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## Intro



This book is all about receiving knowledge from Prem Rawat and the incredible effects it had on my life. Words can't describe how grateful I am.

Before meeting him I was yearning to learn how to meditate. I somehow knew there was a jewel inside of me waiting to be

discovered. This book will describe my precious journey and the incredible friends I met on the way.

Many of these I haven't spoken to in years yet there is a thread of love tying us all together.

In some of my stories, I had to talk about my experiences in the past. Today the meditating techniques are the same but the expressions have changed. I apologize if I offend anyone.

Even before receiving knowledge, I knew there were 5 internal senses. The day I received knowledge changed my life forever. In one instant my life went from the external to the internal.

Yes, I had and still do have issues to clear. Curveballs will be thrown your way. Yet my foundation through practicing this day in and day out has transformed me

My brother and I love to meditate. We seemed to have a knack for it from day one. Change can occur in your life. I've learned to enjoy each moment on this journey. Baby steps are needed.

One can never see how far one has traveled on this journey. Many people say they can't see the results yet if they look back to see where they started from and where they are now. It's a difference between night and day.

Prem has dedicated his entire life to spreading this knowledge. It's been fifty years since he first came to the west. I can't even imagine how many programs he has attended. Most of the time he is on the road

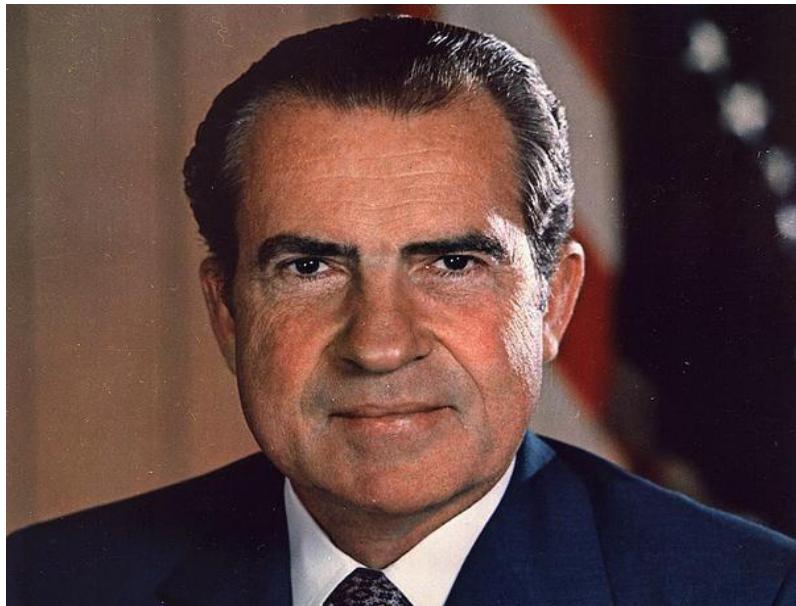
If you ever have the chance to see him or hear him I would highly recommend it. You will not be disappointed. As Prem once said try it and you will like it, people try it and like it.

## Prophesy On Maharaj Ji Baseball Game



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

Years later after meeting Maharaj Ji this experience filtered back into my consciousness. The Indians believe that the whole universe is being recorded like a video camera. Man has the potential to tap into the



energy fluctuations and bring back experiences from the past and the future.

Take Nostradamus the famous French philosopher. He could foretell the future.

Every human on the face of the planet has this potential but it has

remained hidden. I'm sure that years later Ricky Nixon never remembered saying such a thing. our minds are used as an antenna and prophesize things in the future and yet as humans we are unconscious of it.

I remember years later this episode. Even back then I had signs in my life to relax and enjoy this ride of life. Patience pays off. We just have to be persistent and, in the end, everything will come to fruition.

It was kind of funny that years later Richard Nixon became president. I remember during the Watergate crisis I was glad that he had to leave office. Years later I have a different perspective on things.

Before he died, I admired him for being a great statesman. He was crucified by the world and yet he came back and carried on with dignity.

My view of him changed. I guess you could say I had love and compassion for him. I felt he was an old wise man for America.

Over the years my feelings and thoughts change. During the Nixon era, I was very much against the war.

I was anti-Nixon but over time we can respect those whose ideas don't follow our own. I am learning to be more open and accepting of other people.

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



Ohio- Crosby, Stills, Nash and Young

3.2M views • 10 years ago

M Mitch Mumby

We had to do a music video for a song on American History and we decided to do Ohio by Crosby Stills Nash and Young, which ...



One thing does lead to another. This is an incredible journey. I remember in my junior year at Newport Harbor High an elective class that changed my life forever.

The entire student body had a choice of three or more electives that one had to choose from. Quite frankly I only remember the one I took. The one I took was a three-week Yoga class that took place on our basketball court.

Did anyone out there take that elective? I remember Michael Folk's brother of Missy taking the class. The teachers were Ramakrishna Ananda (Graham Ledgerwood) and his lovely wife at the time.

The class blew my mind. It opened up doors that I knew existed yet didn't know how to open myself. It was love at first sight. Yet it was so radical. At that time there was only one yoga studio in our area.

I was 17 years old at the time. Surfing and yoga became my passion in life. Does anyone know how they were invited to our high school? It was extremely radical for its time.

It was like a communist coming to our school and teaching communism. This was 51 years ago. Today the area is flooded with yoga studios. Even my Mom took classes there in the eighties.



Here's the address 445 E 17th St, Costa Mesa, CA 92627 next to the car wash. It has been there for 51 years. After I took this three-week course I took classes at their yoga center.

The incredible wife taught yoga postures and Graham taught meditation. This helped set my foundation for life. I still practice both today. I think I remember Buddy Owens taking both classes.

I don't remember. This series of events lead me to go on my surfing odyssey and

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

Click on the link for the Youtube video.

[I Will Sing Thy Name](#)

Paramahansa Yogananda chant.

Om guru Om guru Om guru Om

I will sing Thy name I will drink Thy name  
I will sing Thy name I will drink Thy name  
I will sing Thy name I will drink Thy name  
And get all drunk oh! with Thy name.





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

I had another objective in mind all so. I wanted to find a teacher who could reveal to me the experience of my true self.

I had glimpsed in my life of light more brilliant than the noon-day sun. I knew that God was light but I wanted a conscious and direct experience. I wanted tools in my life where I could achieve 24 hours a day connection with the source of life itself.

I prayed to God to be shown. I knew some teachers could reveal that experience and unlock the door. After the door was opened it would be up to me to cultivate the experience. I worked at a grocery store after school and on weekends.

I graduated from high school and went on a surfing trip to Mexico for a few weeks. Before I went to Europe, I spent two weeks at a YOGA camp in Nevada City in Northern Calif. I had a wonderful time at that yoga camp.

The owner of the camp was Kryiananda a disciple of Yogananda. Yogananda was a famous Indian Swami who died in 1952. Kryiananda was one of his disciples.

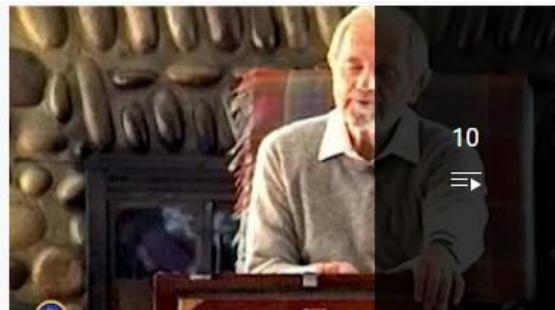


My fond memories were in the temple late at night. I would meditate late at night and would have these incredible visions inside.

I was bathed in blue light. I felt such a relationship with nature. I felt my life was incredible and that everything was being unfolded.

Up to this point in time, I couldn't tap into the mediation experience at will. It was a lot of hit-and-miss. At this YOGA camp was the first time I was in an atmosphere where people were consciously trying to experience the source of life.

I learned some valuable techniques. I felt such peace inside of my being. My mind was slowly coming down to a halt. It's kind of funny without mediation a human being doesn't realize how powerful the mind is.



