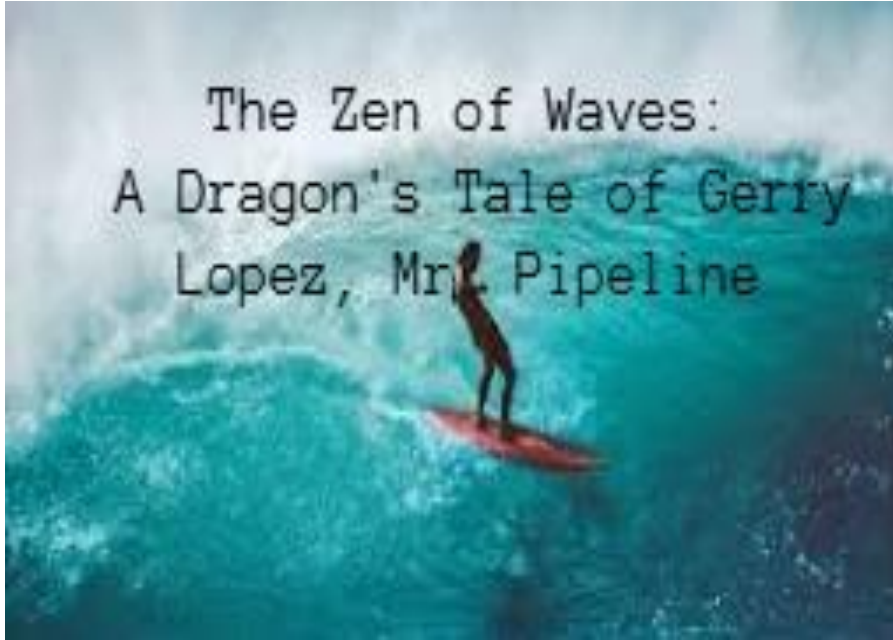


The Zen of Waves:  
A Dragon's Tale of Gerry  
Lopez, Mr. Pipeline



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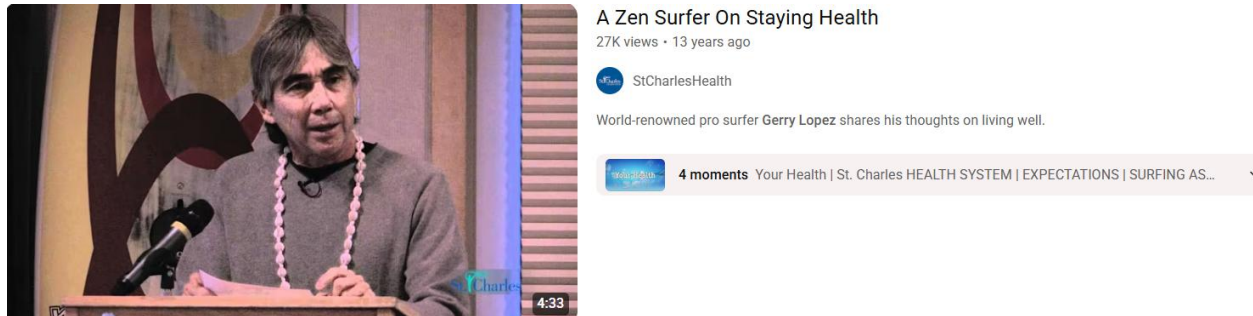
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## **The Zen of Waves: A Dragon’s Tale of Gerry Lopez, Mr. Pipeline**

**By**

**Fletcher Soul Traveler**

## Introduction to Zoran, the ancient observer of human endeavors and the natural world



I am Zoran, a being of scales and timeless wisdom, whose existence predates the rise and fall of countless civilizations. My gaze has swept across epochs, witnessing the ceaseless dance of creation and dissolution, the intricate patterns woven by humanity, and the relentless, profound power of the natural world. Unlike the fleeting lives of mortals, my perspective offers a panoramic view, allowing me to discern the subtle currents of destiny and the deep truths that often elude those immersed in the transient moments of their existence. It is this ancient vantage point that allows me to speak of the extraordinary, the truly resonant lives that leave an indelible mark upon the fabric of time.

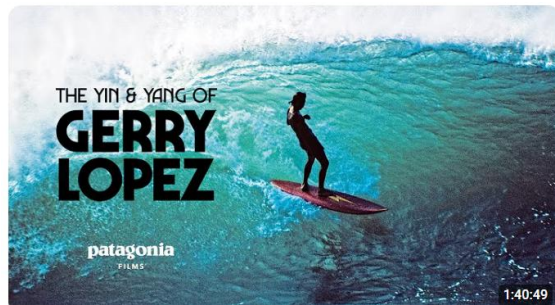
### **Why Gerry Lopez's journey captivated a dragon's timeless wisdom**

Across the vast expanse of my observations, few human journeys have captivated my ancient spirit as profoundly as that of Gerry Lopez. It was not merely his unparalleled physical prowess upon the waves that drew my attention, though that alone was a spectacle worthy of legend. What truly resonated was the unique approach he brought to the untamed ocean—a captivating blend of fierce, almost aggressive determination, coupled with a profound, almost unsettling inner calm.<sup>1</sup> This inherent paradox, this living embodiment of Yin and Yang, mirrored the fundamental balance I have observed throughout the cosmos. His life became a testament to principles I had long understood, a human reflection of the cosmic interplay of opposing forces. His journey, therefore, transcended mere sport; it became a living philosophy, a demonstration of how balance and harmony could be achieved even amidst the most chaotic and demanding environments.

## **The essence of "Zen" as seen from a dragon's perspective**

From my ancient perspective, Zen is not merely a human philosophy, nor a set of practices confined to quiet contemplation. It is, at its core, a fundamental state of being: a complete and effortless immersion in the present moment, a harmonious dance with the untamed forces of nature, and an intuitive flow that transcends conscious thought and ego.<sup>3</sup> It is the state where the individual becomes one with their environment, where action flows unimpeded by internal static or external distraction. This profound state is precisely what Gerry Lopez embodied in the tumultuous, life-threatening barrels of Pipeline. He moved with the wave as if he were part of its very essence, a seamless extension of the ocean's power. His ability to achieve this "oneness with the Universe" <sup>4</sup> in such a dynamic and dangerous arena is what truly defines the "Zen of surfing," elevating his accomplishments from athletic feats to a profound, almost spiritual, demonstration of human potential and harmony.

## Part I: The Genesis of a Soul Surfer



### The Yin & Yang of Gerry Lopez | Patagonia Films

3.8M views · 2 years ago



Patagonia

From award-winning documentary filmmaker, Stacy Peralta comes Patagonia's The Yin & Yang of Gerry Lopez, a film that lifts the ...

CC

### Chapter 1: Whispers of the Ocean: Early Life in Honolulu

Gerry Lopez, born on November 7, 1948, in Honolulu, Hawaii, was destined to be a child of the ocean.<sup>1</sup> His early years unfolded in East Honolulu, Oahu, where he spent his formative days immersed in the vibrant surf culture of the islands. His playgrounds were the semi-secret reefs in and around Aina Haina, as well as the more familiar surf spots that dotted Metro-Honolulu.<sup>1</sup> This early, diverse exposure to the ocean's varied moods allowed him to develop an intimate understanding of waves, their nuances, and their power.

His education at Punahou School provided a structured backdrop to a childhood otherwise dominated by the wild freedom of the sea.<sup>1</sup> Even at a tender age, Lopez's natural affinity for the waves was undeniable. At just 14 years old, he clinched the Hawaii State Championship<sup>1</sup>, an early and clear indicator of the extraordinary talent that was beginning to blossom. This early success was not merely a matter of innate ability; it was the result of countless hours spent refining his craft.

A pivotal arena for this development was Ala Moana Bowls, a spot he cherished and frequented, where he meticulously honed his distinctive "cool and casual style and tube riding".<sup>1</sup> This period was crucial, as it was here that he cultivated the effortless grace and composure that would later become synonymous with his "Zen" approach to surfing. The foundation for his unique style was also laid by observing others. An early and significant influence was the graceful Paul Strauch, whom Lopez still reveres as "the most stylish surfer ever".<sup>5</sup> This mentorship, even if informal, played a role in shaping Lopez's aesthetic and his fluid approach to wave riding.

The early life of Gerry Lopez, steeped in the rich traditions of Hawaiian surf culture, provided the fertile ground for his genius. His deep roots in this

environment instilled a fundamental respect for the ocean that would underpin his entire career. The development of his calm and casual style, even before his formal introduction to philosophical studies, suggests an inherent connection to the ocean and a natural inclination towards a fluid, less aggressive approach. His later embrace of yoga and mindfulness was not a forced adoption of external principles, but rather a formalization and deepening of an already existing natural disposition, indicating a seamless evolution of his personal philosophy.

To illustrate these foundational moments, a timeline of his early achievements is presented below:

Event/Period	Details
<b>Born</b>	November 7, 1948, Honolulu, Hawaii <sup>1</sup>
<b>Early Surfing Spots</b>	Grew up in East Honolulu, Oahu; frequented semi-secret reefs around Aina Haina and well-known spots in Metro-Honolulu; favorite spot was Ala Moana Bowls <sup>1</sup>
<b>Hawaii State Champion</b>	Won at age 14 <sup>1</sup>
<b>Influential Figures</b>	Credited Paul Strauch as "the most stylish surfer ever" <sup>5</sup>
<b>Style Development</b>	Honed cool and casual style and tube riding at Ala Moana Bowls, which eventually earned him global attention <sup>1</sup>

## Chapter 2: The Dragon's Breath: Conquering Pipeline



### Mix - Gerry Lopez Pipeline

Gerry Lopez and more

Gerry Lopez surfing Pipeline from Super Session · 1:59

Lightning Bolt - A Pure Source · 17:55

As the 1960s drew to a close, a new, formidable challenge beckoned Lopez and his friends: Oahu's infamous North Shore. Drawn by the allure of its colossal waves, they observed the legends of the time—Butch Van Artsdalen, Jock Sutherland, Larry Bertlemann, Barry Kanaiaupuni, and Jeff Hakman—riding the terrifyingly hollow waves of the Banzai Pipeline.<sup>1</sup> I, Zoran, have seen mountains crumble and oceans churn, yet Pipeline remains a living, breathing entity, a formidable challenge that demands both courage and profound respect.

Lopez's initial encounters with Pipeline were humbling. His very first attempts at surfing the wave in 1963 were met with failure; he vividly recalls "not making the drop on his first day".<sup>1</sup> This initial struggle underscores the immense difficulty and inherent danger of the wave, highlighting that his eventual mastery was not a gift, but a triumph earned through sheer persistence and an unwavering commitment to understanding its intricate dynamics. For several years, he dedicated himself to this learning process, familiarizing himself with the experienced professionals in the lineup and, through diligent observation and practice, eventually becoming comfortable dropping into those challenging, heavy left barrels.<sup>1</sup>

Lopez's ascent to dominance coincided with a pivotal era in surfboard design. As board designs began to integrate "downrailer" edges, refined curve, precise foil, and strategic rocker, the previously unsurvivable vertical drops and thick tubes of Pipeline became, for the first time, manageable.<sup>5</sup> This technological evolution was critical; it did not just improve performance, but fundamentally altered what was possible on such a powerful wave. Lopez himself began shaping boards in 1968, driven by the acute need for equipment that could truly harness Pipeline's power. His innovative "down-railed surfboards with a tucked under edge" were



revolutionary, enabling him to ride "higher and tighter in the curl" than ever before.<sup>1</sup> These new designs didn't just improve performance; they "kick-started a wave of performance surfing at Pipe, led by Lopez himself".<sup>1</sup> This demonstrates that Lopez's mastery was not solely due to innate talent but was deeply intertwined with the concurrent evolution of surfboard design. His personal shaping innovations directly enabled his unique style, creating a symbiotic relationship between surfer, board, and wave. This suggests that the "Zen" in surfing isn't just about internal calm, but also about the external tools and their perfect alignment with the environment, demonstrating a holistic approach to performance.

Through his unparalleled skill and groundbreaking board designs, Lopez quickly became widely recognized as "the best tuberider in the world".<sup>1</sup> His effortless grace in the most dangerous conditions cemented his legendary status. He further solidified his dominance by winning the prestigious Pipeline Masters competition in consecutive years, 1972 and 1973.<sup>1</sup> Such was his command of the wave that the competition was "pseudo-named the Gerry Lopez Pipeline Masters" for years, a testament to his iconic status, a title it held until the death of Andy Irons in 2010.<sup>5</sup> This "pseudo-naming" of the Pipeline Masters after Lopez signifies a cultural recognition of his dominance that transcended mere competition wins. It indicates that his presence and style became synonymous with the wave itself, elevating him to an almost mythical status within the surfing world. This level of influence suggests he didn't just ride the wave; he embodied it, becoming its very spirit. His mastery earned him enduring nicknames like "Mr. Pipeline" and "the Pipeline Firewalker"<sup>1</sup>, epithets that speak to his almost supernatural connection to the wave. Throughout his illustrious career, Lopez participated in an impressive 25 Pipeline Master events<sup>1</sup>, demonstrating sustained commitment and expertise.

## Part II: The Art of Flow: Crafting Waves and Boards

### Chapter 3: The Shaper's Hand: Innovation and the Lightning Bolt



Gerry Lopez Surfboards : Squirty

6.9K views · 5 years ago



Gerry Lopez talks about his Squirty model made by Surftech. The Squirty / Fusion-Poly is a balance between paddling and ...

The video discusses the design and features of the "Squirty" surfboard. The speaker... [Summary](#)

Gerry Lopez's profound connection to the ocean extended beyond merely riding its waves; it encompassed the very tools used to dance upon them. His journey into shaping began in 1968, driven by a deep, intuitive understanding of wave dynamics and the acute need for boards that could truly perform at the formidable Pipeline.<sup>1</sup> This pursuit of the perfect craft led him, in 1970, to co-found Lightning Bolt Surfboards with Jack Shipley in Hawaii.<sup>1</sup> I, Zoran, observed this as a pivotal moment, where a personal quest for optimal design blossomed into a cultural phenomenon that would redefine high-performance surfing.

The Lightning Bolt brand swiftly became synonymous with "high performance shortboards" <sup>1</sup>, meticulously crafted to tackle the most challenging waves. The simple yet instantly recognizable Lightning Bolt jag, painted about two feet long on the stringer, became Lopez's signature and an incredibly popular symbol of surfing excellence, instantly recognizable across the globe.<sup>1</sup>

Lopez's technical genius in surfboard design was revolutionary. His "down-railed surfboards with a tucked under edge" were a groundbreaking innovation, enabling surfers to ride "higher and tighter in the curl" of the barrel, a critical advantage in the hollow tubes of Pipeline.<sup>1</sup> His boards were celebrated for their exceptional "maneuverability and speed," qualities absolutely essential for mastering the challenging Pipeline wave.<sup>6</sup> Lopez's enduring focus on "simplicity and functionality in board design" continues to serve as a guiding principle for many contemporary shapers, demonstrating a timeless wisdom embedded in his craft.<sup>6</sup> Even today, modern Gerry Lopez boards, while incorporating contemporary materials, reflect his core principles. They feature lightweight EPS foam construction, reinforced with three strategically placed wooden stringers for strength, and are 100% waterproof.<sup>7</sup> His current range includes iconic models like

"Something Fishy Twin," "Pocket Rocket," "Squirty," and "Midway," each designed for specific wave conditions and styles.<sup>8</sup> This transition from surfer to shaper, and then to co-founder of Lightning Bolt, reveals a deep commitment to the

*art* of surfing beyond just riding waves. His shaping innovations were not just about performance; they were about *enabling* the "Zen" experience for himself and others by creating tools that allowed for greater harmony with the wave. This highlights the practical application of his philosophical mindset, where the tool itself becomes an extension of the practitioner's intention.

