcast my ideas at work. I believe in not forcing any ideas on anybody. I'm not here to

convert anybody to a particular way of thought. I just simply live my life.

Katharita Parsons Lamoza



When I was in India the Indians, in general, had a whole different idea on the style of cooking. Their concept was to cook a meal for the Lord. Imagine all the care, love, and kindness you would put into the food. Cooking would become an art and devotion. This food would then be presented, blessed, and served to your family and friends. I loved that idea.



Fast forward to the present we have cooking shows like 'Chopped' where they have 20 minutes to cook a dish. They hurry around in the kitchen and slap together a dish to be judged by. The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food.



How about fast food restaurants like Burger King? This is a profit-driven company. Do they cook with the concept of cooking the meal for the lord? You can answer that question yourself.



Now I lived in New York City for a few years. This is where I met Katharita. Katharita embodies this spirit of devotion to her life, her family, and to her cooking. I was still learning how to cook Indian food and she was my

mentor. To this day she has been an inspiration in my life. She taught me the fine details of Indian cooking. Many cooks hid their knowledge but Katharita didn't hide anything.

Some people are humble and she was. She was kind and sweet to everyone. She loved life and the adventures that came along the way. I loved to see the care she put into her family life.

I remember that one time Katharine and I did a 15-course Indian feast for a fundraiser. Around 200 people came. We had a few volunteers and it took us around three days to cook. It was so much fun. Katharita took time off from her family. I loved how she taught. It was so easygoing. I learn more when I'm relaxed. The wisdom just soaks within. To this day I give tribute to Katharita. She helped bring my cooking level and awareness to a higher level. Thanks, Katharita for being my friend. It's been over thirty years since we have seen each other. Yet the bond of friendship can never be broken.

Kali Rodriguez



I first met Kali in India in 1971. We hitchhiked with Kathleen Cook and Tess Davies from Kenya to South Africa. To this day I wonder why didn't we fly but it was an incredible adventure. Read the chapter travels in Africa. I first learned how to cook Indian food from Kali. She at various times became Maharaj Ji's cook. Indian food at that time was very exotic and different. Kali taught me the ropes. She taught me the main concepts.



I remember Kali teaching me how to cook dal. Dal is one of my favorite comfort foods. There is a step where you get a cast iron pan heat some ghee (clarified butter) and place cumin seeds in the pan. The cumin seeds will begin to pop and the room will be filled with this incredible smell of the roasted cumin seeds. You then add chopped onions, garlic, tomatoes, ginger, and dried chili peppers. This step is called making the chank. You sauté this until the mixture turns golden brown. When it does this mixture is poured into the dal and makes this incredible sizzling sound. You have to be careful to use the lid to cover the dal so you won't get burned. Anyway, I have made this probably hundreds of times and I have never duplicated that sound. Now I'm a good Indian cook but Kali has taken it to a higher level. I still remember that sizzling sound in my mind.



Kali has the love and adventure for life. She was a great travel partner. She was easygoing and had a great attitude. It was an amazing journey. Kali's Grandfather was president of Mexico at some time. Her Mom danced with Ester Williams. I stayed at Kali's Mom house in the seventies and she was a great host. I could see in Kali a lot of her Mom. This house was at the tip of Baja. At that time this part of Baja was relatively unknown. Not today.



Kali had a great singing voice. She played the guitar and sang these incredible songs. I feel meditation brings the soul to the surface. When she sang I could feel the sweetness coming from within her. When I think about Kali I can hear her singing. She had this haunting effect much like the Irish singers such as Enya. Music if done properly is a manifestation coming from God.

I have nothing but great memories of Kali. She will always be dear to my heart.

Kathleen Cook



I first met Kathleen aka Cookie in Prem Nagar ashram in 1971. I was only 18 years old. Kathleen told me a beautiful story that occurred only a few months previous.



Somehow she bumped into Maharaj Ji and Bihari Singh in the streets of San Francisco. Maharaj Ji was giving a talk there. Somehow the details are fuzzy they asked Cookie if she could drive them to Los Angeles. So she borrowed a beat-up Volkswagen and had the adventure of her life. Maharaj Ji was

only 13 years old at the time.



Cookie was one of my traveling partners on the journeys in Africa. She remembers the time in taking a train from New Delhi to Bombay now called Mumbai. The trains were super dirty and I think I had to sleep on the dirty floor. We reach our destination and we all realized that no one had the directions. I was quite young and naïve (maybe or maybe not). I had no fear. We get into this taxi and the driver says “where do you want to go”? I said I’ll direct you there. So we drive for about 45 minutes. I’m getting signals to turn left and turn right. At some point, I tell the driver to stop. We get out of the car knock on the door and guess whose inside Maharaj Ji and Bihari Singh. At that time we didn’t think anything about it. We had faith and at the same time meditation helps to bring up the subconscious where events like this can happen.



While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and starting to wave his hands towards one of his Initiators Asokananda. The hair on his whole body stood up. It looked like he put

his hand in a light socket. He was yelling please Maharaj Ji, stop it. After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more. Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed. This was the first time that I spent close time with Maharaj Ji. Cookie and Kali were present in the room. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.



Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water. I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. On board, the plane was Kali, Kathleen, and Tess. These were the three girls I traveled with from New Delhi. On board the plane we drank the water from the canteen. All of us got rip-roaring drunk. I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane. We spent a few days in

Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

It was so much fun traveling with Cookie. We had hardships along the journey but it didn't bother us. I can't imagine hitchhiking through Africa today. We made it to South Africa. We spent a few weeks in Johannesburg and then Cookie was sent to Durban and I was sent to Cape Town to prepare for Maharaj Ji's visit.

As Maharaj Ji was leaving Africa he told Cookie, Kali, and me to help in his coming to San Francisco.

I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people. I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

I stayed a few weeks at home and then I took the Amtrak train from LA to San Francisco with Kali. We go by the Hollister Ranch and a flood of memories comes up. We arrive in San Francisco and catch up with Cookie. Maharaj Ji came and did a program at the University of Berkley.

I saw Cookie on and off throughout the years. She always inspired me. She loves to meditate. She also became an exceptional chief. She cooked for many people in Hollywood. I didn't know that until years later.



My daughter Aleia lives in Ashland Oregon and we visit her about twice a year. Well, guess who moved to Ashland? Yep, Kathleen Cook. We have seen each other a few times in the past few years. I have taken her to an Indian restaurant a few times and she came

to my birthday party at a Mexican restaurant on Christmas Eve. My Mom had Mexican food on the night I was born and it's a family tradition.

It's always a delight of being with Cookie. She lights up the room. I love her laugh. I can hear her soul coming out. Cookie keeps up in the current events in the world so the conversation can be quite lively. We talk about old times and how fortunate we are. I'm so glad that she is the web in my life. Cookie from the bottom of my heart thanks for all you do.

Working In This World



I remember as a youth when they asked the question "What do you want to do with your life"? This was the question for my senior yearbook. I put down professional bum. I had a hard time thinking I had to work the

rest of my life. I worked from six grade on. I could see that someday I had to work full time. As I said in the previous chapter during the seventies I would meditate for hours on end. In the eighties, I came out of my shell and started to interact with the world. I got involved with computers. Working became a joy. My experiences in the seventies transformed my worldly experience. I wasn't living in the same waveform as boredom. When I was a kid I always looked at my watch and said I could hardly wait to get off work. Now I would be at work and hours just flew. Life was no longer boring. The everyday routine was exciting. My inner experience transformed my outlook on life. I didn't need the alcohol or drugs that are so commonplace in the workplace. My life was truly an adventure. Each one of us needs a sense of purpose in our lives. Without purpose or meaning, we become bored. When we are bored we watch too much TV, get into drugs and alcohol. Our society is teaching us not to interact with this world. It is teaching us not to be active. Take TV for example. We sit for hours watching sitcoms, and sex and violence. We become completely numb. I know at times I became involved in watching too much TV. I saw it was a drug. My daughter would want my attention and I wanted to watch TV. Finally, I saw what was going on and turned off the TV. How it is some stupid show can take precedent over our whole family. What is it on TV that can be so brainwashing? I think the whole industry has to change. We have too much sex and violence. We are becoming numb. Our

whole society has to change. We have to stop and look at our actions. Our children are growing up. Let's give them the quality time than they need. We have so much to give. Our whole life can be transformed. Each day can be a truly wonderful experience. Let's give us the spark of light. Let's help one another and make a difference in our lives. Each day is a learning experience.

The Eighties



The eighties was a time where I learned how to have my feet on the ground and my head in heaven. I got married in 1979 and had a beautiful daughter named Leilani. I'm so proud of her. Her husband is from Egypt and she has three wonderful daughters. She has embraced the Muslim faith. Her husband is a jewel. They have an incredible sense of dignity, humor, and love in their life. They live in South Carolina. Leilani loved the ocean. At two years old we would boogie board. We would catch a wave and she would hold on to me. We loved it. She learned the beauty of the ocean. She learned how to love different ethnic cuisines. Imagine at two years old loving Potato Subji. Our favorite restaurant was Shu Shin a Japanese restaurant. Leilani's favorite was an eggplant dish with incredible miso-like sauce.



We would love when we got back from the beach to visit the Athens juice bar. They would make incredible fresh juices. Our favorite was homemade fresh Pina Colada.

I went back to school and learned about writing software.

This was love at first sight. I could develop an incredible piece and software starting from a blank slate. Through trials and errors (fixing bugs) a product then is used to make things easier to get their job done.

I was a software engineer for the Miami Beach department. I have incredible memories of working there. I'm still in contact with some of my former co-workers. They loved the work I performed.



During this time there was a cocaine epidemic in South Florida. Every day huge amounts of cocaine were stored in the Miami Beach Police department. I developed a Property Management program where all evidence was logged into a computer program. I could provide many different kinds of reports that were useful for the Police department. The police were very nice and appreciative of my work. I developed programs which made their life easier.



I wrote a crime analyst program during this time. President Carter during the Mariel refugee crisis allowed many Cubans into the United States. Consequently, Fidel Castro set free many prisoners from his prisons. Crime skyrocketed in Miami Beach. I wrote a program that keeps track and reported on many different aspects of crime.



I developed a Pawn Shop program. Imagine someone broke into your house and stole some jewelry. They will try to pawn it to a Pawn shop. Miami Beach had a new law where any items which came to the pawn

shop had to be registered with the program I wrote. We then could identify any item which was to be sold with any item that was stolen.

[South Florida Friends](#)

James Garcia



Connie Garcia



Ovidio Deleon



Kike Bocanegra



Alex Shay



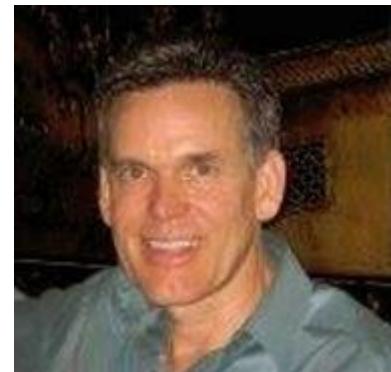
John Baier



Harry Bartz



David Schweizer



Raja Ji



Claudia



Michael Stubbs



Petra Peters



Alan Roettinger



Richie Ingui



Gino Butto



Endless Summer



For every surfer's dream, it would have the chance to surf at spots around the world. I have been fortunate I have been able to do that. I have surfed from California, Mexico, Hawaii, Peru, Brazil, Ecuador, France, Fiji, Spain, and South Africa. Probably one of the best waves I ever surfed was in Peru.



Nick Roth 1

When I was in high school I went to a good friend's house name Nick Roth. Well, Nick had this surfing magazine and both of us saw this picture of Chicama Peru. In this picture was a left point break with about 10 waves breaking on this huge point. The picture was so awesome that my dream was someday I would be able to go there. Well, years later I made it there. The place is

called Chicama. It is located in a small fishing about 10 hours north of Lima the capital. Chicama on a good day is one of God's wonders to the world. The ride on a good day is probably one mile. It breaks on a sandy bottom. The wind is always offshore. When I was there a crowded day was four people in the water. I meet this Argentine surfer and we became good friends. I stayed at this funky hotel-like shack for two weeks. The entire time it cost me thirty dollars. The people were extremely friendly. I'll never forget surfing this place with my Argentine friend. We would wake up early in the morning and just catch wave after wave. The water was like California water on a summer day. Cold but just right. At lunch every day I would have rice, vegetables and of course fresh fish. Peru reminded me of California in the mid-fifties. The coastline was still very remote.

Surfing to me has always been a wonderful experience. I feel completely at home in the water. Surfers all over the world have a common bond. Words just can't describe it. I come from a generation where surfing is more like a spiritual experience. I remember days with my brother where after each wave you would be so happy you could hardly paddle back out. There is nothing like being on a wave when the wave just tubes over you, all you can see is a small light at the end of

the tunnel. The sound inside is so serene. Then you come gushing out. Talk about joy. I feel surfing allows me to be in harmony with nature. Living in Hawaii I am at the door before sunrise so I can be the first one out in the water. It's such a glorious feeling to be out there riding alone. The sunrises are very special. You're out in the water seeing God's paintbrush in the sky. A few of your friends paddle out and you're in bliss. We know that we are fortunate.

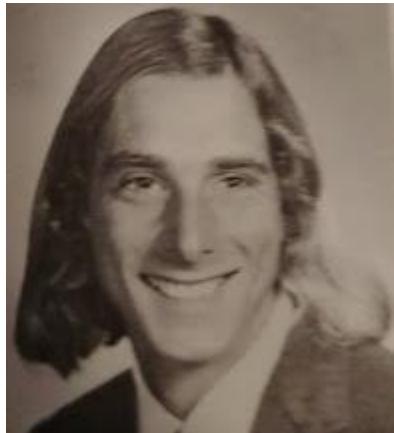


A few times in my life I have the opportunity to surf the wave inside of me. I remember riding a rainbow color wave that was alive. This wave was joy itself. It carried me with so much love. I remembered closing my eyes when I

was taken to another dimension. I was in this cosmic sea. It was like water but it wasn't. You could call it a light essence. Anyway, I had this golden surfboard. I remembered taking off on waves and riding for infinity. The joy and sensation were incredible. As the wave was breaking this incredible music came out. You could get locked in for minutes on end. Inside you felt one with the wave. The wave was conscious and so were you. I never forget that experience. It happened probably three or four times.

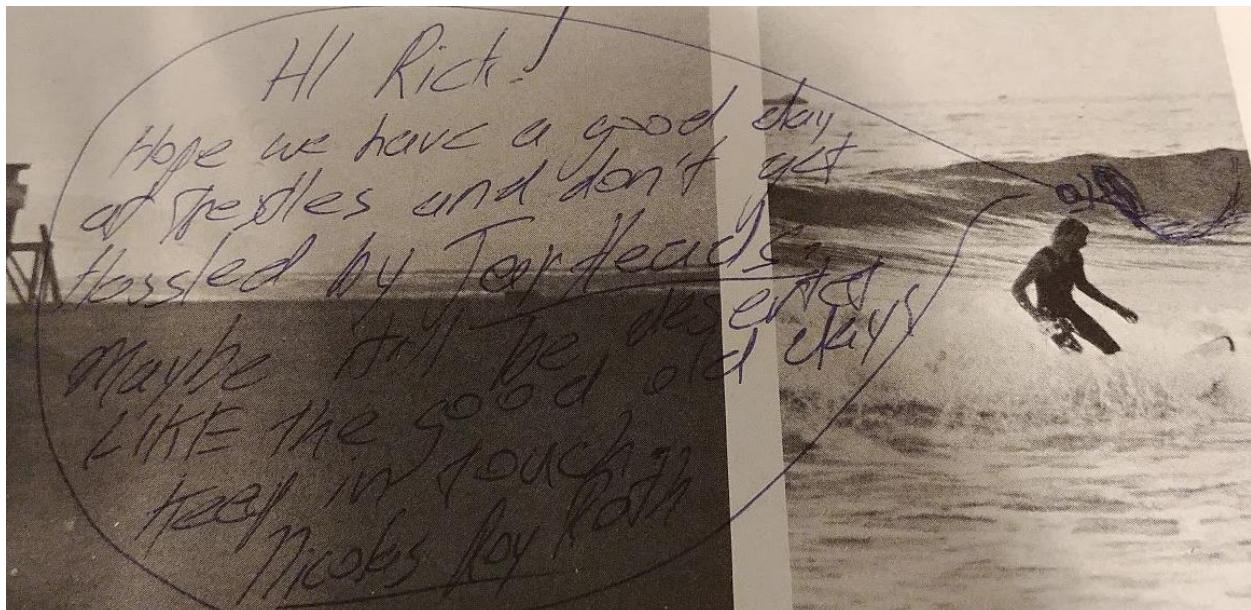
I'll probably surf the rest of my life. I'm over forty and yet I can still be in the water for 6 to 8 hours straight. The only reason I don't stay more is that I have also a family. Surfing has been really good to me. It kept me out of a lot of trouble in high school. While my friends were partying I was out in the ocean.

Nick Roth



I have known Nick since junior high school. We went on many surfing adventures in High School. Nick is one of those guys that whatever he touches turns to gold. He was good at whatever sport he played Yet at surfing he seemed he was destined to be a surfer. If Nick was young today he would be in my eyes one of the best surfers in the world. He would have

tons of money.



Nick doesn't surf for fame, fortune or glory. He surfs because it's a part of his life. He is an artist when it comes to surfing. He has nothing to prove. He just smiles like a wise man.

One funny story is about Nick and his Dad. He would call me electric man. He said my voice would sound like an electric

computer. Years later I stopped and pondered what he said. It seems like his subconscious was on to something. He was picking something up about me and couldn't quite pinpoint it. To this day he was one of the only people who picked up that I was different.

Nick moved from Orange County to Depoe Bay Oregon about 10 years ago. He still surfs at 64 years old. I saw him for the first time in years and we connected that time is endless. It seemed just like yesterday we saw each other. It was over 30 years ago.

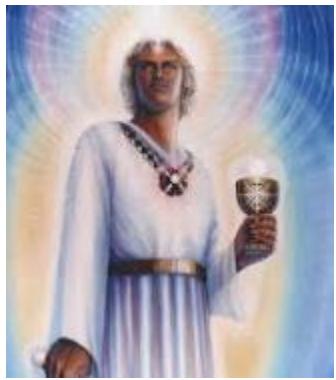
Nick is the web in my life. We had many great journeys together.

Ridding The Inner Wave Dolphins



All of my life I have been fascinated by dolphins and whales. My favorite show as a kid was *Flipper*. All of my life I wanted to swim with the dolphins. I remember one time in Florida my ex-wife, my daughter Chanda and I had the opportunity to swim with dolphins. It truly was a dream come true. I have pictures with my daughter on my shoulders and two dolphins are toying each around. I felt so much love and compassion from there. I once had a meditation experience where I was body surfing on this wave of joy holding on to a dolphin. We had so much fun. There was a time in my life for about six months my family would go to Sea World in San Diego. At times I would go after work. They had a dolphin and whale pool. After some time, the dolphins would get to know you. All of these tourists would be amazed they had the fish but there were playing with my family. They couldn't understand that. I just smiled. I develop a great relationship with them. Whenever I came they would come up and let me stroke them and play with them. My dream did come through. Sometimes I feel that dolphins are more in touch with themselves than human beings. Their whole life is immersed in play and harmony. They have existed long before man. Maybe we should learn from our brother of the sea.

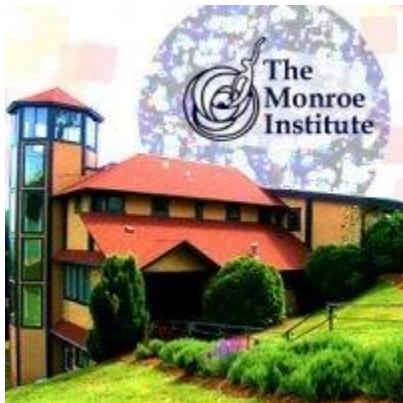
Lord Michael



When I was living in Miami Florida I had this incredible experience. I was with some friends and we decided to try to channel an entity. I have never tried before. Anyway, I closed my eyes for a few minutes and I felt a strong presence of this being. It was the same feeling if your eyes were closed you could sense the presence of someone walking into the room. This being was full of love and joy. This being was Archangel Michael. Michael's teaching was completely different than all the others. It was more on the subconscious experimental level. I could feel his presence enter my body and I was lifted and shifted a few degrees. I was still in my body but my consciousness was altered. His teachings were not of words but experiences. I felt very close to him. I felt he was a very good friend of mine. Through him, I had the experience that we are part of the same energy pattern. There are infinite energy patterns in the universe and we were part of a particular stand. Through him, I realized my name was Micah. I realized that I was something of a newcomer to this planet. I learned I haven't been here for 34,000 years. I realized that the reason I loved mediation so much in the early seventies was I loved the experience of being infinite. For thousands of years, I have existed without a body. I existed as energy. Michael reminded me of this. Both of us were trailblazers. I didn't channel Michael for very long. At times I still call him and talk to him but mostly I learned on my own. I know people probably have a hard time accepting channeling but think of channeling as a form of TV or radio. By simply tuning one's mind Man can tune into a particular frequency. There is nothing magical or mysterious about it. Can you name any sacred book which has not been channeled? God didn't write the Bible.

People did. The scripture was channeled. Do you think the message only came 2,000 years ago and it is no longer available today? We all have the capability but have forgotten how to use it. Oracles have been around for thousands of years. Just recently have this phenomenon been taken place inside of our society. From what I have seen and experience we have help from the other side to assist us in our transformation. So many books have been around recently talking about Angels appearing when a man dies. Isn't it about time we have that experience daily in our lives? Man has the capability. If we learn how to live in harmony we can be open to it. Western science has a hard time buying the facts. We need such concrete evidence. But tell me what happens when your breath leaves your body. You are dead. Can you bring it back? Try to find out the secret while you are alive and your life will be transformed.

Monroe Institute



When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties. One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor. He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience. He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all. The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves. After years of research, He learned to utilize sound waves He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc. The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land. We were oriented on what days were to be. They took

away our watches so we had no idea what time it was. This was not an ordinary course. Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its own unit. There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no

light could come in. Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes. After each tape, we would go to a conference room and talk about our experience. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put would body asleep and at the same time keep our minds awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other. I remember some experience being completed taken out of my body and being bath in light. There were talks with angels. I call the Monroe Institute the

Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery. So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences. I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life. It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

I decided to include excerpts from my tape. After each session, we could record our experience on tape.

Intro.

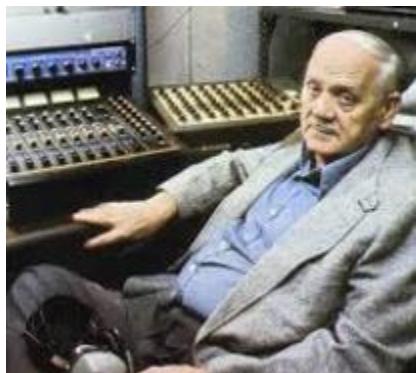
This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.

Energy-bar tool



My experience was building the energy bar was going to take some time to get into it. It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time. But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side. It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form. I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster and faster. I then used the energy bar to go up and down my body. I

used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious. From there it turned my dark subconscious into the light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body. This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

Liftoff

This is the lift-off tape. This tape I lifted myself through the roof, through the clouds, past the moon. I lifted myself and then lowered myself down. I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself. I was just trying to accept my hesitations.

Hesitations are your friend. Just go inside and enjoy the experience just like a child. In the focus 12 state is was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child. A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend. It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience. Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me on its own accord. I know what I'm looking for and I know it's happening moment by moment. It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way. I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?" I had this one vision walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools. Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accept it. It will come in due time. Most of all just be patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest. This was the question I put out and I waited and this was the answer that I got. I'm just learning now to more visualize, and see images, and accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.

Free flow 12



The name of this tape is free flow 12. My main objective was to explore this state of consciousness. I just let go and just enjoyed this state of consciousness. It's very beautiful the experience that I had. I was just bathing in the light. I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named Catherine how was here. I was just experiencing her inner beauty and her happiness. I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was

open to various nonverbal communication experiences. I have the ability the inside, it's there and it is latent and I have experience with my brother. Overall it was a very simple beautiful experience. It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

Free Movement



The name of this tape is free movement. There are different positions to leave the body. This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself. The next thing I was lifting myself from a lying-down position and lifting myself at a 45-degree angle.