Chanting with Swami Kriyananda

Ananda Sangha Worldwide

[Invocation to the Guru \(Chanted by Swami Kriyananda\) • 2:45](#)

[Polestar of My Life \(Swami Kriyananda Chants Paramhansa Yogananda\) • 3:40](#)

[VIEW FULL PLAYLIST](#)

I remember the first time I close my eyes and realized a battle was on my hands. It would take patience and work. But it sure was worth it. I spent two weeks there and took a plane from Oakland Calif. to Europe.

I went with my high school buddy Craig Perkins. Craig was a great person to be around. He had a great sense of humor.

We hitchhiked from Germany to Denmark. We were looking for a friend named Carter Robinson. We arrived at the dock where Carter lived and found out his boat left a few days earlier.

The person told us where they might be for a few days. We hitchhiked to this city and found Carter. It was quite a surprise. We stayed for about a week. They were planning to go to Norway for a while. They asked us if we wanted to go but we declined. Carter had a guest named Brad Crowl who was an old neighbor of mine. We grew up together.



After leaving Carter, Craig, and I went back to Germany. Craig took a plane back to the states. Years later I didn't know quite exactly what happened.

On the subconscious level, I wanted to be on my own for the first time in my life. Craig will always be a friend. I haven't seen him for more than 23 years. I took a train to Biarritz France where my adventure began.

During my first week in France, I camped out in the woods near Le Barre (a famous surf spot). Each day I would go surfing.

I met an American named Peter Lingle and we became good friends. He was also a surfer. He invited me to stay with him in his tent. He had a huge tent and was staying in the campground overlooking Le Barre.

He had also a car which helped to get around. Both of us didn't smoke, drink or take drugs. We got some incredible surf. I felt great. We went surfing all over the place.

One of my fond memories was driving to this old bakery in the countryside. The views were incredible. The bakery was the same for



hundreds of years. They had a stream running through which grounded the wheat. The smells that emanated from that place were truly out of this world. I remembered eating these sugar cookies. The people in this part of

France were friendly.



French Music | Popular French Songs | French Music Mix | Best of French Songs 2021 | French Mix  
326K views • 10 months ago  
French Cafe  
Top Hits French | Playlist French Songs 2021 | Best French Music 2021 Here you will get the best and trendig french songs and ...

Craig Perkins

Craig and I became friends during my junior year of high school. Craig has a great sense of humor. I remember one time my brother and I went on an excursion to a mountain park in Orange County.

There was this small trail on this cliff. The trail was probably only two feet wide. Well, my brother and I were petrified of crossing this. I remember walking very slowly and being conscious of every step.

My brother John did the same. Yet here comes Craig dancing to the tune of tiptoe to the tulips.

He would kick one foot over the ledge and then do the same to his other foot. It was quite a sight to see.



Craig loved the ocean. He was quite the surf photographer. He had a great camera for his time.

Craig was a kneeboarder. He could ride his knee board at the Newport Beach famous break The Wedge on a big day. I haven't seen Craig in many years.

I heard he is living in Mexico. My brother bumped into him in San Diego in the late nineties. He was in a fast-food restaurant and John



heard Craig's voice. That was a giveaway.  
That was the last time we heard from him.

## Surfing Experience In France Something Will Happen In India

While I was in France one day I woke up and saw huge waves breaking. The waves were probably 15 feet high. The surfing spot was at Le Barre a famous but now extinct surf spot.

I took off on a huge wave stood up and the next moment I was free-falling down the wave. Back then there were no leases. My board got carried to shore.

Le Barre had a jetty, and 15-foot waves were breaking on the rocks. The rip was so strong it was like a river. For the first time in my life, I said "Lord if you exist you had better do something real fast. I closed my eyes and saw an incredible light and a small Indian boy.

The next moment I was on shore. Everybody on shore said it was a miracle. The next day I decided to go to India. As I look back at that experience, I feel the hand of grace in my life.

I felt so protected. Here I was only 18 years old, but I knew my life was protected. I was about to start the adventure of a lifetime. This was a near-death experience for me.

In the early seventies, I read books about the death experience and my experience closely resembled that experience. I saw a great light that filled my being with bliss that is boundless. I saw a figure who told me without words that everything would be all right.

This experience I knew could be experienced consciously. It didn't have to be a hit-or-miss affair.

I knew a human being could experience the source directly no matter if he/she was sleeping, dreaming, or in an awake state. Man can tap into the source of life.



After my surfing accident, Peter and I started on our trip to India. I was very excited. I knew that something wonderful was going to happen in India.

All my dreams would come true. We drove from Biarritz to Venice where we stayed two days with an Italian friend from high school. We drove through Yugoslavia.

At that time, it was a communist country. The people at that time were very suspicious of outsiders. They weren't very friendly. The countryside was amazing.

We were high up in the mountains and could see the Mediterranean Sea. Peter would drive and have this harmonica he would play. He was a good player.





We drove to Athens in Greece. We spent a week there. I loved going to the Parthenon. Here I was in the cradle of such an incredible civilization. I was in awe.

We sold our car and took an airplane to Turkey. When we landed in

Istanbul, I knew this is where east meets west. This city was so different.

The Muslim mosques were so beautiful. The policeman had submachine guns. I had never seen that before.

I remember staying at this house where a lady came in and said we had better leave because the police were going to raid the place. She said people used drugs and the police were going to bust the place. I felt someone was taking care of me.

I didn't want to end up in a Turkish jail. Especially because I didn't use drugs. That would be hard to prove in Turkey.

We spent a week in Istanbul and then went to Ankara. In Ankara, we had to stay for a week because the border was closed.



Jethro Tull - Aqualung (Official Music Video)

1.8M views • 1 year ago

 Jethro Tull

This song is the first track and the title track on the 1971 Jethro Tull album titled 'Aqualung'. Lyrics: Sitting on a park bench Eyeing ...



The Shah of Iran was having the 1000th-anniversary party for Persia. He didn't want young westerns or trouble to come to his land for this party. I heard that the Shah even built props to hide poverty. I had a friend who went to the party, and he said it was quite the affair. They had air-conditioned tents. The Shah spent thousands of dollars.



While in Ankara we saw the Queen of England in a parade. There were thousands of soldiers carrying submachine guns.

After a week the border was opened, and we took trains and buses to Iran. It was quite a scene traveling. Both Peter and I carried our surfboards and our packs. The trains were quite dirty and packed. We slept on the floor of the train.

The buses were like trains but they had livestock on board. I was getting quite a lesson on life. We arrive at the capital of Tehran. Tehran was quite a beautiful city.

We found out that a week before a young American tourist died the week before. Supposedly she entered a Muslim Mosque and was stoned to death.

The reason was that only Muslims could go inside the temple. I met a man from the secret police.

He came up to me and said that he had killed about 30 Americans this year. In Iran, if they found drugs on you, they would shoot you on the spot. What a way to control the drug problem.

We then took buses to the border of Afghanistan. This is where the scenery drastically changed. I felt I have transferred back two thousand years ago.

The Afghanistan people are warriors. Their culture is the same for thousands of years. We were in a high mountain desert. Everyone carried guns or rifles. This was way before the Soviet invasion. I felt I was in an old Wild West town. There was no law or order. The people



were quite nice. But I knew you didn't want to cross them up. The people in Afghanistan smoked a lot of hash. They used this drug like alcohol.

The whole nation used it. The food was quite good. We took a bus from the border and made it to Kabul. Along the way, we bumped into this Hawaiian named Charley Krusner.

Charley was a great guy and we traveled together. Kabul currently was a hangout for the European hippies.

The Europeans were heavily involved in drugs. These used a lot of opium. It was quite sad to see people my age addicted to opium.

There was nothing I could do. Many of them simply wasted away. The drug was very cheap and could be bought anywhere. I know a lot of my friends in the states would have loved to be in that environment.

It was an eye-opening experience. For the first time, I saw so many young kids wasted and hanging on to life by a thread.

There were thousands of miles from home. During this time, I would meditate each day. I knew something incredible was going to happen to me in India.

I just had the intuition that my dreams would come true. I knew I would meet someone who could show me the way to open the door. I felt protected.

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



My main goal was to get to India. Ever since I left France the feeling kept on getting stronger.

I felt such a wave of anticipation that my dream will come true. I had only a short time and it would be shown to me.