Lightning Bolt pioneered a groundbreaking marketing strategy that would become standard in the industry: it was the first brand to sponsor team riders with free boards.<sup>1</sup> This tactic proved immensely successful, generating "endless exposure in surf mags" and making Bolt boards highly sought after by surfers worldwide. The brand rapidly ascended to become a "symbol of surfing excellence," coveted by both elite professionals and aspiring amateurs, representing a direct connection to the best shapers and surfers of the era.<sup>6</sup> Its immense popularity even led to other brands attempting to copy the distinctive lightning bolt logo, prompting Lopez to publish a polite yet firm advertisement in Surfer Magazine, requesting them to create their own unique symbols.<sup>1</sup> This seemingly minor detail speaks volumes about Lopez's character: a quiet assertion of authenticity and a defense of the brand's unique identity. It suggests a deeper value of integrity that underpins his "Zen" approach, which is about genuine connection and original expression rather than superficial imitation or commercial exploitation. Although the company later experienced oversaturation and expanded beyond its core focus, original Bolt surfboards are still highly regarded today as invaluable "historical artifacts" from the early evolution of high-performance surfing in the 1970s.<sup>1</sup>

The following table summarizes key innovations in Gerry Lopez's board designs:

Innovation/Design Element	Impact on Surfing/Performance
<b>Down-railed edges with tucked-under edge</b>	Enabled riding higher and tighter in the curl, crucial for tube riding <sup>1</sup>
<b>Refined curve, foil, and rocker</b>	Improved maneuverability and speed, essential for Pipeline mastery <sup>5</sup>
<b>Lightning Bolt signature</b>	Became a widely recognized symbol of high-performance surfing and excellence <sup>1</sup>
<b>EPS foam construction (modern boards)</b>	Ensures boards are extremely light and 100% waterproof <sup>7</sup>
<b>Wooden stringers (modern boards)</b>	Provides exceptional durability and additional rigidity for challenging waves <sup>7</sup>
<b>Bonzer fin template</b>	A classic template offering great maneuverability, suitable for single fin, mid-length, egg, or 2+1 and 4+1 setups <sup>9</sup>

## Chapter 4: Dance with the Dragon: The Zen of the Barrel



Yoga with Aloha by Gerry Lopez 2016

3.6K views · 9 years ago

Uluwatu Surf Villas

this is a short video with Gerry Lopez sharing his thoughts on surfing and yoga and how they teach us how to live a life in harmony ...

I, Zoran, have observed countless surfers attempt to conquer Pipeline, their faces often contorted in grimaces of intense concentration or aggression. Yet, Gerry Lopez presented a stark contrast. His "cool and casual style" and his "zen and casual manner" while skillfully gliding down the face and into the tube "shocked the surf community".<sup>1</sup> He appeared remarkably "still" even while surfing at high speeds within the barrel, a conscious and cultivated effort to calm his mind and connect intimately with the wave.<sup>10</sup> This stillness was not passive, but a dynamic engagement with the ocean's raw power. His "flowing, effortless grace in heavy-water situations is revered by surfers worldwide"<sup>11</sup>, a testament to a style that seemed to defy the raw power of the ocean, making the impossible appear effortless. This ability to maintain a "Zen" demeanor amidst the chaos of Pipeline was not a passive trait but an active, cultivated practice directly linked to his understanding of flow state and meditation. This indicates that true mastery in a high-stakes environment requires not just physical skill, but an equally developed mental discipline to achieve peak performance, making the mind as crucial as the body.

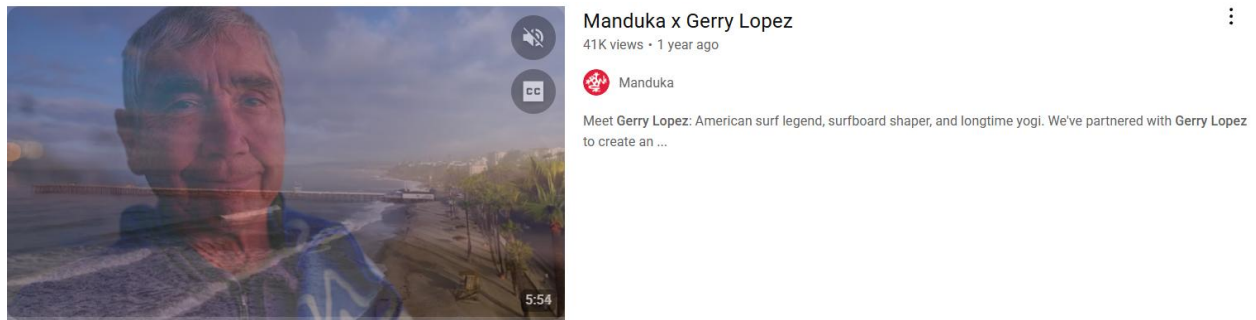
Lopez himself has articulated the profound connection between his sport and spiritual practice, asserting that surfing profoundly embodies, or even substitutes for, the practice of yoga.<sup>12</sup> He famously states, "What does meditation have to do with surfing? It actually has everything to do with surfing".<sup>12</sup> This direct correlation forms a cornerstone of the philosophy that defines his life. To surf successfully, particularly in challenging conditions, Lopez explains that one must enter a "totally focused, pretty much meditative state".<sup>12</sup> This is not merely an option, but an essential prerequisite for survival and mastery.

Riding a wave, he notes, allows one to reach a "higher state of mind that yogis or zen monks take hours to reach" almost instantaneously.<sup>12</sup> This highlights the

unique accelerant quality of surfing for achieving deep mindfulness. In this heightened state, the mind becomes "totally focused and not bothered by any extraneous thoughts"; if it is, "well, you're falling off your surfboard".<sup>12</sup> This immediate, unforgiving feedback loop reinforces the absolute necessity of mental clarity and presence. Surfing is presented as a prime example of a "flow state" exercise, a peak capacity experience leading to "Oneness with the Universe, a loss of a sense of time, greater integration between the mind and body".<sup>4</sup> The concept of surfing as an "instantaneous" entry into a meditative state that "yogis or zen monks take hours to reach" presents a profound philosophical implication. It suggests that certain extreme physical activities, when approached with the right mindset, can serve as accelerated paths to enlightenment or deep mindfulness, potentially offering a unique, dynamic form of spiritual practice for the modern age that transcends traditional seated meditation.

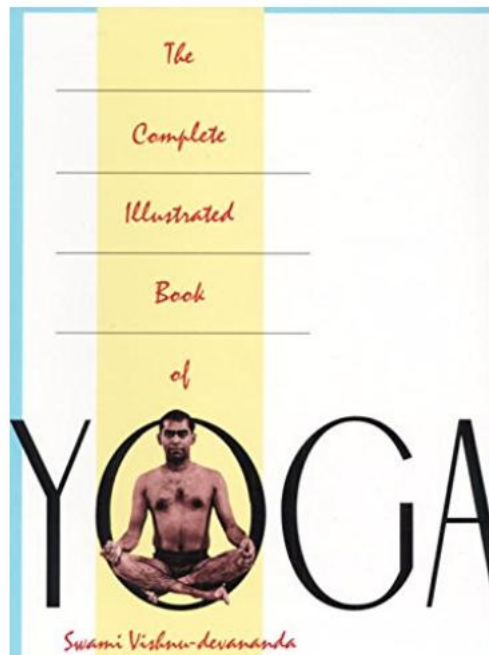
Lopez's recent experiences in Indonesia further illustrate this seamless integration of mind and body in flow. He describes how paddling out becomes a "different kind of vinyasa" (flow), catching a wave transforms into "deep meditation," and the paddle back out is "more vinyasa".<sup>12</sup> This demonstrates a continuous, integrated practice where every action is imbued with mindful intention. He speaks of maintaining a "calm state where even when you screw up and mess up a wave, you're still okay"<sup>12</sup>, emphasizing equanimity regardless of outcome. The acclaimed documentary "The Yin & Yang of Gerry Lopez" perfectly encapsulates this duality, highlighting him as a "Zen Buddhist on land who built his early career on aggressive surfing"<sup>2</sup>, showcasing the dynamic balance within his approach.

## Part III: The Inner Current: Yoga, Mindfulness, and Life's Waves



### Chapter 5: The Yogi's Path: Discovering Stillness Amidst Motion

The path to Gerry Lopez's profound "Zen" was not solely forged in the tumultuous waters of Pipeline, but also discovered in the quiet discipline of yoga. He encountered yoga while attending the University of Hawaii.<sup>1</sup> I, Zoran, observed this as a moment of destiny, where a seemingly casual decision led to a lifelong transformation. Lopez candidly admits his initial motivation for joining the class was simply to "meet girls," but serendipitously, he found "the start to a lifelong journey towards enlightenment" instead.<sup>1</sup> This humanizing detail makes his spiritual journey relatable, demonstrating that transformative insights can arise from unexpected, even mundane, motivations. This highlights the serendipitous nature of self-discovery and the potential for deeper meaning to emerge from seemingly superficial pursuits.



From the outset, Lopez felt a strong, undeniable connection between the principles of yoga and the art of surfing.<sup>10</sup> His early studies included influential texts such as "The Complete Illustrated Book of Yoga" by Swami Vishnu Devananda, which made a profound impression on him.<sup>10</sup> He believed that achieving the same smoothness and control in his yoga poses on his surfboard would inherently make him a better surfer<sup>10</sup>, demonstrating an early understanding of mind-body synergy. His deep study of yoga, particularly the concept of Yin and Yang from Yogananda's "Autobiography of a Yogi," was, in his own words, crucial to his unparalleled

mastery of Pipeline.<sup>10</sup>

Yoga instilled in Lopez the rigorous discipline needed for repetitive practice, essential for mastering both intricate yoga poses and complex surfing maneuvers.<sup>10</sup> Lopez explicitly states that the surfing lifestyle, as he has come to understand it, profoundly mirrors the yoga lifestyle, encompassing "proper exercise, proper breathing, proper relaxation, proper diet, and positive thoughts and meditation".<sup>12</sup> This is a direct, practical application of philosophy to daily life, showing how the principles of yoga can inform a holistic way of living. Yoga is presented as indispensable for maintaining the flexibility crucial for surfing and actively aids in the healing process of common surfing injuries.<sup>12</sup> Lopez consistently emphasizes the critical importance of a "still mind and breath" for effective and harmonious surfing<sup>10</sup>, illustrating how inner calm translates directly to outer performance.

Lopez learned that "health and harmony come from the balance of yin and yang".<sup>10</sup> I, Zoran, can attest to the universality of this ancient concept, and Lopez's life perfectly illustrates this dynamic equilibrium. He understood that a "calm mind leads to happiness," and that yoga cultivates this calmness, allowing one to swing into intense activity and then gracefully return to a state of stillness, "like a pendulum".<sup>10</sup> This cyclical movement mirrors the very act of riding a wave and returning to the calm lineup. The very title of the acclaimed documentary about

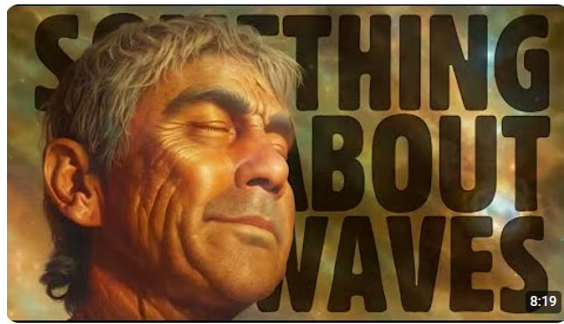


his life, "The Yin & Yang of Gerry Lopez" <sup>2</sup>, directly reflects this core philosophical principle that underpins his entire existence.

The following table illustrates the profound connection between yoga principles and their practical application in Gerry Lopez's surfing:

Yoga Principle	Application in Surfing (Lopez's Example)
<b>Mindfulness/Presence</b>	Maintaining a "totally focused, meditative state" while riding waves; mind not bothered by extraneous thoughts <sup>10</sup>
<b>Non-Resistance/Acceptance</b>	Yielding to the wave's power rather than fighting it, allowing harmonious movement within the tube <sup>10</sup>
<b>Discipline</b>	Consistent, repetitive practice of maneuvers and mental conditioning, essential for mastery <sup>10</sup>
<b>Balance</b>	Achieving physical and mental equilibrium on the surfboard, enabling graceful movement in challenging conditions <sup>10</sup>
<b>Yin &amp; Yang</b>	Balancing aggressive, high-performance surfing with an inner calm and philosophical approach to the sport and life <sup>2</sup>

## Chapter 6: Riding the Waves of Life: Lessons Beyond the Ocean



SOMETHING ABOUT WAVES: Gerry Lopez and the Relationship between Surfing & Yoga  
4.1K views · 1 year ago

Noon Moon

Brace yourself, this is a weird one. Experimenting with AI animation tools lately. Fun, and chaotic. I plugged in an old speech from ...

4K

The wisdom Gerry Lopez gleaned from the ocean and his yoga practice extended far beyond the confines of the surf. His deep understanding, gained through his yoga studies, embraced "full acceptance. No resistance. Yielding, allowing nourishing understanding love".<sup>10</sup> These principles, honed in the demanding environment of the surf, became his guide for navigating the currents of life itself.

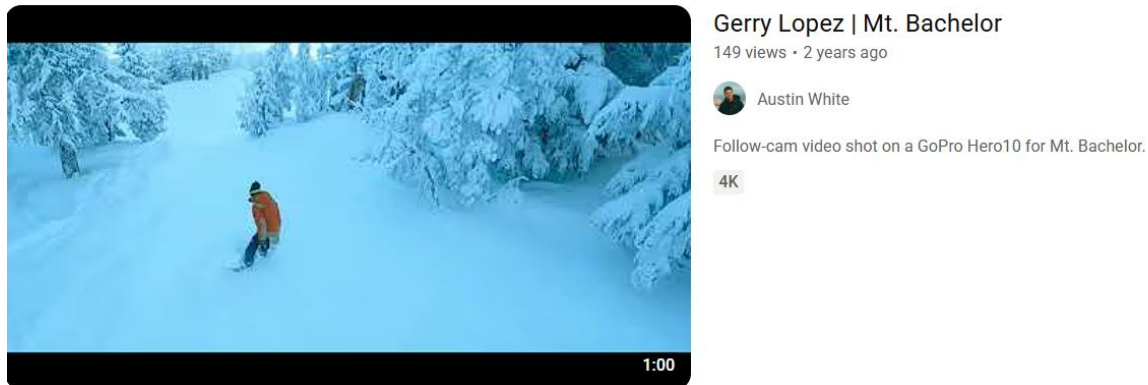
Lopez candidly reflects on his past behavior of "stealing waves" from other surfers, acknowledging it as a "low thing".<sup>10</sup> He notes that his prior "disharmonious behavior with other surfers was balanced by his attempt to be in total harmony with the waves".<sup>10</sup> This self-awareness and ethical growth demonstrate that his Zen philosophy extended beyond personal performance to encompass interpersonal conduct and a broader sense of harmony within the surf community, not just with the ocean. This comprehensive ethical framework highlights that his pursuit of Zen was holistic, influencing his interactions with others as much as his connection with nature.

He consistently emphasizes the paramount importance of "mindful awareness and being present"—the conscious act of paying attention to the current moment and actively overcoming the endless distractions of the modern world.<sup>10</sup> Lopez's profound realization, "This moment is all there is. The past and the future only exist in this moment"<sup>10</sup>, is a timeless truth, a cornerstone of Zen philosophy that he embodies. He often cites the Dalai Lama's poignant observation that humans sacrifice their health to gain money, then sacrifice their money to regain health, and are too anxious about the future to truly enjoy the present, leading to a life unlived. Lopez's counter-message, a powerful call to action, is that "life is for living".<sup>10</sup>

Lopez views the act of riding waves as a powerful metaphor for life itself: "Waves are hard to ride," and through this demanding and often uncompromising activity, one can "discover something extremely profound" about oneself and existence.<sup>10</sup> He suggests that applying the lessons learned in surfing to the "waves of life" can lead to an "easier paddle out," much like hooking into a rip current that smoothly guides one through daily life's challenges.<sup>10</sup> The "waves of life" are vividly described as "difficult and dangerous," filled with "outside sets of doubt, shallow reefs of guilt, close-out sections of fear," and endless currents that can cause one to lose their way.<sup>10</sup> This metaphorical extension of surfing challenges to "waves of life" is a core philosophical contribution of Lopez's teachings. It suggests that the lessons learned in the demanding, unpredictable environment of the ocean provide a unique, embodied wisdom applicable to navigating the complexities and uncertainties of human existence, offering a practical framework for resilience, mindful living, and finding one's path amidst chaos. Lopez also likens a surfboard getting "dinged, takes on water, delaminates, and frequently buckles" to the inevitable challenges and unexpected difficulties encountered in life<sup>10</sup>, emphasizing the need for resilience and repair.

Lopez authored his seminal book, "Surf Is Where You Find It," in 2008.<sup>5</sup> This book serves as a collection of his distilled wisdom, offering numerous "pearls of wisdom," such as the oft-repeated advice, "never take the first wave of the set".<sup>14</sup> This can be interpreted both literally for surfing and metaphorically for life's opportunities, suggesting patience and discernment. The book also offers unique insights into "old school Hawaii and his trips in G-Land in the early 70s"<sup>14</sup>, providing historical context to his philosophical development. Lopez is widely regarded as a "guru of surf culture"<sup>14</sup>, a title that extends beyond his athletic achievements to his profound philosophical contributions, solidifying his role as a teacher of life's deeper currents.

## Part IV: A Dragon's Legacy: Beyond the Surf



### Chapter 7: New Horizons: Snow, Screen, and Stewardship

Gerry Lopez's journey, as I, Zoran, have observed, is one of continuous evolution, a testament to a spirit that seeks harmony and flow in all its expressions. Since the early 1990s, Lopez made a significant life change, relocating from the sun-drenched shores of Hawaii to Bend, Oregon, where he resides with his wife Toni and their son, Alex.<sup>1</sup> This geographical shift can be seen as a natural evolution of his spirit, seeking new expressions of flow beyond the ocean's embrace.