This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want. I see that it is happening. In the long road, I will have that experience.

Five Questions



This is a tape called five questions. The first question is who I am. In my last life I realize I was a student of Ramakrishna a famous Indian saint in the 1800's. My name was M. I wrote the Gospel of Ramakrishna. That's what I read the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child. My next question is what is my purpose here? My purpose here on

earth is to expand and become completely one with the Lord and to express his knowledge and love. Also to establish the kind of communication a human being can have with his creator. The message that I was told to do was to keep on trucking. Keep on going and I will be lead to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time. All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things. Light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with Lord Jesus on it. .The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy. My whole body was sweating and tears of joy were streaming down my face. Now I know the experience of NVC. It's such an incredible place and experience. This is the type of communication that human beings are meant to have. I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this. This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

Introduction to focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time. There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past present and future. It's wonderful to know

that through this experience I can learn to do so. I can slowly just ease myself into this consciousness. It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us. I just completely want to dive into that experience. I know I have met her before but I don't remember where. (See Maldek experience.). My daughter was there and her

daughter was there. We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes. I brought myself into 10 then 12 then 15. In all of these states, I

experience inner NVC communication. I just rode this inner wave that kept on getting faster, faster, and faster. I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 state I just explored that state. It was so beautiful to be in a place where there is no time. Just light, love and happiness. We don't need these tapes. They are just like training wheels on a bicycle. It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening. What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message. The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy. The next picture was an image of a dove which gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between you guides and teachers. They can in this state teach you and communicate with you. They communicate not so much

with words but with images. They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago. It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans. I tried to do the tape but some of the technique I couldn't quite understand. The main thing I wanted to emphasize was an Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

Relation Galaxy

The name of this tape was relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place the center of the universe. At the center was the incredible power



of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration. I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere. That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces. My whole body was contorted. I still not out of that place. I just want to live there and dwell there.

5 Messages

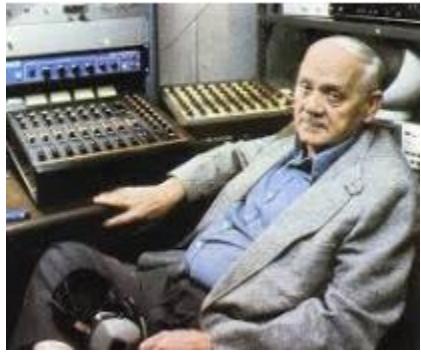


The name of this experience was 5 messages. The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I should be good friends with

Cathy. The number one message was devotion to the lord. I should be an example of this. The Lord wants love. Number two was that everything I ever desired will come true. All of my dreams will be satisfied. Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people of who they are

and love them without conditions. I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level. I just go in tune with the frequency level. I just went higher and higher and higher and higher. Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

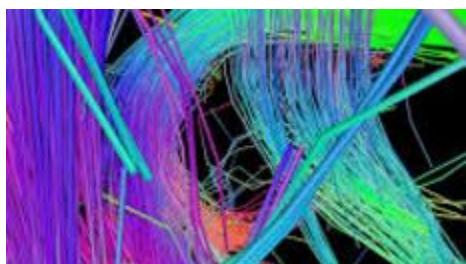
I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe. There was a laughter in the background. The rest of the people were discussing their experiences.

Side Two



During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji. I had an NVC experience of going into a dream and coming out and realizing that it was an NVC experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause)

15 to 20



The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple. It will take me time to know what this experience means. Slowly I will begin to understand all of this. (Long Pause)

Music is playing in the background.

One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true. By putting it in my

subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life. I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around. I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. The joy and peace were overflowing. All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



My experience on freeform 15 was completely wonderful. I went to such a deep place inside. I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. From the light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one. It was like a sexual experience but

it didn't contain the sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness. I was inside of her and just riding the wave of love. Both of us were in tune and in synchronization and experience the oneness of each other. Coming from her breast was this liquid light I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other. We were all laughing and dancing and singing. It was like a family of love, beings of love. Another point after this self-expression Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love. We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out. I just have this feeling that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on Thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

Introduction to focus 21



The introduction to focus 21 was completely a mind-blowing experience. As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans. There was this beautiful lake where thousands of lotus flowers were just blooming and

blooming. I went through the various states of consciousness. I went from 10 to 12 to 15 to the different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience". There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey. Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence. Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free. I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

Freeform 21



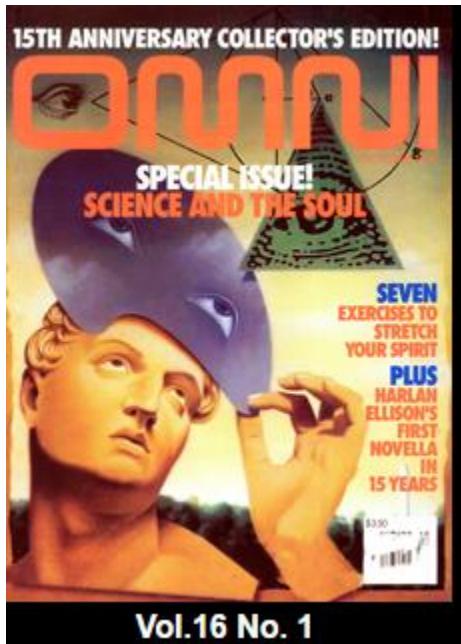
One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there. From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape. The

sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy. I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I

would go deeper and deeper into that light. My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that. It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty. I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang. I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant. What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her. She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me. I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other. There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience. At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok. Everything is going to plan Just relax and enjoy each other. At one point when

Catherine was drifting off to sleep, I saw one of my guides name Running Water. I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together. It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love. That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week



This is from the table of contents of Omni magazine which featured Robert Monroe.

Notes from the New Land (pg 40)

At the Monroe Institute, participants go on an extraordinary journey induced by sound patterns - both into and beyond themselves. by Murray Cox

John Baier



John and I have been friends for 40 years. Wow. Time sure flies. We first met in New York City around 1977. He was living in England with his wife and move back to New York. We became instant friends. During the eighties, both of us landed in Miami Beach and we were exercise partners. We ran usually at night along the beach

and then dive into the ocean. We loved to try different things. One day I saw an article in Omni magazine about the Monroe institute and decided to check it out. I went as you read about my adventures. John went a few weeks later. He became good friends of the institute including Robert Monroe. John introduced me to Mafu. He went to a seminar in California during the summer of 87. He came back with some tapes. I was intrigued. Paul Mcclain in one of my channeling sessions talked about Mafu before Mafu was introduced to the public.

John has been a practitioner of Rolfing for many years.

This is from his website.



John first experienced Rolfing in 1973 absolutely amazed at its results. "I sought out every person who Dr. Rolf had personally instructed, and particularly those she chose as her first teachers, and received many hundreds of sessions of Structural Integration. I am currently honored to have the esteemed Emmett Hutchins as my primary mentor, who promised Ida on her death bed to carry her work forward in its purest form, as long as he lived. After training in Hellerwork, and at the Rolf Institute, I graduated from the Guild for Structural Integration in Boulder, CO and have practiced in the Zuma Terrace building in Malibu since 1997. Dr. Rolf was a genius whose understandings about the body are the reason her method is uniquely effective. Whether seeking relaxation, or the deepest manipulation an injury or athlete may require Dr. Rolf's method can be tailored for you. I deliver results!"

His a great recommendation from Greg Louganis the famous Olympic Diver.



I have worked with John for over ten years, and have done Dr. Ida Rolf's full "ten series" with John several times. This progressive and powerful method of sequentially freeing up the fascial layers in the body truly creates results every session, and genuine lasting change over time. Dr. Ida Rolf once said that her work, is something that two people do together. It is hard to understand till you have had Rolf manual therapy, the active role the receiver has. I have come to this awareness with John's Structural Integration' bodywork: John is a facilitator in my health, and I am an equally integral part of

in charge of my own healing process. As an adult living with HIV, John keeps me deeply in tune with the state of body, mind and spirit that I require, and aspire to. Being HIV positive, and now in my 50's, I intend to always maintain the same very active life style I always have had. John has, and continues to aide me in that goal through his work. John's body work is the best gift you can give yourself. John is terrific, dedicated and unique in his approach.

Thank you John, as a friend and teacher. Namaste.

-Greg Louganis, Olympic Diver

Throughout the years we remain in contact with each other. We are on this incredible journey of life. We are still discovering new things along this journey of life. Yesterday I talked to John. I discovered the first channeling sessions we ever did together. I stumbled upon them when I was looking for something else. John was amazed that I had them. It was our first time so we were real rusty. Remember it took me a month just to ride the darn bicycle.

My brother just jumped on the bike and rode away. Anyway, I'm proud that we dove in.

John and I will be friends for life. I haven't seen him in years but the connection is still there.

David Schweizer

I just got up. It's 4:04: in the morning. I'm writing early because throughout the night my mind was going over what to say about David Schweizer. We have been friends for over 40 years. Well, I log in to my computer and there is a message from David. What a synchronicity?

I've known David when I lived in New York City. He lived in Hartford Connecticut. During the eighties, we both moved to South Miami. At some point, he starts making pyramid kits. Around the same time, my wife starts building pyramid kits. They didn't know each other. Both of them at the time was studying with Ramtha. They were the only two individuals building these kits.

Now David and my wife Barbara had a mutual friend in Castle Rock Arizona. Barbara went to visit Jim about 3 times. Each time Jim Maheu would say you just missed David and David Husson (another friend of mine).



Now David Schweizer, John Baier, and Harry Bartz introduced me to Mafu's tapes. My dear friend Catherine who I met at the Monroe Institute got a job working for Shirley MacLaine. Shirley was going on a nationwide tour and giving seminars. Well, they needed a computer programmer and I get the job.

I take a plane from Miami to Los Angeles. Then I got a ride to the office. I spent the day working and after work, they said we are

going to a Mafu event. Do you want to come? The rest is history. Isn't it amazing that in my channeling readings I was told that I would meet Mafu before Manu was on the scene?

Now David was visiting California for some time. He went to several events. I moved to the Pacific Palisades and we would take walks in the hills.

Now there was a pyramid project that David Schweizer was going to work on. Mafu called David "Hermes". Hermes was the main Architect in Egypt for building the Pyramids. Now I'm not saying David was Hermes. Yet why did David start building pyramid kits? Does our DNA contain blueprints of who we were in the past? We are all star dust. We are the universe. We just think we are these funky human beings.

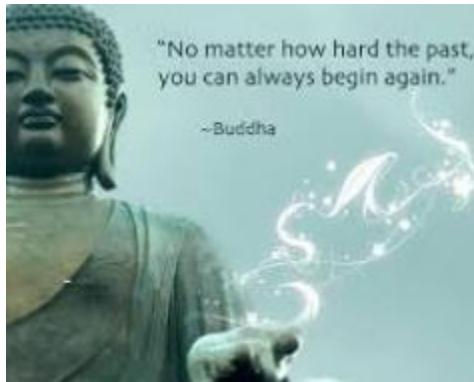


Well, David invites me to join this project. The project is located in Sedona Arizona. Wow, what an incredible place. I take a plane from LAX to Phoenix. David and David are there. They said we are

going to see Zoran tonight and would you like to come. So now David has introduced me to both Mafu and Zoran. Is there synchronicity going on? Anyway, I move to Sedona and we all share a house. Eventually, I move to this incredible trailer where my backyard is the creek. I have more details in this book but I met my future wife. She is going to rent my trailer for a while.

Both David and David met Barbara for the first time. There finally could put the pieces of the puzzle together. Who is this David? Who is the Barbara?

Personally, David has a heart of gold. I think his IQ is off the chart. He is one of those who can do anything. There are several jobs he has worked on where you needed the training. Yet without the training, David comes in and performs.



David has had an active acupuncture practice in Miami for many years. He has been using lasers quite successfully in his practice. David studied for a while Zen Buddhism.

I think meditation helps in our daily life. Both my wife and I see David as a great example who brings heaven to earth. Frankly, I think that is the goal in life. If we all did that there would be heaven on earth. Meditation is not hocus pocus.

Harry Bartz



same teacher.

At that time Harry was running a tree cutting business. It was a great business. There was always plenty of work. Harry hired me and we became good friends.



At that time windsurfing took off in America. Harry took up windsurfing. He invited me to his house and in his backyard, I learned how to windsurf. I bought a board and it was love at first sight. John Baier and I were windsurfing buddies. During certain seasons the wind would howl and you would have the time of your life.