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

Throughout history, it has been an important trade route between Central Asia and India. What a radical road. It was all dirt which most of

Afghanistan was.

There were no guard rails, and we had these crazy drivers driving as fast as they could down this pass.

The buses were quite different. Each bus would have a different altar depending on which religion they belong to. They would be flowers, incense, pictures, and memorabilia.

We would be driving down this huge mountain on a skinny road. This was the only route from Afghanistan to Pakistan.



## Afghanistan Traditional Music

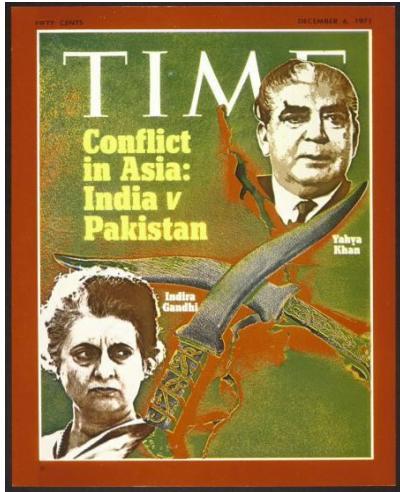
260K views • 4 years ago



UN approved music

Traditional music from a war-torn country.

## Indian Pakistan War

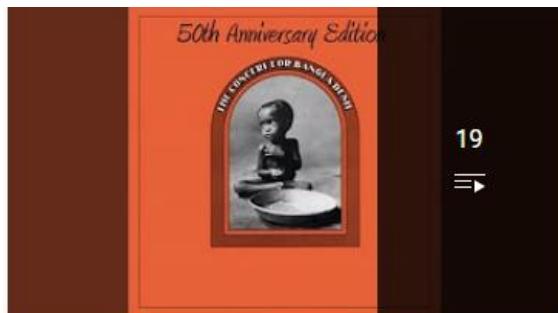


Well, we finally made it to Pakistan. Lahore was a busy city. We only stayed for a few days.

When I was in Pakistan, I saw signs saying crush India.

When I arrived in India, I saw signs saying crush Pakistan. I arrived at the border of India at the beginning of the Indian-Pakistan war.

The following day the border was closed for 5 years.



The Concert For Bangladesh 50th Anniversary Edition

The Video and Music preserver

George Harrison ~ Wah Wah (50th Anniversary Edition) • 3:30

George Harrison ~ My Sweet Lord (50th Anniversary Edition) • 4:36

[VIEW FULL PLAYLIST](#)

## First Day In India



My first day in India was incredible. I remember crossing the border.

Currently there was a two-mile walk to reach the border check for India.

There were parrots and wild birds everywhere. I felt such a strong

spiritual experience. I was home. It's hard to put in words what I was feeling.

I knew something incredible was to happen to me in India. I was looking for a teacher who could give me practical experience of who I was.

I remembered being checked by an Indian Customs lady who was famous for busting people for bringing drugs into India. Since I didn't use drugs, I wasn't worried. I remember such an aura of peace that came over me.

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

When I got to New Delhi, I was very tired and exhausted. I heard rumors that the Sikhs allowed people to stay at their temples.

I went to this huge Sikhs temple. I asked can I stay here overnight. The man said no but there is a huge festival going on down the block.



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

how a 13-year-old boy could have such a huge following.



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



I arrived at the festival site and was escorted to the stage where 1 million people were sitting. It was amazing, a sea of people.

The next thing I knew a young Indian boy walked on the stage wearing a Krishna outfit. He was wearing a gold crown with jewels and a gold outfit. I was laughing and crying at the same time.

Something inside of me knew I was home, that the experience I was looking for could be shown by this Indian boy. Being eighteen years old



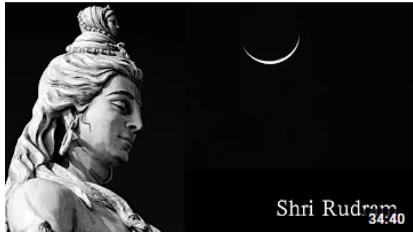
I was very practical and I wanted a direct experience of GOD inside of me.

What this young Indian boy said made sense. He said seeing is believing. If I told you an ant was 10 feet tall, would you believe me? But if I showed you seeing is believing.

He said don't believe in my words. Take my experience. See for yourself.

At this time of my life, this made sense. I have never heard someone saying I can reveal who you are. All my teachers in my past said to believe and maybe someday you will have that experience.

Maharaj Ji said to take the experience, practice it and let the seed bloom into a fruit tree.



Shri Rudram, an ancient Vedic Hymn by Music for Deep Meditation, Vidura Barrios  
4.6M views • 8 years ago

 Music for Deep Meditation

Shri Rudram is an ancient Vedic text and part of the Krishna Yajurveda. It is a powerful hymn in praise of Rudra, or Shiva.



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

For the next two weeks, I listened to discourses about this knowledge. Something inside of me knew that I was

to receive the experience of a lifetime. I knew the door to my soul was to be opened.

Words are hard to express the feeling that was going on inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself.

I knew this experience was real. I talked to a lot of people who had this experience, and I could tell and sense that something wonderful was going on.

I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.



During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off.

There was a general blackout at night. Pakistani bombers were only miles away.

Air raid sirens were heard in the distance. At the ashram, the whole place was so serene while in this part of the world people were dying.

Trains of Pakistanis were being massacred going from India to Pakistan and train loads of Indians were being massacred going from Pakistan to India. Such a dichotomy.





I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge.

We were in the room while Maharaj Ji was playing on top of the roof directly overhead us.

The experience that I had that day still sends shivers of joy just merely the thought.



The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an experience.

When the initiator touched my forehead, I felt this incredible surge of energy. I knew at that point that something incredible was going to

happen.

My whole body and soul sensed it. My consciousness completely left this physical existence. A golden circle of light appeared. Inside this circle, a brilliant blue star appeared.

This golden circle of light and this blue star were so beautiful. It was probably the most beautiful thing I have ever seen.

Waves of love, joy, and peace were surging inside my consciousness. All of a sudden, the star transformed into a ray, a tunnel of blue light that went on infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience.

I have definite proof that we are more than these bodies. Suddenly, the mystery of life was revealed. I knew the secrets behind all religions.

There was a genuine experience that could be shown and experienced. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God. To this day I'll never forget this

experience. It gave me practical proof that God existed. I knew it but this was a practical experience.

It was more real than any outside human experience. I knew that my life was on track. I have waited years to go home, and I was shown such a glorious place.

When I returned to this earth and regained physical consciousness my whole body was shaking like a duck.

My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe?

I knew no damage was done. Over time I knew that the body was built and designed to handle that kind of current. Day by day through mediation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

## *inner music*

Three other techniques were revealed. One was the music techniques. I was shown how to listen to the innermost frequencies of life.

Since God is energy, man can be in tune and listen to subtle energy frequencies. Different religions have different concepts of this experience.

By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be.

This is the Word of God. Every major religion talks about the Word in some form or another. There is a very simple

technique where a man can be in direct communion with this subtle energy.

When a person first receives this initiation, the word is very subtle. Most people don't understand the power of this word.

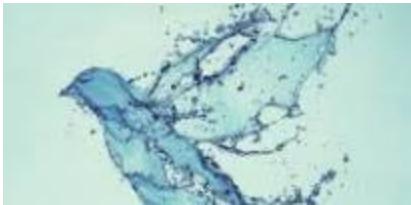
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had experiences where I was completely taken out of this physical world and taken to a place where there is no time and space.

The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all creation.

It exists in the manifest and unmanifest. It exists throughout time and space and beyond. All creation comes from this word. In the bible, in Saint John, the verse goes like this.

In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the endocrine system.

Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience.

One drop can take man's consciousness into an altered state. This fluid is very cleansing to the body. When Christ was in the desert for 40 days and nights, he lived off this manna.

This experience is energy in its subtle form. It is energy yet it transmutes itself into matter. This experience is very powerful to the endocrine system.

I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe. Unlike a drug that has a side effect, this experience is completely beneficial to the body and soul.

These experiences reveal over time who we are. We are more than our mind and body. We are this source of life.

Each one of us is part of this universal consciousness. We just don't remember it. It's amazing when we were born, we came from the source.

Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

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



Hank Williams Sr... I Saw The Light - 1948

11M views • 9 years ago

 V.A. HOSS

Don't forget to rate and subscribe...

## Mediation Ganges



The following day I was sitting by the Ganges meditating when I completely lost consciousness of this planet. I saw a light more brilliant than the noonday sun.

My consciousness was flowing into a river of nectar. I felt the whole Ganges River was flowing through me. Maharaj Ji had a beautiful poem by Rumi a great Sufi teacher that sums it up. It goes like this.

There is a palace in the sky without any foundation. A blind man sees a light more brilliant than a million suns. A deaf man listens to unstuck music.



A lame man climbs up a well and drinks the nectar and becomes intoxicated. A clincher is only a wise man who understands what I'm talking about.

From then on, my life was to change drastically. After my initiation and this experience, my life was never the same. I was shown something so incredible that my focus was on this experience. My whole life from

then on was based on practically cultivating this experience. Day by day I was going deeper and deeper into my existence.



My days in India were spent in meditation and spending time with Maharaj Ji.

Mediation was such an incredible experience. I call it going to the movies.

Day by day I was going deeper and deeper into realms I have never been before. Prem Nagar was such a beautiful place.

I was thousands of miles away from home and then again, I was truly at home. I was content and full of such incredible bliss. My mind was learning to focus on something inside of me that never changes that is, was, and will always be.

I was learning how to be connected to that experience twenty-four hours a day. I practiced meditation and liked how I surfed with joy and the thrill of riding the wave of life.



To this day I'm still blown away that this experience is lying dormant inside of humanity just waiting to be discovered. We are searching for the jewel and the jewel is hidden inside each one of us.

Over time it's not all bliss and roses with this experience. I had to face my mind. The mind is such a powerful thing. It can be your friend or enemy.

I learned over time to become its friend. In the beginning, at times I thought I would go crazy. The mind was constantly chattering. I would sit for hours and at times I wanted to get up and just forget the whole thing.

But then I would break through. Then the experience would rush in and completely saturate your being. You are bliss. I felt that I had to break down the door.

Over time I walked through the door and my mind hasn't bothered me in this way since. I'm not saying my mind doesn't bother me at times it does.

But when I close my eyes or put my connection to this Word of God my whole being is filled with bliss. In the beginning, it took tremendous effort to have this kind of experience. In the beginning, you meditate on the experience. Years later the experience meditates on you.

I remember that a few days before Christmas the whole ashram took a train ride from Hardware to Patna a city in Bihar India. Bihar is one of the poorest states in India.



The scenery was beautiful. We were traveling on this old funky Indian train. We would see swamps that were full of Lotus flowers. Wildlife was everywhere.

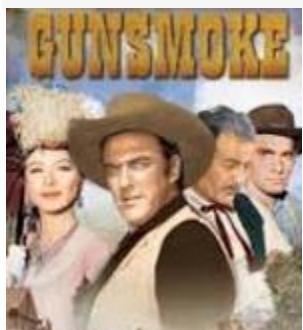
Maharaj Ji was having a three-day program. I remembered at the festival there were probably a million people there.

At one point in the festival, the Arya Sumaj attacked the festival. I'm not sure how many people died. This group caused a lot of trouble in India.

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



Before leaving Bihar, my friend Peter left to go back to America. I loaned him the money which I got back in South Africa. The westerns left in January.



There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town. The Indian food was great.

I bumped into the son of James Arness. His father was a famous actor in Hollywood. He

played in Gunsmoke on TV. He had a son (Rolf) at the time was a world champion surfer.



It was quite funny meeting him. I was buying a kilo of cashews for one dollar. I just started talking to him.

During this time Maharaj Ji was planning to go to South Africa. He needed a few westerners to go and help set up the necessary arraignments.

Somehow Maharaj Ji's mother asked me to go. So, in early February, we embarked to Bombay.

## Finding Bombay Ashram



We took a train from Delhi to Bombay. Maharaj Ji was in Bombay for a week. Upon reaching the train station I realized that I lost the directions to the ashram.

I just laughed and knew that everything would be all right. I was traveling with three western girls. I

said let's go hop in a taxi. We got in the taxi and the driver said where do you want to go. I said we will direct you.

Bombay is a huge city. None of us have been there and he couldn't believe it. But he did as he was told. I close my eyes and receive directions on where to go. Left-right etc.

After about 45 minutes of driving, I told the driver to stop. We got out of the car knocked on the door and walked right into the ashram. I never told Maharaj Ji how we got there. It was just a matter of fact.

The video player shows the title "JEFFERSON STARSHIP" and "RED OCTOPUS" in yellow text on a red background. In the center, there is a circular logo with a stylized flower or octopus design. The video has 11M views and was uploaded 5 years ago by "RHINO". The description reads: "You're listening to the official audio for "Miracles" by Jefferson Starship from the album 'Red Octopus' (1975) Subscribe to the ...". The video duration is 6:55.

## Asokananda Incident

While we were in Bombay one day, I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and started to wave his hands



towards one of his Initiators Asokananda. The hair on his whole body stood up. It looked like he put his hand in a light socket. He was yelling please Maharaj Ji, stop it.

After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more?

Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed.

This was the first time that I spent close time with Maharaj Ji. There were only a few westerns there. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.



## Getting Drunk On Water

Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water.



I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya.

On board, the plane was Kali, Kathleen, and Tess. These were the three girls I traveled with from New Delhi. On board the plane we drank the water from the canteen.

All of us got rip-roaring drunk. I've been drunk before that one or twice, but this was a drunk of joy. We all somehow managed to saunter off the plane.

We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

We relaxed for a few days. I remember one moment at Tess's house. I was meditating in the backyard with I opened my eyes and saw Maharaj Ji standing there.

He was laughing and laughing. I remember in Bombay asking him if we were to make it to South Africa. We were going to hitchhike from Kenya to South Africa. He said we would, but we were going to have a hell of a lot of adventures along the way.



### Simon & Garfunkel - Bridge Over Troubled Water (Audio)

24M views • 9 years ago

 Simon & Garfunkel 

Lyrics: When you're weary, feeling small When tears are in your eyes, I'll dry them all (all) I'm on your side, oh, when times ge



We slowly started to hitchhike from Kenya to South Africa. I have memories of our first night getting a ride and being on the Kenya plains in a horrendous rainstorm.

Here we were in Africa and the only houses around were grass huts. It was quite an experience. I remember one border crossing between Kenya and Tanzania.

The Tanzania border official became very upset because we didn't have a visa to enter the country. Kali became very upset and told the guy off.

I was receiving an intuition to be quiet and to respect this officer. They pulled us into a room and this officer just started to yell at Kali.



All of a sudden, he stopped and said "I am about to throw both of you in jail but because pointing to me you have been such a gentleman I will let you go. Another lesson in intuition.

In Tanzania, the Chinese were building a railroad.

Thousands of Chinese truck drivers were passing us by. They all had the same expression on their faces.

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



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



I remember one night we were in this small jungle town in the middle of nowhere. I was eating this soup that was full of mosquitoes.

The air was so thick with mosquitoes that mosquitoes were falling into my soup. It

was quite the scene. It was super humid and hot. I was lucky not to get malaria.

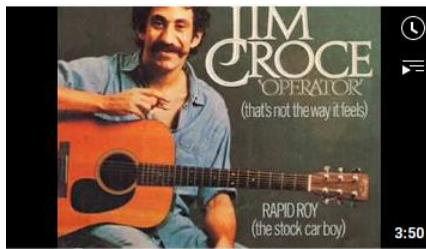


[Seeing Maharaj Ji On Telephone Wires](#)



One night we were sleeping in the tent when a huge thunderstorm came and blew away the tent.

We awoke and found ourselves sleeping in a sea of mud. Quite the experience. I remember looking up at the telephone poles and seeing Maharaj Ji laughing and laughing.



Operator - Jim Croce

6.2M views • 12 years ago

piano084

Hello, guys. Thanks for all the views!!!! I'd like to apologize for the advertisements that are being showed at the beginning of thi

3:50



We finally met up with Tess and Kathleen. We switched partners and I hitchhiked with Tess to the capital of Zambia. We all decided to meet there. It was quite an experience.