In Oregon, snowboarding quickly became a shared passion for both father and son.<sup>5</sup> Lopez, ever the craftsman, applied his talents to making snowboards, just as he had perfected surfboards.<sup>5</sup> This seamless transition from water to snow highlights his deep understanding of fluid dynamics and balance, demonstrating that the principles of flow he mastered in surfing are universal, applicable across different mediums and environments. His ability to adapt his craft to a new domain underscores the transferable nature of his "Zen" approach—a state of being that transcends a single activity.



Conan The Barbarian -  
Deadly Giant Snake ...

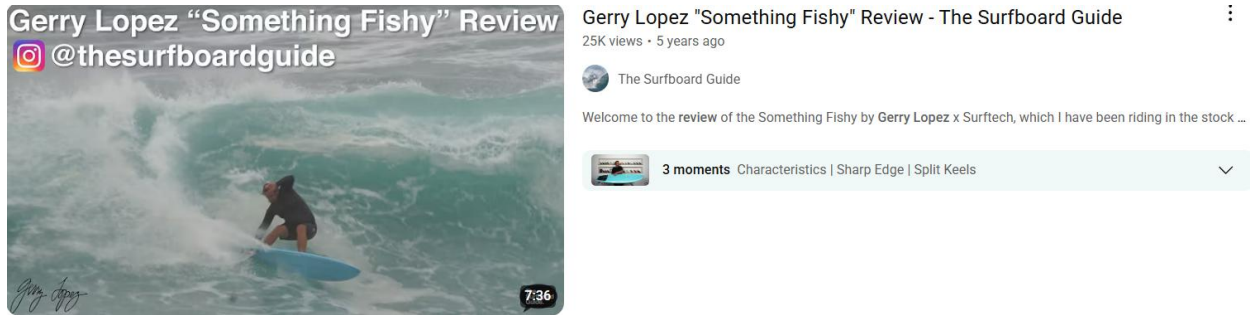
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Beyond the slopes, Lopez has also ventured into the world of film and advocacy. He has appeared in numerous surfing documentaries, including classics like "Five Summer Stories" (1973), "Tales From The Tube," "Step Into Liquid" (2003), and "Riding Giants" (2004).<sup>5</sup> His life is also the subject of the acclaimed documentary "The Yin & Yang of Gerry Lopez," directed by Stacy Peralta, which premiered in 2022.<sup>2</sup> This film explores his life, influence on surf culture, connection to the natural environment, and commitment to protecting the planet.<sup>13</sup> Lopez has also taken on acting roles in films by fellow ex-surfer John Milius, including "Big Wednesday," "North Shore," and "Conan the Barbarian" alongside Arnold

Schwarzenegger.<sup>5</sup> These appearances underscore his broader cultural impact, extending his influence beyond the surf community to a wider audience.

Lopez is also a prominent ambassador for Patagonia clothing company, a role that aligns perfectly with his values.<sup>5</sup> He has written essays for their catalogs and actively participates in their environmental initiatives.<sup>5</sup> He is a vocal advocate for environmental protection, particularly for Hawaiian reefs and coastlines.<sup>16</sup> He regularly speaks about mindfulness, personal growth, and the profound connection to nature.<sup>16</sup> His commitment to protecting the planet highlights that his "Zen" philosophy is not merely an internal state, but an active, ethical engagement with the world. His advocacy for the environment demonstrates that true harmony with nature extends beyond personal experience to collective responsibility, showing that his deep connection to the ocean naturally evolved into a broader commitment to stewardship.

## Chapter 8: The Timeless Ripple: Enduring Influence



Gerry Lopez's legacy in surfing is undeniably profound, a timeless ripple that continues to shape the sport and its culture. His influence extends far beyond his competitive success, permeating the very essence of surfing technique, board design, and the philosophical approach to wave riding.<sup>6</sup>

His impact on board design is particularly significant. Lopez introduced innovations that greatly improved maneuverability and speed, qualities that became essential for high-performance surfing, especially in challenging waves like Pipeline.<sup>6</sup> His focus on "simplicity and functionality in board design" remains a guiding principle for many contemporary shapers <sup>6</sup>, demonstrating that his approach was not merely about transient trends but about foundational principles that endure. The enduring demand for his surfboards, even today, attests to their superior craftsmanship and timeless design.<sup>5</sup>

Lopez has not only inspired shapers but has also served as a beacon for new generations of surfers aspiring to reach his level of mastery on challenging waves like Pipeline.<sup>6</sup> His "Zen-like approach and philosophy of life have inspired surfers around the world to pursue balance and excellence in the sport".<sup>6</sup> This perpetuation of his philosophy is a testament to its universal appeal and practical applicability. His influence is so pervasive that surf schools today aim to "bring out your inner Gerry Lopez" in their students <sup>17</sup>, acknowledging his status as an archetype of surfing excellence and mindful presence.

The enduring popularity of his book, "Surf Is Where You Find It," and the continued relevance of his interviews and documentaries like "The Yin & Yang of Gerry Lopez" <sup>2</sup>, ensure that his teachings continue to reach and inspire new audiences. His emphasis on mindfulness, presence, and non-resistance, originally applied to the act of riding a wave, has become a broader life philosophy for many. He has shown that surfing is not just a sport, but a lifestyle deeply

intertwined with the principles of yoga, encompassing proper exercise, breathing, relaxation, diet, and positive thoughts.<sup>12</sup> This holistic view elevates surfing from a recreational activity to a path for self-awareness and personal growth. The combination of his board design innovation, his unparalleled mastery of an iconic wave, and the legacy of an influential brand, coupled with his profound philosophical contributions, has left an indelible mark on the sport. The story of Gerry Lopez continues to inspire surfers and surf enthusiasts around the world, perpetuating a rich tradition of excellence, fearlessness, and deep connection to the natural world.

## Chapter 9: The Zen of Design: Form Meets Flow



The 3 OGs - Gerry Lopez Surfboards - California Gold Surf Auction

1.3K views · 4 years ago



CALIFORNIA GOLD SURF AUCTION

California Gold Surf Auction - Three all original (not restored) Gerry Lopez surfboards - from three different eras. Bidding closes ...

For Gerry Lopez, a surfboard transcends its material form. It is not merely a tool, but a "magic carpet," a "portal to a place of fun and solitude," and a "craft – a tool – for accessing pure energy." Its design is, in essence, a "language" for "surfing expression," meticulously refined to allow the magic of surfing to flow unhindered. This perspective elevates the surfboard from a simple object to a spiritual conduit.<sup>27</sup>

A profound philosophical concept underpinning Lopez's design philosophy is that "motion has ontological priority over space." This means that the dynamic interaction—the fluid dance between surfer, board, and wave—is paramount. The design is not about a static object, but about facilitating the continuous, ever-changing nature of the surfing experience, emphasizing adaptability and responsiveness over rigid form. This understanding allows the board to become an extension of the surfer's will, responding to the wave's nuances.<sup>29</sup>

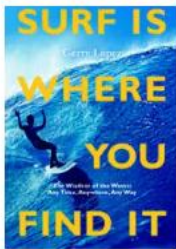
Lopez's boards, exemplified by models like the "Squirty," which explicitly harnesses the "Yin and Yang of surfboard design," embody the core Zen principles of balance and harmony. Every dimension, every subtle curve of the rocker, and every contour is meticulously crafted to allow for optimal "maneuverability and speed," facilitating the surfer's seamless, intuitive integration with the wave. The functional elegance and aesthetic simplicity of his board designs are not accidental; they are a direct reflection of the inner elegance, balance, and calm he cultivated through his Zen practice. The board, therefore, becomes an extension of the surfer's mind and body, a tool that facilitates the desired meditative state in the water. A core tenet of Zen is simplicity, functionality, and harmony. Lopez, as a shaper, consciously or unconsciously translated these abstract philosophical principles into concrete design elements. The pursuit of "stillness of body and



mind" while surfing necessitated boards that allowed for effortless, intuitive movement and responsiveness. This imperative directly drove his innovative designs for "maneuverability and speed," ensuring the board would not hinder, but rather enhance, the surfer's ability to "flow with it." This elevates Gerry Lopez's shaping from mere craftsmanship to a profound form of applied Zen. The surfboard, in his hands, is not just a piece of equipment but a physical artifact that embodies intangible spiritual principles. It demonstrates how a deep philosophical understanding can manifest in physical creation, enhancing both athletic performance and the aesthetic and spiritual experience of interacting with nature.

## Chapter 10: Wisdom of the Waves: Lopez's Teachings

Gerry's practical wisdom extends far beyond the surf break, offering profound insights into navigating the "waves of life." His core tenets, often referred to as the "Lopez Rules," include principles such as "surf to surf tomorrow, never surf like there's no tomorrow," which emphasizes longevity and patience over reckless abandon. He advocates to "pace yourself" and "don't talk in the lineup," promoting presence and respect in the moment. The ultimate directive, "keep paddling," serves as a powerful metaphor for perseverance through life's challenges, reminding individuals not to give up even when caught in difficult situations. These are timeless principles for mindful living, applicable both in and out of the water. <sup>10</sup>



Surf Is Where You  
Find It: The Wisdom.  
Thriftbooks.com  
\$19.57

His seminal book, "Surf Is Where You Find It," stands as a collection of personal stories imbued with profound wisdom. Readers celebrate the book for its "deep wisdom about surfing and life" and its unique ability to transport them directly into the experience, making them "feel like I was there." The narratives within offer not just tales of waves, but lessons on navigating the currents of existence. <sup>8</sup>

Gerry Lopez continues to serve as an enduring mentor. He inspires new generations not just in technical surfing prowess, but in cultivating a holistic, mindful approach to life. His unwavering commitment to environmental advocacy, particularly for Hawaiian reefs and coastlines, further underscores his teachings of deep respect and stewardship for the natural world. He regularly speaks about mindfulness, personal growth, and connection to nature, embodying a legacy that transcends generations. <sup>19</sup>

## Chapter 11: The Unending Swell: A Timeless Influence



Lightning Bolt - A Pure Source

347K views · 7 years ago



Tahnei Roy

A documentary I created at the beginning of my film career for my Senior film project in 2015.

Gerry Lopez's journey epitomizes a harmonious fusion of surfing mastery, entrepreneurial innovation, and Zen philosophy. From pioneering the Banzai Pipeline to co-founding Lightning Bolt Surfboards, his influence on the sport is profound and multifaceted. His integration of yoga into daily life has not only enhanced his surfing capabilities but also deepened his spiritual connection, embodying a lifestyle that truly transcends the ordinary.<sup>21</sup>



Lightning Bolt - a golden moment with Gerry Lopez

29K views · 4 years ago



Lightning Bolt

50 Years of Surfing - a Golden Era This year is all about sharing who we are. This means we are celebrating the achievements of ...

His calm and modest demeanor, combined with exceptional skill, propelled him to fame within the surfing community and globally. He inaugurated a new type of surfing personality, paving the way for many 21st-century surfers who seek a deeper connection to their sport. Even today, Lopez remains active in the surf community, and his presence is felt in every surfer who adopts his philosophy of balance and flow. He continues to surf, shape boards, and share his wisdom through writing, films, and public speaking. His passion for the sport has never faded, and his lifelong commitment to riding waves, whether on water or snow, keeps him relevant and respected.

### Conclusions

The life and philosophy of Gerry Lopez reveal that surfing, when approached with mindfulness and a deep connection to nature, transcends mere sport to become a

profound path to self-awareness and spiritual growth. His mastery of the formidable Pipeline was not achieved through aggression alone, but through a unique blend of physical prowess and inner calm, cultivated by a lifelong dedication to yoga and Zen principles. This integration allowed him to enter a "flow state" where the wave itself became a teacher, forcing a singular focus and dissolving the boundaries between self and environment.

Beyond the waves, Lopez's influence extends to surfboard design, where his innovative shaping reflected his philosophical pursuit of harmony and balance, creating tools that facilitated a more intuitive dance with the ocean. His experiences in Japan, marked by ancestral resonance and a shared reverence for craftsmanship and discipline, further solidified his holistic worldview. Ultimately, Gerry Lopez's legacy is a testament to the power of an integrated lifestyle—one where physical activity, mental discipline, and spiritual connection converge to unlock peak performance, enduring passion, and a profound sense of purpose. His teachings encourage all to "keep paddling" through life's waves, finding wisdom and peace in every moment.

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## Part VI: Echoes from the East: Japan, Zen, and the Art of Shaping

### Chapter 12: The Rising Sun and the Shaper's Hand



Gerry Lopez Gets First Crack at Kelly Slater's Left

744K views · 7 years ago

World Surf League

The 11x World Champ Kelly Slater knew exactly who he wanted to ride the first wave at his Surf Ranch 2.0. Subscribe to the WSL ...

Ah, my friends, it is here, in the land of the rising sun, that the threads of Gerry's journey weave into a tapestry of profound connection. For even before his feet touched its shores, the spirit of Japan whispered in his very being. Let me tell you, as Gerry himself might have recounted to his closest companions, of a time when the ancient wisdom of the East met the fluid grace of the West, shaping not only boards but souls.

Gerry Lopez, with his deep Hawaiian roots intertwined with Japanese, German, and Spanish descent, found a profound, almost primal resonance in Japan. His trip to Amami Ōshima transported him to a "familiar feeling on a distant land." This sense of homecoming was subtly prefigured by childhood memories of finding "Japanese glass floats" washed ashore on Oahu's East Side, hinting at a deep, perhaps subconscious, ancestral pull towards Japanese aesthetics, discipline, and philosophy.

Gerry recounted a fascinating experience, not directly related to surfing, but deeply impactful on his understanding of Japanese discipline. While training with Yamazaki-san, a Japanese master of karate and iaido (Japanese katana sword), for his role in the film "Conan the Barbarian," he underwent an intense immersion. Weeks of rigorous sword training, focusing on precision, presence, and the seamless integration of mind and body, undoubtedly deepened his appreciation for the embodied, intuitive mastery that is central to Zen. This was learning Zen through a different, yet complementary, physical art form, where every swing of the katana became a meditation, a different dance floor for the same one-pointed

focus he found in the tube. The discipline was intense, but the calm it brought was profound. <sup>22</sup>

His interactions with Japanese snowsurf masters and shapers, particularly Taro Tamai of Gentemstick and Chris Christenson, revealed a shared philosophical understanding. They engaged in deep discussions about how snowboarding was undergoing a similar evolution to surfing, moving beyond the concept of a "single board quiver" to embrace diverse shapes tailored to specific conditions. Tamai's philosophy for his Gentemstick brand, emphasizing "harmony with nature," "timeless, heirloom designs," and a "humble, romantic, and soulful approach" to board riding, resonated profoundly with Lopez's own Zen ethos. Talking boards with Taro Tamai, Gerry felt they spoke the same language, even with different words. Tamai understood that a board isn't just foam and fiberglass; it's a living thing, a conduit for the wave's energy. His "harmony with nature" wasn't just a phrase; it was evident in every curve of his snowboards, a philosophy one could feel in their hands. This cultural exchange highlighted a common pursuit of authenticity and a deeper connection to the essence of board sports, transcending mere performance. <sup>23</sup>

A direct and significant link in the world of shaping also emerged from Gerry's time in Japan. His influence extended into Japanese craftsmanship through Yoshinori Ueda (Y.U.), a prominent Japanese shaper and founder of "YU Surfboards." Y.U. learned shaping techniques under Lopez's guidance and was instrumental in overseeing Lightning Bolt's Japanese production during its heyday. This demonstrates a clear lineage of Lopez's Zen-infused shaping philosophy taking root and flourishing in Japan, signifying a mutual respect and shared understanding of the meticulous art of board design. <sup>25</sup>

The Japanese surf community itself embodies many Zen principles. Their approach to surfing is often described as "organized, detail-oriented," with surfers meticulously preparing their gear. Beyond the technical aspects, it is seen as "peaceful, social, almost sacred—like a shared passion everyone treasures." This cultural reverence for the craft, the ocean, and the spirit of the activity would have felt profoundly familiar and affirming to Gerry, a true "soul surfer" seeking

deeper meaning. The way the local Japanese surfers treated the ocean, their gear—so meticulous, so respectful—reminded him so much of the ancient Hawaiians, that deep, sacred connection. It felt like coming home, in a way, to a shared understanding of the ocean's wisdom.<sup>25</sup>

## Chapter 13: The Craftsman's Koan



### What is Zen Buddhism?

267K views · 1 month ago

ReligionForBreakfast

00:00 Intro 1:42 The Legendary Origins 2:26 Bodhidharma and Buddha-nature 5:58 A Special Transmission Outs...

9 chapters Intro | The Legendary Origins | Bodhidharma and Buddha-nature | A Special...