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1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020 1021 1022 1023 1024 1025 1026 1027 1028 1029 1030 1031 1032 1033 1034 1035 1036 1037 1038 1039 1040 1041 1042 1043 1044 1045 1046 1047 1048 1049 1050 1051 1052 1053 1054 1055 1056 1057 1058 1059 1060 1061 1062 1063 1064 1065 1066 1067 1068 1069 1070 1071 1072 1073 1074 1075 1076 1077 1078 1079 1080 1081 1082 1083 1084 1085 1086 1087 1088 1089 1090 1091 1092 1093 1094 1095 1096 1097 1098 1099 1099
```

Force the constraints to be stored contiguously.
I opted to do this, the order of the variables below
is significant to avoid the misaligned field warnings.

sequence

type json_value; member :: previous => null();
type json_value; member :: next => null();
type json_value; member :: parent => null();
type json_value; member :: children => null();
type json_value; member :: tail => null();

variable name
character(100,100),allocatable :: name;

the data for this variable
real(80),allocatable :: dbl_value;
logical(100),allocatable :: log_value;
character(100,100),allocatable :: str_value;
integer(100),allocatable :: int_value;

integer(100) :: var_type = json_unknown; variable type;
integer(100),private :: n_children = 0; number of children.

I didn't see Harry for a while. One day I bumped into him and he told me he finished a year's course at the Computer Science Institute. He took Basic, FORTRAN, and COBOL. I always knew I was going to be involved with Computers. Even at a

young age, I knew that. To make a long story short I'm still involved 35 years later.

So Harry was a catalyst. Here's the definition.

In chemistry, a substance that causes a chemical reaction to occur but is not itself involved in the reaction. Note: The term **catalyst** is often used to refer to the prime agent of any change: "She was the **catalyst** for the reorganization."

I find it fascinating that life's events help you to be at the right place and right time. Synchronicity was there. Harry gave me the impulse to enroll and start an incredible career.

Yet it doesn't stop there. Harry was one of the ones who told me about Mafu.



Fast forward a few years. Barbara and I moved into a house with Linda Graham. Linda's ex-boyfriend was Donn Rochlin who in the future (25 years later) provided the music for my first poetry/music CD. It's featured on this site.

Yet guess who is living next door. Harry Bartz. Harry made a ton of money selling computers and moved to Sedona.



This was in 1987. In 1991 my family and I moved to Hawaii for 6 glorious years. I got a software engineering job at the Maui Space Surveillance Site. My wife and daughter went to Maui and I went to Portland Oregon for a few weeks. I had a contracting job I was going to work on. In Portland, I get a call from Harry and he tells me that Mafu was going to give a 3-day retreat in Ashland Oregon. He was teaching about ancient Vedic meditation techniques. Now that's a subject I love and dear to my heart. So I went.



In 1999 I started working with Charles Schwab as a senior software engineer. At that time our family was living in Penn Valley California. I was a telecommuter. Now Penn Valley's internet connection wasn't very good. It

was horrible. You had to use a modem. So I started to look for a community that had a great internet connection and a great high school for my daughter.

Well, Ashland Oregon just recently installed the whole town with fiber optics. Ashland High was an incredible school for my daughter. Guess what Harry was still living there.

From 2000 to 2008 we spent a lot of time seeing Mafu. He liked me. When we first moved there one day he got off the stage and came up to me and gave me his initiation jacket. This jacket he has worn for many of his imitations. I was honored. At that time I also was involved in a Mystery school and used that jacket for the initiations.



Many people think that channeling was fake. Well, I met and talked to Mafu many times. We had a deep relationship. Like any relationship, you

knew one another. Yet there were numerous times I saw Penny (who channels Mafu) and said Hello. She had no idea who I was.

I think I spoke to her once when she was reading off the list of attendants for a seminar and said hi to each one.

One time I saw her and Rob Spinnler was with her. I said 'hi' and as I was walking away she whispered to Rob who that's. Rob said that's Richard Fletcher. That gave me a sign that I had a relationship with Mafu. How can you have a relationship with someone when you never interacted with them? So it makes perfect sense for Penny to say who's that? We have never interacted before.

What I liked about his group that Mafu taught about kindness. He taught about compassion. He taught about meditating for the whole planet. He taught universal truths. The universe is kind. That is its nature. Mafu is kind. That is his nature. As humans being our true nature is kindness. It is just covered up.

So here was a group practicing universal truths of love and compassion. It wasn't just words



place, you could be in some remote monastery on top of a mountain in the Himalayas at night.

Mafu was an incredible drummer. Imagine during the winter. It's snowing and you're on top of a mountain inside of an ashram. It's nighttime and the wind is howling. Mafu is on stage beating these huge Japanese Taiko drums. It's a site to see. At that time and



Now back to Harry. As you can see Harry has had a tremendous impact on my life. Harry is very kind. In Sedona, I had little to my name and Harry would treat me to lunch. Harry doesn't say much, like me at times. He doesn't preach. He just smiles. He has nothing to prove. He loves to meditate. I know he is having a great experience but he doesn't talk about it. Yet you

can see it from his eyes. He is humble like that. He has served the Foundation for Meditative studies for over 25+ years.

I call him a few times each year. It is good to connect with a dear friend. Friendships are God's way to connect with him. Imagine we are the universe yet we have forgotten that fact. Friendship is God's way of saying 'I love you'. Treasure your friends. We all have an aching soul that's trying to find its way home. Friendship help soothes the soul.

Paul Mcclain



In the fall of 1982, I went to New York City on a business trip. I stayed at a friend's house. While I was there I heard about a good friend of mine Paul Mcclain who was channeling people's guides. I stayed at one of my best friend's houses Mark and Geraldine. They told me how Paul Mcclain had these incredible experiences over a year and a half. At first, I was

skeptical and had no clue about what they were talking about. I could care less about talking with some person who had been on earth, left his body, and communicated from the other side. But I learned there was a lot more than that. Since Paul and I were friends I wanted to check it out. I wanted to be open. Maybe something greater would come my way. I met with Paul and he told me that for a year and a half he would leave his body. In this state, strange things would happen to him. He would hear voices and talk to guides from another dimension. He thought he was going crazy. Over time he learned more about these experiences and came to terms with this experience. He could channel a person's guides. At this particular time in my development, I was aware only of my experience as God as a form of infinite energy. God was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.



In my first meeting with my guides, Paul was put in a trance. It was like falling asleep. He would drift away and this incredible being would come in. His whole being would change. His voice would change to

male or female depending on the guide who was present. I was completely blown away. The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal. Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life. One of them was about that soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female. I was directed to move to Calif. This indeed did come true. This experience came at a time that Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience. Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible. I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions. A lot of people in mental hospitals aren't crazy. There truly hear voices. Because our society can't grasp or understand their experience we brand them as crazy. Oracles have been around for thousands of years. I went to Paul probably 10 times in 5 years. All in all, I had an incredible time. I learned a lot about myself. A lot of sessions were like psychoanalysis sessions. I learned how to begin to deal more directly with my life. I took the reins of my life and began to direct it more directly. I became my own

teacher. I put more faith and trust inside of myself. In the past, I would look at teachers for my guidance. I began to look at myself for my own inner guidance. I learned that God helps those who first help themselves. Below is a small excerpt of my first meeting with Paul.



There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and good will and an open heart will find there is no end to the workings of the Almighty. There is never a time when your amazement will cease at the wonder of the Almighty.

Always there will be new and uncharted borders old things will fall away and new and brighter greater things will come to pass. And a time will come when all things all present consciousness and awareness will fall away to bear a more complete and new state of conscious awareness. And the old falling away will feel much like death and the new well fell much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a



time for one who is of good heart and open heart and good will when love for this creator will cease. There will be times when you wish to thank and times when you wish to hate and times you wish to cease your existence for the pain of longing and time when would wish your existence to go on forever and times you feel neglected and times you feel the favorite son of the almighty. The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this

death for beyond this death of the sort is always new life as you have learned many times to this point. At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't make any step without the sense of grace behind even the smallest of things that you do. There will be times which come which you will ask yourself where have my step arrived. And at these times you must remember you have been guided precisely to the point where you have found yourself by the workings of the almighty divine father. Your faith is strong for you are of good will and a good heart and open heart. You are this way because the Lord has given this to you. And yet it is time as it is always is time for an ever-strengthening bond an ever greater love, an ever fervent desire going more in each period of more and more feverish love which enabled you to carry and be about the service of the father. For in all your doings you must request not simply know but request that you may serve that your life may be of service that your life may be given purpose in each moment the service of the almighty. And in each moment you must ask for knowledge that you are not alone for it is not enough to know it but it is more to ask And having asked to thank and having thanked to asked again and to offer yourself in that way which the Lord would have yourself serve. Your will and the Lords will be of the same intent. For it is of the Lord's mercy that you are allowed and all are allowed to be fulfilled in any way which they choose so long as the love between the two remains the important thing. But those are truly blessed who find it within themselves to have this request of service in the way the Lord would have you serve. This is truly a blessed thing. For even to come to this understanding is no small thing. This is perhaps the greatest level of human existence. For when the almighty has given all free will to embark upon any road that they so choose and one with their will by the grace finds it within themselves

to surrender their will to that of the almighty regardless of the consequences for in the surrender is the fulfillment. This is no minor thing nor may all even do this thing. But those indeed are fortunate who have such a blessing to find themselves in this position. My child, you are in such a blessed state. You must always remember to be humble before God, humble before the master, and humble before the servants of the Lord's will. Giving always from your heart, from the desire to be one with the greatest thing. I am Richard who has been called the lionhearted. And you and I are part of each other. Indeed it may be said that you and I are the same indeed it may be said that at one time we were not apart but at one time we were the same being but as time continues the soul finds in its multiple parts different aspirations. Your aspiration has its duty here while mine has my duty elsewhere. We serve in our ways as the Lord would have us serve. I here and you here.

Layla Masant



I first met Layla in Buffalo New York in the late seventies. At that time her name was Linda Lorini. I spent the winter in Buffalo New York. I remember never seeing the streets without snow from October to around early May. Linda had the same interests that I had. We both loved ethnic food cooking and meditation. We were on the same wavelength. We once cooked a 15-course Indian feast for a fundraiser. It took us a few days.

We got married. I loved her family. Her Dad and I got along extremely well. He just recently retired from Carrier after many years of service. He was an engineer. In his youth, I heard he was an incredible baseball player.

Linda's Mom was extremely kind. She made me a part of the family. I always cherished that fact. Kindness ran in their family. Next door to Linda lived her grandparents (Nonno and Nonna). They came from Northern Italy. Nonno would tell me stories of cooking polenta in the fields in Italy.



Linda's Mom Margaret and her Nonna would make polenta when we came to visit. They had this huge pot which was only used for cooking polenta, a wooden paddle, and a wood chopping board. They would stir the polenta for about half an hour until it was the right consistency. Then they would pour it on the chopping board. They

would use dental floss to cut the polenta. First time I ever saw that. Blue cheese would be served along with the polenta.



Another favorite dish of the family was homemade spinach gnocchi. These are spinach dumplings with clarified butter poured over the gnocchi. On top of that is freshly grated parmesan cheese.

What I liked about their cooking was that everyone was having the time of their life cooking. They were having fun. They loved that I wanted to learn from them. Usually, in most households, the man stays out of the kitchen. They welcomed me into the kitchen.



Her Mom and Dad visited us in Miami Beach a few times. I remember once her Dad took me to the golfing range. He was an incredible golfer. Well, I wasn't. I had the opportunity

when I was young. Both my Grandma Thais and Grandpa Bert were incredible golfers. They had five holes in ones between them. They would say "how would you like to learn how to play golf". My brother and I would say "Granny only old people play golf". Well, I couldn't even hit the ball. It would just dribble from the tee.



Back then our finances were low. I remember how it was a treat just to buy Haagen Dazs ice cream. We love rum raisin. I haven't had that in years.

One of the most memorable moments of my life was the birth of Leilani. After she was born I placed her in water. As soon as I did that she gave me this incredible smile that I will never forget. To this day I can see her smile.

Around this time I enrolled in the Computer Science Institute. It was time to settle down and get a decent job. Working with computers was love at first sight. It felt good to know that my field was in its infancy and I was about to go on an incredible journey.



We loved taking Leilani to the beach. She loves the ocean. We would go boogie boarding. She started around two years old. She wore these inflatables around her arms. We would catch a

small wave and she would hold her hands around my neck. We loved it. We would catch one wave after another.

We got divorced in 1985. At that time I didn't think anything was wrong with my marriage. I put my heart and soul into it. Yet why didn't I have eyes to see. Why didn't the thermometer of life kick in and say your marriage is treading on water? I had my first astrology reading the year before and she said to concentrate on your marriage. You might need to fine-tune it.

You can never really blame the other person. We have to look inside and take responsibility. It just isn't about the faults of the other person. I went through the wringer. I didn't think anything was wrong. Yet she wanted out. I said let's go to a marriage counselor. She wouldn't have it. Well, I'm not going to blame her.

I went to a psychologist for a few sessions. After the third session, she said "You don't have to come here anymore. I can see you learn fast and want to do housecleaning on yourself. You will heal yourself."

That didn't mean that 100% I was healed. I was still going through it but the healing process was started. It's amazing the same month and year my wife Barbara got her divorce from her husband. We have been married for almost 30 years. Time heals. I'm good friends with Layla. She lives in the same town as my daughter. She is taking care of her Mom. I have cherished memories of Linda and her family. I take responsibility for the lack of awareness on my part.

Passing Away

I just found out yesterday from my daughter Leilani that her Nonna passed away the day before. Leilani's Mom was taking care of her. Recently I have been doing a lot of pondering. I have noticed that generations have carried certain traits. Nonna and her family had it. Nonna's Mom and Dad carried that. That trait is kindness. Isn't that truly a gift from God and the universe? The universe is kind. How much grace is there that we carry the traits of the universe inside of our DNA? Kindness is the source of life. Even the Dalai Lama says kindness is my religion.

As you read in the previous chapter all about the kindness Layla's family bestowed upon me. Nonna leads a good life. She was ready to go home. For the past six months, she would say I'm ready to go home. We know when it's our time to go home. We will miss her. She is one with the universe. That's our true nature.

Computers



Ever since I was in high school I knew that I was going to be involved with computers. I don't know why but the thought was always on my mind. I became involved in the year the PC revolution took off. I was involved with the Apple and the CP/M operating systems. Those were exciting times. Then came IBM and history took its course.

From those beginnings, I learned to program computers. I learned a lot in the early days. To this day it's a never-ending journey. One fascinating thing I learned about programming was that if my program wasn't running properly I couldn't change a few lines in my code, compile and link the program. Over time the program was finished and I was satisfied. One day I realized that programming computers and life itself were on the same wavelength. If I didn't like how my life was I couldn't go into my source code (change a few lines in how I felt) and make the necessary change. This gave me huge empowerment in my life. I knew I could do anything. Of course, we all stumble and fall but we can pick ourselves up, dust ourselves and carry on. Life then truly becomes exciting. No more do we feel like victims in our lives but acting participants in this incredible adventure. It's kind of amazing to watch the evolution in programming. Each year I take a look at where I started and where I'm at now. Programming has opened the doors for my inner growth. As I was saying even if you don't program a computer you are programming your life consciously or unconsciously. The ball is in your hands. One thing I did was to put my thoughts on paper on where I wanted to go. Writing is an excellent way to bring the unconscious to consciousness. Then take the necessary action by taking one step and then another. Look at your goal, smile, and just continue to walk.



In the last 10 years, I have been involved in writing programs for the Miami Beach Police, the navy seals, and Rockwell International. I have built all kinds of systems.

Programming has shown me from the invisible, the end result is visible. All of creation and man's world stems from the

invisible (thought). The power of thought can create anything. Mix love and harmony into it and you have a beautiful creation. Unfortunate in our present society man uses thought mixed with greed and power. We don't look at the fact we are custodians of this earth and our actions should reflect it. Man has lost touch with who he is. Maybe we should stop and smell the roses. Life would be truly exciting. If the nation as a whole would just stop for a few moments each day and live life as a gift this world would flourish. With the power of love, we could see we are united by a common thread. We could change our whole society, government, the arts, and most importantly ourselves. We would know we could create anything. Just imagine years ago a young Di Vinci building plans to fly. Years later it is a common occurrence. Everything we do comes from thought. Over time our dreams can come true.



While we on this subject mediation brings man in harmony with the universal thought. The entire universe was created by universal thought. The human being can be in harmony and communicate with universal thought. All the great masters from the past had this

ability. By being in contact and communicating with this universal

thought man becomes truly wise. This is a state of being, a state of existence. Man has this kind of capability. The human circuit is designed for man to live in total harmony with the universe. Mankind has closed these doors. The majority of the world has no idea of the kind of capability we have. We can have the power of the universe surging through us and walk around and interact in society. Meditation has the power to open up these circuits and reveal to us who we are. It is very natural. It brings us joy, a sense of humor, and appreciation for life. It shows us how we truly are.

To conclude with this chapter I have a dream that someday this whole world will have the ability to be the whole universe be conscience of that fact and be in a human body. We would all be free. Man would truly be a divine being. From there we would create grander dreams.

Questions



Man has dreamed for eons to live forever. My question to man if we had the same addictions we have today the health problems etc. would we want to leave forever.

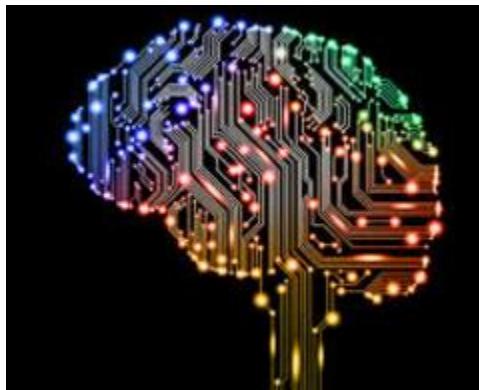
Immortality. To be immortal. This has been a wish for man for a long time.

What is immortal? Is there something inside of use that is, was, and will always be? I once had a teacher who defined SOUL as the Subject of Universal Life. Each one contains the spark of creation. The power of the whole universe lies inside of you. The stars, black holes, galaxies, and universe upon universe contain the same power inside of you. Yet we go on in this life ignorant of what kind of potential we have. We grow up, go to school marry, have children, retire and then die. What is the purpose of this creation? Does mankind have the potential to rediscover and tap into the mystery of life? Are we going after the mystery backward by sending satellites into the far reaches of the universe and forgetting who we are? Have there been messengers in the past whom we called prophets who gave to the people of the time ways to rediscover their divinity. Why does the east meditate?



These are the kinds of questions we should ask. Is there something going on that I'm not aware of? Is this merely a materialistic society where the end justifies the means? Will war always exist? To solve any problem first we must know the right question. We perceive ourselves as so smart but are we. At times humanity has fallen into the trap that what is yours I will take it. If

you don't convert to my way of thinking I will fight over it. God is on my side. Show me where God isn't.



Is there a new intelligence yet to be discovered? Or is there an ancient intelligence waiting to be rediscovered? What is intelligence? To the western man, Einstein was intelligent. To the African a shaman is intelligent. Is there a supreme intelligence that

pervades? Is energy itself a type of intelligence. If so it is conscious. Is a car, a picture frame, a computer, or any innate object does it possess a universal state of conciseness. We live in a state of separation. There is me and everything outside of ourselves is separate from one. Who are we once again? We even separate our body from our mind, our mind from our spirit. We live in such a dichotomy saw on the news a few days ago a newscaster talking about the medical benefits of Acupuncture. At the same time the other two newscasters we acting like kindergarten. You could see how immature they were. Because something was different and unique they had to ridicule it and make a big joke out of it. They were subconsciously saying "look how great we are" and the eastern world is so backward. How many times have something new come along and man has ridiculed? How intelligent are we? Galileo was excommunicated from the church because he had such radical ideas for his time. Yet in our present day, an ordinary child knows that the earth is not the center of the Solar system. Our present-day school system does not teach us to be different and to think differently. We go through our whole lives memorizing, yet never thinking what is my purpose of being here? Society has done a good job of programming us.



I believe that a western man needs to slow himself down and find out who he is. We live our lives in the subconscious mode. Wake up. Get out of bed. Put a brush over my head. Our whole day is so regimented. Most people only live for the weekend or their vacations. Work is something we have to do. We are so far removed from ourselves that we have forgotten who we are. Man has the potential of being in harmony with the whole universe. If we were we would never kill the animals on this earth. Every day an animal is being extinct due to man's ways. We believe we have the right to control the world the way we see it. Because we are so removed from our selves we are all drowning. Yet at the same time, we are so proud of it. Our modern-day religion is business and money. In our modern society, these two forces control the outcome of our society. Ethics and morals have changed drastically in the business world.



A couple of days ago at work, I overheard a discussion at work about how one individual would kill someone for 5 million dollars. How can our society live like that? Obviously for some money is worth more than life itself. If you had all the money in the world would you be happy? We still think that money can solve all of our problems. Sure money is nice to have but true happiness is worth more than all of the wealth on this planet. Our society is getting so completely complicated and sophisticated that we need to have a simpler lifestyle. In the fifties, the father went out to work while the mother stayed at home watching the kids. Only 30 years

later both husband and wife work. We still think that technology brings more quality time together. Our economic climate does not allow us true freedom. Is there a way to combine a simpler lifestyle with technology?



In Europe and South America, the average vacation for a worker is 4 months to 6 months. In the United States, the average is two weeks. As a society, we live for those two weeks. Yet in two weeks can we as a society relax. It takes about two weeks just to

relax. I remember in high school I was told in the future man would work less. With our current situation today two people need to work just to survive and maintain their current existence. Have we ever stopped for once and seen how ludicrous this is. This wheel just goes on and on. Can mankind get off this wheel and direct our energy towards something more beneficial for ourselves and our planet.

Mafu Malidac Incident Flying On Swans



One day I was meditating when I had this beautiful experience. I was taken to this place where I saw one of my past lives a long time ago on a planet called Maldek. Here I was this

beautiful child playing with the other children. There were so much love and harmony in the air. Our bodies were a little like Caper the friendly cat. We had huge gold eyes. We were playing this beautiful game. Each child was creating this beautiful musical rainbow in the sky with their hands. They would just do a shush of the hands and this beautiful rainbow would appear in the sky. Not only a rainbow would appear but music would accompany the rainbow. The fun part was that each child's rainbow would be part of a greater whole. The result would be an orchestra of music and rainbows playing in perfect harmony. We would all just dance and laugh and giggle. I was probably 4 or 5 years old. My sister was Catherine a dear friend of mine. Life was so full of harmony. I was shown something ominous was going to happen to this planet. The next reflection I remembered was the planet was being destroyed and somehow I was placed in this ship headed to earth. Such a tremendous shock took place that each of us was induced into a timeless sleep. We were heading towards earth, towards the land called Egypt.



The next vision I had was I was a being from another dimension helping to bring the vision of enlightenment to Egypt. Because I came from Maldek my body wasn't earth-like. I could become one with the whole universe and still be conscious at the same time of my limited body. The pyramids were built at this time around a great being named Rataben. He was an incredible being who rescued us from Maldek. Rataben and I were great friends together. We would laugh and play throughout the universe. We knew we were free. My mission at that time was to teach the people in the pyramids the fundamental aspects of transcending this body. There is a way for the human consciousness to vibrate at such a high frequency that this body will become light and enter a universal dimension. In this state, the human consciousness becomes universal consciousness. Through a period of time, man could learn the secret of life. Each one of us has this capability. We have simply forgotten this. This was 34,000 years ago. Years later I met my friend Rataben through a channel named Ammaji. Ammaji brought in a beautiful entity named Mafu. Mafu or Rataben is a being much grander than we can imagine. He is bringing wisdom to this planet that has never been seen here. I am simply watching this incredible game being played out. Each one of us can partake in this and see for ourselves the grandness of this game.