We arrived at Lusaka got out of the car and moments later Kali and Kathleen got out of the car. We were all standing there when this Zambian came up to us and offered to stay at his house.

We went to his house a dairy in the country. His name was Gary. We told him what we are doing and where we were going. Currently, our money situation was zero.

A few days before we ran out of money. I was pleased because I would see that everything would be taken care of. Anyway, Gary's uncle was president of the national TV in Zambia. He could arrange a television interview for us.

The next day around 5:00 after the news we were on national television. I only wore my Indian whites and no shoes. We had a beautiful interview for about one hour.

The interviewer was very sincere. There was no sarcasm in his voice. The people of Africa were simple and open people. The TV station received hundreds of phone calls asking, "what was that?"

The response was so great that the next day we were asked back to the TV station. The same phenomenon happened. The Indian community heard us and invited us to their community.

Every day we would give discourses in their temples and home. We were treated like Kings and Queens. They would give us money, watches, and clothes.

We had probably at least 6 major meals a day. It is a custom to accept food at someone's home. Each one of our guests would provide a huge spread.



National anthem of Zambia (English lyrics)

153K views • 4 years ago

 JR videos

"Stand and Sing of Zambia, Proud and Free" Lumbanyeni Zambia Support Us: <https://www.paypal.me/JRvideos> - Thank You!



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

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



Original Swaminarayan Aarti with Lyrics, by Muktanand Swami  
18M views • 3 years ago

Shree HariKrishna

Like our FB Page - <http://bit.ly/2K7eNY6> Subscribe to this channel - <https://goo.gl/Vu3Csr>.





Well, we finally made it to Johannesburg. It was quite an adventure. Somehow, we managed to get a visa for South Africa.

I spent about two weeks in Johannesburg resting up and living in the Indian community. There were a lot of westerners, black and Indians interested. I was sent to Cape Town to prepare for Maharaj Ji's visit.

In Cape Town, I stayed in the house of Nigel Fairhead. Nigel and his wife were great to me.

They live in an old 17-century church. Cape Town was a beautiful place to live. The cape is surrounded by the Indian and Atlantic oceans.

Nigel introduced me to a fellow surfer Chris Parker. We became great friends. I hadn't spoken to him in over 40 years until recently. We carried on our conversation as if it was yesterday.



Talk Story with Nigel Fairhead  
Fletcher Soul Traveler

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



came to give a talk at the university the whole student body showed up.

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

I remember at one point I was in Maharaj Ji's room. We were alone and he was talking about his father Shri Maharaj Ji. I remembered asking him questions about his father.

Maharaj Ji gave me this magazine that came from England. It contained some of his discourse in England. On the back, of the page was this picture of him. He gave me this magazine and signed it Saint Ji Maharaj.



On the back of the magazine, he drew a map of his old school in Dehra Dun India.



Maharaj Ji was hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Maharaj Ji, his longtime bodyguard Bihari Singh and me.

We placed our arms on top of each shoulder (just like kids) and said cheese. It was a great moment.



The following day we flew back to Johannesburg. I remember Maharaj Ji passing out Nestles white chocolate on the plane.

We spent another two weeks in Johannesburg. Every day we would have people of all races colors and creeds come to the house.

For some reason, the South African government didn't do anything about it. We had westerners, blacks, and Indians all coming together.

There was such harmony. I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people.

I walked into the room, and he stopped speaking and turned to me. He said right now my body is in England, but my soul is in South Africa.

It was a remarkable statement. The South African people captured his heart.

The following are people I remember in South Africa.

Milky



Gary Girad



Bruce Sirota



Kali Rodriguez



Kathleen Cook



Sandy Collier



Paul Simon, Graceland: The African Concert

Pedro Ramos

Paul Simon: Township jive, zimbabwe 1987 | graceland • 4:44

Paul Simon - The Boy In The Bubble (from The African Concert, 1987) • 5:17

[VIEW FULL PLAYLIST](#)

Larry Rosenfeld



Nadine Sirota



Robin Heslop



Chris Parker



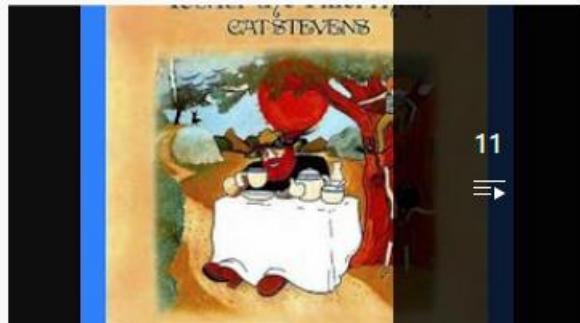
I first met Chris in Cape Town South Africa over 45 years ago. We became instant friends. I introduced Chris to meditation.

Now if you like to meditate and you're a surfer you're on the same wavelength.

Chris and Nigel are like brothers to me, yet I haven't seen them since my time in Cape Town. It was until recently did we hook up again. We discovered each other through Facebook.

All three of us would have skype sessions. Nigel in South Africa, Chris in Australia, and myself in good old Kansas. We would talk at times for three hours.

Now that's a good use of technology. It seems just like yesterday. Now I've known them for probably less than six months yet the connection between all of us is like brothers. I find that fascinating.

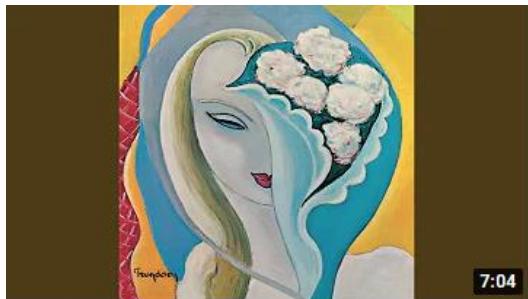


Cat Stevens - Tea For the Tillerman  
moonlitknight009

Cat Stevens - Where Do the Children Play? • 3:53

Cat Stevens - Hard Headed Woman • 3:48

[VIEW FULL PLAYLIST](#)



## Layla

29M views

 Derek & The Dominos - Topic

Provided to YouTube by Universal Music Group Layla · Derek & The Dominos Layla And Other Assorted Love Songs © 2010 ...



## Led Zeppelin - Stairway To Heaven (NOT LIVE) (Perfect Audio)

55M views • 13 years ago

 badasttank

Complete with unaltered audio. It describes it self.

## Back To The States



San Francisco - Scott McKenzie

75M views • 9 years ago

oMyBadHairDay

Song: San Francisco (Be Sure To Wear Flowers In Your Hair) Artist: Scott McKenzie - This video is purely fan made! I don't own ...

Sometime in June, I flew with Maharaj Ji back to the states. He was going on another tour. I went back to my hometown for about two weeks.

When I returned many people asked where I came from. They thought I was from Iran. I told all my friends and family about my experiences abroad.

Many of them were quite interested. Maharaj Ji told Kali, Kathleen, and me to go to San Francisco to help set up for his visit.

I took a train from Santa Barbara to San Francisco. Maharaj Ji gave a couple of programs at Berkeley. From there we went to Monterey.

I remember one day Bill Patterson, Maharaj Ji and myself were in this room. Maharaj Ji was telling one joke after another. I thought I was going to die from laughter. I remembered I tried to tell a joke but ruined the punch line.

My next stage of the journey was in Colorado. I spent the summer there. Maharaj Ji had a three-day program in a town called Montrose. I went there with a small group to help calm the town's fears.

They were afraid that this festival would be a rock and roll affair. They didn't want drugs or alcohol or a bunch of rowdy people in their town.

We calmed the town's fears and the festival was a huge success. Many of the people from the town came to the program. There was excellent



press courage. I'll always remember the sunsets during the program.  
They were probably the most beautiful I had ever seen.



These friends helped with dealing with the city council.

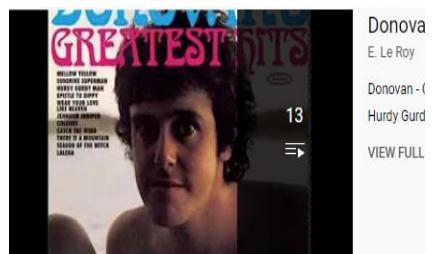
Bill and Linda Bach



Guy Nouri



Bill Patterson



On the first day of the program, my twin brother John came to the program. I was pleasantly surprised.