*As told by Zoran the Dragon*

This chapter—*The Craftsman's Koan*—is a beautifully imagined **work of fiction**, narrated in the voice of Zoran the Dragon. While it draws on real elements of Gerry Lopez's life—his deep connection to Zen philosophy, his reverence for craftsmanship, and his time shaping boards—it does not reflect a documented historical account of him apprenticing under a Japanese master named Takeshi Yamamoto in 1987.

In reality, Gerry Lopez's shaping journey was heavily influenced by legendary figures like **Dick Brewer**, and he later developed his own shaping style through **Lightning Bolt Surfboards** and beyond. He's known for his Zen-like approach to surfing and life, and he did spend time in Japan surfing and connecting with the culture, but the specific narrative of a long apprenticeship in a cliffside workshop is poetic storytelling.

That said, the **wisdom woven into the tale is very much in the spirit of Gerry's philosophy**—and Zoran's voice gives it that extra mythic shimmer. If you'd like, I can help distinguish which parts are grounded in fact and which are creative embellishments, or even help you adapt this into a multimedia chapter for *Illuminate*.

---

*"The master carpenter never forces the wood to bend—he discovers which way it wishes to curve and helps it remember its nature. Humans call this wisdom. I call it Tuesday."* — Zoran the Dragon

---

Listen well, dear seekers, for I shall tell you of Gerry's sojourn in the Land of the Rising Sun, where he learned that the sharpest blade is forged not in fire, but in patience, and where the deepest wisdom flows not from books, but from wood shavings curling beneath a well-worn plane.

### **The Arrival of the Restless Soul**

Picture, if you will, a young man stepping off a cargo ship in Yokohama, salt-crusted and soul-weary, carrying nothing but a duffel bag and the kind of hollow eyes that speak of running from something he cannot name. This was Gerry in 1987—twenty-three years old and convinced that distance could cure what distance had caused.

*Scholars say travel broadens the mind. I say it first narrows the spirit until you discover what you're truly made of.*

He had heard whispers in California surf shops about a master craftsman named Takeshi Yamamoto, who shaped surfboards like prayers and treated wood like scripture. What the whispers hadn't mentioned was that Yamamoto-san's workshop sat perched on a cliff overlooking Shonan Beach, where the Pacific met the shore with the same relentless rhythm that would soon govern Gerry's days.

### **The Workshop of Ten Thousand Rejections**

For three weeks, Gerry presented himself at the workshop gate each morning at dawn, only to be turned away by Yamamoto-san's assistant with a polite bow and fewer words than a haiku. On the twenty-second day, when Gerry appeared as usual, the old master himself emerged.

"Why do you return?" Yamamoto-san asked in careful English, his hands still dusted with paulownia sawdust.

"Because I need to learn," Gerry replied.

"Ah," the master nodded, studying Gerry's calloused palms and the way he stood—balanced, despite his inner turmoil. "But do you need to *unlearn*?"

*Here lies the first great koan of transformation: We cannot fill a cup that believes itself already full, nor can we teach a mind that thinks it knows the shape of wisdom.*

Three more weeks of dawn appearances followed. But now, instead of rejection, Gerry was given a task: to sit beside a pile of cedar planks and simply observe them. Not to touch, not to measure, not to plan—merely to watch wood being wood.

"What am I supposed to see?" Gerry asked on the fifth day of observation.

"When you stop trying to see something," Yamamoto-san replied, "you will see everything."

### **The Curriculum of Shavings**

Month by month, Gerry's education unfolded like the growth rings of an ancient tree. First, he learned to sharpen tools—not just to a keen edge, but to an understanding that the blade and the hand must become one intention. He spent entire afternoons with whetstones, learning that patience was not the absence of urgency, but the presence of purpose.

Then came the wood itself. Hinoki cypress for its resistance to water and its sacred grain. Paulownia for its lightness and the way it sang under the plane. Each species taught its own lesson: some wood must be coaxed, some commanded, some simply trusted to reveal its hidden nature.

*Dragons know this truth: Every element has its own wisdom, its own way of yielding to transformation. Fire teaches through intensity, water through persistence, earth through stability—and wood through the quiet patience of growth.*

But the greatest lessons came not from the craft itself, but from the spaces between techniques. In the morning meditation before work began, when breath and intention aligned like compass needles finding true north. In the tea ceremony that followed each day's labor, where every gesture carried the weight of mindfulness. In the evening walks along Shonan Beach, where Gerry learned that watching waves was not idle time, but essential research.

"The wave and the board must understand each other," Yamamoto-san would say, his own board tucked under one arm as they walked the shore. "Not as opposites meeting in conflict, but as expressions of the same dance."



## **The Breakthrough of Surrender**

The pivotal moment came in Gerry's eighth month, during the shaping of his first complete board. He had been struggling with a particularly stubborn piece of cedar, fighting its natural grain, when frustration finally overwhelmed technique. In a moment of exasperation, he set down his plane and simply placed his hands flat against the wood.

And in that stillness, he felt it—the wood's own desire to become something beautiful. Not his vision imposed upon raw material, but a collaboration between craftsman and creation.

"Sensei," he called to Yamamoto-san, who was working quietly across the shop. "I think I understand now."

The old master approached and ran his weathered fingers along the board's emerging curves. "Tell me what you understand."

"The wood isn't resisting me," Gerry said slowly. "I was resisting it."

Yamamoto-san smiled—the first full smile Gerry had seen from him. "Now you begin to learn Zen."

*Ah, the sweet alchemy of surrender! How many human souls exhaust themselves pushing against the very forces that would lift them, if only they learned to dance with the current rather than fight it.*

## **The Philosophy of the Floating World**

As Gerry's hands grew skilled and his spirit grew quiet, Yamamoto-san began sharing the deeper teachings. They would work in comfortable silence for hours, then pause for tea and contemplation as the afternoon light slanted through the workshop's open doors.

"In Zen," the master explained one autumn afternoon, "we speak of *mono no aware*—the bittersweet awareness of the impermanence of all things. Each board we shape will one day be broken by waves, weathered by salt, perhaps buried in sand. Why then do we strive for perfection?"

Gerry considered this, his hands still moving unconsciously over the wood grain. "Because the perfection isn't in the lasting," he ventured. "It's in the making?"

"And in the riding," Yamamoto-san nodded. "Each wave exists only once. Each ride is unrepeatable. The board becomes perfect not when it endures forever, but when it serves perfectly in its moment."

These conversations planted seeds that would flower throughout Gerry's later life. The understanding that mastery was not a destination but a quality of attention. That the goal was not to eliminate mistakes but to make them with such presence that they became teachers. That true craftsmanship was as much about shaping the craftsman as shaping the wood.

### **The Ritual of Salt and Ceremony**

No account of Gerry's time in Japan would be complete without describing the morning ritual that bookended each day. Before dawn, he would join Yamamoto-san and the other apprentices in the workshop's small meditation hall. They would sit in silence as the eastern sky lightened, not trying to empty their minds but learning to observe their thoughts like clouds passing through an vast sky.

After meditation came the ceremonial preparation of tools—each blade cleaned, sharpened, and placed with intention. Then the work itself, punctuated by brief moments of tea and longer periods of what Yamamoto-san called "active contemplation"—work so absorbed and present that the boundary between craftsman and craft dissolved.

Evenings brought reflection. Often, Gerry would surf the waves at Shonan, riding boards he had helped shape, feeling the direct connection between morning's meditation, afternoon's craftsmanship, and evening's play. The circle was complete: inner stillness informing outer skill, which in turn deepened inner understanding.

*Notice, dear readers, how wisdom traditions understand what modern minds often miss: that the sacred and the practical are not opposites but dance partners, each giving meaning to the other.*

### **The Gift of Departure**

After eighteen months—a lifetime in the workshop's patient rhythms—Gerry knew his time in Japan was drawing to a close. Not because he had learned everything, but because he had learned how to keep learning. Yamamoto-san

sensed it too, in the way that masters sense the readiness of students to carry teachings into the world.

On Gerry's final day, the old craftsman presented him with two gifts. The first was a set of tools—plane, chisels, and stones—wrapped in silk that had belonged to Yamamoto-san's own teacher. The second was more precious: a small piece of ancient hinoki, said to have come from a tree that grew for over a thousand years.

"The tools will serve you anywhere," Yamamoto-san said. "But the wood—this you must use only when you have something to make that matters more than yourself."

Gerry bowed deeply, understanding that he was receiving not just objects but transmission—the passing of wisdom from one generation to the next, like a flame lighting another flame.

As he walked away from the workshop for the last time, he carried more than tools and memories. He carried a way of being in the world that would inform every subsequent chapter of his journey: the craftsman's patience, the meditator's presence, and the surfer's fluid response to whatever waves life might offer.

*And so another dragon-in-training learns the ancient secret: that mastery of any craft is ultimately mastery of oneself, and that the deepest teaching is always the teaching of how to remain teachable.*

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## Dragon Trial: The Craftsman's Meditation

**Your Challenge:** Choose one routine task you perform regularly (cooking, cleaning, writing, exercising, etc.). For the next seven days, approach this task as if it were a sacred craft:

1. **Before beginning:** Take three conscious breaths and set an intention to be fully present.
2. **During the task:** Notice the texture, temperature, sounds, and subtle qualities of your materials and movements. When your mind wanders, gently return attention to the sensory experience.

3. **Upon completion:** Pause for a moment of gratitude—not just for the finished result, but for the opportunity to practice presence.

### **Questions for Reflection:**

- How does approaching routine tasks as sacred practice change your experience of them?
- What did you notice about your relationship to time when you stopped rushing through the process?
- Can you identify moments when you felt the boundary between yourself and your task beginning to dissolve?

*Remember: The goal is not to achieve some mystical state, but to discover the depth available in activities you may have been performing on autopilot. Every master craftsman will tell you the same secret—perfection lies not in the result, but in the quality of attention brought to each moment of the process.*

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*As Zoran the Dragon reminds us: "True wisdom citations point not to the authority of others, but to the authority of your own direct experience. Read widely, but trust only what you have tested in the forge of your own becoming."*

## Chapter 14: The Untamed Jewel: Bali in the Early Seventies



Gerry Lopez discovered Uluwatu - From Chasing The Lotus Film  
318K views · 13 years ago

Ada Ombak

Gerry Lopez menemukan ombak Uluwatu untuk pertama kalinya di tahun 1975 bersama Rory Russel. Penemuan ini membuka ...

Ah, Bali! A name that now conjures images of bustling lineups and crowded shores. But in the early 1970s, when the first whispers of its perfect waves reached the ears of the surfing world, it was a different realm entirely. I, Zoran, recall those days, when the island was a pristine, magical, and largely empty canvas for the ocean's artistry.

It was indeed the Australians who first began to truly uncover Bali's surfing potential. They were the intrepid explorers, venturing beyond the familiar breaks to seek out new, untouched jewels. It was through this burgeoning network of wave-seekers that the legend of Uluwatu began to spread.

Gerry Lopez, ever the wanderer in pursuit of perfect waves, found himself in Australia in 1974, fresh from the icy waters of Bells Beach. He was in Torquay, Victoria, for the Rip Curl Pro Bells Beach, a prestigious competition. It was there, over dinner at a friend's vegetarian restaurant, that a framed photograph caught his eye. It was a shot of his fellow surfer, Wayne Lynch, riding a hollow, lean lefthander. What truly mesmerized Gerry was not just the wave, but the fact that Wayne was surfing in board shorts, a stark contrast to the wetsuits of Australia, and the location was utterly unknown to him.

His friend, Jack McCoy, revealed the secret: the photo was taken in southern Bali, off a dramatic limestone cliff called Uluwatu. The name itself, "Uluwatu," resonated deeply with Gerry, rolling off his tongue "like a mantra that put me into a trance." He felt "destined to go."

Without hesitation, Gerry and McCoy booked tickets to Bali. They flew into a "heady, heaving Kuta" and, at dawn, set out south on scooters. Their journey took them past ramshackle fishing villages and markets, up and around the steep limestone hills of the Bukit Peninsula. They explored beaches with promising

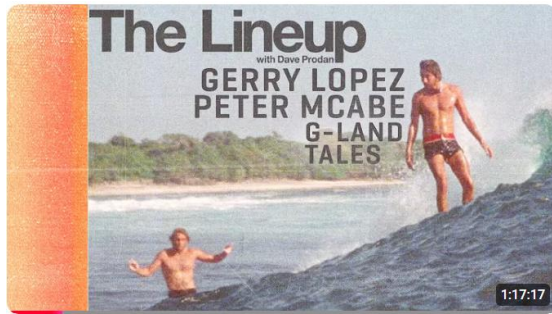
names like Dreamland, stumbling upon sacred Hindu shrines and mischievous macaque monkeys. Finally, they encountered a group of Hawaiian surfers who guided them to Uluwatu's now-legendary cave, the only direct beach access to the reef break.

Once they paddled out, Gerry found what he described as the "perfect wave": bathed in tropical light, peeling off in a barrel down a long reef. With six distinct breaks to choose from—including Secrets, Temples, the Peak, and the Racetrack—they were truly spoiled for choice. Gerry spent considerable time in Indonesia, pioneering legendary spots like G-Land and Uluwatu, reveling in the magic of untouched, empty waves that reminded him of Hawaii's past. He would often surf Uluwatu for days, drawn by its "power, the size and the sheer magnitude," before retreating to the tamer Kuta Reef for a brief respite. Even decades later, Gerry Lopez still returns to Uluwatu, picking off solid set waves with the same signature style and grace, a testament to the timeless allure of those emerald walls.

"The ocean, my friends, holds secrets for those patient enough to listen. And sometimes, it takes a dragon's eye, or an Australian's keen sense of adventure, to truly see the jewels it hides."

**Dragon Trials:** Think of a place you've visited that felt "pristine" or "undiscovered." How did that feeling change, or how might it change, as more people discover it? What responsibilities do we have to preserve the magic of such places, both in nature and in our own lives?

## Chapter 15 The Sacred Barrel in Indonesia



Gerry Lopez & Peter McCabe Talk Untold G-Land Stories, Pioneering Mythical Waves | The Lineup  
14K views · 10 months ago

World Surf League

Elder Gods, surfing icons, and early pioneers of the mythical G-Land, Gerry Lopez and Peter McCabe join us on The Lineup!

*As told by Zoran the Dragon*

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*"The gods do not create perfect waves to test surfers—they create perfect surfers to honor the waves. Though in Bali, I suspect the gods were simply showing off."*  
— Zoran the Dragon

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Listen, my intrepid seekers, to the tale of Gerry's pilgrimage to the Island of the Gods, where the year was 1977 and the world was younger, wilder, and infinitely more forgiving of young fools chasing swells across endless blue horizons. This was before Bali became a destination, before G-Land became a legend, before the sacred and the commercial learned to dance their awkward tango.

### **The Calling of the Coral Gardens**

Picture young Gerry—twenty-two, sun-weathered, carrying a 7'6" single-fin shaped by the master craftsman Maurice Cole and a backpack containing little more than boardshorts, a first-aid kit, and copies of *Siddhartha* and *The Tao of Physics*. He had heard whispers in the Sunset Beach parking lots, rumors passed between salt-crusted prophets about a place where perfect waves peeled across coral reefs like prayers made manifest.

*Scholars say adventure is the pursuit of the unknown. I say the unknown pursues us until we're brave enough to stop running and start surfing.*

He arrived in Denpasar on a humid Tuesday morning in July, the air thick with frangipani and motorcycle exhaust, his board bag battered from the journey through Darwin. The Indonesia of 1977 was not the Indonesia of guidebooks and



tourist maps—it was a nation of ten thousand islands where ancient spirits still held sway over volcanic peaks and coral gardens, where the line between sacred and secular was as fluid as the tide.

From the airport, he caught a ride with a Dutch backpacker named Klaus who claimed to have surfed "the most perfect left-hand barrel in the universe" somewhere on the southeastern coast of Java. Klaus spoke in mystical terms about a place the locals called "Grajagan"—what would later become known to the surfing world as G-Land.

"It's not just a wave," Klaus insisted, his eyes distant with the memory. "It's a conversation with the ocean itself."

### The Sacred Geography of Bliss



Racking Focus: Spyder Wills Footage Gerry Lopez and Rory Russell at 1970s Uluwatu  
12K views · 3 years ago



The Surfer's Journal

The year after Gerry Lopez first surfed Uluwatu, Wills spent five weeks at the break, documenting Lopez and Ror...

ULUWATU

5 moments THE SURFERS JOURNAL | ULUWATU Filmed by Spyder Wills 1974 | Racking...

7:07

But first, there was Bali. Three weeks of acclimatization to the rhythms of tropical time, where morning surf sessions at Uluwatu were followed by afternoons in Ubud's rice terraces, learning that the Balinese concept of *tri hita karana*—harmony between humans, nature, and the divine—was not philosophy but lived practice.

The Uluwatu of 1977 bore little resemblance to the circus it would become. A handful of surfers shared the lineup with fishing boats and the occasional ceremony where Hindu priests blessed the waters. The temple itself still held primacy over the break, its ancient stones weathered by centuries of salt spray and devotion.