The vision soon ended. I remember at one retreat I went to see Mafu. At this particular retreat, Mafu was pairing up couples for a mediation he wanted us to do. Mafu placed me with this middle-aged lady. I knew there was a reason behind this. During the meditation, I had this incredible vision that

this lady was my Mother on Maldek. Tears of joy were flowing. Both of us recognized who we truly were. Mother and son have united once again. The reason I love Mafu is that I now have a friend from the other side to assist me in my personal development. We all have such incredible coaches. We have to do the work. In this game, we all have to be participants. We can't be on the sidelines. The coach will inspire us and direct us but we have to shoot the ball.

Sands Of Aruana

One day after coming home from work from the naval base I closed my eyes and was carried to this particular pool on this planet named Aruna. This particular pool was nice and warm. This planet reminded me a lot of Sedona AZ. The planet's soil was the same red as earth. I remember a few beings in the water. The water felt so incredible. Stress would just ooze off. Ammaji was there with a few other beings. I felt like my soul was being completely nourished. Since that time I have heard Ammaji talking about the Sands of Aruna. I have never told her about this story. The experience was so incredible. It was working on such a deep level.

When I came back I felt so fresh and alive. I felt I truly bathed in the fountain of youth.

Sedona



The first time I went to Sedona I was in Phoenix for a three-day retreat. After the retreat, three good friends of mine decided to go to Sedona for the day. I have heard a lot about that place. It was so beautiful driving there. It

takes about 1 1/2 hours from Phoenix. Sedona is probably one of the most beautiful places I have ever been to. The red rocks amid the Desert Mountains are a sight to behold. We spent the day at Bell Rock a



huge rock shaped like a bell. I went back to the Palisades in Calif. the next day. A week later I get this call from my good friend David. He asked me if I wanted to move to Sedona. He was asked by Mafu to do some design work for a pyramid project. They needed a programmer and someone who know about computers. I was on my way. I moved into a really neat trailer right by Oak Creek. This trailer park was very serene. I never saw such a beautiful place to live. Right in my backyard was this incredible creek that ran by. I could hear the water running while I was in my house. My days in Sedona were spent working and hiking. Sedona was an incredible place to hike. There were plenty of trails. I remember an experience I had on Bell Rock. I was halfway up the rock when all of a sudden I could see through to another dimension. As clear as day I saw an ocean and whales and dolphins playing in the ocean. It was imaging. Here I was in the desert, on this huge Bell-shaped rock, and in the midst of this, I could this incredible ocean. It wasn't a hallucination. I could see this dimension and the other dimension. I remember hearing about Stephen Hawking's theory of how there are 10 dimensions in the universe. He proves his theory mathematically. The red rock around Sedona is made up of finely crushed crystals. Crystals are made up of Silica. Our brain contains a huge amount of silica.



Could it be that this area allows a person to see dimensions that usually we can't feel? It was so amazing to feel right at home in this ocean. I remember this huge whale came up to me and I just

gently caressed it with my hands. It reminded me of almost like Roger Rabbit. There was the so-called real world and then there was another cartoon world. Both worlds existed.

I had a wonderful summer in Sedona. My daughter Chanda came out for the summer and we just played. We had a great time. Both of us are very close.

[Fire Walking](#)



While I was living in Sedona I was in this seminar where the leader was going to put on a fire walk. The purpose of the fire walk was for individuals to go beyond their fears. By walking across the fire

and not getting burned has an amazing effect on human physic. We all participated in building the fire. We all gather wood. There was a small ceremony and the fire was lit. When the coals were nice and hot the leader said a prayer and he walked across the burning coals. There were probably about forty of us. One by one we started to walk over the coals. When it was my turn I said to myself well here goes and slowly walked over the coals. I didn't burn myself nor did anyone I know. I was ecstatic. I walked over the coals probably five times. Each

time I walked over the coals I became more confident in myself. The last time a goal ever go stuck between my toes but nothing happened. It was an incredible experience to walk beyond your fears. Fears are meant to be embraced. We are all scared to do certain things. We should take a look and our fears and see that at times they are nothing. They can't harm us but they can stop us from performing some action that will help us grow. I try to see fear as my friend. I try to get to know it. When I firsts moved to Hawaii I was scared of the big waves. These waves would have so much power. Since then I have trained myself and spent time in the water. Know I love when the surf is overhead. It all in facing our fears and doing practical things to overcome them. I trained myself to be in overall physical conditioning. Then when the surf was up I was in top mental, emotional and physical health. By overcoming my fear I feel at home in the water. I can take off on large waves and experience a ride of a lifetime. In the end, all of us have fears that we have to face. Let's face the monster after all, in the end, we will see it's not so bad after all.

First Time Meeting Zoran



Richard, Makara and Barbara 1

Let me introduce Zoran. Zoran is an entity who is known in other dimensions as LOGOS. Logos on this planet came from the Greeks which means Word or Power. The Bible talks about LOGOS as the word. In the beginning, was the word and the word was with God and the Word was God. Zoran was the personification of that word. The first time I meet him was in Phoenix AZ. A few of my friends saw him and said I might like to see him. They said he was different and like to teach with toys. Zoran is channeled by MAKARA. When he comes into her body he takes over much live Mafu. Anyway, we arrive late to the hall and I see the program is started. From the loudspeaker, I hear a voice that sounds like Mafu. I am thrown for a loop and ask myself "why is Mafu tape being broadcasted through the sound system." I sit down and see that this voice is Zoran. I loved the way Zoran was. His whole teaching was through games and laughter. He had all these stuffed toys that he would hand out. At one part of the program, he started to pull out people from the audience. He

pulled me out and gave me an orange ball. He then proceeded to ask each one of us what this toy means to us. When he came to me he asked me about the orange ball he gave me. I told him that orange represented collagen the substance which ties the cells together. Without collagen, the cells would fall apart. This ball represents the life force that keeps the entire universe together otherwise it would fall apart. He just laughed and blinked his eye and said a good answer. That night I was very intrigued by Zoran. I knew that we were best of friends and I wanted to talk to him personally. The following day a meeting was arranged.

The first part of the meeting was spent in such laughter. People outside the room said it was like an auditorium of people laughing. There were only 3 of us. At one point Zoran said if I laugh anymore I will have to leave this physical body. It will cause damage to her body. At this time the tone became more serious. I learned that I was a student of his at a planet called Nucleus. This school was learning about the ways to split open the atom using one's mind. This school was built on practical experience. It was truly a mystery school. Makara and I were both students in this school. Zoran told me many wonderful things. We became really good friends. At all of the seminars, he would always call on me. I became a friend just like the good old days. I remember one day he asked me "What do you think about Women?" Well, I said that I want to solve the mystery. He said that someone special was going to happen and that very soon I would meet the women of my dreams.

The next night I had a dream where I meet my future wife Barbara. A voice came to me and said when you meet this person you should get to know her. A month later I was staying at a friend's house when

Barbara walks into the house. I recognize her at once. I played it quite cool because I knew that destiny would be played out. The rest is history.



Zoran taught me a lot of techniques for getting in touch with himself. His whole style was through laughter. He said that laughter and joy create such a frequency that it just sinks in subconsciously. He had a great analogy that when you go to the bathroom you don't inspect your stools. He said so many people struggle to reach happiness. Life is not a struggle. Life is not a battle. Life is fun and humorous. I have never laughed as much as with Zoran. He taught me a new angle on life.

Space Ride -Zoran



One night in Sedona I was with three of my friends. We were outside looking at the stars in lawn chairs. It was early July and was a nice evening. The sky was clear. There were thousands of stars in the sky. We were looking at a strange phenomenon taking place. We would see these streaks of light going vertical in the sky. Imagine a huge flashlight sending a flash of light from left to right across the sky. It would come in one-minute intervals. All of us were delighting in the show. We were making the same ooh and aahs when kids see fireworks. During a lull, I notice three stars in the sky I never noticed before. These three stars formed a triangle in the sky. It looked like a pyramid. All of a sudden I felt myself being sucked out of my body. It was like this huge vacuum sucking me out and my body. There was this tunnel of light and I was traveling inside of this tunnel. We have all seen on Star Trek The Next Generation the sensation of warp speed. This was the same kind of sensation that I felt. The next thing I knew I saw this huge Mother Ship. This ship was so large that there were Mountains, oceans, and earth-like planets inside of this ship. I was greeted by a group of 12 beings. I recognized Zoran and Lord Michael. They took me on a tour of this ship. The whole ship had a clear plastic-like substance which was the outer shell. Inside of this was the mountains. The main engine room was driven by energy itself. They had the technology to convert energy itself to drive the whole ship. All electricity was generated by pure and perfect energy. There was no pollution whatsoever. It's hard to put in words what I was going through and what I saw. It was so beautiful. These beings were so beautiful. They were friendly and extremely intelligent. Their

technology was light years ahead of ours. At one point I was placed on this beautiful table.



Zoran, Lord Michael, and the rest of the 12 beings placed their hands on my body and started to send me brilliant colors of light. My whole body was enveloped in a rainbow of

light. This light was pure consciousness. It was alive extremely blissful. I felt all the stress is taken out of my body. It was an incredible ceremony taking place. No words were spoken. Here were 12 incredible beings performing an ancient ceremony on me. I felt they were once again reminded me that we all come to the same source of life. There is a universal consortium of beings who are called the white brotherhood whose mission is to transform this universe into something far beyond what we can imagine. There are millions of humans alive on this planet who are part of this consortium. Before we were born we all decided to come down and help this planet earth. All the major religions know that something incredible is about to happen to this planet and the beings on this wonderful earth. We are to usher in this era along with our friends. Our weapons are simply love itself. Love is the most powerful force in the universe. Our mission is to consciously change ourselves to being beings of love. Christ was a prime example of this. We all have the same capacity. We just have to stop, look and listen to what going on. Here the most incredible event is taking place on this planet and we are asleep. We are too involved in little lives to stop for just one second and ask some basic questions. Who am I.? What is the purpose of this life? Where is true happiness? I feel as a society we need to learn about tolerance, forgiveness, and being open-minded. Each of us is so caught up in our mindset that we can't see that we are is flowers on a beautiful

garland called life. Isn't it so beautiful that we are so different yet all of us at the same time are so similar? The breath of life is keeping us alive and we are unconscious of this fact. It's time to wake up and smell the roses. Each one of us is having the experience to remind us to wake up either conscious or subconscious. Even if you don't believe in any of this at all.



Imagine if this was all make-believe. There was a time that flying an airplane was make-believe. It is now a reality. There are millions of people on this planet whose prayers are to see peace on this planet. In time this will have to happen. We just have to bring peace to

ourselves. We have to know who we are. We are beings of love. We have simply forgotten who we are. It is now time as a whole that we wake up. It's kind of funny the whole world wants peace and happiness. Yet there is so much misery and poverty and greed. The love we have inside is boundless and endless. It is worth more than all the riches in the whole universe. Without we are nothing. I know I had many incredible experiences in my life. My people are envious of them. Yet without love, they mean nothing. It's like a body without a breath. No life whatsoever. Our main mission is to be so filled with love that whatever we touch turns to love. What would happen to this planet if every citizen on this planet were experiencing such love? We would have no conflict, war, or poverty on this planet. We would truly help each other out. We would truly know that humans are incredible beings.

Well, I came back and my friend knew that something incredible had happened to me. I told them just a fraction of what happened to me. It was still so personal that I didn't want to blab out or be arrogant. Years later I felt the time was right to put the experience in words. This incident showed me that my friend beyond the stars was always looking after me and this planet. I knew my days as a young child looking up at the stars were based upon an unconscious yet conscious connection with my friends. We are never alone. We have friends who are looking after us. Most of the time we don't know it.

Infinite Ocean Of Blue Meanies

On Maharaj Ji's 14th birthday on December 10, 1972, a huge party was held in Prem Nagar ashram in India. For some reason, I came as the Blue Meanie. At the time I didn't know why I choose that. I didn't like that character in the Yellow submarine at all.



Years later I had this dream was I was the Blue Meanie in this Yellow submarine. I felt this incredible energy of love filling me up. All of a sudden this Blue Meanie became

2,4,8,16,32,64,128,265,512,1024 and on to infinite .This happened in less than a fraction of a second. My whole consciousness was in the infinite ocean of blue meanies. The whole sea was love itself. Each blue meanie was separate yet tied together by the ocean of love. I felt a power more powerfully than a nuclear power plant surging through me. This was the power of love flowing through me. I became the universe. Every part of creation was an aspect of this consciousness. I knew and experience everything on this planet and all other universes. I was one. The effects of this dream lasted a long time. I felt so fortunate to be reminded of who we are. Life will teach us in such a beautiful manner. Many experiences we don't seem to care about or know, will be used in the further for a greater purpose.

Sai Baba Dream



One day in Arizona I had this incredibly vivid dream. I dreamt that Sai Baba was sick. For those of you who don't know Sai Baba is a great Indian Saint. He can manifest jewels from his hands. He has millions of followers in the world. Sai Baba was very sick in my dream. There were a lot of people around him in my dream. He came up to me and said only you can heal me. As soon as he said that I felt tremendous energy flowing from within my being. I placed my hands towards him and started to send energy inside of his body. His whole body was shaking. After a few moments, he was healed. The love that was flowing between us was incredible. I felt this incredible wave of love flowing into me. My whole being was saturated with this experience. It was more than a dream. I really can't put the experience in words but it was incredible. About three months earlier I took this incredible healing course. There the instructor told me that I would receive a great gift from Sai Baba. Three months later this experience came to me. I have learned since then to have respect for all teachers. We can all learn from each other. I certainly don't have all the answers. I don't know anyone who does. Each of us has something special to offer this world.

Meeting Barbara

After I had the dream about Barbara I just let it go for about a month. It was kind of strange but my daughter was the first one to meet Barbara. One night I wasn't feeling too well my daughter went to a friend's house. At this house, my daughter met Barbara. It was kind of funny it was only two trailers away from me. She was here from the Washington area. She felt in Arizona she was going to meet the man of her dreams. She



was planning to go to Egypt on a vacation but her intuition told her to go to Arizona. She ended up in Sedona. A month later Chanda and I went to a one-day Zoran seminar. I spent the night at a good friend's house. Upon waking up the next morning I saw Barbara. As soon I saw her I recognize her from my dreams. Immediately I thought of the conversation I had with Zoran. I just chuckled inside. I didn't say anything about my experience with her. Well, Barbara went back to Sedona and I stayed in Phoenix. A few days later I get this phone call

from Barbara. She wanted to know if she could rent my trailer in Sedona. I was planning to spend a month in Phoenix. I said I think about it and I'll call you back. I called back the following day and said sure. A month later I went back to Sedona. I thought this should be very interesting. Barbara knew I was coming and decided to spend the night at her friend's house. Well, the next day both Barbara and I met again. We talked the entire day and decided to go rent a video. We came back to the house and both of us laid down and started to watch the video. About mid-point, in the movie, I held her hand and both of us felt the incredible energy rush through us. We were both complete. It was amazing how one touch can change a person's life. From that moment on we both knew something incredible was going to happen. At that point in my life, I knew I wanted a satisfying relationship. I wanted another child and I wanted to be married again. Barbara told me she couldn't have children. She tried for 10 years with her former husband and couldn't conceive. She went to fertility clinics and took the necessary treatments but nothing happened. I thought well having a mean full relationship might be enough. We spent the early winter in Sedona. On New Year's Eve, I had the Sai Baba dream. The last thing I was told by Sai Baba was that I was going to move to San Diego. The next morning both of us awoke and we said to each other "where do you think we are going to move" both of us said, San Diego. That same night Barbara had a dream where she was told that we should move to San Diego.

San Diego



Well, we moved to San Diego. We got this incredible apartment just 1 block from the ocean in Del Mar. Del Mar is a real nice quaint ocean beach town. We both started to look for jobs. One

Barbara's first day she went to this employment agency. She started talking to the owner and told him about her past jobs. Barbara spent years in the insurance industry. She was once offered a million-dollar company but turned it down. The owner told her that he didn't have any work but hold on I'll be back in a few minutes. I have someone I want you to talk to. In a few minutes, a gentleman from an Insurance company comes in. They talk for probably half an hour and presto she has a job. On Barbara's first day at work, she finds out he needs a

computer system and a computer program. Well, who do you think gets that job? I spent the next year working on his system. Is there something beyond coincidence? Maybe synchronicity.

After a few months working one day, Barbara realizes that she hasn't had her period in quite a few months. She goes to a doctor and finds out she is pregnant. Months later we have a beautiful girl name Aleia. It seemed like my dreams came true.



Since we live only a block from the beach I went surfing a lot. My job at the insurance company ended. I spent the next nine-month working on a Visual Real Estate program. My partner John Slowsky and I were both too ahead of our time. We won awards at trade shows but it was too advanced for its time. We had a few interested takers who wanted to market the program but nothing happened. This program was one of the first multimedia programs in the states. I wrote a template program that could generate a complete program by designing your program on the screen. It would do everything from your menus to all of your multi-relational input screens. What would take a programmer a week I could do in a day? I designed this also for my multimedia stuff. I took it to a major software conference and people were blown away by it. This was the first time at this conference that people saw a visual

database. Unfortunately, the vendor that supplied me with the board went out of business. This was the best board on the market.



My money was running a little dry and I got offered a job from the Navy Seals. This was an incredible job. I liked working for them. The company that I worked for set up a Network. I

was the Data Base Administrator. I wrote over 10 major programs. The navy was into training so I got to go to many computer conferences and seminars. I loved the lunch hours. The navy is really into health and fitness. The navy had a policy if you exercise you can take an hour and a half lunch. If you don't lunch is only for an hour. I, of course, opted for the hour and a half. They had a huge Olympic size swimming pool. I would swim a mile a day. There was also a well-equipped exercise room. When there were days of surf I would go boogie boarding with my friends. There was a beach break right across the street. I remember the day of the Desert Storm crisis. I called my wife that I was going to be late. I didn't know what time I was going to return. I couldn't tell her anything. I was assigned to do this computer program. I

had only a short time. Thank you, I had my templates. I developed a program in 6 hours. If I didn't have my templates it would have taken about a week. There was a six-month interval where I was allowed to work at home. The Navy respected my work and they had no qualms about me working at home. They knew I wasn't going to take advantage of the system. I had a good life. I would wake up early in the morning meditate, exercise, and then head for the beach for a few hours. It was so wonderful to surf every day. I loved the cold water. I had a great wetsuit. I could stay out for hours and never get cold.

I remembered many incredible surf sessions. I would love when the surf was overhead. During the winter San Diego gets many incredible swells. For me, surfing was an art form. Nothing can describe the experience of riding a wave. I was completely in tune with the waves.

My daughter Chanda would come out for the summer. She lived in Philadelphia. We had a beautiful time boogie boarding in Del Mar. The whole family would go to the beach and just play. I felt truly my life was wonderful. Truly my dreams were coming true.

Barbara and I decided that she should stay home with Aleia. We both felt it was important to raise our own child. At the same time, we realized the financial burden but it was well worth it. Barbara poured tons of love into Aleia. We both knew that love is truly the answer. Especially in the first five years. Barbara spent these years focusing on our child. It was time well spent. I had a great family life. Both of us were truly happy with each other.

1 Split Second Got It Driving Car



One morning I was driving to work when I had this incredible flash that only lasted for a second. In this flash, I became one with the whole universe. I was the sun, the stars, black holes galaxies. I knew everything. I

was intelligent. Here I was driving down the highway in rush hour traffic when I had this experience. The experience only lasted one second but it had such an impact. It was like lightning striking. My whole body and being were so charged. Each one of us can have such a realization. It goes beyond time and space. I wondered what would happen if I could tap into this 24 hours a day. Makes you kind of wonder.

Kundalini Snake Experience



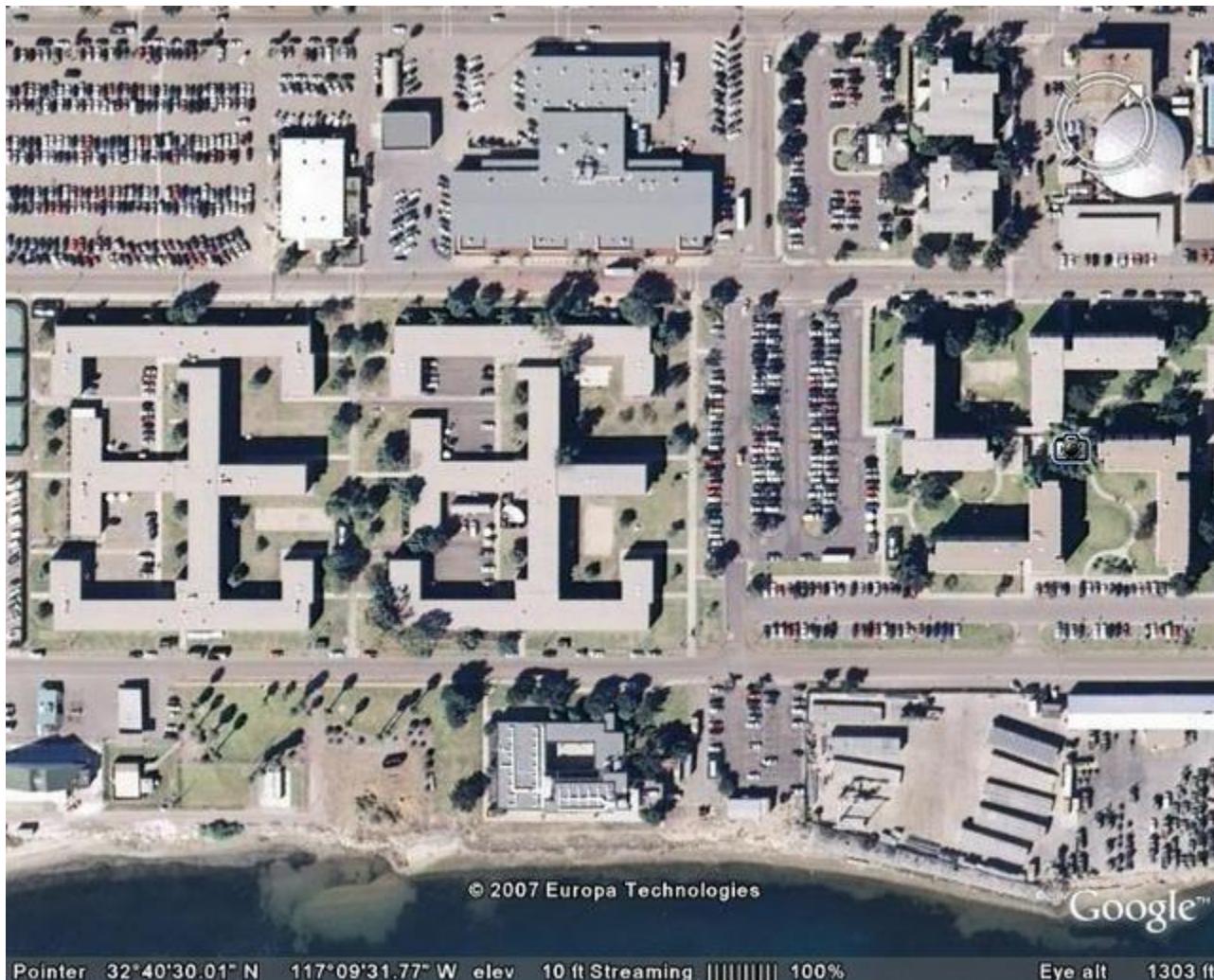
One early morning I was meditating using Mafu techniques. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little

afraid due to the power and the cobra. I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pituitary gland. At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it. The Vedas talk about this experience. The cobra was so real. It

was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness. Amazingly, this experience exists inside of our own being, and yet it is dormant. We are so involved in this world that we simply unaware of a greater reality. I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.



Naval Special Warfare -Meeting Alien



I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in. All of a sudden this alien is behind me. He looks like a combination of a human and a reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see. The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car. I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.



To this day I wished I said something to him. I was still a little afraid not because he was an alien but this incident caught me totally by surprise. I remember looking at this alien in my car and I could see him smiling inside. He was friendly and at the same time full of wisdom. I knew I would be ok but at the same time, it was an Erie feeling that I saw an alien face to face. It's strange in our society the vast majority of people know some beings exist from other planets or worlds and our government tries to suppress and downplay any activities about UFOs and aliens. Some people might say it was a hallucination or a vision. I don't drink, take any drugs including medical drugs. I get plenty of sleep, etc. This encounter was as real as any physical encounter with any human being I have faced. The only difference was this was an Alien. For myself, I knew I had a wonderful encounter with an Alien from a different home than earth. The next time I think I will carry on a conversation and learn more about him.

A few months later I was with Zoran who claims to have a huge mother ship within our galaxy. He was taking my family for a walk in the Laguna Mountains outside of San Diego. I had no idea where we going. I had a picnic lunch with me. We probably walked for about an hour. All of a sudden Zoran stopped and with a smile, he said: "Do you see anything different about this place." I looked around and at first glance, I thought about what you are talking about. All I see is just a forest. Then I started to see what was around me. All around us were a huge circle. Inside of this circle the leaves, grass, and trees were burnt. I have heard stories about how when a UFO lands the surrounding area

is burnt. I knew this wasn't man-made or made by nature. It was obvious some craft had landed. It was kind of strange that Zoran took us on this walk and we just happen to end up here.

The nineties



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor. The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites. One of my first projects

was a dome automation system. Imagine at midnight we would have a dome operator which would have a switch to move the dome clockwise or counterclockwise. During the winter it would get extremely cold. The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process. My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with. Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome. We had an IBM Pizza box that we used. The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to. At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop. We had to make fine adjustments along the way. When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this. The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.

Here's a photo of my surfing buddy and co-worker at the Observatory Bob Brem. He has a mentor for robotics at Baldwin High School.



Programming mentor Bob Brem poses with Baldwin Robotics students and their robot during last year's FIRST Hawaii Regional Competition in Honolulu.

I remember one day I went up to the Observatory and they were looking at a tape from the past evening. The past evening a UFO was spotted on Maui. It was reported on the evening news. Several of the people who investigate this kind of phenomenon had no clue what the object was. They said nobody on earth makes anything like this.



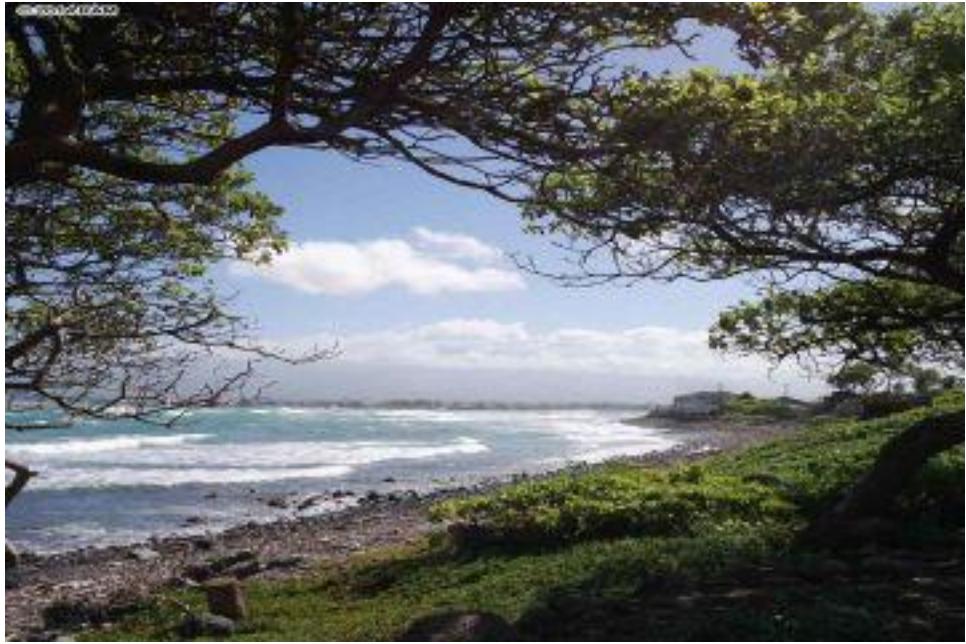
I had a couple of close surfing friends who worked there. We worked 4 ten hours a day. This included drive time. The ride up the mountain was incredible. As you drive up you can see both sides of the island. Rainbows