He was living in Utah and somehow, he ended up here. In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Maharaj Ji never knew I had a twin brother. Bihari wanted to play a trick on Maharaj Ji. He got us both together and

said "Maharaj Ji look at this. This will blow your mind. He looked over our way and did a double take.

He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.



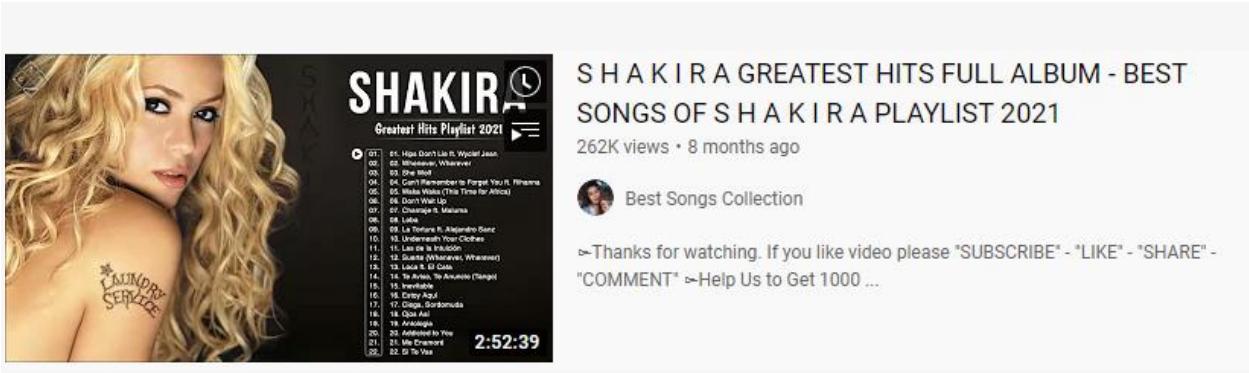
My brother and I spent many hours together meditating. Meditation was love at first sight. We were both having incredible experiences. It was great for my brother to have the same kind of experience. He admitted when I came back from my travels, he didn't know quite what to believe. I guess the taste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



In early September I went to Colombia for two months. I had a great time there. The people were very innocent. The countryside was gorgeous.

I spent a lot of time meditating and speaking at programs. I went on a tour with a woman named Gita. We went to the major cities Bogota, Cali, and Barranquilla.

I loved Cali. Cali is in a valley and is surrounded by mountains. The Cauca River flows through the eastern part of the city. The weather is almost the same year-round. The people were extremely friendly.



I returned to the states and landed in Florida. I took a drive-away car from Miami to New York City.

I remember one experience I fell asleep driving. I had no idea how long I fell asleep. It was quite the experience to wake up and find myself behind the wheel of a car.

I got back to New York and spent about a week there and then flew to India with my brother.

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

Wherever you thank you. My brother and I helped with security. We had quite the life. During the day we would set outside this door and help with the security of Maharaj Ji's family.

We would watch all kinds of interactions. During the night my brother and I got into this routine where we would try to meditate all night long.

We did this for about a month. The program came and went, and we all traveled to Prem Nagar, the site where I was the year before. This time Prem Nagar was really crowded. There were



probably over a thousand people there. Fortunately, my brother and I were assigned to do security for Maharaj Ji.

We stayed on the top of the roof.

Maharaj Ji's room was there. We had a great time.

During the daytime, we would interact with Maharaj Ji and at night we would meditate all night long. I remember some incredible times. My brother and I were well-liked by the people there.

We developed some strong friendships with the people. Meditation was quite the experience.

I remember one night my brother and I went and meditated next to the Ganges River. This was probably around midnight. As soon as we closed our eyes both of us were swept away by this incredible white light.

It was so bright I thought I was going to be blinded. The funny thing was my eyes were closed. There was such a love and bliss emitting from that light.

After one hour we were awakened by a man doing guard duty. He said there were many bandits in the area and that we should go inside the compound.

Well, that was the end of that experience. The only words I remembered from Maharaj Ji were that one day he was talking about how the mind is time and the body is space. To go beyond time and space we need mediation. Mediation is the key to going beyond time and space. I liked that idea.



Well, my brother and I returned to the states. We didn't get sick in India but when we returned our bodies were frazzled. It took a few months to recover.



The Mamas & The Papas - California Dreamin'

302M views • 12 years ago

Folk Experience

California Dreamin performed by the Mamas and the Papas More great classic music: ...

CC

We spent about two months in California. In the early winter of 73, I went to Portland Oregon. I had a great time in Portland. I was meditating a lot.

I met a lot of nice people. That summer I drove from Portland Oregon to Denver to New York City. My brother and I took an airplane ride to London.

I remember one day that a good friend of my brother came to the program. His name was John Slowsky. I told John about my experiences when I first got back from India.

He had no idea what I was talking about. John was practicing meditation. At one point we went into this tent close our eyes and just sailed away. John Slowsky and I have been friends since that day.

I returned to New York and missed my ride back to Portland. Some of the directors at that time were really into politics. I guess with any organization politics comes with the picture.

I have a hard time with politics. Anyway, I missed my ride and they decided to throw me out of the ashram. My brother was doing security for Maharaj Ji at the time, so I told him.

He told Maharaj Ji and Maharaj Ji said he was in charge. They had no right to throw me out. I had a feeling many of the leaders were jealous of us.

We didn't strive for any power. I certainly didn't have anything to prove. I was simply enjoying my experience. The people loved my brother and me.

Spaced Out



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



Here's what I would say today. I'm twenty-one years old. Since high school, I have traveled around the world. Learned how to meditate. I was sent to Cape Town South Africa.

The task was to prepare for Maharaj Ji's talk to Cape Town University. I was sent solo from a group in Johannesburg.

I daily gave talks to the university where I first started to talk on the grounds of the university. Within a short period, they gave me a classroom to speak in.

Around 5000 people came to hear Maharaj Ji speak. Maharaj Ji was extremely grateful for the work I did.



During that summer Maharaj Ji was going to do an outdoor program in Montrose Colorado. I was sent along with four others to talk to the city council and help elevate their fears.

They didn't want drugs and alcohol and a huge insane atmosphere to take place. We calmed down their fears and many of the residents of Montrose came to the program.

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

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

I admit I was spaced out. I don't think an ashram environment is conducive to life. I think it hinders it.

That's my perspective. I think living in an ashram is like hiding from the world. I look back at the forty-plus years and see what I have accomplished.

Frankly, I think a lot of my spaced out was due to not having responsibilities like I had in South Africa, Montrose Colorado, and Colombia.

Anyway, I'm proud of looking at myself and working on myself for all these years. I have been consciously trying to get rid of the junk that exists inside. You have helped me to clean out the closet. Thanks.



**Blue Aquarius - Blue Aquarius**

Stax Records

Blue Aquarius - God Is Love • 4:42

Blue Aquarius - Rock Me Maharaj-ji • 4:39

[VIEW FULL PLAYLIST](#)

## Friends in Mexico

Alan Roettinger



Kali Rodriguez



John Fletcher



Beatriz Miyar Consuegra



Anna Carney



Sue Smith



John Phillip Lemay



Jaime Mencos

Diane Clark

Candy

Nacho Sanchez

## Meditation 10 Hours A Day



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

This was during the seventies. I remember waking up early in the morning and meditating for hours on end. It was an incredible experience.

Each day it was Surfing the inner wave. My whole being would be completely saturated with love and bliss and would just go deeper and deeper.

At times I would be conscious of this human body. I would be in the presence of universal conciseness of pure love. Each day my body and mind would take the experience and absorb it.

Over time I just could simply close my eyes and just be taken away. I wasn't afraid of death because each day I die and come back to life.

I read books back then on the death experience and my experience and those were in the same boat.

I did this not to escape from society but because I wanted to know the answers about life itself and consciousness. I had the time, and I was in an environment where I could spend this time.

I felt I was the luckiest human in the world. My whole being was radiating bliss and the power of love. I felt in one way like an astronaut going into space.