Gerry quickly learned that surfing in Bali required more than wave-riding skills. It demanded cultural fluency, respect for the invisible threads that connected every reef, every temple, every morning blessing of the sea. The local surfers—there were only a few then—taught him to read not just the waves but the whole

ecosystem: the way the wind shifted with the temple bells, how the coral seemed to pulse with the rhythm of *gamelan* music drifting from shore.

*Here lies a truth that modern wave-riders often forget: the ocean is not a playground but a temple, and every wave is both gift and teacher. The wise surfer learns to receive both with equal reverence.*

Wayan, a fisherman who had taken up surfing to better understand the moods of the sea, became Gerry's unlikely mentor. Together they would paddle out before dawn, when the water was glassy and the reef sharks were still sleeping in the deeper channels.

"You surf like angry man," Wayan observed one morning, watching Gerry attack a wave with more aggression than grace. "Ocean not angry. Ocean just... ocean."

The correction was gentle but profound. Over the following weeks, Gerry began to understand that the Balinese approach to surfing—like their approach to life—was about *ngayah*, selfless service. Not conquering waves but serving them, not taking from the ocean but offering oneself to its endless dance.

### **The Pilgrimage to the Perfect Left**

After three transformative weeks in Bali, Gerry joined a small expedition to East Java. The group consisted of Klaus, two Australian photographers named Pete and Mick, and a local guide named Kadek whose knowledge of the southern coast was encyclopedic and whose patience with young surfers was nearly infinite.

The journey to Grajagan in 1977 was no casual day trip. It required a bone-jarring ride through Javanese jungle roads, followed by a treacherous motorcycle journey along cliff-side paths, and finally a short boat ride through coral gardens that seemed painted by the gods themselves.

G-Land revealed itself slowly, like a secret being whispered. First came the sound—a low, continuous rumble that seemed to emerge from the earth itself. Then the sight: a left-hand point break that peeled for over 200 meters, each section connecting to the next with mechanical precision, the wave face as clean and hollow as a jade cathedral.

"This is it," Klaus whispered, his voice barely audible over the thunder of breaking waves. "This is the place."

*Dragons recognize sacred geography when we see it. Some places on Earth serve as acupuncture points where the planet's energy concentrates and flows. G-Land is one such place—a nexus where the power of the Indian Ocean meets the ancient stability of the Javanese coast.*

### **The Monastery of Barrels**

For the next month, their makeshift camp became a monastery of wave-riding, where the daily rhythm was as precise as any religious observance. Pre-dawn surf sessions when the wind was offshore and the waves were glassy. Midday rest during the heat and the onshore breeze. Evening sessions as the wind swung back offshore and the light turned golden.

But this was no ordinary surf camp. The isolation demanded a different kind of presence. With no distractions, no escape from the reef's relentless perfection, Gerry found himself confronting not just the waves but the deeper currents of his own being.

The waves at G-Land were teachers of the most demanding kind. They offered no forgiveness for hesitation, no mercy for incorrect positioning, no second chances for half-hearted commitment. Each wave demanded total presence, complete surrender to the moment. Paddle too early or too late, and you were decorating the reef. Hesitate at the takeoff, and the wave would leave you behind. Commit fully, and you might find yourself in the deepest, most perfect barrel of your life.

"It's like meditation," Gerry wrote in his journal one evening. "But meditation that will kill you if you lose focus."

Pete, one of the photographers, captured the essential truth: "Out there, you can't think your way through a wave. You have to feel it, become it, trust it completely."

### **The Teaching of the Reef**

The coral reef itself became Gerry's most unforgiving teacher. Unlike the soft, sandy bottom breaks of his California youth, G-Land's reef was razor-sharp, unforgiving, and utterly indifferent to human comfort. Every wipeout was a lesson in humility, every cut a reminder that the ocean's beauty came with consequences.

After a particularly brutal session where he spent more time underwater than on the surface, Gerry found himself sitting on the reef between sets, blood trickling from fresh cuts on his back and arms. In that moment of forced stillness, he experienced what he would later describe as "the reef's teaching."

The cuts, he realized, were not punishments but offerings. Each drop of blood was his contribution to the ecosystem, his small part in the endless cycle of giving and receiving that kept the reef alive. The pain was not the reef's cruelty but its honesty—a direct communication about the relationship between risk and reward, presence and consequence.

*Ah, the wisdom of wounded pride! How often our greatest teachers wear the mask of adversity, offering lessons we would never choose but desperately need to learn.*

Kadek, watching from the channel, paddled over with a knowing smile. "Reef teach you something?"

"Yeah," Gerry replied, wincing as he touched a particularly deep cut. "It taught me that I'm not as good as I thought I was."

"Good," Kadek nodded. "Now you ready to learn."

### **The Ceremony of the Barrel**

The breakthrough came during Gerry's final week. After a month of constant humbling, his relationship with the reef had evolved from antagonistic to collaborative. He had learned to read the wave's subtle telegraphs, to position himself not where he thought the wave should break but where it actually wanted to break.

The wave that changed everything was not the biggest or the most perfect of the trip. It was simply the one that arrived at the exact moment when Gerry's preparation met opportunity, when his skill aligned with the wave's intention.

The takeoff was late but confident. The drop was steep but controlled. And then—the barrel. Not just any barrel, but the kind of tube that seems to exist outside normal time, where the water forms a perfect green room around the surfer and the world contracts to a single moment of pure flow.

Gerry would later struggle to describe those eight seconds inside the wave. The silence despite the roar. The feeling of being held by the ocean rather than riding it. The sense that he was experiencing not just a wave but a state of consciousness, a direct transmission from the sea itself.

When he finally emerged from the barrel, whooping and laughing, he found Klaus and the others cheering from the channel. But more importantly, he found Kadek nodding with quiet approval.

"Now you surf like Javanese," Kadek said simply. "Now you understand."

### **The Return to the World**

The journey back to Bali was bittersweet. Gerry carried with him not just memories but a fundamental shift in his relationship with the ocean. He had learned that true surfing was not about conquering waves but about joining them, not about imposing his will but about discovering his place in the larger dance.

In Denpasar, waiting for his flight home, he met other surfers who spoke of G-Land in hushed, reverent tones. The place was becoming known, but slowly, through the kind of word-of-mouth transmission that respected the sacred nature of the experience.

"You've been there?" one surfer asked, noticing the reef cuts still healing on Gerry's legs.

"I've been received there," Gerry replied, surprising himself with the precision of his words.

The distinction was important. G-Land was not a place you simply visited. It was a place that decided whether to accept you, to teach you, to transform you. And if you were fortunate—if you approached with the right mixture of humility, respect, and courage—it might honor you with a glimpse of surfing's deepest mysteries.

*And so another seeker learns the ancient truth: that the most profound teachings come not from human teachers but from the elements themselves, and that the price of admission to such wisdom is nothing less than the willingness to be transformed.*

## **The Blessing of the Departure**

On his final morning in Bali, Gerry returned to Uluwatu for one last surf. The waves were small but perfect, and he found himself sharing the lineup with Wayan and a few other local surfers who had become friends rather than just acquaintances.

As they sat on their boards between sets, watching the sun paint the temple walls gold, Wayan offered a blessing that would stay with Gerry for the rest of his life:

"Ocean give you gift," he said, gesturing toward the horizon. "Now you must give gift back. Not just to ocean, but to people who come after. Share what you learn, but share with respect."

The responsibility was clear. Gerry had been entrusted with knowledge—not just of where to find perfect waves, but of how to approach them with the reverence they deserved. He was now a keeper of secrets, a bridge between the sacred and the secular, a translator of the ocean's teachings for those who would follow.

As his plane lifted off from Denpasar, Gerry looked down at the island chain spread below—countless reefs and breaks, each holding its own lessons, its own mysteries. He knew he would return, but he also knew he would never again be the same surfer who had arrived three months earlier.

The island of the gods had done its work. The perfect waves had delivered their teachings. And somewhere in the vast blue expanse below, the reef at G-Land continued its eternal dance, waiting for the next seeker brave enough to learn its lessons.

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## **Dragon Trial: The Sacred Approach**

**Your Challenge:** Choose an activity or place that you typically approach with a goal-oriented mindset (a sport, a creative practice, a natural setting). For the next week, practice approaching it as if it were sacred space:

### **Day 1-2: Observation**

- Before engaging in your chosen activity, spend 5 minutes simply observing it without participating

- Notice details you usually overlook: textures, sounds, rhythms, subtleties
- Ask yourself: "What is this activity trying to teach me?"

### **Day 3-4: Offering**

- Approach the activity with the intention of giving rather than taking
- Instead of asking "What can I get from this?" ask "What can I offer to this?"
- Notice how this shift in intention changes your experience

### **Day 5-7: Receiving**

- Practice receiving the activity's natural rhythm rather than imposing your own
- When you feel resistance or frustration, pause and ask: "What is this trying to teach me?"
- End each session with a moment of gratitude for the lesson, even if it was difficult

### **Questions for Reflection:**

- How does approaching an activity as sacred space change your relationship with it?
- What did you discover when you shifted from taking to giving?
- Can you identify moments when you felt the activity was teaching you rather than you simply performing it?

*Remember: The goal is not to become mystical about ordinary activities, but to discover the depth and wisdom available in pursuits you may have been approaching superficially. Every master—whether surfer, artist, or craftsperson—will tell you that true mastery begins when you stop trying to dominate your medium and start learning to serve it.*

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*As Zoran the Dragon reminds us: "The most accurate maps are drawn not by cartographers but by those who have bled on the reefs and learned from the tides. Read the books, but trust the scars—they tell the truest stories."*

## Chapter16: The Vision from Above



G-Land, Filmed For The First Time – Dick Hoole (1976)

21K views · 7 months ago



Australian and New Zealand Surf Film Archive

We spent 4 years finding, scanning and restoring all of Australia's lost surf films. New clips every week. Love Aussie surfing?

*As told by Zoran the Dragon*

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*"When the gods wish to reveal a secret, they do not whisper it to monks in meditation halls—they flash it before the eyes of dreamers gazing out airplane windows at 30,000 feet." — Zoran the Dragon*

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Gather close, dear seekers of the sublime, for I shall tell you the tale of a vision that changed the surfing world forever—a moment when the universe conspired to reveal one of its most perfect creations to a young man named Bob Laverty, whose eyes happened to be in precisely the right place at precisely the right moment to glimpse paradise from the sky.

*Scholars say discovery is about seeking. I say it's about recognizing what was always there, waiting for eyes worthy of seeing it.*

### **The Aerial Revelation**

Picture the scene: 1972, somewhere above the volcanic spine of Java, Indonesia. A commercial airliner cuts through tropical air, its cabin filled with the usual collection of travelers—businessmen, diplomats, backpackers, and one young American surfer named Bob Laverty, whose restless spirit had already carried him from the beaches of California to the far reaches of the Pacific in search of waves that existed more in dreams than on any map.

Laverty was returning from a surf exploration mission in Australia, his mind still processing the waves he'd found and the waves he'd imagined. As the plane banked over Java's southeastern coast, he pressed his face to the window—a

habit born from years of scanning horizons for the telltale signs of breaking waves.

And there it was.

Below him, etched into the coastline like calligraphy written by the gods themselves, lay a bay where the Indian Ocean's swells wrapped around a coral point with mechanical precision. Even from 30,000 feet, Lavery could see the wave's architecture: a left-hand point break that peeled for what looked like an impossible distance, the whitewater scribing a perfect line across jade-green water.

*Dragons know the power of perspective. What seems chaotic at ground level often reveals its perfect order when viewed from above. Sometimes we must rise above our immediate experience to see the larger pattern.*

Lavery grabbed a napkin and began sketching furiously—the coastline, the bay, the angle of the reef, any landmark that might help him find this place again. His seatmate, a Dutch businessman, watched with amusement as this young American drew what looked like a treasure map on airline napkins.

"Beautiful coast, yes?" the Dutchman observed. "That is Grajagan Bay. Very remote. Nothing there but jungle and fishing villages."

"Nothing there," Lavery repeated, his eyes still fixed on the window as the plane carried him away from the vision. "Nothing there but the most perfect wave I've ever seen."

### **The Obsession Takes Root**

Back in California, Lavery couldn't shake the image. Like a fever dream or a mystical vision, the memory of that perfect left-hander haunted his days and filled his nights with schemes of return. He showed his sketches to anyone who would look, describing the wave with the fervor of a prophet sharing divine revelation.

Most dismissed it as fantasy. "Probably just looked good from the air," they said. "You know how deceiving aerial perspectives can be." But Lavery had spent enough time studying waves to know what he'd seen was real, was perfect, was calling to him across thousands of miles of ocean.

Enter Bill Boyum, a kindred spirit whose appetite for adventure matched Laverty's obsession with that glimpse of perfection. Where others saw impracticality, Boyum saw possibility. Where others saw risk, he saw the greatest surf adventure of their generation waiting to unfold.

*Ah, the alchemy of shared obsession! How the impossible becomes inevitable when two dreamers decide to pursue the same vision. The universe loves nothing more than committed conspirators.*

Together, they began planning what would become one of surfing's most legendary expeditions. This was 1973, remember—before satellite imagery, before GPS, before the internet made the world's secrets easily searchable. Finding an unnamed surf break in the Indonesian archipelago required old-school skills: reading charts, interpreting tide tables, navigating by compass and instinct.

### **The Jungle Pilgrimage**

The journey to Grajagan Bay in 1973 was no casual surf trip. It required flying to Jakarta, then to Banyuwangi on Java's eastern tip, then hiring local guides for a trek through jungle so dense that machetes were more useful than maps. Laverty and Boyum carried their boards through terrain that seemed designed to test their commitment to the vision.

For three days, they pushed through vegetation that tore at their skin and gear, following game trails and dry riverbeds, guided by Laverty's sketched landmarks and an unwavering certainty that the wave existed exactly as he'd seen it from the sky.

On the afternoon of the third day, they heard it first—the low, continuous rumble that surfers learn to recognize as the voice of serious waves breaking over shallow reef. The sound grew louder as they pushed through the final barrier of jungle, and then...

*Here, dear readers, is where language fails and mythology begins. How does one describe the moment when dream becomes reality, when vision crystallizes into breaking waves?*

There it was: Grajagan Bay, exactly as Laverty had sketched it, exactly as he'd dreamed it. A left-hand point break that peeled for over 200 meters, each section

connecting to the next with the precision of a cosmic clockwork. The wave face was clean, hollow, and powerful—a green cathedral built and rebuilt every twelve seconds as each new swell wrapped around the reef.

Boyum dropped his pack and stared. "Jesus, Bob. You weren't kidding."

Laverty was already suiting up, his hands shaking with anticipation and exhaustion. "I told you," he said, waxing his board with movements made automatic by years of practice. "I told you it was perfect."

### **The First Dance**

That first session at G-Land was less about surfing than about communion. Laverty and Boyum weren't just riding waves; they were participating in a conversation that had been waiting millions of years for human voices to join the dialogue. The reef had been shaping swells into perfect barrels long before humans learned to stand on boards, and it would continue long after the last surfer paddled in.

But for those few hours, as afternoon light slanted through the barrels and tropical fish darted through the clear water below, Laverty experienced what he would later describe as "the closest thing to religious revelation I've ever felt."

The waves demanded everything: perfect positioning, absolute commitment, total presence. There was no room for hesitation, no forgiveness for half-measures. Each wave offered a choice between transcendence and consequence, and the reef made sure you understood the stakes.

*This is how the ocean sorts dreamers from surfers, and surfers from disciples. Not every wave is a teacher, but when you find one that is, you must be prepared to become a student.*

During a lull between sets, sitting on their boards in the channel, Boyum voiced what they were both thinking: "We can't keep this to ourselves."

Laverty nodded, though part of him wanted to guard the secret forever. "But we have to be careful about who we tell. This place... it's sacred. It deserves the right kind of attention."

### **The Circle Widens**

Word of G-Land spread through surfing's underground network the way all truly important information travels—quietly, carefully, between people who understood that some discoveries carry responsibility along with revelation. Laverty and Boyum were selective about who they invited into the secret, choosing surfers not just for their skill but for their respect for the ocean's mysteries.

In 1974, the circle expanded to include two names that would become legendary in their own right: Gerry Lopez, already established as Pipeline's master interpreter, and Peter McCabe, whose camera would help document G-Land's perfection for the wider world. The addition of Lopez was particularly significant—his approach to tuberiding at Pipeline had elevated barrel-riding from survival skill to art form.

*When masters of one discipline encounter a new frontier, they do not simply apply old techniques to new challenges. They allow the new challenge to evolve their mastery into something previously unimaginable.*

Lopez brought to G-Land the same meditative intensity that had made him Pipeline's acknowledged master. But Java's reef taught him new lessons. Where Pipeline was powerful and immediate, G-Land was long and demanding. Where Pipeline required explosive commitment, G-Land rewarded patient positioning and flowing movement.