would appear and disappear. We would drive in vans and take turns driving. One of my bosses was a surfer so on good days we would go surfing and then drive up the mountain. Because it was an observatory no light was allowed. Imagine coming home and seeing thousands of stars. We would listen to Hawaiian music.



My favorite singer was Israel Kamakawiwo'ole. I saw him in concert twice and listened to him on the radio. He played the ukulele and had this voice from heaven. His medley of somewhere over the rainbow/what a wonderful world is famous

worldwide. It took time to get to know the Hawaiians. As I spent time with them they would open up and become your friend. Many of them seemed to not care about you but in time they open up their hearts to you. I loved the Hawaiian spirit. They are a culture of family and friends. Surfing was a way of life for them. The ocean was in their blood. Whether people believe it or not they descended from the Lemuria which was the first ancient race. Many of the Adam and Eve concepts come from this ancient culture. To this day the magic and mana continue. Many of the kahuna to this day believe in Lemuria and its ancient culture.



One of my favorite surf spots was Paukukalo near Wailuku. It is a river mouth reef break. One day I surfed it in the morning and it was 4-6 Hawaiian. The

Hawaiians measure the wave by the back. So a 4-foot wave to them is two feet. Anyway, the swell then went to 6-8 feet and then 10-12 feet. The waves were so large that when they broke the ground would shake 25 feet below. I remember that one huge set came in and I was in the right place at the right time. I paddled hard and I dropped in easily. I did a bottom turn and this huge wave tunneled over me. I was riding with pure delight. My friends were in the channel paddling and they were screaming with joy at what they were seeing. It was probably the best wave of my life. It took a long time to make it to shore. When I did many of the surfers wanted to kiss the ground because of how large it got in such a short period.



My family loved Maui. We lived in upcountry Makawao. You didn't need air condition or a heater. Where we live we

had a huge avocado tree, bananas, oranges, and passion fruit.

We lived in Maui for 6 magical years.

OnMaui

My dear friend John Slowsky, Matt Rauch and I developed OnMaui.com in 1996. It was quite revolutionary for its time. John did all the graphics for the site. Since then John has been at the forefront of graphic design. Check out <http://slowsky.com/>.

We developed 3 virtual towns in Maui. Makawao, Paia, and Lahaina. Imagine back then we didn't have Google walkthrough of towns. John and I developed something similar to what we have today. For example, I took photos of the towns in Maui. John then stitched together the photos. Back then VRML(virtual reality markup language) was just taking off. By the way, it didn't make it. We created virtual walkthroughs of these towns. You could stroll down the street and go into surfboard shops and art galleries. You could even buy things. Years later we have google maps where instead of a person walking down the street they have this car with a built-in camera. They could capture images of our towns in minutes.



History
& Culture



Valley Isle
Weddings



Entertainment
& Events



Virtual Towns
Virtual Malls



Shopping
Maui Style



Convention
Services



Business



Real Estate



Gallery
Hopping



Places to Stay



Classified
Ads



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Micah

The following are excerpts from a conversation with Zoran. This was a weeding present. Barbara and my daughter Aleia were present. The date was May 20, 1990.

Richard - Could you please tell me about Micah?

Zoran - What desire you to know?

Richard - What do you know about the guy?

Zoran - what will be a more specific question?

Richard - Who is Micah?

Zoran -Who in terms of the whole?

Richard - The whole (yea)

Zoran- Let me see if I can give forth words. No, you what is called universal core. Essence indeed. There are some beings that direct specific energies at specific times. They are not confined to what be termed position as in the hierarchy. This being is not confined. Does this make sense to you?

Richard - yeah

Zoran - It is beyond what you would normally think of as the whole - Like a radical

All - Laughter

Zoran- this being is allowed to move about and to do things that perhaps you might say this is against the rules. This is outside of what I've known, learned, or heard. What desires you from this being?

Richard- well that name has been coming to me a lot. I'm just trying to go to the mystery of it.

Zoran-Wondrous being Richard. Contemplate you that not all beings in this universe at this time not only came from this universe say I. Some come from essence beings that are not confined to what you consider to be the whole. Indeed. Now how do you think you are?

Richard- Probably that guy.

Zoran- Indeed. And it's radical. And it is not confined. That is why I say to you. Say a normal being walks through a gateway. If by going through a gateway the rules are set. You have come to an understanding within yourself, which is termed your growth. The rules are no set. Only by you. See you

Richard - Yes

Zoran- There is a troop of us here. See you.

All - laughter

Zoran- You know this thing already.

Richard- You mean the cosmic jokers?

Zoran- Well it's something like that. Know you they are the ones who bring about balance. Because of what is termed their freedom to move outside the rules. Beyond space-time. Without a judgment or a thought of this or this is that. Indeed. The

understanding is within the heart which is greater than either one. Do you use this name?

Richard-I use it to myself sometimes.

Zoran -and

Richard-I have been using this name for two years now.

Zoran-It is an important thing that you not only acknowledge here (pointing to my heart) but you have some say here (physically) that you acknowledge it to your senses. Understand.

Richard-Huh Huh

Zoran-Desire you Richard to speak what is termed the public.

Richard-Sometimes. I know I have a mission here.

Zoran-I'm asking this question for you to contemplate whether you desire to be what you call the front.

So you are seen. Or do you desire `to be from behind?

Richard-Well a lot of times I can be behind the scenes. I don't want to be famous. I have no need for that.

Zoran-This isn't about need. It is a matter of choice.

Richard-Well let's put it this way whatever I can do to help.

Zoran-I will say this thing to you. It is not that you have to do this thing yourself. You have the capability of creating a being to do that thing for you. It is a choice. However, there are some things that would certainly be different if it was you. How many beings are going to channel you?

All-Laughter

Zoran-See you. It is a part of directing the truth. Understand. And that would be grand humor. But what is termed what I said to this wondrous being (pointer to my wife) this secret, this secret that you are present? Know unless you want to share that. If it is not then the expression that comes forth will create havoc for you.

Richard-so what does it mean to go public?

Zoran-It means you are a love giver. Going public. Many things are changing as you know. A lot of what has been spoken before as the foundation that yourself and others laid are begging to come together. There is what has been termed some confusion and what is called frustration from times past. All this time has passed and I have given up hope.

All-Laughter

Zoran-what do you do know? Do you look at it and say I could get burnt. Now you are more cautious of the picture. This is humor. Now what you have created you think will bite you. (Laughter) give you this thing teeth. Know you what you termed hobby. Recreation.

Richard- yes

Zoran-For you this thing of public, sharing your essence is recreation. That is true.

Richard-yes

Zoran - Feel you what is termed guilty. Indeed that it is recreation and so easy. So how do you rectify this thing Richard within side of yourself so there is no guilt? Look you around and see beings who have a lack of understanding, who are in pain, who are in poverty, who are all these things and mostly in ignorance. And you have so much and so easy. See you.

Richard-Yes (softly)

Zoran-Number one you must let go of the guilt or when you touch it, it will bite. Understand. You must love here yourself (pointing to heart). And be in love with yourself and no other comes before. If you don't it doesn't mean that you will not (within this whole that is here) It means that you are in honor of the being that you are. You cannot maintain the balance within yourself or perform your service in your easement and your joy and your simplicity. Indeed if you do not do this thing for yourself.

Richard-yes

Zoran-I can skip across the planet because I can. That's it. Indeed

Richard - (Laughter) Indeed

Zoran-If I was to say to you this has nothing to do with earning this reward, earning this thing, this greatness. That happened a long time ago. Desire you another ceremony.

Richard-(Stopped for a moment and wondered what he was talking about. Then I remember the ceremony I had on board his mother ship) Yes Yes Yes

Zoran-That is why I say to you very important it is up to you. You make the moves now. Think you can live what is termed your life and others can channel what is you're called your being. It will all work out fine together. And be that this thing is occurring and you be more aware of this more and more. Know you what happens to a being who is in a position to teach and that is not the greatest word. You go around pretending you don't know.

All-Laughter

Richard-Yes

Zoran-So what now are you going to do? You aren't satisfied with that. Be that the true.

Richard-Yes that's the truth.

Zoran-You must contemplate this thing. What are you willing to do for yourself? For your joy here.

Richard-Now let's say I did want to do this thing. What do I do?

Zoran-You mean where do I start?

Richard-Right

Zoran-You start from here (pointing towards the heart) and you start from the people who are close to you. Start with letting go and letting it be. Simple. It doesn't require letting go of the other things that you have moving. Indeed. A being who is capable of stepping out of space-time, of making the rules can certainly do more than one thing. And in all honesty, if you did not do more than one thing, you would be very upset with yourself and very bored.

All-Laughter

Zoran-Allot of the beings has not allowed the foundation support to be present. I am not just talking about funds. I am talking about people. The other beings who are meant to be there are not there. Both of you should sit down and make a list of beings who come to mind. Make a list of what each being means to you. It does not mean that because a person is present in your life that they belong on this list. This list is those people which support you.

Honesty. Indeed. This is the only way you will have peace. I will say again the group of you shall do great things. Know those

adventures that you see in your heart. Indeed those great expeditions. Those will be present. There are some things that are laid away. It will be one of those in search of episodes.

All-laughter

Barbara-A quest

Zoran-They are not a grand thing.

Barbara-That sounds like fun.

Zoran-There are a great many things to do. The public is beginning to come to a stage where they are awaking. They are asking for many things. Many of those beings who were awakened and being awakened were discouraged. Many have fallen by the wayside. They don't have the courage and the energy to stand forth again. It is up to you (group) to stand and talk to the public. In truth, it was always very few. Indeed. Let's put it this way God blesses those who have taken the job and taken all the dirt.

All-Laughter

Zoran-that would be grand. Is it not. That was a wise creation in all of your parts. See you it now indeed.

Richard-What is the relationship between Michael and Micah.

Zoran -Say you I this. It is for you to tell Michael. Understand. There is profound respect there. You must come to an understanding of your being. It is like this being which is called earth which is a very small planet in a very large number of planets, indeed in a vast system of universes, you have not come from here. Never ever think you have. Be it if you were to come forth to this being it would be like your being was honored. Understand. There is great love there. Know you that all those beings who are familiar with the earth are very blessed with your presence. They honor indeed that this radical group is here. It also means there have been great growths. I might say this as well. If there were this small thing that needed to be done and let's put it this way the gods that be, greater than you have contemplated God at this point. , decided that they wanted to directly check it out. Do a little something. Do you have a good scenario of the situation? I notice that you look at your body, this body physically and you say look at this the hair is turning gray, there is a little flab over here, this and that. Would God choose this? Indeed. This is not my picture of a vehicle that God would use and beyond what I have contemplated God. Know you that it is perfect. Were it any other way it would not be in balance? It would not be even the smallest possibility of being seen here at all. Understand. If it would be so different by standards here, and so obvious and so beautiful all would take away from it. Understand.

Barbara and Richard-Yes

Zoran-It would be a fearful thing, not a grand thing.

Rediscover Yourself



If you are over forty do you remember the good times being a kid? Do you remember your childlike innocence and inquisitive nature with this world? Have you over time develop a more hard head survival

attitude with the world? Have your lifelong dreams simply disappeared? Have you been looking for some door to open but he has been shut for many years. It's amazing but inside of us lies the adventure of a lifetime. There the joy of life and opening new doorways exist. It's time to rediscover ourselves. It's time to wipe off the mirror. Our mirror has gotten so dusty that we have forgotten the joy of life. Look at children. My daughter Aleia wakes up every morning with a joyous nature. She is thrilled to be alive. She is curious about life. She loves to learn. When was the last time we had that feeling? What if I told you there was a library inside of you which contained the intelligence and wisdom of the universe. Would you be excited? Look at Tony Robins. Here is a man excited by life. Do we have that excitement? He loves to learn. Do we like to be stagnant? We can turn our life around. We can really smell the flowers. Can you imagine the power of energy it takes for a flower to bloom? Incredible miracles are happening to us and we simply fall asleep. Man has never been bored discovering himself. But man is bored when he stops learning. That is the point we simply waste away and die. Sometimes I feel man dies of pure boredom. We work all of our lives retire and are bored stuffed with what I am going to do. If a man spends his whole life discovering himself he will never be bored. Life will always be an adventure. There

are places inside of your being that will make you jump up and down in joy. It's there just waiting for you to open the door. You are the master of your own house. How do you want to decorate your house? All the tools lie inside of you. Ask yourself to be rediscovered. Your child will be glad.

I Can't See It So It Can't Be Real



From what I have seen from the western experience if I can't see it then it can't be real. Or I didn't learn that from school so it must be false. We are so conditioned that our reality comes from our five senses. Everything else is probably a figure of imagination or hallucination. If a blind man would tell us the world doesn't exist because I can't see it we would all laugh. Yet as a society we are acting as a blind man. What is it in man's nature he wants to know but at the same time when the truth is shown he turns his head in the opposite direction? Are we so materialistic that we have forgotten? I said many times the American Indians could quite figure us out. We figured we could own all of the lands. And we still do. They had a completely different understanding of the universe than we do. To this day western man has failed to see the truth. Yet our modern-day scientists are discovering and uncovering mysteries of life. There is learning from the so-called indivisible. Yet it takes a long time for our society to integrate those experiences. Each one of us has our lab to discover the mysteries of life. Years ago man thought it would be impossible to send pictures and sound via the airwaves. Nowadays we spend hours a day watching the tube. It's time for us to expand our horizons. Your mind is an incredible instrument. I have thought of inventions before they even existed. You have that same capability. Dream about the possibilities of you experiencing your creator. In the end, we just have to shift our mindset. We don't know all the answers. We will never stop learning. Trust that you have inner senses that are waiting to be explored.

World Politics

Here we are living on this planet in such a vast universe. Throughout our existence, man has been fighting with himself for thousands of years. Can we as a race ever come to a common understanding that we can corporate with others? Each nation has its own goals and dreams. Yet all nations deep at its essences want the people to have true joy and happiness in their life. Deep inside our consciousness, this is what man wants. Because we are so lost at times in our pursuit we can't compromise with another person, society, or country. Mankind has to learn to be tolerant with one another and to have compassion for his fellow man. We are approaching a time where we have to change our ways. In a few years, a vast network is being created. What happens anywhere in the world can be known within minutes anywhere in the world. We as a people need to focus on global ways to help this planet. We all believe in the same God but have different expressions of it. This is an exciting time for man. I feel our leaders need to take a look at their actions. Where are they headed? Do they have the world and country in their best interest or is there a hidden agenda? The American people are sick and tired of the waste and greed in our government. Everybody wants to change but nobody knows how. We have gotten ourselves in a great mess. I feel the only way a nation and a world can change properly is the people must change themselves. We have to first take the necessary steps. If we would change accordingly the world around us would change. The consciousness of man has to change. We must pull in the reins of our lives. America has great potential. We can be leaders in this world. Each of us can be citizens in this global world. We are so different and yet so similar. Let's make a change that we are proud of. Let's not be so shaded by that we know what right for some

culture, country, or person. Let's be open and give a helping hand to those who are in need.

Wisdom



Who is wiser? The man who has graduated with top honors or a man who understands life itself. What good is life if we never realize and experience in our daily lives the power of life itself? Wisdom comes from inside our being. For me, Christ or Buddha was full of wisdom. Their knowledge was different from book knowledge. Their knowledge was one of practical experience. True wisdom is different than knowledge learned from books. It is a being who is in tune with the universe. Christ didn't have to prove anything to anybody. He mastered himself and was an example of love and compassion. He had true wisdom. Buddha sat under the Bodhi tree for years and eventually mastered himself. He enlightened. Both of these teachers showed man that there is an experience of wisdom inside of us. There is a kingdom of heaven that exists within. There is a saying he who knows doesn't say and he who doesn't know says. Christ and Buddha's experience prove to the world the meaning of obtaining wisdom. Their experience was definitely out of this world. They came and taught and left us with a great message which lives to this day. Their message was simple. All of us have the same capability as Christ or Buddha. Christ said greater thing will be done by man. The tools exist inside of us. The entire universe is becoming for us to once again know who we are. Let's walk right through the door.

Being Fanatical Wrong Energy

When I first received knowledge in India I felt the whole world would want to receive this experience. I had such a powerful experience that I thought the whole world would want it. People did in fact flock to it. In the beginning, I had a lot of short sight sidings. I felt as a group we felt we were right and the world was wrong. This is a classic example of being fanatical. This goes back to the age-old dilemma of religion God is on my side. A fanatical person can't see the forest for the trees. These days I'm glad to see the diversity in all of the religions. Each religion is a flower on a garland of life. I feel if each one of us fine-tuned ourselves in the manner that fits us the world will be in a better place. Nature has taught me a lot. The sun always shines and the will always blow. Nature doesn't try to convert anybody. It just is. It has nothing to prove. Maybe we should learn from it. By knowing ourselves we can simply be in love with the world. We can be like a child, experiences come and go, but the thing which ties us together is love. Through that experience, we can accept the world as it is. If we had more tolerance for each other this world would be in a better place. It kind of amazing to look back over the years and see how we have grown. In the end, I see what Maharaj Ji was trying to do years ago. Maharaj Ji had to overcome his student's fanaticism. They were at times his weakest link. He was doing his job and I see people had intentions but were fouling it up. Maybe as a whole society can learn from one another. Even if something means the world to you it doesn't mean that it's made for the person next to you. If it may be true. People come on their terms and time. I haven't been involved in Maharaj Ji's movement for about 10 years now but I still feel part of it. Knowledge keeps on growing. I am not biased or need to convince anybody of the experiences that I had. They were genuine. People listen when you have nothing to prove or convince

anybody. I know when someone tries to put on a salesman job. Fortunately, Maharaj wasn't a salesman. The experience lives on.

Going Home (Forever)



Where is man's true home? We are only here on this planet for a brief flicker in time. Where is our true home? Man has been trying to solve this question for a long time. We come into this world and we leave. What is our purpose on this earth? Or is there a purpose? Is our life some random event? Does humanity just carry on without even thinking about this kind of question? Have you ever sat and looked at the stars and marveled at the perfection of the universe. We live on this small planet named earth. This planet contains thousands of different animals and species. It has wondrous mountains with gorgeous sunsets. It contains the sea with all the beautiful creatures. It is alive. And we go through our 9 to 5 existence until we retire and then we die. For thousands of year's great teachers such as Christ, Buddha, Mohammed, and Krishna have come to this planet. They taught about going home. Christ talked about his kingdom was with his father. He said you belong to the same kingdom. Buddha talked about his home which pervading beyond time and space. All of us want to go home. The peace and joy that we experience come directly from our homes. We receive small impulses and messages that yes there is a greater home than this earth. On earth, we can learn many valuable lessons. But it is only a school. Eventually, you have to return home. Everything eventually goes back to its source. It goes back to its creator. Maybe someday this whole universe will collapse and return to its creator. And then maybe the whole cycle will start again. Our home is beyond this physical universe.

It is beyond the stars, the galaxies, the Milky Way. It lies beyond what we can even imagine. It lies with our father. It's amazing this human body. It's easily the most intelligent computer in the universe. How this body function is a miracle. And yet man is wired to be more than this current miracle. We walk, talk, think, move and play which would be impossible for any robot. But we have some ability that we have even tapped into. We can tap into our creator. Man's circuitry can tap into this experience. All of the necessary apparatus is in place. What we need is the will and knowledge of how to tap into this. I feel as a race many of us are tapping into this kind of experience. People all over the world are beginning to open up. All of us have the capability. It is a choice. Do you want to experience your true home while you are alive?

You can.

The Miracle Of Life



Every day every moment of our life a miracle is taking place and yet we miss out on it. If we would be conscious of we would be completely satisfied. We look for joy and happiness every day of our

lives. We get married, have kids. We work and we play. At some level, man is looking for completeness. He is looking for a secret life. It's kind of amazing it's right between our eyes and we miss it. The Indians have a story that the Lord wanted to hide from man. He thought about where I should hide. In the earth or stars. He knew over time man would discover him. Finally, he came up with a plan he would hide inside of man. Man would never look there. It's a story but unfortunately, at times it's true. Mankind as a whole doesn't realize that the power of the whole universe lies inside of us. Endless joy. We can't

even imagine what a power it is. We breathe 24 hours a day and we failed to recognize the power of breath. What is keeping us alive? Have we ever stopped for a moment? For many people, they simply aren't interested. Why should I want to know that? I don't have time for that now. We weren't made to understand that. But we were and can have that experience. Let's stop and ask ourselves the question "where do I start". From that question, you are on the road. Join the club. Your life will start to take off.

[Don't Settle For Mediocrity](#)



Man has such potential in his life. We are all born with a unique gift to offer this world. Unfortunately, at this present time, there is so much mediocrity and a spirit of giving up in this world. We need to rekindle the spirit in this world. Each of us contains the spark of creation. We need to learn to create a passion for life. Drugs and alcohol are rampant because we as a society have given up. We have millions of prisoners locked up in prisons. They have given up on life. In our school systems, we don't learn about the virtues of life. We don't learn how precious every moment is. We need to take a look at ourselves. Each

one of us is a part of the circle of life. Deep down further than the cellular level we are part of God's creation. We need to tap into that experience. Can you imagine what would happen if a man would consciously tap into this energy? His life would surely change. He would be motivated. We need inner motivation.

Compassion

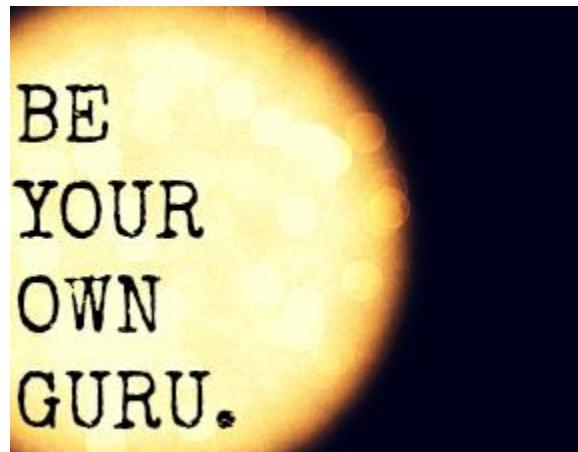


In our highly competitive world, morals and ethics have completely left the picture. We are at total war with one another. We have takeovers and buyouts. Just think many take over the people who take over the company have zero interest in the common worker. They are interested in making a huge profit. If a man is a cutthroat and a real fighter he can make it big in the business world. Honesty and compassion are traits not to be

had. We scheme and try to get company secrets. France has a CIA force that lurks on America's business and obtains valuable secrets. They declare it a business war. With this type of leadership, where are we headed? Many of the world business would laugh at compassion and honesty. Yet compassion is like water. It is a very valuable and powerful force. Without compassion, man would have perished probably a long time ago. Compassion is the glue that holds the human consciousness together. Without it, we have a Hitler or a Napoleon on our hands. Business is so much into making a profit that ethics have gone by the wayside. We are only interested in being millionaires. Howard Hughes

was probably one of the richest men on earth but in the end, was he truly happy and content? Was he full of compassion? A man who has compassion is perfectly at ease with his world, his neighbors, nature, and ultimately his creator. He is truly free. He needs no money to be happy. He can have all the money in the world and he will still be content. This state of awareness is not taught in our schools. We train our children mostly on ways to achieve financial success but we don't have a clue about mastering ourselves. Compassion is a gift from God. To change this world, we have to be compassionate. If we truly want world peace each one of us has to develop and pray for compassion.

Your Inner Teacher



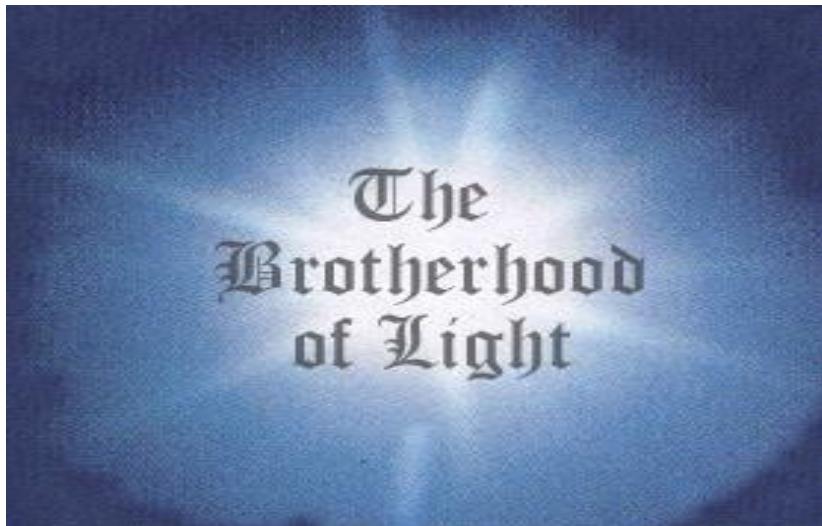
I know of many students who have the attitude that my teacher is better than your teacher. I say so what. Each teacher is different and unique. If you go to the university even if you had a lousy teacher if you wanted you would learn. Now you could have the greatest teacher on the face of the

planet and if you didn't want to learn you wouldn't. I believe you are your own teacher. They are there to assist and guide you. But it is up to you to do your lessons. You have to want to learn. Maharaj Ji said you can take a horse to water but you can't make it drink. He said well you can put salt in his food. Teachers put salt in our food. They give us the raw inspiration that we need. I know with all the teachers I had I received the inspiration to carry on. Over the years I have also learned of my inner teachers. Some teachers can come in the forms of visions, dreams, and emotions. Our inner teacher is ever-present in our life because it is ourselves. We just have to be still and learn how to

communicate with it. Your inner teacher is your closest friend. It is there always to support you.

I have learned over time to respect all teachers. It took me a long time. Even if I have more feelings about certain teachers I have learned respect. They are only trying to help humanity in their own way. Sometimes they fail but so do we. We are all teachers. Let's be open to one another. So many times a new concept or idea happens on this planet and the world laughs. I don't care what human arena it is but we do it. Years later it becomes the truth. In the meantime, we are the fools. In the end, I would like to congratulate all the teachers on this planet. You are taking the right step.