I was exploring uncharted territories of consciousness. I saw that the power of love exists inside of us and we can tap into it consciously. We are so much more than our bodies.



At times I experience a power more powerfully than any power in this physical universe. I saw a brilliant light that existed everywhere and was blinding.

This light was loved itself. I heard a loud hum-like noise that was full of harmony. My whole being was drenched in a universal substance that was nectar-like.

My whole being was energized. It is so hard to describe this experience. I feel every human being on the face of this Planet is looking for this. We are looking for the power of love in our lives.

We go out and search for it every moment and we can't find it. We need to look in the right place. I spent from 1971-1979 daily meditating for hours on end.

This gave me a foundation where I could take this experience and integrate it into the world. During this time all of my friends were already finished college, and had families already.

I started 10 years later but in my eyes it was perfect. I built a spiritual foundation in my life. I learned a lot about myself and this universe.

I learned the most important thing that Love is the most important thing to hold on to. We are all here to help each other. None of us is greater.

We are all in the same boat. So let's help each other. We all have different gifts to offer the world. I have years of experience in going inside.



I just want to share my experience with you. We are never alone. We have friends who are looking after us.

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

I just want to be an example. I have nothing to prove or want to convince anybody. I am just trying to live in harmony with this earth and universe.

If you met me you would have no idea of who I am. I don't broadcast my ideas at work. I believe in not forcing any ideas on anybody.

I'm not here to convert anybody to a particular way of thought. I just simply live my life.



SHAMANIC DRUMS + DEEP TRANCE HUMMING MEDITATION > Shamanic Meditation Music for Stress...

7.9M views • 4 years ago

 Meditative Mind

A very different and effective meditation - Humming Meditation along with deep and natural shamanic drums. When you hum, the ...

## Childhood Friends who received knowledge

Buddy Owen



What can I say about Buddy? I have known him since junior high school. Buddy was quite the character.

I remember Buddy riding a bicycle to my house carrying a backpack. Inside was vegetables and a juicer.

He made vegetable juice for my brother and me I. Buddy started to mediate after I came back to India. He was on the forefront mediating way before it's time.

John Slowsky



[Talk Story With John Slowsky](#)



My partner John Slowsky and I were both too ahead of our time. We developed in 1986 the first Visual Real Estate program. Imagine searching for a house.

Photos of all the houses would appear on the screen. Click on the house you like and it would take you on a tour of the house.

At that time the real estate market was quite archaic. They said we take all our clients to search for a house by car.

We said this tool can save you and your clients time by narrowing down the search. We told them that in the future everyone including your Grand Ma would be using this tool.

Voila, the entire world real estate market has tools just like this.

We won awards at trade shows but it was too advanced for its time.



My dear friend John Slowsky, Matt Rauch and I developed OnMaui.com in 1996. It was quite revolutionary for its time. John did all the graphics for the site.

Since then John has been at the forefront of graphic design. Check out <http://slowsky.com/>.

We developed 3 virtual towns in Maui. Makawao, Paia, and Lahaina. Imagine back then we didn't have a Google walkthrough of towns. John and I developed something similar to what we have today.

For example, I took photos of the towns in Maui. John then stitched together the photos. Back then VRML(virtual reality markup language) was just taking off.

By the way, it didn't make it. We created virtual walkthroughs of these towns. You could stroll down the street and go into surfboard shops and art galleries.

You could even buy things. Years later we have google maps where instead of a person walking down the street they have this car with a built-in camera. They could capture images of our towns in minutes.

A Comprehensive Guide to Products and Services [www.Onmaui.com](http://www.Onmaui.com)

	History & Culture		Valley Isle Weddings		Entertainment & Events		Virtual Towns & Virtual Malls
	Shopping Maui Style		Convention Services		Business		Real Estate
	Gallery Hopping		Places to Stay		Classified Ads		Ecology Non-Profit
	Golfing Maui		Activities & Services		Restaurants		Education Center

[On Kauai](#) [On Oahu](#) [On Molokai](#) [On Lanai](#) [On Hawaii](#)

### Our favorite Sites

For information on being listed in this directory, contact OnMaui [by clicking here.](#)



**HAPA Mix (1992 - 2005)**  
7.3K views • 1 year ago

 Ka Lāhui o Hawai'i Nei

Hapa originally consisted of Barry Flanagan and Keli'i Kanealii. When this duet split, Nathan Aweau joined Barry Flanagan as the ...

3:06:41



**THE ISLAND Music Video by ALLAN THOMAS**  
2.5K views • 12 years ago

 MauiFilms

In the early 1990's after returning from a trip to Hawaii, I heard "The Island" playing on KTWV (The Wave) in Los Angeles and was ...

5:11

## RIP Gilbert Barnes

Yesterday I learned from my brother John that Gilbert passed away last year. I had no idea that this happened. It was last year at this same period that I spoke to him on the phone. Gilbert and I were great friends.

When I came back from my travels around the world I introduced him to the world of meditation. For those of you who meditate you understand the connection, it has for each other.

We didn't socialize much. We had a great common friend Johnny Coontz.

Johnny was our surfing buddy for my brother and me. Gilbert was Johnny's school friend.

I remember a funny incident that occurred around 1989. I was working for the Navy Seals. I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in.

All of a sudden this alien is behind me. He looks like a combination of a human and a reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see?

The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car. I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.

To make a long story short Gilbert and his wife invited me and my wife to a Chinese restaurant in San Diego. Mind you this was only a few days after this incident. Well, I tell my story. It was still totally on my mind. I could see that Gilbert was fascinated by it. His wife did not. I could see it on her face. Well anyway, that was the first and last time we had dinner with Gilbert and his wife.

Years later Gilbert and I had a huge chuckle about this. It seems like true friends can go years without seeing each other. Last year when I talked to him on the phone it seemed just like yesterday.

Ironically it was the last time I talked to him. I was planning to call him in the next two weeks. RIP dear Gilbert. Your ashes are scattered across the universe. A part of you exists inside of me. Thank you for being my friend.

Pat Hubble



Pat learned how to meditate and  
once told a friend he didn't  
realize the mind was so powerful.  
RIP Pat. May we someday cross  
paths again?

## My Twin brother John



When I came back from my travels I told my family and friends about my inner journeys. My brother John was a ski bum and moved to Park City to ski. In July of 1972, Maharaj Ji was having a festival in Montrose Colorado.

On the first day of the program, my twin brother John came to the program. I was pleasantly surprised.

He was living in Utah and somehow he ended up here. In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Maharaj Ji never knew I had a twin brother.

Bihari wanted to play a trick on Maharaj Ji. He got us both together and said "Maharaj Ji look at this. This will blow your mind. He looked over our way and did a double-take.

He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.



My brother and I spent many hours together meditating.

Meditation was love at first sight. We were both having incredible experiences. It was great for my brother to have the same kind of experience.

He admitted when I came back from my travels he didn't know quite what to believe. I guess the taste is in the pudding.

## Friends

Katharita Parsons Lamoza



loved that idea.

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



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



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



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

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

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

I remember that one time Katharine and I did a 15-course Indian feast for a fundraiser. Around 200 people came. We had a few volunteers and it took us around three days to cook.

It was so much fun. Katharita took time off from her family. I loved how she taught. It was so easygoing. I learn more when I'm relaxed. The wisdom just soaks within.

To this day I give tribute to Katharita. She helped bring my cooking level and awareness to a higher level. Thanks, Katharita for being my friend. It's been over thirty years since we have seen each other. Yet the bond of friendship can never be broken.



GEORGE HARRISON - GOVINDA

2.7M views • 13 years ago

 Roberto Reyes

CANCION GOVINDA DE GEORGE HARRISON TOMADO DEL DISCO Chant And Be Happy George Harrison & London ...

Kali Rodriguez



I first met Kali in India in 1971. We hitchhiked with Kathleen Cook and Tess Davies from Kenya to South Africa.

To this day I wonder why didn't we fly but it was an incredible adventure. Read the chapter travels in Africa. I first learned how to cook Indian food from Kali.

She at various times became Maharaj Ji's cook. Indian food at that time was very exotic and different. Kali taught me the ropes. She taught me the main concepts.



I remember Kali teaching me how to cook dal. Dal is one of my favorite comfort foods.