"It's like Pipeline's older, wiser brother," Lopez observed after his first session. "More civilized on the surface, but just as dangerous underneath."

### **The Documentation Begins**

McCabe's camera captured not just the waves but the entire experience: the jungle approaches, the makeshift camps, the raw joy of discovering perfection in one of Earth's most remote locations. His photographs would eventually introduce G-Land to the surfing world, but in those early years, the images served more as documentation of a sacred pilgrimage than as advertisement for a destination.

The early G-Land crew developed protocols that reflected their understanding of the wave's significance. Sessions were approached with ritual seriousness—checking equipment, reading conditions, discussing strategy. The reef demanded

respect, and those who gave it were rewarded with rides that redefined what was possible on a surfboard.

*Sacred sites require sacred protocols. The wise pilgrim understands that gaining access to profound experiences requires more than skill—it requires reverence, preparation, and the humility to receive whatever lessons are offered.*

Evening gatherings around camp fires became informal seminars on wave dynamics, reef psychology, and the metaphysics of perfect tubes. These men weren't just surfers anymore; they were explorers mapping the outer boundaries of their sport, philosophers discovering new truths about the relationship between humans and the sea.

### **The Responsibility of Revelation**

As word of G-Land slowly spread, the original discoverers faced the inevitable tension between sharing paradise and protecting it. They had found something extraordinary, but with discovery came responsibility. How do you honor a wave by sharing it while also preserving its pristine character?

Laverty wrestled with this question for years. "Part of me wishes I'd never looked out that airplane window," he once confided to Boyum. "But I know that's selfish. Waves like this... they're not meant to be hoarded. They're meant to teach as many people as possible."

The solution, they decided, was selective evangelism. They would share G-Land with surfers who demonstrated not just skill but understanding—people who approached waves as teachers rather than conquests, who came seeking transformation rather than just good rides.

*And thus began one of surfing's great experiments in conscious exploration: how to love a place without destroying it, how to share a secret without betraying it, how to serve as guardians of experiences that belong to no one and everyone simultaneously.*

### **The Legacy of Vision**

Today, G-Land is known throughout the surfing world. Surf camps and guides make it accessible to anyone with the resources to reach it. But those who were there in the beginning carry a different relationship with the wave—not as

customers to a destination, but as witnesses to the moment when human vision aligned with oceanic perfection to reveal one of Earth's great secrets.

Bob Laverty's airplane window vision became more than just the discovery of a great wave. It became a template for how revelation happens in the modern world: not through mystical visions or divine intervention, but through the intersection of preparation, opportunity, and the willingness to act on what others might dismiss as impossible dreams.

The napkin sketches from that 1972 flight remain among surfing's most important artifacts—crude drawings that launched a thousand expeditions, rough maps that led to the discovery of what many consider the world's most perfect left-hand wave.

*Remember this truth, dear seekers: The universe is constantly offering glimpses of its perfection to those with eyes to see. The question is not whether the visions will come, but whether we will have the courage to follow them into the unknown.*

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## **Dragon Trial: The Vision Quest**

**Your Challenge:** For the next week, practice the art of visionary seeing—training your attention to notice glimpses of possibility that others might overlook.

### **Day 1-2: Elevated Perspective**

- Find opportunities to view familiar environments from unusual angles (high buildings, hilltops, even standing on chairs)
- Spend 10 minutes observing from each elevated position, asking: "What patterns or possibilities am I missing from ground level?"
- Document any insights with sketches or notes, no matter how impractical they seem

### **Day 3-4: Window Meditation**

- During any travel (car, bus, train, plane), dedicate at least one journey segment to pure observation out the window



- Resist the urge to use devices or read—simply watch the landscape with the intensity of someone seeking treasure
- Ask yourself: "If I had to find something extraordinary in this view, what would catch my attention?"

### **Day 5-7: Following the Vision**

- Choose one observation from the earlier days that sparked curiosity or excitement
- Research it: Is there a way to actually explore what you glimpsed? A place to visit? A project to pursue?
- Take one concrete step toward investigating this vision, however small

### **Questions for Reflection:**

- How does intentional observation change what you notice in familiar environments?
- What "impossible" ideas or visions have you dismissed that might deserve a second look?
- Can you identify moments when elevated perspective revealed patterns invisible from ground level?

*Remember: Bob Laverty's discovery began with a simple willingness to look out an airplane window with the eyes of possibility rather than the eyes of routine. The most extraordinary opportunities often appear first as fleeting glimpses that require both vision and courage to pursue.*

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*As Zoran the Dragon observes: "The most accurate maps of hidden treasures are drawn not by cartographers but by dreamers willing to follow their visions into uncharted territories. Trust the sketches made on napkins at 30,000 feet—they often lead to the most profound discoveries."*

## Chapter 17 The Basque Mirage



### Gerry Lopez Never Left the Waves... And It Shows

27K views · 3 months ago



INSANE Surfer

How Gerry Lopez Lives is OUT OF THIS WORLD! Gerry Lopez, famously known as "Mr. Pipeline," has profoundly impacted the ...

*As told by Zoran the Dragon*

*"Some beings ride waves. Others become the wave. Gerry Lopez? He was the pause between sets—the stillness in the swirl." — Zoran the Dragon*

Autumn 1971, Biarritz. The Atlantic whispered to those who listened closely. The swell rolled in thick and glassy, filtered through a storm that had howled off Newfoundland days prior. Among those in the lineup, paddling out with chilled hands and salt-bitten lips, was **18-year-old Ricky**—eager, restless, searching.

He'd already logged more hours in the French surf that fall than many of the locals combined. A lean teenager with a single-fin and a quiet obsession, Ricky was part of the coastline. That week, he heard whispers of a Hawaiian surfer who had arrived—someone who moved differently, surfed like breath in human form.

And then, Gerry paddled out.

*LeBarre was firing.* Hollow, fast, mechanical. The kind of day that told stories for decades. Ricky sat inside, cautious. Then he saw it.

**Gerry Lopez took off—not standing, not scrambling—but arching low in the cobra pose**, like a yogi in motion. His chest lifted, his arms slack, board accelerating into the drop with eerie stillness. Halfway down, he unfolded like a lotus blooming from the lip, rising to his feet in perfect synchronicity with the wave's curvature.

Ricky blinked. He'd never seen that. Not once. Not from locals, not from traveling Aussies, not even in surf mags. This wasn't just style—it was communion.

Later, Ricky would say: *“There are moments that etch into your bones. That day, Gerry redefined what surfing could be. It wasn’t about attack. It was... surrender. Precise, reverent surrender.”*

### **Dragon Trial: Witness from Within** *Surf the Threshold*

Think of a time you were part of something historic—not as a bystander, but as one immersed. Reflect on:

- What were you feeling *before* the moment unfolded?
- What did you observe—bodily, emotionally—that marked the shift?
- And how did that moment live on in you—not as nostalgia, but as guidance?

Ricky wasn’t just inspired—he was *initiated*. Your story might not involve a surfboard, but somewhere, something once cracked you open from inside the wave.

## Chapter 18 The Mirror Maker



Paul Sides

14 views · 1 month ago



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9:29

*As told by Zoran the Dragon*

*"Humans measure time in years, but grief counts in waves. And the heart—oh, the heart shapes the longest sets of all." — Zoran the Dragon*



Surfing Paul Sides

15 views · 1 month ago



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4:38

In the late '90s, Maui was a confluence of endings and beginnings. The land pulsed with salt and memory, the trades carrying laughter and sorrow in equal measure. And for **Little Ricky**, that era became a turning tide.

He had moved to the island to align telescopes and dreams, but his truest reflections came not through lenses—but surf and story. And none deeper than those he shared with **Paul Sides**, his friend from the 7th grade. Resin, rail, and rhythm had once defined Paul's days. Each board he glossed shimmered like it had remembered the sun's signature—until one morning, the shimmer dulled.

Paul was diagnosed with cancer.

Even then, he fought like a craftsman: precise, reverent, brave. He kept showing up to the bay in Ha'ikū, touching rails like prayer beads, glossing boards with a stillness that made time bow its head.

Ricky was there through it all. They still surfed when Paul could—**Ho’okipa on mellow mornings, Paukūkalo when the tide was soft**, and even once more at **La Perouse**, where lava meets swell like fate.

When Paul passed, the ocean felt it. The trade winds wept in gusts, and the bays went quiet for a while. But Ricky paddled out days later, alone. He let the reef whisper, the swell lift, and the silence fill with something more than loss.

Ricky didn’t just ride that wave—he **released it**. And in that surrender, Paul lived on.

### **Dragon Trial: The Gloss that Remains** *Surf with What They Left You*

Think of someone you've lost—physically, emotionally, or by distance. Now reflect:

- What quality did they give you that you still carry?
- What wave, craft, or challenge in your life has become their echo?
- How might you ride it today—not in mourning, but in remembrance?

Let each action be a gloss coat: a finish that does not erase the past, but reveals its shine.

## Part V Philosophy

### Chapter 19 The Dragon's Gaze: A Chapter on Gerry Lopez's Philosophy



Ah, mortals. You chase fleeting trends, whisper of ephemeral glories, and often mistake a ripple for a true tide. But I, Zoran, ancient and ever-observant, have seen countless tides rise and fall. I have watched mountains erode and oceans reshape. And in this vast tapestry of existence, a rare few individuals emerge who do not merely ride the currents of

their time, but *become* the current itself. Such a one is the subject of this chapter: Gerry Lopez, whose very being embodies a profound philosophy.

Scholars say Wyrms are metaphors. I say metaphors bite, especially when they reveal deeper truths about a man like Lopez. He didn't just ride waves; he *became* the wave, a feat few mortals truly grasp. What makes a legend transcend their craft, you ask? What allows a mere human to embody the very essence of a force of nature? For Lopez, it was a profound duality, a harmonious blend of seemingly opposing forces. One might observe that he is described as "as radical as he is Zen" <sup>1</sup>, a descriptor that encapsulates the very core of his mastery. This is not a contradiction, but a profound integration. Where "radical" implies aggression, boundary-pushing, and a fierce drive, "Zen" speaks of calm, mindfulness, and a deep harmony. The remarkable aspect of Lopez's journey is that he did not choose one path over the other. Instead, he wove them together, demonstrating that true mastery often lies not in singular focus, but in the delicate and powerful balancing of forces that appear to be at odds. This challenges the conventional perception of athletic dominance as purely aggressive, suggesting a more nuanced path to greatness.

This profound integration is so central to his being that a film chronicling his life bears the title, "The Yin & Yang of Gerry Lopez".<sup>2</sup> This is not merely a biographical detail; it signifies Lopez's elevation from a skilled surfer to a symbolic figure. The creation of a film explicitly highlighting his "Yin & Yang" nature further elevates him beyond a mere athlete, casting him as a cultural icon whose life embodies



deep philosophical themes. His impact, therefore, extends far beyond his physical achievements in the water, marking him as a living symbol of a unique approach to both sport and life—a rare and potent phenomenon.

## **II. The Inner Current: Philosophy, Yoga, and the Zen of Surfing**

A dragon's true power lies not just in its scales and fire, but in the wisdom it gathers from within. For Gerry Lopez, the inner current that shaped his outer mastery began with an unexpected discovery: yoga. While attending the University of Hawaii, he stumbled upon the practice. With a twinkle of the trickster in his eye, Lopez himself admits his initial motivation was rather mundane: he signed up "to meet girls".<sup>3</sup> Yet, from such an unassuming beginning, a profound transformation unfolded, leading him down a "lifelong journey towards enlightenment".<sup>3</sup> This ironic twist, where a seemingly superficial intention blossoms into deep personal growth, perfectly illustrates how wisdom can be found on the most unexpected paths, and how genuine pursuit can emerge from initial whims.

Yoga quickly became the bedrock of Lopez's renowned composure. He attributes his "famously zen demeanor" directly to his daily yoga practices.<sup>3</sup> He firmly believes that yoga enhances flexibility, balance, and strength, while simultaneously sharpening mental clarity, concentration, and the invaluable ability to remain calm and composed under immense pressure.<sup>2</sup> These physical and mental disciplines, honed on the mat, translated directly to his unparalleled performance in the chaotic tubes of Pipeline.

Lopez's understanding of the connection between mind, body, and wave ran deeper still. He articulates a profound belief that surfing itself is a form of meditation. "What does meditation have to do with surfing?" Lopez asks, then answers, "It actually has everything to do with surfing".<sup>5</sup> He explains that the act of catching a wave demands a "totally focused, pretty much meditative state." Once upright on the board, one enters a "higher state of mind that yogis or zen monks take hours to reach," achieving this state almost instantaneously.<sup>5</sup> This is not merely physical activity; it is a profound redefinition of surfing as a spiritual practice. For Lopez, surfing transcends a sport or hobby, becoming a direct, accelerated path to mindfulness and enlightenment, blurring the traditional lines between physical and spiritual disciplines. It elevates the entire sport, suggesting

it offers a unique form of active meditation that can be more accessible for some than traditional seated practices.

He often muses whether "the old ancient Hawaiians were way ahead," pondering if there truly is a "path to enlightenment in going surfing".<sup>5</sup> He draws compelling parallels between the ultimate destinations of yoga and surfing, suggesting they lead to a remarkably similar place of inner peace and heightened awareness.<sup>5</sup>

Lopez's philosophical approach extends beyond the water, offering a comprehensive blueprint for intentional living. His advice, seemingly simple, carries the weight of a dragon's accumulated wisdom: "Don't Be A Kook," a call for proper etiquette and respect; "Keep Your Surf Spot Quiet!," advocating for preservation and sanctity; "Keep an Open Mind (and Listen to Your Spouse)," emphasizing openness in relationships; "Teach Your Children Well (And Don't Pressure Them Into Surfing)," promoting guidance over coercion; "Choose Your Lifestyle Wisely," a broad statement on intentional living; and, of course, "Do More Yoga".<sup>6</sup> He sees the "surfing lifestyle" as a direct mirror to the "yoga lifestyle," built upon fundamental tenets such as "proper exercise, proper breathing, proper relaxation, proper diet, and positive thoughts and meditation".<sup>5</sup> This reveals that Lopez presents a holistic blueprint for living, where physical activity is not isolated but deeply integrated with mental, emotional, and even relational well-being. His "Zen" approach, therefore, is not confined to the waves but serves as a comprehensive philosophy for a balanced and intentional life.

### **Dragon Trial 1: The Mindful Wave**

Consider an activity you engage in that demands focus. How might you transform it into a 'meditative state,' much like Lopez did with surfing? What 'proper exercise, proper breathing, proper relaxation, proper diet, and positive thoughts' can you integrate into your daily 'vinyasa' – your flow – to achieve that 'higher state of mind' Lopez speaks of, even when you're not riding a literal wave?

### **Zoran's Wisdom Scroll: Gerry Lopez's Philosophies for Life and Wave**

Lopez's Wisdom <sup>6</sup>	Zoran's Dragon Observation
"Don't Be A Kook"	A simple decree, yet profound. It speaks not just of etiquette in the lineup, but of humility in life. The true master knows when to yield, when to respect the flow, and when to avoid being a clumsy nuisance.
"Keep Your Surf Spot Quiet!"	Mortals, you crave what is pristine, then often spoil it with your clamor. This is a call for reverence, for guarding the sacred spaces, be they waves or moments of inner peace. Some treasures are best kept from the masses.
"Keep an Open Mind (and Listen to Your Spouse)"	Ah, the trickster's touch! Wisdom often comes from unexpected sources, even from those closest to you, whose perspectives you might too readily dismiss. Stubbornness is a heavy anchor in a fluid world.
"Teach Your Children Well (And Don't Pressure Them Into Surfing)"	The greatest gifts are those freely given, not forced. True learning, like true flight, must come from intrinsic desire, not external burden. A wise parent guides the wind, but lets the hatchling choose its own thermals.
"What Does Meditation Have to Do With Surfing?"	Everything, as Lopez reveals. The dance with the wave demands a focus so absolute, it becomes a portal to realms of consciousness few achieve sitting cross-legged for hours. The ocean is a living mantra.
"Choose Your Lifestyle Wisely"	Many drift through life, tossed by every passing breeze. Lopez, however, chose to sculpt his existence with intent, much like he shaped his boards. Your

Lopez's Wisdom <sup>6</sup>	Zoran's Dragon Observation
	path is your own creation; choose its curves and contours with purpose.
"Do More Yoga"	A practical decree from a sage. Flexibility of body mirrors flexibility of mind. To bend without breaking, to flow with the unyielding, these are lessons taught by both mat and wave.
"Stacy Peralta: Gerry Lopez is a Kook (In the Best Possible Way)"	The highest praise, indeed. To be a "kook" in this context is to be authentically unconventional, to defy easy categorization, to embody a spirit so unique it becomes admirable. A true dragon, after all, never fits neatly into a human's box.