The Great White Brotherhood



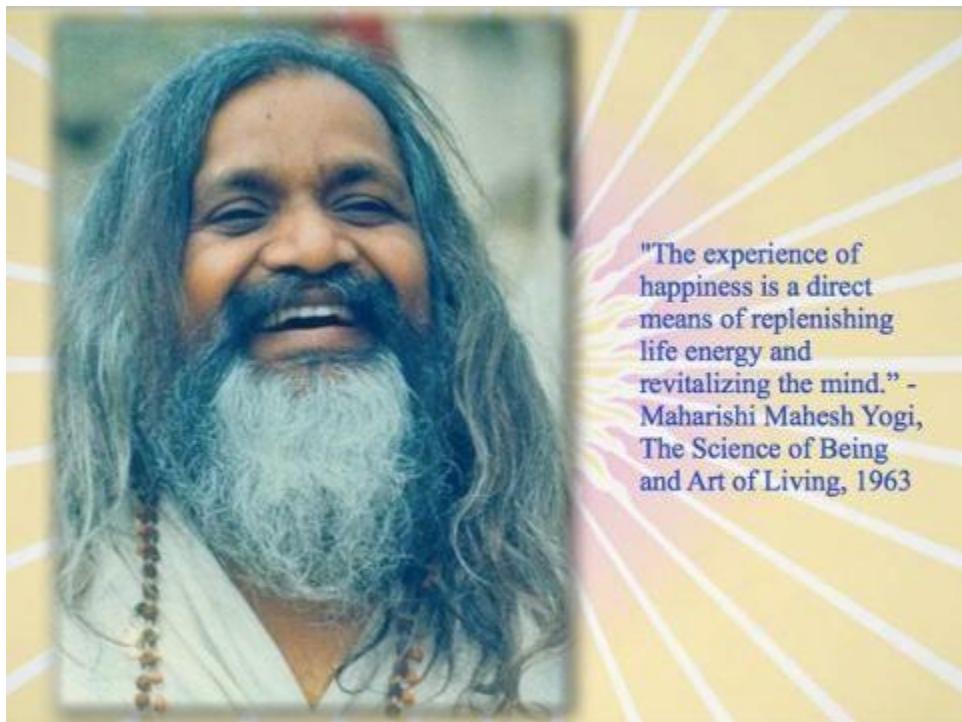
One of the greatest events in the history of mankind is happening right before our eyes and were not even aware of it. This world has reached a juncture where we must decide

where we want to go. We can blow ourselves up or we have a few wonderful options. The great white brotherhood is a consortium of beings who help balance the state of affairs on different dimensions. They have existed for eternity. Many wonderful beings have merged themselves as a single and yet separate conscious. They are both sides of the coin. They are separate entities yet at the same time, they are a

group with a common consciousness. They are here for universal justice. They don't enforce their way on anyone. But if you want their assistance they will come in any shape way or form. The majority of all our great spiritual teachers past present and future are part of this consortium. They are here because they love humanity. At this critical time in the history of the planet, we need help. Our government can't solve the problems. There are millions of people on the face of this planet who are part of this master plan. Some are aware and some are not. We can blow ourselves up in disharmony or we can learn to live in harmony. It is our choice. They will never harm us. They aim to protect humanity. But it is our decision. Humanity as a whole has to make that decision. Do we want chaos like we have now or do we want a planet where happiness, cooperation, and tolerance reside? I have met many of these beings and they are the most compassionate beings you will even meet. A lot of them have lived human lives and know our drama. They learned to transcend this world. Their joy is to assist and teach us ways to improve our lives. There not interested in changing your religion. They just want you to be a better Christian if you are Christian. If you are a Buddhist, be like a Buddha. Live in the compassion and tolerance that the Buddha preached. We are all brothers and sisters from the almighty father. They have been sent here by our father to help humanity. What would this world be like if we all lived in compassion towards each other? We would be in peace. We are living in disharmony. When a man lives in disharmony his civilization goes down the tube. We have the ability the change ourselves. Each one of us has all the help we need if we request their help. We should pray and ask for guidance in our lives. Let's stop pretending we know all of the answers. We don't. Help from the entire universe is at each one's beckoning call. We just have to ask. It's time humanity wakes up. A lot of people think I'm too busy with my life. Well, when your last breath

leaves your body how busy will you be. Let's build a safe place in this world. We all have the same dream.

Maharishi Mahesh Yogi



One teacher who I have never met nor I have ever studied under is Maharishi Mahesh Yogi from India. He came to the states in the mid-fifties and for the first time

taught people to meditate. People from all walks of life have learned to mediate. He was the one who got the ball rolling in the west. There were teachers before but they had a small following and required you to live a certain lifestyle. TM or transcendental meditation was for the common man. Millions of people in the states received this initiation. It was very scientific. It was religious at all. It provides a way for people to get rid of stress in their lives and experience peace. Studies have shown that meditation can reduce crime in areas where people meditate together. Man can change global conciseness by mediation. People were tapping into parts of consciousness that were beyond the space-time continuum. A lot of them were doing it sub-conscious but

nerveless it was happening. Each thought and emotion that we have contains an amount of energy. Man's energy pattern at this moment is one of disharmony. This is the main reason we have war, crime, and frustration in our lives. Our inner conciseness reflects our outside life. In the west, there are probably hundreds of different groups which are trying to change their consciousness. The snowball is rapidly gaining momentum down the mountain.

Be Here Now



This phrase Be Here Now has turned really into a cliché. Yet there is a lot of truth behind this phrase. As humans beings, we have a tendency

to live in the past or live in the future. I remember as a kid I always wanted to be older and when you're older you want to be younger. We don't know have to live in the pure joy of this moment. We don't ever smell the flowers. The whole world is so preoccupied with their life that they don't realize the miracle of life itself. If one would experience the miracle of life you would be present here now. Your consciousness would be here not in the past or the future. Most people don't know the power of the mind. If you would ask who has control over you, you, or your mind they would say of course I do. But if you show them how to meditate they would be surprised. So many people I know have given up meditation because it's very difficult to control the mind. They would come up to me and say I never knew my mind would chatter so much. I would just laugh because I was there myself. Practice makes perfect. By putting in the effort we can learn to control the mind. The mind is our friend. Man has to learn how to meditate 24 hours a day. It doesn't matter what state you're in whether you're in the awaking, dreaming, or sleep state we can be conscious of the energy that is keeping us alive. I'm not there but I do see the possibility. It not impossible but it can happen. In that state of awareness, we would be present in this moment. How many times have we had an experience that came to us and we weren't just there. Maybe it could be liking making love. Your there, your body is there but the mind and your consciousness are somewhere else. You have gone through the motions but missed the experience. A lot of times our bodies are running on a sub-consciousness level. We aren't quite there. The phrase Be Here Now has been around for a long time now. Let's shift our consciousness so we can truly understand its meaning. I know a lot of people think that is an old hippie phrase but it's not. It came from the Sanskrit language SAT CHIT ANANDA. Sat means truth CHIT means Consciousness and ANANDA mean Bliss. Truth is the consciousness of

Bliss. All over India, this phrase is plastered all over the temples. It has been used for thousands of years. Long before our present western civilization. Even back then man had the same problem. He lives in the past or the future.

[Don't Make A Mountain From A Molehill.](#)

**Don't make
a mountain
out of a
molehill.**

Jewish Proverb

Have you ever noticed how as human beings we tend to blow things out of proportion? We love to take our problems and blow them up like a balloon. I know I have sure have done it. Probably most wars have started this way. Somebody says something that hurts your ego and the next thing we know nations are fighting with one another. Sometimes as humans we don't respond rationally. What would our response be like if we just stopped took a deep breath and just relaxed for a moment? We might see a different picture. We might see that we read words that weren't there. At that point, we could easily defuse the bomb. Once we light the fuse it's very difficult for two people or nations to stop the conflict. We do the same in our everyday life. The husband comes home tired from work and the wife snaps at the husband because she is frustrated by something else. The husband snaps back and a fight occurs. If we would just relax for one moment and defuse the bomb like - Like I see your tired let me make dinner things were be all right. I know I have a lot to learn from relationships. It took me years to realize that humans don't have telepathic conversations with others. My brother and I had this type of communication. When it got time for relationships with others I had to develop the necessary skills. Man and women have to learn how to

help one another. I know for men it hard to express our emotions. We were taught never to cry. We should suppress our emotions. It took me time but I'm learning to express my emotions. When I'm happy I'm happy. When I'm sad I'm sad. If I cry I cry. Emotions are tools for us. Once we learn about our emotions we can enjoy this life. Our body will love us for it. Each time we suppress an emotion the emotion gets suppress into our body. We can be stiff as a board. If you ever saw someone who is very stuffy. Not only are their emotions but also their body. There aren't flexible with life. They carry an attitude about life. We as humans have a lot to learn. I sure do. Yet each step of the way can be a meaningful experience. Next time we see a molehill let's stop, look and listen. Maybe it won't turn into a mountain.

The World Is Not Flat



Isn't it kind of amazing that for years Man believed that the world was flat? We believe that if a ship was to sail off into the horizon it would eventually fall off the face of the earth. For years science and philosophy had been in touch with each other. The philosophy at times was based on our present scientific understandings. In present-day science, each scientist is a specialist in his field. The present-day philosopher can't keep up with all the various new discoveries (nor can the present-day scientist). Science has become an evolution revolution. New discoveries are made every day. Meanwhile, on the philosophy side, we have kind of stagnated. Maybe it's time for a new way of

learning and of perceiving ourselves and our world. Our thinking is still primarily based upon the same thinking patterns as the past. Most of us still think that intelligence only comes from the brain. But scientist knows that intelligence exists inside the whole human body. There is a fine line between our body and the mind. Can we discover new ways of thinking? Can an image be a powerful thinking experience? What is the power of thought and where does it come from. Is it possible to be in touch with universal intelligence? Is there a universal intelligence? A lot of our so-called wisdom is based upon facts. A person can get straight A's in school but is he truly wise. He may know a lot of worldly knowledge and facts but has he developed his imagination. A lot of inventions and theories were developed by man's imagination. Just imagine young Einstein having a dream and realizing a piece of the puzzle that he was trying to figure out. Can we discover an intelligence inside of us that we have yet to dream about? A lot of our scientific discoveries are based upon capitalism. We tend to leave out the effect on the environment and the effect on nature. Can man as a civilization ignored the fact that we are in charge of the destiny of the planet. Can a man make the transition where science and nature can be in harmony with each other? Science has been divorced from nature for over one century. Science tends to think that it can control nature. It seems to think the earth has unlimited resources. It is now time for man to tap into intelligence that hasn't been tapped into for a long time. It exists inside of us. It doesn't exist in book learning nor lectures or schools. Our whole life system is composed of this intelligence. It is life itself. Somehow man thinks what life can teach me. Look at what I have done. Well stop breathing for 10 minutes and then tell me what kind of intellectual life has. You will know that life itself contains the key.



In terms of religion, I feel that we should go beyond our books. So many times we feel our book is the only way to heaven. But a book only points the way. A book inspires us to be compassionate and loving to our neighbors. You can take any person who is fanatical about their religion and take him to an enlightened person and that person will probably just smile. He has nothing to prove. He is content. He experience's his father. I love to read scriptures. I love the inspiration that comes from them. But I also want to practice the ideas that come from the book. So many wars have been fought due to the word of God. God is only on my side those pagans. Look at the Crusades. Most wars directly or indirectly involve God. Maybe it's time we all sit down and realize we are talking about the same thing. It's like the elephant story where 3 blind men touch and an elephant. One man touches the elephant's ears, another the trunk, and the last one the elephant foot. Each one of them is convinced their experience is real. It is but it's not the complete picture. We all can learn from each other. My travels around the world have brought me in touch with so many different cultures and religions. We are all talking about the same God. We just use different metaphors and our books are different. The essence is the same. I have looked at the major scriptures around the world and they talk about the same experience. All of them talk about light. The light of God. Do they mean I see the light of the manner or is there a practical experience that each human being can experience? Amazingly, science and religion are so closely tied together. Einstein said that $E=MC^2$. Energy = mass times the speed of light squared. Energy = God. What religion calls God

scientists call it energy. Energy cannot be created nor destroyed. God cannot be created nor destroyed. Energy is was and will always be. God was is and will always be. All scriptures talk about the word of God. The world that can't be spoken with these lips. In the beginning, was the word and the word was with God and the Word was God. In the past, the word was named LOGOS in Greek. LOGOS means energy. In the beginning, was primordial energy. The primordial energy was with God and the primordial energy was God. The Hindus talk about Sat Nam. The Moslems talked about Pak Name. All of these religions talk about the word of God. This word was is and will always be. The whole vast universe with all the galaxies and stars is contained in this primordial energy. Christ said he was the word made flesh. The father and I are the same. We come from that same father that same energy. Christ said greater things ye shall do. We can have that kind of experience. Our father lies within. We don't have to die to see our father. Christ was an example of that. I believe in the universality of religions. I don't think we need to convert one person from one religion to another.

Let man keep his religion and find God inside of our own hearts. Then we shall see that we talking about the same thing. In the end, let's read the scriptures but practice what we preach. Let's all be full of compassion, tolerance, and love that these great masters taught.

Heaven is a state of mind, not a location.

Wayne Dyer

As you can see I have had a lot of different experiences in my life. All of them are without any meaning without the power of love and compassion. A person can control the whole world and move mountains with his hand and yet without love he is wasting his life away. Heaven on earth is based on love and compassion. We have had so many wonderful teachers in our life. The Buddha, Christ, Mohammed, and Krishna. Each one taught about the power of love. If we want heaven on earth we should all be radiating in that love. It is possible. If each one of us took our responsibility to manifest love and compassion the world's problems would go away. We would corporate with each other. Greed would go away. Heaven on earth is a state of mind. We would respect nature and all of the animals. Because we have lost sight of who we are the world is in this mess. We all have the power to change. All we have to do is want to. If we ask for the necessary change our intelligence will assist us. Do we want a better world for our children? Can we learn from our mistakes? Humanity is at a juncture. Are we going to survive or blow ourselves away? Can we be more tolerant? I admire the Buddhists and all other faiths who pray for

world peace. Each one of us should pray for peace in this world. The Tibetan Buddhists got thrown out of their country and yet they practice non-violence. They go all over the world and pray for peace. How powerful a statement. Here in Hawaii a lot of Buddhists live. I believe that we can change. This is at our innermost desire. Our whole being comes from that supreme creator that is love. If we look we will find. I have seen in so many people the quest for love. May one day in our future shall the world reside in peace? Heaven on earth a state of mind.

Dreams -Your Subconscious Is Telling You Something



All of us dream every night. The majority of the world sees dreams as without any meaning. Yet our dreams are there for a purpose. Is our

subconscious speaking to us in our dreams? Do our dreams contain our innermost secrets? Do they contain messages that can help us? One aspect of dreams that I'm fascinated by is the dream state is a reminder of who we are. We are all dreamers. We all dream of a better world for our family and ourselves. Our dreams allow us to touch and feel that part of ourselves that is perfect and pure. It guides us, teaches us, and nourishes us. It is one of our best friends because it is a part of ourselves. Dreams teach me to tune in and listen to myself. At times the images will show me where to go and where to turn. There is an active intelligence taking place. It brings us into a primordial place.



Just think every night man dies to this world and enters the dream world. Can we merge our consciousness from the dream world into the waking state? What would happen if we learned to consciously day in and day out (dream of heaven on earth)? Could we somehow bring this unconscious into this world? We have this kind of power. Let's unite ourselves and bring our subconscious being to life. We only a small

portion of our brain. What would happen if we learned how to use the full capacity? Our whole body is designed for it. We are truly beings of love. We have just lost sight of who we are. There are millions of people out there who dream of heaven on earth. John Lennon wrote a great song about the power of dreams - you may say I'm a dreamer but I'm not the only one. I hope that someday you will join us and the world will be as one. The power of dreams. Let this whole planet dream of peace on earth. Not only during Christmas but every day of our lives.

[On Your Own Or I Get By With A Little Help From My Friends](#)

Each of us had teachers who guided and molded our lives. The three teachers who molded my life were Maharaj Ji, Mafu, and Zoran. Each one of them gave me different kinds of insights.



I told you I first met Maharaj Ji in India. He was only 13 years old when I meet him. Maharaj Ji as a person was incredible. He was very funny. I remember being with him and hear him tell one-line jokes one after another. I felt I was going to die from laughter. He was very bright as a boy. He was probably the most intelligent kid I knew yet at the same time he loved to play games. He had a serious side and yet the love to play. I only interacted personally with him for only a few years. I felt he was my best friend. Yet at the same time, he was my teacher. He motivated me and encouraged me to discover who I truly was. It was so wonderful to have a teacher to assist you in your personal growth. I saw he was motivated by his mission. He had millions of people who were practicing meditation. His whole life was spent traveling around the world and helping others. On one side I liked that Maharaj Ji wasn't a

hermit. He married quite young, had a family, and was involved with the world. He was quite rich. Many people criticized him for having money but to this day it doesn't faze me. I like the idea that we can create our dreams. This world isn't meant to escape. Each one of us has a different dream. I like the idea to see one man's dream is manifested. It brought to me I can create my happiness. I can create anything I want. It was beautiful to see that as a person he was growing. One thing I learned was that I was responsible for my own life. Nobody would live it for me. Maharaj Ji simply advised on living your life. His talks were inspiring to hear. He inspired me to transform my whole life. Each one of us has to make effort for our own transformation. To this day I still use his mediation techniques. They opened my door to myself. Years later I'm still on the same path of self-discovery. It keeps on getting better.

Mafu was another profound teacher. Mafu is channeled by a beautiful lady name Ammaji. Mafu was radically different than Maharaj Ji. In the beginning, his meditations were guided meditations with a lot of imagery. He brought in a lot of ancient wisdom from culture all around the world and not of this world. His message was that we were in charge of our development. I learned about the power of thought and how to empower my own life. His teaching was radically different. I learned a lot about my own emotions. When I was in his presence I felt I was with my best friend. He treated us as equals. His goal was for each one of us to discover the way to come home. Mafu was also incredibly funny. He had a great sense of humor. He was highly emotional. His wisdom touched me deeply. I learned some powerful prayers from him. There were very touching. He brought me in touch with my love for God. Around four years ago he started to bring the old Vedic wisdom. He introduced a lot of old meditation techniques to

get in touch with ourselves. This ancient wisdom was the foundation of where India was built upon. I haven't spent much time personally with Mafu but I consider him to be a good friend and teacher. I have gained much wisdom each time I have been in his audience. I had many profound experiences in his audience. I found a lot about my past through many visions.

The last time I saw Mafu was on his land in Oregon. I just happened to be on a business trip to Portland and I received a phone call from a dear friend Harry Bartz. Harry told me that there was a 4-day retreat and why don't I come. A rental car was arranged for me so I drove four hours to the retreat site. I had a great time there. The event was extremely organized. Mafu was sharing old Vedic meditation techniques with us. I remember the first time I walked into his temple I sat down with the group and I was a little embarrassed. This huge rainbow stream of light came out of my being and filled the whole room. I felt a little awkward because I didn't want to be disrespectful. I didn't want to announce my presence. I had a wonderful time there. I wrote Mafu a letter saying I wanted to move my family there. It never happened. I felt very fortunate to have the chance to have been there. I feel the work that Ammaji and Mafu are doing is very beneficial to this planet. I could sit in both of their audiences for hours. It is highly entertaining and at the same time most enlightening.

Zoran was another great teacher in my life. From the day I first met him we became good friends. Zoran is channeled by Makara. Zoran was different than both Mafu and Maharaj Ji. His whole teaching was through play and laughter. I learned more about my child's aspect of myself. He also had great wisdom. Through his teachings, I had incredible meditation experiences. At times I felt

my whole body would disintegrate into light. We went to Mexico together for one month. It was an incredible trip. Both Zoran and Mafu taught me that we are own masters of this life. A teacher guides us but we have to do the work. Zoran's philosophy was simple. His way to enlightenment was through ecstasy. Mediation was a joy. Life was not a struggle. He taught truly to be in love with life. Zoran was the one who was my teacher in the past all the planet called Nucleus. There I learned about the innermost secrets of energy. He was the one who was responsible for taking me on the tour of his ship which you already read about. There is a lot going on that meets the eye.

Each one of these teachers taught me something unique about myself. I learned about emotions, meditation the power of thought. I learned so many incredible tools. Each teacher respected me and I respected them. It is and will be a great learning experience. For some years now I have integrated the tools I have learned into my daily life. I respect all teachers from all walks of life. We all are in this dance together. As Mafu put it we are only strong as the weakest link. By making one of us strong we will become stronger. It's a new step in evolution.



The first time I met Mafu I knew I had met my long-lost brother. It was a long time ago in ancient Egypt but that's another story. Ammaji is a beautiful American saint of our time. She is the one who channels Mafu. She is as far as I know the only American woman who has been ordained a Swami by the order in India. There are many rigorous tests that you have to pass. I believe it is almost next to impossible to pass but she did. Mafu is an enlightened Lord who enlightens during the time of Christ in Mount Vesuvius in Italy. He was a leper during that time. To make a long story short he has a group of people he is working with worldwide. He is one of many beings on this planet who are here to help us make a shift in conciseness. He has a group in Oregon with who he works on personal basics. I was first told about Mafu by my guides even before Ammaji began to channel Mafu. I was told that Mafu would be one of my teachers in

this life. His teaching was revolutionary and quite different. My guides said I would have quite the experience. There were correct. My connection with Mafu has been mostly spiritual. I have been in his presence probably 40 times since 1986. The first time we ever talked was in Los Angles. I saw him 5 or 6 times before he talked to me. This occurred in February of 1987. I was in the audience with some of my friends. Mafu was going around the room and talking to certain people. At one point he came up to me and asked me "What can I give you?" Do you want riches? He started to offer me anything I desired. I just smiled and knew he was my friend. I really was satisfied. I didn't ask for anything but I was overwhelmed. I felt such love and compassion. It was like my long-lost friend seeing me and wanting me to feel completely at home. Mafu would have probably given me the world if I wanted it. There was such a connection between us. Over the years I have been in contact with the group in Oregon through my friends. My connection is on a different level. For a long time whatever I was experiencing, I found out that the group was experiencing or going through the same thing. I wasn't left out at all. I had my daily seminars. Ever since I moved to Hawaii I haven't been involved in hardly any events. My time has been simply cultivating the experience.

One time I saw Mafu in Arizona. He was walking around the large auditorium and asking people questions. He asked me "Do you like your Lips'? I said yes. He said do you know why. I said because it's part of my body. He said what I'm about to say will cause great controversy to you. OK here goes. You have not been on this planet earth for 35,000 years. You have the same body the same chemistry as in Egypt. For 35,000 years you have

been an unlimited being. I can't tell you in words what kind of experience I was having then. It was like a whole veil was being lifted. What Mafu taught then and now is the techniques from the ancient world and present. He uses the ancient wisdom of the Vedas, the ancient ways of Egypt, the American Indians. He is using this wisdom for those who want to know pure and simple. Some of this wisdom hasn't been ever shared on this planet before.

I have included the transcript of that seminar in Arizona.

Mafu-Do you love your mouth?

Richard-Yes

Mafu-do you know why you do?

Richard-Because I love myself

Mafu-do you know why it is so familiar to you?

Richard- no

Mafu-Are you prepared for an evenness?

Richard-Yes

Mafu-It will cause controversy inside of you. Well here goes.
(Laughter from audience)

You have not been on this planet regardless of what limited entities have given unto you in your fantasy of it and therefore they have responded for 34,000 years. That is a truth. And this mouth directly comes from there. The whole of your cellular

memory you have been unlimited god for 34,000 years. You are like unto a woman of the day of yester and unto Sophia entity. Council with her and take your nutrition with her on this day (have lunch). It will be a great saving grace for you. You brought it here because you loved them. This is the cellular memory of 34,000 years ago. That is why the penis functions differently than others, that is why the heart is different, the breath because it doesn't understand how the 20 century works at all. Great entity. We shall do much together you and me. So be it. (Pointing to Sophia) You council with this man. He is a great companion of yours.

The reason I'm mentioning Mafu is that this is an example of a group that is trying to live in a way that is into the 21 century. Wisdom isn't merely intellectual but also practical. They are for a group one of the cutting ages on new thought and technology. Remember all it takes is for one person to be transformed.

Many people I know disagree with so-called channeled entities. They say it's the subconscious speaking from that person. If it is so it. Isn't it wonderful then that the subconscious is powerful enough to come out and relay useful information? According to scientists, we use only a fraction of our brains. So many things are going on a subconscious level. If channeling is only the subconscious then great. Oracles have been around for thousands of years. I give the analogy of a telephone conversation from one dimension to another. As a matter of fact, there is a different kind of oracles. Mafu, when he comes in, he takes over all bodily functions as Ammaji. She leaves the body and Mafu comes in. Her physical size changes. We seem to think as humans that we are the only source of life in this whole universe. Anything new we are skeptical.

I'm glad there are beings like Ammaji on the face of the planet. I believe we need a spiritual evolution revolution. We don't need guns or war to achieve it. We simply need to change ourselves.

Health

This human body is the crown of creation. Yet we really don't treat it as such. The greatest gift we could have is one of health. Unfortunately, the vast majority of society either doesn't know or care about this wonderful human body. It is a gift from our father. The West is slowly realizing the importance of preventive medicine. People are beginning to understand the importance of it. For such a long time people have given their power over to the doctor to keep them well. They wanted to take no responsibility on their own. The doctor would give you your medicine and you could go on your merry way continuing our lazy habits. Luckily in the last decade, western man is slowly turning around. The majority of the population used to think that I can't come down with a major illness. I can continue with my bad habits but I won't get sick. With this kind of attitude, America is on the low-end scale of world health. We know how to abuse our bodies by smoking, taking drugs, poor diets, lack of sleep, and highly stressful lives. At times I'm amazed we are still alive. How much abuse can we take?



Luckily there is a lot of information out there that deals with preventive medicine. During the early eighties Deepak Chopra an Indian doctor from Mass. learned about Ayurveda medicine from his

teacher Maharaja Mahesh Yogi. His teacher told him to introduce this type of medicine to the west. When he first started practicing this new medicine (which is a system thousands of years old) the western doctors had a chuckle. But in due time they had the last laugh.

Ayurvedic Medicine contains common sense which in our times is uncommon. It treats the body as a whole. I'm not a teacher or master of this subject but I bring up the point there are systems out there that we can practically use to obtain optimum health. The Chinese have also a lot of preventive measures that we can use. A lot of this boils down to simply changing our habits. Let's find out what kinds of foods are beneficial for the body. How much rest do I need? If over the years you are neglecting your body in this manner the stress level is going deeper into your body. Someday some disease will manifest. Do you exercise? It's too boring. Well, find one you like. Your body needs it. Do you smoke? Give it up. Do you know any stress-reduction techniques? Are you always on edge or on the go? Do you need to learn how to relax? Is your body stiff as a board? Are you flexible? Try learning about yoga. What I'm saying is the foundation lies out there. All the necessary tools are there. There are plenty of books on the subject. Now is the time for us to be in charge of our health. Let's bring it back to where it was supposed to be in our own hands.

For myself, I learned from a young age to take care of my body. I was a vegetarian for over fifteen years. The only time I ever eat meat is at a restaurant or at a friend's house which is very occasional. I don't eat much junk food. My favorite foods are fruit and vegetables. Since I learned cooking from my travels around the world I learned to cook food that was extremely tasty and at the same time good for the body. I don't have too much fat in my diet. I get plenty of sleep. If I know my body is about to come down with something I go to bed an hour earlier and usually wake up in the morning feeling great. I've learned that my sleep heals my body. The best times are from 8 at night to midnight. I hardly ever go to bed past 10 o'clock. I exercise by riding a stationary bike, do yoga exercises, swimming and surfing. I usually try to

meditate once a day with my eyes closed. Also, I practice a technique where I try to be in the state of meditation 24 hours a day. This state makes my mind and body relax. It brings the body to an easement. The disease is simply the body and the mind is not at ease. Too much stress has been developed.

Overall I'm still learning about my body. I am always reading about ways to care for this precious instrument. There is so much information out there. Let's as a nation once again be healthy in this way.

PAUL SIDES



When I first moved to Hawaii I heard that an old junior high friend was living in Maui. I hadn't spoken to him in probably 20 years. Paul was a twin too so we had a lot in common. Both of us were surfers. When I met him after twenty years I was impressed by him. He was truly a genuine human being. He carried that aloha spirit. He was a genuine human being. He was full of love and compassion. He had a lot of friends on this island and introduce me to him. I didn't pick up any ego from him at all. We became greater friends. I would meet him very early in the morning at the beach. He taught me the ropes about surfing in Hawaii. He had a great sense of humor. Both of us were involved in our own quest to find God. We shared a lot of love and brotherhood. I found out that he was dying from cancer. He had cancer for five years. It would come and go. Paul never complained about it. When I was in his presence I felt gratitude that I knew a human being like this. In the end, Paul died. Hundreds of surfers came to a huge party at the beach. This is what Paul wanted. He wanted each one of us to cherish life. Even amidst his death, his presence was there. Paul where ever you all I love you. Aloha.....

"A goal is a DREAM with a DEADLINE."

—Napoleon Hill

One of my goals is to be able to study with the major religions of the world and have the experience of realization through each one. One man I admired was the 18 century Indian

Saint Ramakrishna. He could have a wondrous realization for all the major religions. I would like to try that someday. I know that all religions deep down inside are talking about the same experience. I have my own experience of the major religions that have been wondrous. But I would like to walk in their own shoes for a while. I think in my own way I could simply show that we are in fact flowers on a garland. We are not separate. Each of us is unique. I would love to study with the Dalai Lama in India. I would like to study with the Franciscan monks and with the Hindus. I would like to know more about the Moslems religion. These are a part of my goals. I would love to try to help people. I have a lot to offer. I am just a simple human being but I truly want to serve. I hope this book touches just one person. Then I know I have done some service to mankind. My goals and dreams are mostly based on heaven on earth. I'm just trying to be an example. I have a lot to learn. I stumble at times but I pick myself up and keep on walking.

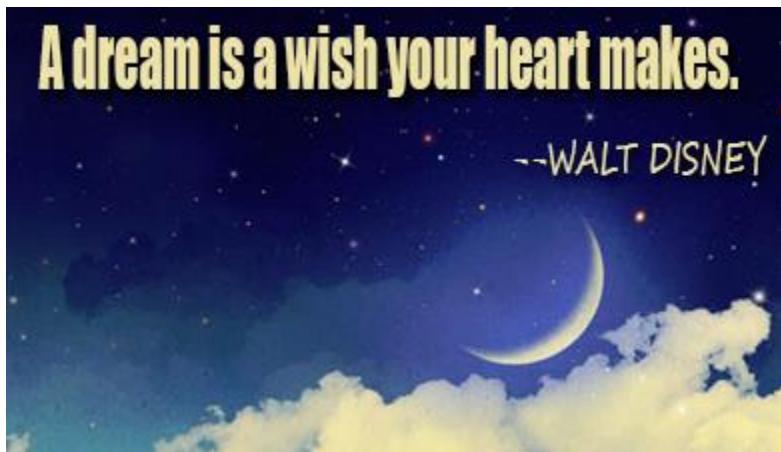
I would like to someday have a place in Hawaii where people could come from all walks of life and learn from various teachers. People could come for a period such as a week or two and bask in the Aloha spirit. I would have it much like the Monroe Institute in Virginia.

Another goal I have is I would like to put together a series of Peace festivals around the world. These festivals would have different kinds of speakers and musicians from around the world. Its main focus would be on the practical ways peace can be achieved in our society, nation, and the world. I would try to gather Crosby, Stills, Nash and Young, the Beetles, Bob Dylan, Rolling Stones, etc. If anybody has any interest or ability to pull it off contact me.

I would like to be a part of a Peace think tank. I would like to get together with politicians, religious leaders, and business leaders. I would like to come up with a practical plan that we could use to bring peace to ourselves, our nation, and our society. We could use the media to come up with various ways the average American can incorporate ways to develop peace. We could have series on PBS such as Rebirth of America. We could develop series such as the Nature of Health which would be a series based on the health of the country, society, business, politics, and individuals. We could have a series of courses presented at schools about the value of peace. A lot of values such as peace, ethics, love, and compassion are lost in our society.

In the long run, my goal is to unite with the power of love.

Dreams



At times I contemplate the possibilities of man. I envision a time that are human beings on the face of the planet is consciously aware of the whole universe. We are the flowers, the earth, the stars, and countless universes. We are the black holes and the nebula. We are the beautiful ocean with its wondrous waves. Yet each one of us is still in the human body. How would we treat each other? We would be one. This would be the kingdom on earth. We would be one with our creator. We could travel anywhere in the universe. We could be with anybody we choose. We could communicate with beings from another world or dimension. Our quest for self-expression and creativity would go on and on. Can you imagine the kind of music we could have? Dreams beautiful dreams. Our planet would be healed. We would experience the wonders of Planet Earth. We would be in direct communication with the planet and nature. We would love the diversity of life on this planet. We would discover that this earth is quite unique and different from the rest of the universe. We would be in awe of life. We could make love with our own pure essence. Two beings melting into a common bond. We could give a farewell party for those who would wish to go to some uncharted place in the universe. There a whole new life could take place. Dreams. We could surf waves of joy

from one end of the universe to another. We would, at last, know our creator. Dreams...

Another scenario could be that man over time understood his evolution revolution. The man slowly began to wake up from his slumber. It started all in America. During the sixties, a seed was planted in man's consciousness. Over the years people in America and throughout the world were beginning to come alive. The man realized that he could be in harmony with the universe. It happened slowly. In the nineties, it started to hit the mainstream population in America. People were seeing that they wanted to change. People were teaching humanity to take hold of the reins of your life. A lot of people in politics were worried. Yet what could they do? The majority of the population was beginning to discover their nature. People were beginning to change. Drugs and alcohol were no longer a problem. Why would you need that we a greater experience existed inside? MTV would hold parties where people would rejoice in their new beginnings in life. All of the major religions would come together and know that we all came from the same God. Joy would spread to all of the cities. Scientists could solve many problems due to increasing knowledge and awareness. People would love to cooperate. How could you have racial problems when we experienced a common bond of love? We all came from the same creator. The arts would flourish. As America reached its height the whole world was begging to dance the tune. People from all over the world would begin to have the same kind of experiences. Love would be truly conscious in this world. The people would come together and form a new government. The leaders would be compassionate and in tune with the people. We would use technology as a pipeline to help this world. A vast computer network would be in place that would be more complicated than the human brain. At last human beings would have the know-how to solve the world's problems. Poverty would be of the past. There would be people who wanted to live very simply but their land and culture wouldn't

be exploited. We would love the diversity of the culture. Food would be divine. Wow did you taste that Vietnamese cuisine? Life on earth would be a joy. The media would put on an incredible show. We would have 3-dimensional holographic experiences where the actors on stage would be transformed right into our living room. All movies would be 3 dimensional. Music would be a completely mind-blowing experience. We would all dance to the rhythm of you. A few people over time have discovered how to accelerate their frequencies where they could transform their bodies from matter into light, and back again. Over time they began to travel to other dimensions and universes. They go beyond time and space. The teenagers learn how to do this and begin to explore regions never explored before. They are young and free and full of adventure. They bring back the experience of other dimensions where the language is of love. Slowly these beings come to earth. There is a giant party on earth for one week. It was during the year 2001 that the first craft at a baseball game. The government and media could no longer hold it back.

Man was reaching the point where he could go on. The teenagers and older people were completely having a time of their life. They decided to completely merge and go off and discover some part of the universe where they could participate in a brand new creation. The creator himself permitted to go out and create. They merged and off they went. Their ship was of love and light. They weren't contained by the laws of the physical universe. They could go beyond time and space. So off they went. Man was truly at peace with himself and his creator. He was truly one.

Be Like A Child (Innocent And Open)



make a long story short Chanda finally came out. I remembered placing her in a warm tub of water and this incredible smile came over her face. It was filled with so much innocence and openness. She was filled with love. It amazing all of us start this way and yet over the years, we start to lose it.

I will always remember the birth of my two daughters Chanda and Aleia. My daughter Chanda was born in March 1980. She was born in Miami. My wife at the time had a hard labor. I believe it was over 48 hours. Both of us wanted to try a home birth. We found the two best midwives in the area. Anyway, to

My next daughter was born in a hospital. We were planning to have a home birth. During actual labor, while we were at home the midwives knew she was having heavy contractions yet Barbara was experiencing no pain. She got completely into the joy of having a child. Unfortunately, her pelvic area was too small so we ended up at the

hospital. She had a C-section. The moment Aleia came out both of us were in joy. I spent the next two days holding Aleia as she had to be in an incubator for a short time. Barbara was recovering from the C-section.



All human beings have that childlike state inside of them. We have simply forgotten the beauty and the aliveness of that state. Children have an easy time letting go. If there are mad one moment the next moment they are happy. We hold our grudges for a lifetime or we go to war. A child ultimately believes in cooperation. A child experiences the love of being alive. It is

inquisitive. It gets delighted seeing something new. Have you ever seen the joy on a child's face when it takes its first step? A whole new world is about to open up. We need to take those steps like a child in our life. We have miracles happening right before our lives and yet we don't see them. Our children are the future.

Raising A Family



It's something wonderful raising a family. I experience completeness inside of my being. We are so lucky that we can create an atmosphere of love in our home. I think I prefer a family life to be single. I times I think a single person can do anything he/she wants. It can travel and of course, it can spend money the way it wants. But family life is a unit. The family can laugh and play together. Family life makes me feel complete. It makes me feel whole. A part of me needs that kind of life. When my daughter Aleia was born we decided that my wife would take off work for five years. We felt it was important to our daughter that we raised our own child. We could guide her the way we felt was right. Financially we struggled but it was well worth it. It's a wonderful experience with the love of a family. Love is the power that heals. With

Barbara, I am healing myself from my past relationships. Both of us feel complete. We know that we are to be together. It is wonderful to experience completeness in one's life. Being single a human has a hard time developing a long and meaningful relationship with someone. With marriage, we go through the ups and downs and it builds character and love for one another.

One thing I see is that no institutions teach about marriage. We go through our lives we fall in love and we get married. No one teaches that there is a lot more that comes with it. No wonder so much divorce is going on in this world. At times people think marriage is a failed institution or it's outdated. But with the right person and with the right values there isn't anything like it. Have you ever walked into a home and just melted with the harmony and the peace surrounding the place. This is a place of nurturing. Then you can walk to another home and you just want to walk right out. The husband is yelling at the wife. The kids are totally upset. We are in charge of our own atmosphere. It is our duty to our children to provide a home of security and love. A home should be nourishing. We can all provide that. We just have to change our priorities. I have met single mothers who have provided that atmosphere in their homes. It is their priority. They didn't have much money but they had a heart. They created an atmosphere of love in their homes.

Our children are the future. Let's provide them with the care that we would like to have.



2000+

During this period, my family and I moved to Ashland Oregon. I was working for Charles Schwab and could live anywhere in the states. My daughter went to high school and university in Ashland. Ashland is known for its diversity. As a college town, it is quite open. There are many different spiritual expressions around. We have three different kinds of Buddhist sects in town.



There is a beautiful Buddhist temple in the Colestin Valley. It is located about half an hour from Ashland.



The Foundation for Meditative Studies exists in a beautiful mountain setting. My wife and I would attend many events which took place up in the mountain. At times it would be snowing outside and we would all be inside meditating for the planet. It was like a scene from Tibet. Words truly can't describe the experience. Mafu's message was to be in compassion and live in compassion. Nobody needs to be converted. Everyone has that spark inside of them.

[Charles Schwab](#)



Senior Staff Web Developer, 1999 to 2009
Charles Schwab, San Francisco, California

Developed, maintained and upgraded cutting edge financial industry software. Created .net web based software for operations and brokers. Charged with all phases of development including database design, stored procedures and jobs.

[PAT](#)

Lead Developer

Built program called PAT which tracks all Transfer of Authorization (TOA's) going out for a Broker when they leave the company. Each broker signs an agreement saying they won't take any clients with them when they leave the company. This program tracks all ex-employees for a certain period of time depending on their warning level. It will send out an email when the threshold is met. The legal department has used this tool for bringing lawsuits towards the ex-employees who have violated their contract. Built a series of reports using MS Reporting Services that they use daily. C#, .net 3.5, Team Foundation server, JavaScript, AJAX, MS SQL, Teradata, Sharepoint, Visual Studio

This software project has resulted in Schwab not having to go to court to protect their clients.

[PAR Letters](#)

Lead Developer

Generated custom letters to be sent out for various rate changes. Built first a custom tool where the broker had to custom build the letters. The second phase automatically creates the letters from a database job. This system saves Schwab 40 hours a week in input alone in the San Francisco office. No longer does a rep need to input the letters. C#, MS SQL, Sharepoint, Wiki, .Net 2.0, Team Foundation Server, Visual Studio 2005.

[Pricing Desk](#)

Lead Developer

This program tracks in a queue all pricing changes requested for a client and is part of a web based software tool on each Brokers desktop. Each request is reviewed by the Pricing and Analyst team for approval. C#, MS SQL, Java Script, Web Services, Sharepoint, Wiki, .Net 2.0, Visual Source Safe, Visual Studio 2005.

Business Calculator
Lead Developer

This is a tool utilized by the Brokers to calculate naked, spreads, and straddle and is a part of each Brokers desktop tools. It was developed in JSP, Java, Java Script, Web logic server. Converted Calculator to c#, Java Script, Sharepoint, Visual Studio 2005, .Net 2.0.

[RPM program](#)

This program calculates how much Schwab makes for each account. If a client calls for a discount this tool displays around 30 key areas displaying how much profitability is made on the account. As the Co-developer of this program won prestigious award presented by Charles Schwab himself. C#, JavaScript, AJAX, MS Sql, Oracle, Teradata, Sharepoint, .Net 2.0, Visual Source Safe, Visual Studio 2005.

[Stock Market Game](#)

Developed a stock market game using Java and web logic. The game was used to determine a person's portfolio in real-time. This game was used to see who the top teams in Schwab were and the top Brokers. Each player was given \$100,000 of play money and over a three month span Schwab could see who was the winner and all strategies used Java, web Logic, JSP, Java Script.

[Dan Villarreal, CSM, PMP](#)

Sr. Program Manager, Vice President at Bank of the West
I worked with Richard on several critical efforts at Charles Schwab. Richard was the primary developer and contact representing his technology group on the projects I managed. He was adept at interpreting the business requirements, which were often in flux. Richard could be relied upon to foresee the potential risks and helped us to mitigate them before they became an issue. Most impressive about Richard was his ability to work independently relying on his own research to find the right sources of data in a highly complex organization. The result was that Richard developed a brilliant tool that allows Schwab to stem a historical asset attrition issue that was costing the firm tens of millions of dollars.

March 5, 2009, Dan worked with Richard at Charles Schwab

[Maurice Wright](#)

Creator of Things at MWright - portfolio.mwright.com

Humility and intelligence are the first two words that come to mind when I think of Richard Fletcher. We worked together on the same development team for a number of years. In addition to his affable nature, what sets Richard apart from other developers is his discipline around coding. Whether it's documentation, technical project management, or coding itself, Richard is better than anyone when it comes to identifying and implementing the shortest, most efficient path from point A to point B. February 20, 2009, Maurice worked directly with Richard at Charles Schwab

[Wynne Shaw](#)

Council Member - Lone Tree City Council District 1

Working with Richard and his web development team was a breath of fresh air. Richard worked with me on several web development projects over the period of about 5 years. He asked the right questions, was able to converse in easily understood terms to me (saving more technical developer language for his own team) and always found ways to find a creative solution to address our needs. The results Richard and his team delivered allowed for significant productivity gains across multiple business units.

February 15, 2009, Wynne worked with Richard at Charles Schwab

[Paul Bishop](#)

Senior Software Application Engineer

I have had the pleasure of working with Richard for 8 plus years, and can't say enough about his contributions to the success of our team. Richard has a tremendous work ethic and produces quality solutions that usually exceed the expectations of the business partner. Richard has been a consummate team player and is very quick to offer his help and extensive programming knowledge with others in any capacity. Additionally, he is able to easily grasp the needs of the end users and quickly deliver top quality, high impact applications utilizing the most current technologies. I would recommend Richard to anyone looking for a proven top level performer.

February 12, 2009, Paul worked directly with Richard at Charles Schwab

[Eric Wood](#)

Software Application Engineer at Charles Schwab

I have worked with Richard closely on the same team through out the last nine years or so. His extensive experience coding and his ability to understand the business make for an excellent combination. In addition, during my time working with him, I have known him to be a person of integrity and intelligence, as well as someone who brings a positive attitude in his daily efforts! Richard has made a strong contribution to our programming team and I recommend his work in this capacity

February 9, 2009, Eric worked directly with Richard at Charles Schwab

I worked for Charles Schwab for almost 10 years. They laid off around 12,000 in 10 years. I love my job. It was extremely creative. I won various awards and even was presented one by Charles Schwab himself. There was a great team that I worked in. Unfortunately, I survived 10 out of 11 layoffs. My last project saved the company millions of dollars everyone who worked on that project got laid off. I was given a very generous severance package on the condition I wouldn't sue over age discrimination.

I spent a few weeks looking for a job find this job below. I worked on this project for around 6 months. This software was written for the salesman at Panasonic. Imagine the salesman going to Walmart and they would have a software program where they would have sales projections for the various items Panasonic would sell. There were many different factors involved. I created a temporary data storage where when the salesperson went to a Starbucks they could upload their business to the online server.

Unfortunately, this was during the recession. Panasonic lost over a billion dollars in a quarter and the project never got released. I was laid off <grin>.

Plexis and Stillhead

Senior Staff Web Developer, 04/2009 to 11/2009
Steelhead Advertising, Ashland, OR

Lead Developer

Created a forecasting desktop application for Panasonic. Using Flex, MS SQL, SQLite, Web services, and PHP.



I loved working with Plexis. My salary went down by half of what I was making with Charles Schwab. I worked with Chris Facey who was from Canada. He was a bright young guy and a pleasure to work with. Every day we would take walks around town.

Software Engineer, 11/2009 to 03/2011

Plexis Software, Ashland, OR

Building next generation medical insurance prototype software using Adobe Flex, Pure MVC, MS SQL, Web Orb and web services. Developing common based code for desktop and web applications.

Developing and maintaining 800 thousand to 1 million dollars medical insurance software program. Working in c# and Visual Basic.

Built a claims web portal in Microsoft MVC. Using Microsoft Entity Model and LINQ to SQL. Built WCF services.

Convert Quantum Choice application to be 508 compliant.

Kansas

USDA RMA



During my time at Plexis, we sold our house. We made a decent profit. About 5 years before our house jumped from 340,000 to 600,000 in two years. Crazy. The Ashland market was dictated by the Northern California market. Wild mood swings which unfortunately exist today. In Ashland, 3 percent of the market is not rented out. Rents have skyrocketed.

One day I get a phone call and I was asked "Do you want to do a phone interview". I said sure why not. Anyway, I did this interview and about 30 minutes later my wife said you got the job and I said what job? This is how we ended up in Overland Park Kansas.

I'm not sure how stable it is being a government contractor for the government. If you are a government employee your job is secure. If you are a contractor well here's my story.

I was in charge of maintaining a program where once a week various livestock insurance was being sold. For example at 10:00 Central on a Tuesday the doors would be open to accepting live orders. We should around 3 million dollars of insurance before the money would run out. My job was to make sure the doors were open exactly on time and not a minute before. It was exciting to watch. It was like a mini stock market. Anyway, in March 2013 the government was having financial problems and I got laid off.

Mike Reed

Lead Engineer Software at the Sunflower Group

Richard is highly experienced and dedicated to working with the latest technologies to maintain his edge. He has a strong ability to translate business requirements into practical solutions. While Richard and I were never working on the same team, our teams needs crossed a number of times, and I could trust that when Richard was involved the job would get done and it would get done right. Richard is also a good soul. The type of teammate you value both personally and professionally.

March 29, 2013, Mike worked with Richard at Kforce

[Software Engineer, 04/2011 to 04/2013](#)

Kforce

Contractor for SAIC. Working in C#, reporting services and MS SQL 2008.

Worked on buying of insurance policies for the USDA. Also worked on program to track delinquent buyers of crop insurance.

Presently working on eDAS an online program for buying livestock insurance from the USDA.

Built a file watcher program which monitors files coming in to denote starting times for AIP's buying livestock insurance for farmers.

Automated a manual authorization process which allows AIP agents to modify key data with a special key. This was a time consuming process which involved different groups inside the IT departments.

Received security clearance.

[Heartland Crop Insurance](#)



Well, I got this job in a few weeks. Heartland crop insurance is the agent who is responsible for paying claims to farmers. I was there only for a short period. In

October of 2013, Ted Cruz and his crew shut down the government for

some time. Usually, claims are paid 50% by the government and 50% by the agent. In October, the government stopped paying its bills. Well, guess who got laid off.

Software Engineer, 04/2013 to 10/2013

HeartLand Crop Insurance

Contractor for Heartland Crop Insurance.

C#, MS-SQL 2008, NHibernate, Silverlight, Caliburn micro framework, WCF RIA Services

AR Payments

Developed AR Payments system to track on clients insurance payments. Developed the back end portion of inserting and updating data from the UI to the database.

Commissions

Created both the front end and back end to create a batch of commission for specific agencies. Ability to sign off and cut checks.

Lead developer

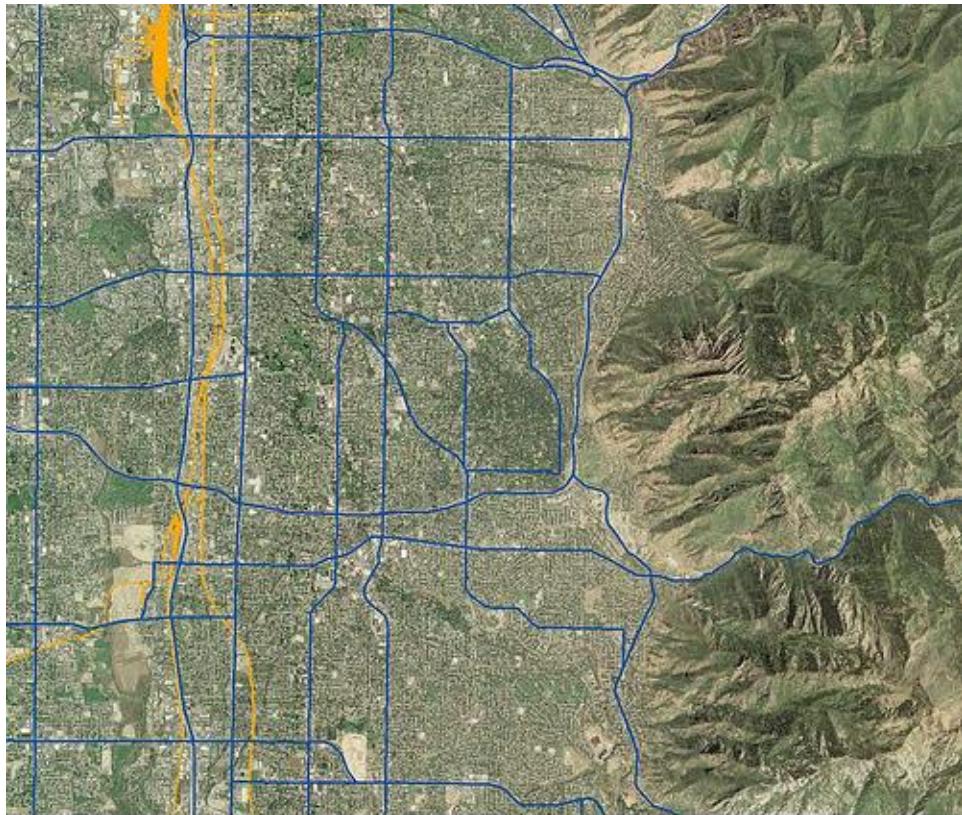
Interest

Create the UI and backend to generate monthly interest due on all our overdue policies.

Refunds

Worked on the front end and back end to create a refund system.

USDA-Booz Allen