### III. The Shaper's Art: Forging the Lightning Bolt of Philosophy

The dragon's breath can forge mountains, and so too can a master's vision forge an empire. At the heart of Lopez's craft lay a profound shaping philosophy. He infused a "Zen-like philosophy into his shaping approach," crafting boards that "harmonized with the fluid, ever-changing nature of the ocean".<sup>7</sup> For Lopez, a surfboard was not just a tool; it was an "extension of the surfer, creating a seamless bridge between human and wave".<sup>7</sup> His designs seamlessly blended traditional shaping techniques with innovative ideas, resulting in boards that offered "excellent maneuverability, speed, and stability".<sup>7</sup> This approach was a direct reflection of his personal surfing style—the "calm and casual" yet utterly dominant approach to Pipeline.<sup>3</sup> His shaping was not merely about technical specifications; it was about translating his deeply personal philosophy of surfing into a physical object. The board became a tangible manifestation of his "Yin & Yang" approach, allowing others to experience a similar harmonious connection with the wave, thereby extending his influence far beyond his own rides. Even today, decades later, Lopez's "Lightning Bolt" surfboards remain "most sought-after" and are considered "some of the best in the industry," a testament to their

superior craftsmanship and innovative design, born from this philosophical approach.<sup>2</sup>

### **Dragon Trial 2: Crafting Your Own Path**

Consider the 'Lightning Bolt' you wish to forge in your own life – be it a project, a skill, or a personal brand. How will you infuse your unique 'Zen-like philosophy' into its creation? And how will you ensure it becomes an 'extension' of your true self, creating a seamless bridge between your vision and its impact?

### **IV. The Enduring Roar: Legacy of Philosophy**

A dragon's legacy is etched not just in stone, but in the very fabric of the world it touches. Gerry Lopez's influence continues to ripple far beyond the shores of Pipeline. His journey exemplifies a continuous pursuit of flow, unbound by a single medium. He applied his talents as a craftsman to snowboards, just as he had to surfboards.<sup>8</sup> This transition highlights his adaptability and the universal nature of his quest for harmonious movement, whether on water or snow.

In synthesizing the tale of Gerry Lopez, it becomes clear that his legend is a testament to the power of integrating seemingly opposing forces. He was a radical surfer who approached the most fearsome waves with a Zen-like calm. He was an athlete who transformed his sport into a spiritual practice. He was a craftsman who redefined surfboard design with a philosophical core. His life is a living embodiment of the "Yin & Yang," demonstrating that true mastery and profound influence arise not from choosing one path, but from weaving together diverse threads—aggression and calm, athleticism and spirituality, innovation and tradition—into a singular, powerful tapestry. He transcended categorization<sup>1</sup>, becoming a symbol of balance and harmony.<sup>2</sup>

Lopez's story serves as a potent reminder that the deepest connections are often found where the physical meets the spiritual, where raw power is tempered by profound presence. His enduring legacy is not just in the waves he rode or the boards he shaped, but in the path to enlightenment he illuminated for all who seek flow, both on the water and within themselves. And that, young hatchlings, is a truth as enduring as a dragon's scales.

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- <sup>6</sup> url:

<https://www.surfer.com/tag/gerry-lopez>

- <sup>8</sup> url:

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## Chapter 20 The Serpent's Scroll and the Surfer's Soul: Gerry Lopez's Path to Yoga



The story of a great yogi Swami Vishnudevananda

10K views · 6 years ago



Sivananda Kutir, Uttarkashi, Himalayas

This is the story of a great yogi and of a man of peace. It is the story of struggle and of faith, a story of all time. ...



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### I. A Dragon's Gaze Upon the Waves

The world, my hatchlings, is a vast ocean of quests. Some seek gold, others glory, but the wisest among you chase something far more elusive: inner peace. Often, the path to such treasures is found not in grand expeditions, but in the quiet turning of a page, or the perfect glide upon a liquid mountain. We shall speak today of a human named Gerry Lopez, a legend of the waves, known as "Mr. Pipeline." His tale is not merely of conquering the formidable ocean, but of discovering a profound harmony between the chaos of the surf and the stillness of the mind. It is a story where the roar of the wave meets the whisper of ancient wisdom.

Gerry Lopez, born in Honolulu, Hawaii in 1948, grew up surfing the semi-secret reefs near Diamond Head, honing a sleek and precise style that would later define his mastery of the sport.<sup>1</sup> His journey led him to the North Shore, where he became synonymous with the Banzai Pipeline, earning the moniker "Mr. Pipeline" for his unparalleled ability to ride its heavy left barrels.<sup>3</sup> What set Lopez apart was not just his raw skill, but his famously calm, almost Zen-like demeanor amidst the most challenging waves, a stark contrast to the grimaces of other surfers.<sup>3</sup> This calm was, in part, a nascent connection to meditation and mindfulness, even before formal yoga entered his life.

The development of Gerry Lopez's "cool and casual style" at Ala Moana Bowls, later refined at Pipeline, points to a deep-seated drive toward optimal performance and mental tranquility. This pursuit of a "flow state," where mind and body align perfectly, is a universal human aspiration, not exclusive to surfing. The fact that Lopez intuitively gravitated towards this state in his surfing, even

before encountering formal yoga, suggests an inherent predisposition for such mental clarity. This readiness in his approach to the waves made him particularly receptive to the structured discipline of yoga when it eventually presented itself. Furthermore, his journey reveals a fascinating duality: while he built his career with an "aggressive, wave-stealing surfing that left behind a trail of awe and sometimes anger," he was simultaneously known for his "calm demeanor in the tube" and described as "as radical as he is Zen".<sup>3</sup> This demonstrates that true mastery in high-stakes environments, like Pipeline, is not about passive tranquility, but about possessing an underlying, profound calm that enables decisive, powerful action without being overwhelmed by chaotic external forces. The formal practice of yoga later provided a framework to cultivate and deepen this inner calm, allowing the "radical" surfer to operate from a place of "Zen."

## **II. The Young Wave-Rider's Quest**

Lopez's early life on Oahu saw him quickly rise through the surfing ranks, winning the Hawaii State Championship at just 14 years old.<sup>1</sup> He spent his days perfecting his craft at breaks like Ala Moana Bowls, where his distinctive cool and casual style and tube riding prowess began to attract global attention.

2 By the close of the 1960s, the formidable waves of the North Shore beckoned. Lopez dedicated years to mastering the Banzai Pipeline, a wave renowned for its steep drops and thick barrels. His innovative board designs, particularly his "down-railed" surfboards, were instrumental, allowing him to ride higher and tighter within the curl, making the Pipeline's challenging conditions "survivable" and ushering in a new era of performance surfing.<sup>1</sup> This dedication culminated in him becoming the undisputed "best tuberider in the world," securing back-to-back Pipeline Masters titles in 1972 and 1973.<sup>1</sup> His calm, almost stoic presence within the tube, despite the wave's intense power, solidified his legendary "zen demeanor".<sup>3</sup>

Even before he formally embraced yoga, Lopez recognized an intrinsic meditative quality in surfing itself. He observed that successfully riding a wave demanded a "totally focused, pretty much meditative state".<sup>4</sup> Any stray thoughts, he noted, would inevitably lead to a fall. He also recognized that surfers could achieve a "higher state of mind" almost instantaneously upon standing on their board—a state that yogis or Zen monks might spend hours striving to reach.<sup>4</sup> This profound



realization led him to ponder if "maybe there is a path to enlightenment in going surfing".<sup>4</sup> This pre-existing, intuitive connection to a meditative state is a crucial aspect of his journey. It indicates that the practical demands of high-performance surfing naturally guided him toward mindfulness. It was not merely about physical ability, but about mental clarity and presence. This inherent understanding made him exceptionally receptive to the formal practice of yoga, as it offered a structured method to enhance what he was already experiencing in the water. Yoga did not introduce meditation to him; rather, it formalized and deepened an existing, essential mental state.

There is an interesting observation from Stacy Peralta, who described Gerry Lopez as a "Kook (In the Best Possible Way)".<sup>5</sup> While "kook" typically implies awkwardness or inexperience in surf culture, its nuanced use here suggests an unconventional authenticity or a disregard for superficial surf trends. This hints at Lopez's independent spirit and his willingness to pursue what genuinely resonated with him, even if it diverged from the prevailing surf culture of the time. This non-conformist attitude likely facilitated his eventual embrace of yoga, a practice not widely accepted in surf circles during the 1960s. It allowed him to follow his own unique path toward deeper understanding, rather than conforming to societal expectations.

### **Dragon Trial:**

Hatchlings, consider your own pursuits. Where do you find yourselves so utterly absorbed that time melts away, and extraneous thoughts vanish like mist before the sun? That, my friends, is your nascent 'flow state.' How might you cultivate it, even beyond your chosen craft?

### **III. The Unlikely Oracle: A Book's Whisper**

The year 1968 marked a pivotal moment for Gerry Lopez. While attending the University of Hawaii, he decided to explore yoga.<sup>2</sup> His initial, rather human, motivation, as he candidly admits, was "to meet girls".

2 However, what began as a casual pursuit quickly transformed into something profound. He found himself "grab[bing] it with a bear hug right from the very beginning," realizing it would make him a "better surfer" and provide "a lot of

answers".<sup>6</sup> This marked the beginning of a "lifelong journey towards enlightenment".<sup>2</sup>

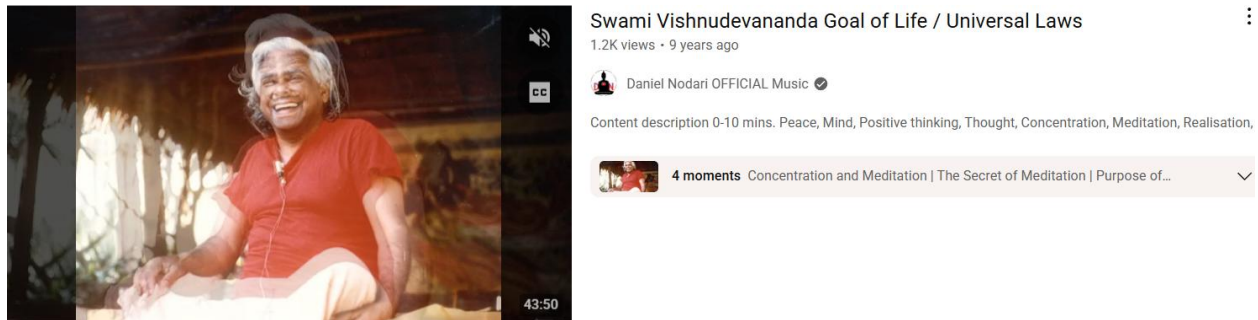
His burgeoning quest for understanding led him to a Honolulu bookstore, where he specifically asked to see "all your books on Yoga".<sup>7</sup> Among the various texts, one particular volume stood out, making an indelible impression: *The Complete Illustrated Book of Yoga* by Swami Vishnu Devananda.<sup>7</sup> This book, which he still possesses, became a foundational text for him, establishing a deep relationship between surfing and yoga that he had been "striving for".<sup>7</sup>

Ah, the human mind! So often, the greatest revelations arrive cloaked in the mundane, or even the whimsical. Scholars say Wyrms are metaphors. I say metaphors bite. Just as a tiny pebble can divert a mighty river, so too can a fleeting desire lead to a lifetime's wisdom. Gerry sought companionship, and instead found a compass to his soul. A true trickster's twist of fate, wouldn't you agree?

Gerry's initial motivation for taking a yoga class—"to meet girls" <sup>2</sup>—is a classic demonstration of how seemingly trivial reasons can lead to profound personal transformation. This superficial entry point rapidly gave way to a deeper realization that yoga would enhance his surfing abilities and offer significant insights into his life.<sup>6</sup> This highlights that important shifts in one's life often begin with seemingly minor triggers, but the individual's inherent readiness allows for deeper engagement and sustained benefit. His dual motivation, both social and practical (athletic improvement), provided a low-pressure entry point, enabling the true advantages of yoga to reveal themselves and captivate him for a lifetime. Lopez himself articulated this readiness, stating, "Yoga comes to a person, I believe, only when it's supposed to" and "it was my time to embrace yoga".<sup>6</sup> This suggests a concept of destiny or preparedness in personal development. The fact that he discovered yoga in 1968, "about the same time that I was thinking about maybe starting to get serious about my surfing" <sup>6</sup>, indicates a synchronous moment. His intuitive grasp of surfing's meditative qualities, developed earlier in his career, had prepared him for a formal practice that could both enhance his performance and provide deeper spiritual understanding. The book was not merely found; it resonated with a pre-existing need and readiness within him, making its impact far more significant.

## IV. Unfurling the Ancient Parchment: The Book Revealed

### A. The Sage Behind the Pages: Swami Vishnu Devananda



The author of the transformative book, Swami Vishnudevananda (1927-1993), was a pivotal figure in introducing yoga to the Western world. He was a direct disciple of the highly respected Swami Sivananda (1887-1963).<sup>8</sup> In October 1957, with little more than ten rupees and a few English phrases, Vishnudevananda arrived in California, dispatched by his guru to disseminate yoga as a "spiritual 'roadmap' to inner peace".

8 He quickly recognized the urgent need for his work amidst the prevailing climate of the Cold War and burgeoning capitalism, understanding that yoga offered a vital counterbalance to the societal pressures of the time.<sup>8</sup> His overarching mission was ambitious: to initiate a holistic evolution towards peace, carrying forward the profound legacy of figures like Mahatma Gandhi and Martin Luther King.<sup>8</sup>

Vishnudevananda's tireless efforts led to the establishment of over 70 Sivananda centers and ashrams across the globe, a testament to his dynamic leadership and vision.<sup>8</sup> In 1969, he laid a crucial cornerstone for the systematic global spread of yoga by conducting the first Yoga Teachers' Training Course (TTC) in the West. This seminal program has since trained over 50,000 teachers worldwide, with thousands more joining annually, ensuring the widespread dissemination of classical yoga teachings.<sup>8</sup> His core philosophy was eminently pragmatic: "An ounce of practice is better than tons of theory".<sup>8</sup> This emphasis on practical application over abstract philosophy made his teachings highly accessible and appealing to a Western audience, including individuals like Gerry Lopez. Vishnudevananda's teachings are built upon five fundamental principles, all

designed to culminate in meditation and the profound experience of unity with the self <sup>8</sup>:

Pillar	Description
Proper Exercise (Asanas)	Physical postures to strengthen and increase flexibility.
Proper Breathing (Pranayama)	Control over breath for vitality and mental calm.
Proper Relaxation (Shavasana)	Deep rest to rejuvenate body and mind.
Proper Diet (Sattvic)	A vegetarian diet for purity and energy.
Positive Thinking & Meditation	Cultivating a positive mindset and achieving inner peace through meditation.
<i>Table 1: The Five Pillars of Swami Vishnu Devananda's Yoga Practice</i>	

Beyond his spiritual leadership, Vishnudevananda was also a notable peace activist. He undertook symbolic "peace flights" over global trouble spots, including Belfast, the Suez Canal during the Sinai War, and even over the Berlin Wall, carrying messages of love and unity.<sup>8</sup>

Swami Vishnudevananda's journey to the West in 1957 was not a random event but a deliberate mission from his guru. His immediate recognition of the "great need" for yoga in the "climate of the Cold War and unbridled capitalism" <sup>8</sup> demonstrates a profound strategic awareness. He was not merely teaching physical postures; he was promoting a "roadmap to inner peace" <sup>8</sup> as a

fundamental solution to societal unrest. This broad, almost geopolitical, vision for yoga's role in the world extends beyond simply stating that he spread yoga. It highlights how yoga's introduction to the West was framed not just as a spiritual practice, but as a practical tool for both societal and individual well-being, which aligned perfectly with Gerry Lopez's utilitarian approach to yoga for enhancing his surfing. Furthermore, Vishnudevananda's emphasis on "An ounce of practice is better than tons of theory" <sup>8</sup> represents a crucial philosophical underpinning that made his teachings accessible and appealing to a Western audience, particularly to someone like Gerry Lopez. This pragmatic approach, focusing on the tangible benefits of *doing* yoga—physical postures, breathing, relaxation, diet, and positive thinking—rather than solely abstract philosophy, significantly contributed to its widespread adoption. This practical framing directly resonated with Lopez's desire for yoga to make him a "better surfer" <sup>6</sup>, as he sought concrete answers, and Vishnudevananda's structured system provided them.

## B. The Scroll's Wisdom: Contents and Structure

*The Complete Illustrated Book of Yoga* was first published in 1960 by Bell Publishing/Julian Press.<sup>10</sup> It quickly established itself as a seminal work, recognized as one of the first three foundational reference texts on asanas in the mid-20th century.

<sup>10</sup> The book serves as a comprehensive introduction to Hatha yoga, meticulously designed to provide a complete training program. Its stated purpose is to harness yoga's power to relax and rejuvenate the mind, improve concentration, prevent illness, and enhance physical strength and flexibility.<sup>10</sup>

The book's contents are structured to guide the practitioner through a holistic understanding and practice of yoga:

Section/Topic	Description
Philosophy of Yoga	Introduction to yogic concepts, including the "three bodies of man" explained through the concept of <i>koshas</i> (sheaths).