I worked with 3 other individuals with Booz Allen. They were a delight to work with. We maintained a GIS mapping system for all the farms in America. We worked on

Roads and Rails dataset layer place on top of NAIP 2006 imagery dataset located in Salt Lake County, UT

enhancements and fixing bugs. Our team always looked at the future. Microsoft in a few years was not going to support the browser the USDA was using. The ESRI GIS was not going to support Silverlight in a few years. We built two proof of concept. One using the .Net technology and the other one was a JavaScript version. We would have easily finished two years ago. Unfortunately, things don't always work out. The project was stopped and started around 6 times. Our team went from 4 to around 20. Millions of dollars were wasted. This past year our four-man team didn't have any work to do and we all got laid off. Now in the ESRI GIS world, there is a steep learning curve. Our

team worked incredibly together. If and when this team has to develop a new system all of the brainpower is gone. There is no one to support the system.

[Software Engineer, 12/2013 to Present](#)

Built a prototype of the new USDA Farm GIS system. Built system based upon HTML 5, Angular, bootstrap and MVC 5.

C#, MVC 5, RESTFUL web services, ESRI, NAPI Imagery, SVN, Visual Studio 2013, MS SQL, HTML 5, JQuery, Bootstrap, Angular

Maintains and adding new features to the USDA Farm GIS system. This software has GIS maps for farms all across America including Alaska and Hawaii. My job has been to make the software run faster and more efficient. I also have added more features that the business needed.

C#, Silverlight, RESTFUL web services, ESRI, NAPI Imagery, SVN, Visual Studio, MS SQL

Craig Belser

Contract Applications Developer/Architect

I had the pleasure of working with Richard for two years at the USDA, where he was a core developer on our GIS team. He has excellent talents across multiple technology platforms that make him a well-rounded developer with both breadth and depth.

His ability to offer multiple solutions to every obstacle makes a dramatic difference in the productivity level of our team.

His optimism and determination lead the entire team with a can do attitude.

Richard would be an asset to any team.

November 8, 2016, Craig worked directly with Richard at Booz Allen Hamilton

G. Todd Comer, ICP, GISP

Explorer

Working closely with Richard during the past few years, he is always eager, and dedicated to any task; indeed, his light-heartedness and eternal optimism ensures a positive works environment, and promotes cohesiveness within the team. He consistently delivers complete and competent code on time, seeking out peer review to ensure the same, and always accepting and open to suggested changes, even if it means throwing everything out and starting over.

November 2, 2016, G. Todd worked directly with Richard at Booz Allen Hamilton

Ross Short

Associate at Booz Allen Hamilton

Richard is a highly skilled developer with 20+ years of experience. I have been his Team Lead for 3 years. Richard's knowledge of .NET and expertise in development was a huge advantage to our entire team. He put this skillset to work in order to remediate code defects.

Along with his undeniable talent, Richard has always been an absolute joy to work with. He is a true team player, and always manages to foster positive discussions and bring the best out of other employees.

November 1, 2016, Ross managed Richard at Booz Allen Hamilton

Owner 12/2011 to present whatscookingtreasures.com

Built whatscookingtreasures.com. A worldwide ethnic recipe web site that allows the user to use the smart phone as a device for grocery lists and planning meals for the day, week, or month. Each recipe calculates nutritional information from the USDA database. Capability to search for recipes by nutritional content, author and many other unique criteria. One of the only sites on the Internet that will allow the user to search by nutritional content. Added around 100 new ethnic ingredients to the USDA database. Built site and added over 700 recipes from my worldwide collection of recipes. Built site to accommodate smart phones and standard web applications.

C#, MVC 4, RESTFUL Web services, MS SQL 2012, Java script, AJAX, SOA architecture, LINQ, Visual studio 2012,.NET 3.5

[See the Latest recipes](#)

How would you like to make homemade cheese with two ingredients?



Recipe of the week

A good cook is like a sorceress who dispenses happiness. — Elsa Schiaparelli



Ethnic Cuisine



This is my pride and joy <http://whatscookingtreasures.com/>. I have collected recipes from my travels from all around the world. During the eighties and nineties, I built a really simple database to hold my recipes.

Years later I worked as a contractor for the USDA. They had a nutritional database that contained all the nutritional information for thousands of food. This database was free to the public. I incorporated this database into my system.

I always learn through the building software. None of my past employers were using MVC a new framework for the. Net platform. So I learned it and used the latest technologies in my product.

Here's some info directly on my site why to register.

Here are some of the benefits. It's free.

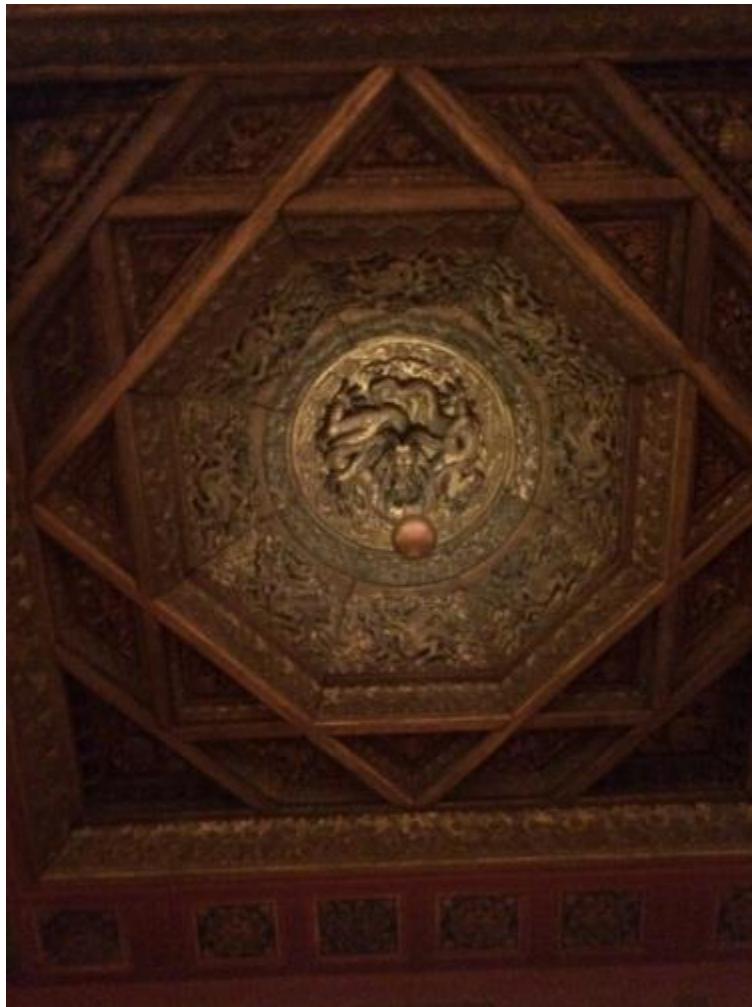
Our goal is to provide you with quick and easy tools to assist you in all areas of cooking. Each recipe has a nutritional label that you can use for a healthy and tasty recipe. Using your smartphone you can have a shopping list for each recipe on hand while shopping at the store. While you are making the recipe your smartphone will help you prepare your meal by easy-to-use directions. Most of the recipes take less than 30 minutes. It's a great and easy way to share and discover new recipes.

Getting Laid Off

Since 2009 I have been laid off 5 times. Before that, I never got laid off. The first time with Charles Schwab was quite a shock. I really felt it. I thought I survived getting laid off. A good friend of mine got laid off early in the morning and it was after lunch I got the phone call. It is ever so common nowadays that companies lay people off. What is happening in America? Millions of people are getting laid off and their families and lives are dramatically changed. There is no loyalty involved. My boss who laid me off got laid off when he was a certain age. Probably the person who laid him off will get laid off. Human beings are not some objects who you can hire and fire. Each human being is precious. Why doesn't America have employees on the board of directors? Why is the entire company directed towards making profits for the shareholders? Have we lost our sense of morality and ethics in our corporate culture? I can see each time I got laid off it was easier to recover. Been there done that. Yet do we really need to go through this? When I got laid off from Schwab they made a tremendous profit. Is the company more interested in profits than the welfare of its employees? There must be a balance. Employees are spending more time at work than their families and yet the company still will lay them off. In all the layoffs I have seen I didn't see a real reason to lay people

off. The company could have taken a financial hit without laying people off. I have yet to see my salary equal to what my salary was 8 years ago. So many Americans are going backward in salary while the one-percenters are having huge increases in wealth.

Nelson Art Museum



Celling in Quan Yin Temple 1

Barbara and I love the Nelson Art Museum in Kansas City. They have this amazing Quan Yin temple. There is a beautiful statue of Quan Yin there. Quan Yin is the embodiment of Compassion. She is known as the Bodhisattva of Compassion.

This is a quote from the Nelson Art Gallery. A jewel of the museum is the Chinese Temple Gallery (Gallery 230), which displays a 12th-century polychrome wooden figure of

Guanyin of the Southern Sea, heralded as the finest sculpture of its kind outside China.

According to the tour guides, this statue was found in China around the early 1930s. It was found in the snow and was about to be used as firewood. China at the time was having such difficulties. During this time the Nelson-Atkins Museum bought a huge investment of Chinese art worth Millions today.

The atmosphere in the temple is out of this world. You walk in and the room is flooded with Love and Compassion. Yet for many

people, it's like the scene from Chevy Chase in National Lampoon Vacation where Clark Griswold sees the Grand Canyon for the first time. He simply nods his head and goes on his way.

What makes us miss this experience? It's like a dog whistle. Only a dog can hear it. The whistle is blown but we can't hear it. Kansa City is the heartland of America. Here we have this incredible temple. Imagine universal compassion that is manifested in the temple room.

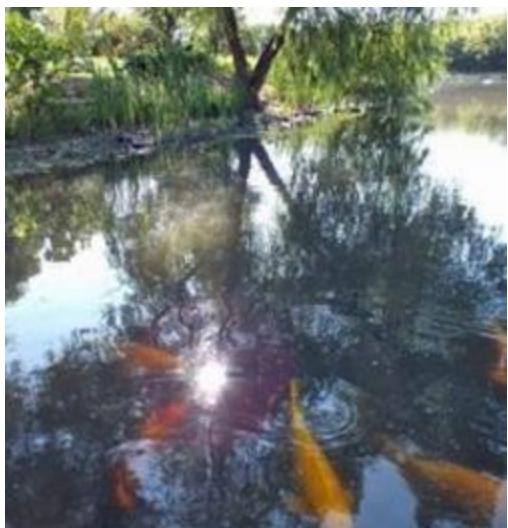


Quan Yin 1

Overland Park Arboretum



This is one of my wife's and I favorite places to visit in the Kansas City area. My wife and I love nature. Many of the city folks quite frankly think that nature gets in the way of things. We love in winter to watch the thousands of geese in the skies. We love the formations and honking sounds. It's like a huge parade in the sky. Many of my work friends think it is a nuisance.



The Arboretum is our sanctuary. We try to go at least a few days a week. We only live about 10 minutes away. We love all four seasons. I have lived in Kansas now for 6 years so we have witnessed the beautiful changes that nature goes through. The earth (GAIA) is alive and speaks to you. The older I get I'm getting more in touch with the beauty of nature. The earth is a part of us. We are

interconnected. We live this life and have forgotten our precious connection.

Kryon



My wife and I love to go to Barnes & Noble. We love to relax in their comfy chairs and look at books and magazines. My wife loves to look at the Sedona Journal. She keeps telling me about Kryon who is channeled by Lee Carroll. She probably told me around 5 times and I finally said: "OK I'll take a look at it". At first, I wasn't impressed. He would always start with his standard greeting "Greetings, dear ones, I am Kryon of

Magnetic Service". I was thrown a curveball because I really didn't understand this concept. The more I read the channeled material the more I understood this incredible message. Imagine all the past great masters unifying themselves into the magnetic grid of this planet. You might say so what. Imagine so many great masters said they would be returning to earth and help human beings to realize their true nature. The more I heard and listen with an open heart I realized this was indeed true. Can you imagine that this magnetic grid is built with the Love of God? If we didn't have a magnetic grid surrounding the earth human beings would no longer be alive. This is the problems of space travel. They need to simulate the magnetics of the earth. We have this incredible DNA. A scientist has broken the code and has said that 93 percent of our DNA is junk DNA. Kryon has said that it's not junked DNA but multidimensional DNA. This is a huge difference. Kryon has written a book called the twelve layers of DNA. I highly suggest that you read

this book. Your life will change if you do. Magnetics from our DNA and the magnetics from GAIA (Mother Earth) are in communication with one another. I know this sounds incredible but's it's true. This is a small part of the story. Kyron's main message is that you don't need any teacher or Guru to find your way home. All of the tools exist inside of you. All of humanity believes in a higher self yet we go on a merry way without even trying to connect to it. Imagine this higher self is multidimensional. What does this mean? You are the sun the moon and the stars. You are the universe. You are God. Because we are liner we say I'm George or I'm Barbara. Who are you really? That is the puzzle of life. On the other side is multidimensional energy or cosmic soup which contains all. Can you take salt out of a soup? You can't. We have the higher self-inside of us and yet we think we are alone. We are never alone. Because of free choice we have closed the door and continue to search for God outside of ourselves. This is the incredible game that God set up. We are the ones with our intent that request to open the door to our higher selves and discover who we truly are. Imagine the entire universe is supporting us but can't say or do anything until we consciously give intent and begin this process of self-discovery. What's beautiful about this process is this is how peace on earth will happen. By changing yourself and by discovering yourself you will truly radiate Love, tolerance, and compassion to all. You will be a human being. You won't try to convert anyone because life does not need anyone to be converted. A lighthouse just shines. It doesn't know the ships that sail by. The lighthouse exists on dangerous shores yet it shines the light so bright that it helps protect the boats to reach the harbor.

I could go on and on. The past year has been extremely slow at work and I had the wonderful opportunity to listen and read this wonderful material. My understanding and practical experience have grown

exponentially. Words cannot describe how my relationship to this planet, the universe, and to God has been so personnel. This is an incredible time to be alive. Peace will be on this planet. It may not seem like it but peace will prevail.

Ancestors



Grand Father Franklin Perry 1

We are all shaped by our family. I feel so fortunate to be blessed to be born into this family line. My parents and grandparents raised me to where my life is today. I was nurtured in love and consideration of others. I learned how to respect life and respect all human beings. The sense of adventure and the sense of learning with joy were instilled in me. Life was incredible. At a young age, I was introduced to seeing the future and bringing ideas to the present. I was only 2

years old when my Dad and Grandfather built the house of the future. At me young age my Mom and Dad introduced me to ethnic cuisine from around the world. To this day I love trying out different and new cuisines. My Mom gave me the sense of travel. She loved to travel and that was instilled in me. I learned how to appreciate different customs, ways of seeing things, and being open to life. Life taught me to appreciate each country and value its essence. My Grandmother Josie taught me the love of God. She would always say that God loves you. Her mother was friends with Mary Baker Eddy the founder of Christian Science. My brother and I loved being in her company. She was a joy to be around. She played the piano and sang many wonderful songs to us. During the winter she would go to the Palm desert and bring back pine nuts and fresh dates. She had a juicer that was handed down to my

brother after many years of use. My Grandfather Cliff's hobby was rock collecting. When they came to visit he would do a slide show of his current trip. My wife Barbara would have been great friends if he was still alive.



Rose Parade Queen 1

As a family, we would love to visit my grandmother and grandfather in Santa Barbara. I remember going to horse shows and going to the Elvis Presley movies. My grandfather would make the world's best enchiladas. I have the recipe on my cooking site. This dish is over 60 years old. I had many incredible times being with them. During the holiday both sides of my grandparents would come and visit. I loved the sense of family in the air.



Mom and Dad. House of the future. 1

My brother and I will always remember the times my Dad would drive us to go surfing. We would get to the ocean very early in the morning. My Dad would drive us to Big Corona and we would surf until noon and then we would paddle through the harbor for an hour.

My Dad suffered a stroke and was in a coma for a month. When he came out of the coma he was changed completely. For the first time, I saw that he knew it was a miracle to be alive. His entire outlook on life changed. He realized that life is precious. He

lived another 10 years after that. He saw that he had a golden opportunity to experience life to its fullest.

My Mom has taught me to see the bright side of life. If you are down in the dumps she taught me that only you can pull yourself up. Attitude is everything. She taught me to enjoy the adventure of life. I gained so much from her and her way of thinking. She taught me not to hold onto the past and to forgive what others have done to me. She has a great sense of humor which I love.

What can I say about my twin brother John? We came into this world together and are such good friends. We have the same path of self-discovery. Both of us have been meditating for over 45 years. He has discovered a passion for writing music. In the past 4 years, he has created over 1000 songs. He creates songs about life and the incredible journey of life.

My daughter Aleia has really become an incredible person. She is kind, full of wisdom, and loves to help people. She is deeply spiritual without any pretense. She has a great heart. I'm tremendously proud of her.

My daughter Leilani has bloomed in the last 10 years. She got married to a wonderful man named Lowie. He is from Egypt. They have 3 beautiful children. I love their family. They are an inspiration to me. Family truly is the backbone of life.

Poems

I hope that you stop and reflect on these poems. They are meant to ponder over and to ask yourself some basic questions about life. I sincerely hope that they will trigger a longing inside to search for the diamond that exists inside of you. These poems I wrote over 25 years ago in Hawaii.

I wish to offer my humble gratitude to Donn Rochlin and David Gelfand. Don did all the music. David helped produce this CD. This CD is still in a primitive state. We are looking for someone who would like to help with this project. I believe that poetry and music together can enhance the poetic experience. It adds an extra layer of emotion. Unfortunately, in America poetry has taken a back seat in our culture. Let's bring back the power of the spoken word.

Intro

These poems are dedicated to all those whose lives have been spent in bringing peace to this planet. Where ever you are I bow my head. May Peace be on this earth? We are all united by the thread of Love. May each one of us realize the garland of life?

How Can A Fish Drown In Water?

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

Sit Still And Listen

Sit still and listen

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, The Christ and much more have told their story.

Behold the kingdom of God lies within.

It doesn't matter if you're a saint or a sinner.

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found in this easy step.

Looking For God

The modern-day man looks for God on the moon and beyond.

He studies the molecular structure of nature.

Through his telescope, he looks for him in all the reaches of the universe.

He sends out satellites to search for the unknown.

Yet he doesn't find the answer he is looking for.

The wise man looks into his heart and finds the hidden treasure.

He finds his way home.

Pick Up The Phone

Have you ever dialed into the source of your life?

Have you ever felt like you had a conversation with your creator?

How would you like to phone your creator?

What would you say?

From time immemorial we have been wired for a direct connection to God.

You don't even need an operator.

God lives inside your heart.

You are the temple of God.

No temple on this planet is as magnificent as you are.

The creator hides inside of you.

The phone has been ringing since your birth.

Pick up the phone.

There are no collect calls.

This call is the most important of your life.

Please tell Suzie or John that I'll call you back.

I've been waiting for this call all of my life.

Hello

Words cannot describe the joy inside.

Direct communication to the heart.

Your heart is filled with love.

A Man Of Forty

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

In the midst of our business negotiations have we ever stopped and said, "WOW
I'm alive"

We go on in our petty life with so much detail.

We place such importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

We promised our generation we would never be like our parents but look at
ourselves in the mirror.

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Know is the time to wake up and change our life.

Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's real difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which really hurts.

If you don't paddle fast enough you won't catch the wave.

What really hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Something takes longer than another.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

In that state, they haven't anything to prove.

They will act like a child.

If someone tells them they're wrong, they will just smile.

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

Sailing

I'm sailing home to my beloved.

The winds of grace have filled the sails.

The tiller is on remote control.

Can you feel the fresh wind upon your face?

The ocean at times is calm.

At times it is stormy, yet I have faith.

Huge waves of change cover my boat.

The storm ends and there's calm.

At times the journey hits the doldrums.

Not a bit of wind in sight.

My mind is restless.

I'm so bored.

Suddenly a dolphin splashes me and grins with delight.

I forget my boredom.

At times my journey is dangerous, with sharks all around.

At times the journey feels like a walk in the park.

Sitting on the deck with a beer in my hand.

I'm relaxing with sunglasses on my face.

At times the journey feels like America's cup.

Racing towards the cup.

I gotta make that buck.

At times my boat is going down the drain.

My life is in constant pain.

I realize that I'm dreaming.

I'm in my bath watching the toy boat go down the drain.

This vessel of life is incredible.

At times this journey is like the Love Boat.

You're in love and nothing else matters.

Until the wind goes out of your sails.

This journey is incredible.

I'm sailing home to my beloved.

War

War is worse than any four-letter word.

We think we are so smart yet we kill our young.

Let put our politicians in a ring.

I am right and you are wrong.

We are both talking about the same thing.

Yet for centuries we go on.

War is a dangerous thing.

Are we truly smart?

At least a forest fire, in the end, creates flowers.

While man guns create a cemetery.

We think we are so smart.

Let's put an end to war and concentrate on the real issues.

Because your life is not in order you want the world to be in chaos.

We Say We Are Intelligent But Are We?

We say we are intelligent but are we?

We are babysitters of the creatures of this world yet we treat them with no respect.

We would be sued in the court of our father for our neglect.

We talk about criminals but what is the worst crime destroying this planet.

Where will our resources be when there are no trees?

Hungry we will be. Orphans upon this land.

Man has the capability to be true custodians of this land.

Let's open up our hearts before it's too late.

Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of?

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

Some People

Is life like a rubber band that if you stretch it too far it will snap?

Some people's lives are totally out of control.

Some people's lives are totally in control, yet it's a life of boredom.

Some people are risk-takers, while others aren't.

Some people love adventure while some love the couch.

Some people are always serious, and some never laugh.

Some people laugh and are never serious.

Some people obey the laws.

Some people never obey the laws.

Some people's truth is fiction.

Some people's fiction is truth.

Some people are honest, while some aren't.

How do we tune the guitar of life?

If we are high strung we will break, yet if it can't stretch we are like a limb(lifeless)

Life can't be a constant party or we will burn out.

Life can't be constant sleep or we will miss out.

Life can't only be filled with work.

Nor can Life be filled only with play.

We can't always escape from life.

Nor can we always be 100% focused on it.

We need the middle way.

Stairway Of Life

Man climbs the stairway of life and gets very frustrated.

He looks for satisfaction but never quiet finds it.

Man is tired but can't find sleep.

Alone at night, he prays for an answer.

There is an elevator within that man can take.

It doesn't stop until man reaches his true home.

Stop and enjoy the ride.

The whole universe is spinning right between your eyes.

The secret of life lies within.

The mystery of this riddle lies in your heart.

Be like a child and discover your youth.

Your true father and mother are keeping you alive.

Relax and enjoy the sweetness of breath.

Empty Trinkets Of Life

In our search for life, we make it so complicated.

We work our lives away thinking that money will buy happiness.

Empty trinkets of life.

We are so busy that we neglect our very own children.

And yet when we realize the fact, the time has slipped away.

Empty trinkets of life.

We own a nice house and an outrageous car.

But does harmony or chaos exists!

We have time for pondering one day a week.

We put in our five bucks for an offering but do we ever think?

If Christ would come back would we do the same act as before?

Years later we hoped that in the next go-around we would learn from our mistakes.

Are we so caught up in our daily routine that we miss out on the miracle of this life?

Has the secret been shown to us and we throw the diamond on the ground?

We say to ourselves a real diamond would never be given like that.

In the end, we come and we go but do we truly know the beauty of this life.

Life is precious know why you are alive.

He Who Says Doesn't Know

He who says doesn't know.

He who knows doesn't say.

The truth is not the book.

The book is not the truth.

The truth lies inside of the book, yet is not the book.

The book contains truth, yet is not the absolute truth.

Truth is, was, and will always be.

A book is simply words that try to describe the truth

Truth can never be described.

How can the finite mind understand the infinite?

A book only talks about the fruit but is not the fruit.

Only by eating the fruit can you understand.

3 Blind Men And The Elephant

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, while the last touched the tusk.

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

Maybe it's about time to be open to something new.

Your enemy is talking about the same thing you are.

He just has a different piece, a different point of view.

In the end, the essence is the same.

The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

It was and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye is single the whole body shall be full of light.

In the Gita, Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhists have scriptures that talk about a great light upon death.

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

Is there a primordial word or energy that is, was, or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking about the same experience.

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy which exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man totally intoxicated.

All wisdom and knowledge exist inside of this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.

Shay Clayton

I wrote this poem on 3-27-2017 for my friend Shay who passed away two years ago. Donn Rochlin did the music. Donn and Shay were tennis partners in Sedona.



Shay and his Mom 1

Pleasant Surprise

My dear friend Shay passed away two years ago.

We were friends for around 28 years.

We considered each other as spiritual brothers.

We were on the same path in life.

He died without me have the opportunity to say goodbye.

Recently I discovered some tapes that were recorded many moons ago.

I was having a reading and Shay was in the house.

Shay said that he thought there were many people in the room because of such laughter he never heard before.

When the channel was over only three people walked out of the room.

As I listened to the tape Zoran who was being channeled told me that I spent time on a planet called nucleus.

Nucleus was a university where people studied God directly.

Imagine being able to be the whole universe and be aware of it.

This was the nature of the studies at nucleus.

Anyway, during my early morning meditation, I decided to go to nucleus.

I closed my eyes and went into deep meditation.

After several moments the next thing I knew I was in a cosmic soup of light, love, and sound.

To my amazement, Shay appeared in the light.

You could say he was the light.

He had a simple message to deliver.

I'm more than ok.

Please send my love to all my family and friends.

It was so great to hear from my dear old friend.

Shay was saying something dear to my heart.

You are the universe and just don't know it.

Shay was in that state of oneness.

He was one with his creator.

He was home.

Randy Stabler

a word of wisdom
from a fool
"OM"
Randy
Stabler

I just learned yesterday that a dear friend of mine Randy Stabler died last Friday.

In my high school yearbook, Randy wrote the following.

A word of wisdom from a fool.

Randy's one word was OM yet he used the letter O as a ying-yang symbol.

To be honest it was quite profound for its time.

Randy had a great heart.

My twin brother and I ran cross-country and track together with Randy.

He was always a delight to be around.

I last talked to Randy only a few months back.

He talked about his kids and spending time in Iraq.

Both of us love to cook.

We both love the ocean.

We had so much in common.

I would see incredible posts on Facebook with Randy and his six kids.

They all had an incredible love for each other.

The day he died all six kids were there.

What a beautiful way to leave this world.

Randy's body died yet his spirit is eternal.

His ashes were spread across the universe.

Randy is still alive.

Close your eyes and go into the silence.

You will sense Randy's presence.

Randy lives inside of your heart.

He is a part of you.

So whenever you are sad about your dear Dad living on this planet remember he
is a part of you.

Those glorious memories never go away.

They are a part of you.

Randy is riding the incredible wave of the universe.

He is a cosmic surfer now.

Some things never change.

They just transform and go into another dimension.

Love you, Randy.

We will see your shining face again.

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