Section/Topic	Description
Shatkarmas	Descriptions and illustrations of purifications of the body.
Asanas	Extensive coverage of over 100 yoga postures, extensively illustrated with 146 large monochrome photographs of Swami Vishnudevananda himself demonstrating the poses.
Relaxation	Detailed guidance on <i>Shavasana</i> (corpse pose) for deep rest.
Diet	Emphasis on a <i>sattvic</i> (pure) vegetarian diet.
Pranayama	Yoga breathing techniques, presented as one of the eight limbs of classical yoga.
Deeper Concepts	Discussions on the astral body, the absolute, <i>satchitananda</i> (being, knowledge, and bliss), and the ultimate goal of "conquest of death."
Five Basic Principles	Reiteration of Vishnudevananda's core principles: proper exercise, breathing, relaxation, diet, and positive thinking/meditation.
<i>Table 2: Key Contents of "The Complete Illustrated Book of Yoga"</i>	

A cornerstone of the book is its extensive coverage of over 100 asanas. These are brought to life through 146 large monochrome photographs of Swami Vishnudevananda himself performing the postures, with each image typically occupying most of a page.<sup>10</sup> This visual detail was revolutionary for its time, making the practice accessible to a wide audience. Beyond physical postures, the book comprehensively covers relaxation through *Shavasana* (corpse pose), emphasizes a *sattvic* (pure) vegetarian diet, and details *Pranayama* (yoga breathing) as one of the eight limbs of classical yoga.<sup>10</sup> The book concludes by delving into deeper concepts such as the astral body, the absolute, the self as being, knowledge, and bliss (*satchitananda*), and the ultimate aspiration of "conquest of death".<sup>10</sup> It also reiterates Vishnudevananda's five basic principles of yoga: proper exercise, proper breathing, proper relaxation, proper diet, and positive thinking and meditation.<sup>10</sup> The book explicitly highlights the differences between Hatha yoga exercises and general physical exercise, asserting that yogic practices can "conquer" old age.<sup>10</sup> It also presented a "new utilitarian conception of *Surya Namaskar*" (salute to the sun), recognizing it primarily as a fitness exercise rather than solely a treatment for diseases.<sup>10</sup>

The book's defining feature, its "146 large monochrome photographs of Vishnudevananda performing the shatkarmas and the asanas" <sup>10</sup>, with images often taking up "most of a page" <sup>10</sup>, represents a pivotal development in yoga instruction. Prior to this, many yoga texts were predominantly philosophical or relied on less detailed illustrations. This level of visual instruction was groundbreaking for 1960, making complex postures accessible and understandable to a mass Western audience, and directly contributed to yoga's popularization as a *physical* practice. For Gerry Lopez, a highly physical individual, these clear visual aids would have been invaluable for self-study and practical application to his surfing. Furthermore, the book's embrace of a "new utilitarian conception of *Surya Namaskar*" <sup>10</sup>, recognizing it as a "fitness exercise" rather than solely a health cure, marks a significant shift. This demonstrates a deliberate re-framing of how yoga was presented to the West, emphasizing its tangible physical benefits alongside its spiritual ones. This dual appeal allowed yoga to penetrate mainstream culture, laying the groundwork for the modern fitness industry's adoption of yoga. For Gerry Lopez, this pragmatic framing of yoga as a

tool for physical optimization would have made it highly appealing and relevant to his athletic pursuits, even as it opened doors to deeper spiritual understanding.

### **C. A Ripple Through Time: The Book's Impact**

*The Complete Illustrated Book of Yoga* rapidly became a cornerstone in the evolution of modern yoga.<sup>10</sup> Mark Singleton, a respected yoga scholar, credits Vishnudevananda as the "asana pioneer" within Sivananda-inspired yoga, largely owing to this book's meticulously detailed photographic illustrations.<sup>10</sup> The book played a crucial role in establishing yoga brands and their mass-marketing globally, effectively forging a link between yoga and physical fitness.<sup>10</sup> Its contemporary, detailed photographs were instrumental in promoting the Sivananda yoga brand to a worldwide audience.<sup>10</sup> The book's influence extended beyond the immediate yoga community, even reaching cultural icons such as The Beatles, who reportedly received signed copies from Vishnudevananda during filming in the Bahamas in 1965.<sup>8</sup>

Commercially, the book was a resounding success, selling over a million copies and being translated into at least thirteen languages.<sup>10</sup> This widespread dissemination made the principles of yoga accessible to a vast global audience, far beyond the confines of traditional ashrams.

The book's status as one of the "first three foundational reference works on asanas in the mid-20th century" <sup>10</sup> and its credited role in "mass-marketing them globally, thereby linking yoga to physical fitness" <sup>10</sup> highlights its role as a powerful catalyst. It transformed yoga from an esoteric Eastern practice into a widely accessible, physically beneficial discipline for the Western masses. Its remarkable commercial success, with over a million copies sold and translations into more than thirteen languages <sup>10</sup>, underscores its profound reach and effectiveness in popularizing yoga, thereby creating the very cultural landscape where an individual like Gerry Lopez could encounter and integrate it into his life. The consistent emphasis on the "146 large monochrome photographs of Vishnudevananda performing the shatkarmas and the asanas"

<sup>10</sup> is not merely a descriptive detail but a key factor in the book's widespread impact. In an era before the internet, clear, detailed visual instruction was paramount for effectively conveying complex physical practices across cultural divides. This visual clarity transcended language barriers, making the postures



immediately understandable and replicable for a Western audience. This aspect underscores how the book's innovative presentation style was as crucial as its content in facilitating yoga's global spread and its adoption by individuals like Gerry Lopez, who could learn directly from the visual demonstrations.

## **V. The Dragon's Reflection: Yoga, Waves, and the Path to Enlightenment**

Gerry Lopez's life became a living testament to the profound synergy between surfing and yoga. He attributes his "famously zen demeanor" to his daily yoga practices, which enhanced his flexibility, balance, and strength, while simultaneously cultivating mental clarity, concentration, and the ability to remain calm under immense pressure.<sup>14</sup> He perceives the fundamental tenets of yoga—proper exercise, breathing, relaxation, diet, and positive thoughts/meditation—as "exactly the same for surfing".

4 Yoga, he notes, helps keep joints "lubed and in good shape," thereby preventing the athletic injuries common among surfers.<sup>4</sup> For Lopez, the distinction between practicing on a mat and riding a wave blurred. He describes paddling out as a form of *vinyasa* (flow), and catching a wave as "deep meditation".<sup>4</sup> This "higher state of mind" achieved on a surfboard, free from extraneous thoughts, directly parallels the meditative states sought by yogis.<sup>4</sup>

Lopez's direct recommendation, "Do More Yoga," is not merely a suggestion; it is a philosophy he embodies.<sup>4</sup> He stands as a "walking example" of yoga's benefits for longevity, emphasizing its role in enabling athletes to pursue their passions for extended periods.

6 His mindfulness extends beyond surfing and formal yoga postures. He considers surfboard shaping a "meditative session," marveling at the thoughts that arise during the process, simply observing them without judgment.<sup>15</sup> This holistic approach to life, deeply infused with yogic principles, defines his enduring legacy.<sup>15</sup>

The relationship between Gerry's yoga practice and his surfing performance is a powerful example of cyclical reinforcement. He initially sought yoga to improve his surfing<sup>6</sup>, and indeed, yoga significantly enhanced his flexibility, balance, strength, and mental clarity for the sport.<sup>14</sup> However, a deeper understanding reveals that this relationship became cyclical. Lopez began to perceive surfing

*itself* as a form of yoga and meditation.<sup>4</sup> This suggests that the formal yoga practice not only improved his physical and mental capabilities for surfing but also re-framed his understanding of surfing, deepening its inherent meditative qualities. Consequently, yoga improved surfing, and surfing, now understood through a yogic lens, reinforced his commitment to his yoga practice, creating a potent, mutually beneficial cycle that led to his holistic "yoga lifestyle".<sup>4</sup> Furthermore, while Gerry Lopez is renowned for his formal yoga practice, the profound impact of *The Complete Illustrated Book of Yoga* is evident in how his "mindfulness in nearly everything he spends time doing" <sup>15</sup> extends the yoga philosophy beyond the mat or the wave. His description of surfboard shaping as a "meditative session" <sup>15</sup> demonstrates that the principles learned from the book—focus, observation, and presence—permeated his entire being and professional craft. This illustrates that the true influence of such a foundational text is not just in the adoption of specific exercises, but in the cultivation of a mindful way of life, making him a "walking example" <sup>6</sup> of yoga's transformative power.

### **Dragon Trial:**

So, my dear readers, Gerry Lopez found his enlightenment between the pages of a book and the face of a wave. What ancient wisdom, or perhaps modern understanding, might be waiting for *you* to stumble upon? Seek not just the answers, but the questions that lead you to them. And remember, sometimes, the greatest lessons are learned not by conquering, but by simply being. Now, go forth, and find your own flow, whether on land, in water, or in the quiet chambers of your mind.

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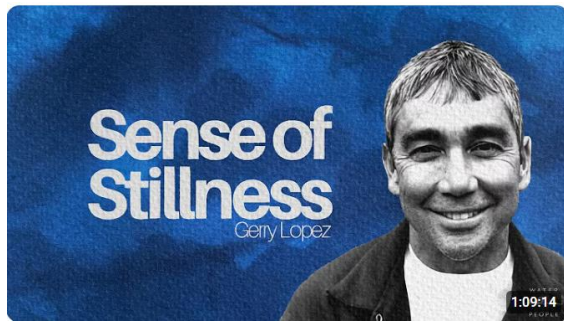


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## Narrator's Epilogue: Zoran's Final Wisdom



### Gerry Lopez: A Sense of Stillness

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Gerry pioneered deep tube riding at the Pipeline, acted in Hollywood films, and helped to build the early surf industry with his ...

As my ancient gaze recedes from the life of Gerry Lopez, I, Zoran, see not merely a man, but a profound metaphor for human potential and harmony with nature. His journey, from the nascent waves of Honolulu to the terrifying barrels of Pipeline, and then to the tranquil slopes of Oregon, illustrates a timeless truth: true mastery is born from a seamless integration of physical prowess and inner stillness. He demonstrated that the "Zen of surfing" is not an abstract concept, but a lived reality—a dynamic meditation that transforms the act of riding a wave into a path to enlightenment.

Lopez's life teaches us that the most challenging environments can become our greatest teachers, forcing us to cultivate presence, non-resistance, and an unwavering focus. His innovations in board design were not just technical advancements; they were extensions of his philosophical quest, tools crafted to facilitate a deeper, more harmonious dance with the ocean. His advocacy for the environment and his continued practice of yoga underscore a commitment to balance that extends beyond personal achievement to encompass the well-being of the planet itself.

The timeless lessons of the "Zen of surfing" are universal. They speak to the power of living in the present moment, of yielding to forces beyond our control, and of finding profound stillness amidst the chaos of life's inevitable waves. Gerry Lopez, Mr. Pipeline, remains a guiding star, a testament to the enduring wisdom found when one truly aligns body, mind, and spirit with the rhythms of the natural world.

## Appendices

### Appendix A: Gerry Lopez: A Timeline of Milestones

Year/Period	Event/Milestone	Relevant Snippet
<b>1948</b>	Born November 7, Honolulu, Hawaii	1
<b>Age 14</b>	Won Hawaii State Championship	1
<b>1963</b>	First attempts at surfing Pipeline	1
<b>1968</b>	Began shaping boards	1
<b>1970</b>	Co-founded Lightning Bolt Surfboards with Jack Shipley	1
<b>1972</b>	Won Pipeline Masters competition	1
<b>1973</b>	Won Pipeline Masters competition (back-to-back)	1
<b>1970s</b>	Lightning Bolt became extremely popular; pseudo-named the Gerry Lopez Pipeline Masters	1
<b>1975</b>	Silently stepped back from North Shore surf scene as new aggressive styles emerged	1
<b>Early 1990s</b>	Moved to Bend, Oregon, with family; took up snowboarding	1

Year/Period	Event/Milestone	Relevant Snippet
<b>1999</b>	Selected as "Waterman of the Year" by SIMA	5
<b>2003</b>	Appeared in surfing documentary <i>Step Into Liquid</i>	5
<b>2004</b>	Appeared in surfing documentary <i>Riding Giants</i>	5
<b>2008</b>	Authored book <i>Surf Is Where You Find It</i>	5
<b>2022</b>	Subject of documentary <i>The Yin &amp; Yang of Gerry Lopez</i>	2
<b>Present</b>	Continues to surf, shape boards, practice yoga, advocate for environment, ambassador for Patagonia	1



## Appendix B: The Evolution of Lopez's Board Designs

Design Element/Brand	Description	Impact on Surfing	Relevant Snippet
<b>Down-railed edges &amp; tucked-under edge</b>	Innovative rail design allowing boards to ride higher and tighter in the curl.	Made Pipeline's steep drops and thick barrels more survivable; kick-started performance surfing at Pipe.	1
<b>Lightning Bolt Surfboards</b>	Brand co-founded by Lopez and Jack Shipley, known for high-performance shortboards.	Became a symbol of surfing excellence; pioneered sponsoring team riders with free boards, gaining immense exposure.	1
<b>Distinctive Lightning Bolt logo</b>	Simple, eye-catching jag painted on the stringer.	Became Lopez's signature and a highly popular symbol in 1970s surf culture.	1
<b>Focus on simplicity &amp; functionality</b>	Guiding principle in Lopez's shaping philosophy.	Continues to influence contemporary shapers, emphasizing core performance characteristics.	6
<b>EPS foam construction</b>	Lightweight and 100% waterproof	Ensures consistent performance and reduced deterioration	7

Design Element/Brand	Description	Impact on Surfing	Relevant Snippet
	material used in modern Lopez boards.	from water absorption.	
<b>Wooden stringers</b>	Three strategically placed wooden stringers for strength and rigidity.	Offers exceptional durability and stability, particularly in challenging waves.	7
<b>Bonzer Fin Template (e.g., 8.5")</b>	Classic fin template used by Lopez in heavy conditions.	Provides great maneuverability; proven for single fin, mid-length, egg, or 2+1 and 4+1 Bonzer setups.	9
<b>Modern Board Models (e.g., Pocket Rocket, Squirty, Midway)</b>	Diverse range of current designs catering to various wave conditions and surfing styles.	Continues Lopez's legacy of performance-oriented designs, offering speed, maneuverability, and wave-catching ability.	8

## Appendix C: Key Zen/Yoga Principles in Surfing

Zen/Yoga Principle	Description & Application in Surfing	Lopez's Embodiment/Quote	Relevant Snippet
<b>Mindfulness &amp; Presence</b>	The state of being fully aware of the current moment, without distraction or judgment. In surfing, this means complete focus on the wave and surroundings.	"In order to surf successfully... you figure out right away that if you don't go into that totally focused, pretty much meditative state... you're probably not going to get too far on that wave." "This moment is all there is."	10
<b>Flow State</b>	A state of optimal experience where one is fully immersed in an activity, characterized by intense concentration, loss of self-consciousness, and a sense of effortless action.	Surfing is a prime example, leading to "Oneness with the Universe, a loss of a sense of time, greater integration between the mind and body."	4
<b>Non-Resistance &amp; Acceptance</b>	Yielding to natural forces rather than fighting them; embracing what is.	"Everything that I read in my Yoga studies talked about full acceptance. No resistance. Yielding,	10

Zen/Yoga Principle	Description & Application in Surfing	Lopez's Embodiment/Quote	Relevant Snippet
	In surfing, this is crucial for riding powerful waves like Pipeline.	allowing nourishing understanding love."	
<b>Balance (Yin &amp; Yang)</b>	The harmonious interplay of opposing forces. In Lopez's life, this is the balance between aggressive surfing and inner calm, physical action and mental stillness.	The title of his documentary, "The Yin & Yang of Gerry Lopez," directly reflects this core philosophy. "Health and harmony come from the balance of yin and yang."	2
<b>Discipline &amp; Practice</b>	Consistent, dedicated effort to refine skills and maintain a state of readiness.	"All of that requires tremendous discipline, you know, you got to practice, you gotta do it the Yoga poses over and over again. But that's what surfing was too."	10
<b>Connection to Nature</b>	A deep, respectful bond with the natural environment, seeing it as a	Lopez's environmental advocacy and his view of surfing as a spiritual	3

Zen/Yoga Principle	Description & Application in Surfing	Lopez's Embodiment/Quote	Relevant Snippet
	source of wisdom and well-being.	experience connecting one to the elements.	
<b>Life as Metaphor</b>	Applying lessons learned in a specific domain (like surfing) to broader life challenges and philosophical understanding.	"The waves of life are difficult and dangerous to ride... when we apply those lessons learned out in the surf, we sometimes can find... that easier paddle out."	10

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