There is a step where you get a cast iron pan heat some ghee (clarified butter) and place cumin seeds in the pan. The cumin seeds will begin to pop and the room will be filled with this incredible smell of the roasted cumin seeds.

You then add chopped onions, garlic, tomatoes, ginger, and dried chili peppers. This step is called making the chank. You sauté this until the mixture turns golden brown.

When it does this mixture is poured into the dal and makes this incredible sizzling sound. You have to be careful to use the lid to cover the dal so you won't get burned.

Anyway, I have made this probably hundreds of times and I have never duplicated that sound. Now I'm a good Indian cook but Kali has taken it to a higher level. I still remember that sizzling sound in my mind.



Kali has a love and adventure for life. She was a great travel partner. She was easygoing and had a great attitude.

It was an amazing journey. Kali's Grandfather was president of Mexico at some time. Her Mom danced with Ester Williams.

I stayed at Kali's Mom house in the seventies and she was a great host. I could see in Kali a lot of her Mom. This house was at the tip of Baja. At that time this part of Baja was relatively unknown. Not today.



Kali had a great singing voice. She played the guitar and sang these incredible songs. I feel meditation brings the soul to the surface.

When she sang I could feel the sweetness coming from within her. When I think about Kali I can hear her singing.

She had this haunting effect much like the Irish singers such as Enya. Music if done properly is a manifestation coming from God.

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



### Krishna Das - Maa Durga

2.6M views • 9 years ago

 Religious Videos T&T

Artist - Krishna Das Song - Ma Durga Album - Breath of the Heart.



### Krishna Das-Hanuman Chalisa (original)

1.9M views • 10 years ago

 TheCoolie4Life

Krishna Das-Hanuman Chalisa sorry but the lyrics are too long to be posted.

## Kathleen Cook



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



Somehow she bumped into Maharaj Ji and Bihari Singh in the streets of San Francisco. Maharaj Ji was giving a talk there. Somehow the details are fuzzy they asked Cookie if she could drive them to Los Angeles. So she borrowed a beat-up Volkswagen and had the adventure of her life. Maharaj Ji was only 13 years old at the time.

Cookie was one of my traveling partners on the journeys in Africa. She remembers the time in taking a train from New Delhi to Bombay now called Mumbai.



The trains were super dirty and I think I had to sleep on the dirty floor. We reach our destination and we all realized that no one had the directions. I was quite young and naïve (maybe or maybe not).

I had no fear. We get into this taxi and the driver says “where do you want to go”? I said I’ll direct you there. So we drive for about 45 minutes.

I'm getting signals to turn left and turn right. At some point, I tell the driver to stop. We get out of the car knock on the door and guess who's inside Maharaj Ji and Bihari Singh.

At that time we didn't think anything about it. We had faith and at the same time meditation helps to bring up the subconscious where events like this can happen.



While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and started to wave his hands toward one of his Initiators Asokananda.

The hair on his whole body stood up. It looked like he put his hand in a light socket. He was yelling please Maharaj Ji, stop it.

After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more?

Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him.

We all laughed. This was the first time that I spent close time with Maharaj Ji. Cookie and Kali were present in the room. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.

Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water.



I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. On board, the plane was Kali, Kathleen, and Tess.

These were the three girls I traveled with from New Delhi. On board the plane we drank the water from the canteen. All of us got rip-roaring drunk.

I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane.

We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

It was so much fun traveling with Cookie. We had hardships along the journey but they didn't bother us.

I can't imagine hitchhiking through Africa today. We made it to South Africa. We spent a few weeks in Johannesburg and then Cookie was sent to Durban and I was sent to Cape Town to prepare for Maharaj Ji's visit.

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

I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people.

I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

I stayed a few weeks at home and then I took the Amtrak train from LA to San Francisco with Kali. We go by the Hollister Ranch and a flood of memories comes up.

We arrive in San Francisco and catch up with Cookie. Maharaj Ji came and did a program at the University of Berkley.

I saw Cookie on and off throughout the years. She always inspired me. She loves to meditate. She also became an exceptional chef.

She cooked for many people in Hollywood. I didn't know that until years later.



My daughter Aleia lives in Ashland Oregon and we visit her about twice a year. Well, guess who moved to Ashland? Yep, Kathleen Cook.

We have seen each other a few times in the past few years. I have taken her to an Indian restaurant a few times

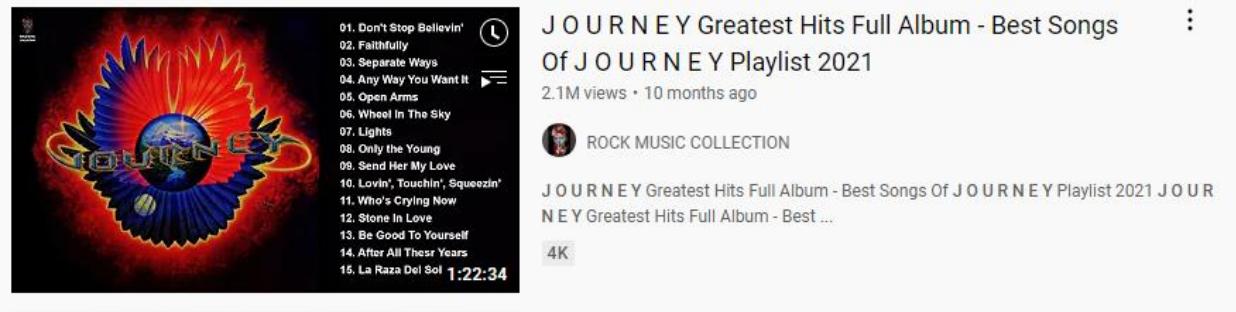
and she came to my birthday party at a Mexican restaurant on Christmas Eve.

My Mom had Mexican food on the night I was born and it's a family tradition.

It's always a delight of being with Cookie. She lights up the room. I love her laugh. I can hear her soul coming out.

Cookie keeps up with the current events in the world so the conversation can be quite lively. We talk about old times and how

fortunate we are. I'm so glad that she is the web in my life. Cookie from the bottom of my heart thanks for all you do.



## David Humphrey



I first met David when I was eighteen years old. We were both in India in an ashram named Prem Nagar.

We became instant friends. There is where the thread of life ties us together.

A year later I introduce my brother John to David. They become instant friends. Many people think that all of us are brothers. David has carried on the tradition of being a world-class jeweler.

The following is excerpted from an article by Robert Weldon for Professional Jeweler magazine.

Years ago, before he had a storefront, Humphrey quietly sold ancient treasures and select gemstones to a few chosen customers in Los Angeles. During this time, he would visit Richard T. Liddicoat, chairman of the Gemological Institute of America and a friend, mentor, and inspiration. GIA staffers recall looking forward to Humphrey's visits and the treasures that would tumble from his pockets one by one: an Art Deco cat's-eye pin, a magnificent Paraiba tourmaline. His store today captures that same sense of mystery and wonder.

Humphrey believes in the power of connections and started to establish them long before he opened his store. In the past two decades, he has forged friendships and business relationships with many people, including museum curators and auction house directors with whom he can share information about ancient pieces he buys or sells. "These people are scholars, consummate experts with high standards," he says.

He also lists several artists in the musical and theatrical fields as his friends and clients. Humphrey prefers to keep the names quiet and prides himself on creating a comfortable atmosphere for everyone in which, to experience the treasures he has to offer.

Flamboyance is not something David Humphrey is comfortable with. Yet his jewelry has graced actresses and music superstars at such high-profile events as the Academy Awards.

The above comments truly reflect David's nature. He simply smiles at life. He has been meditating for 47 years. He truly enjoys the gift of life.



Around 1982 I'm living in Miami Beach. My brother John introduces me to Jerry Whitesides. Jerry is also a surfer.

Ten years later he is married to David's ex-wife. When I moved back to California I would go to Oxnard and surf with my brother and Jerry.

David only lived a few blocks away in the Palisades. I'm living next door to the Self Realization fellowship center. This is a meditation center opened by Paramahansa Yogananda in the 1950s

Well, our family moved to Maui in 1991 Jerry lived on the Big Island with his wife Nina who was David's ex-wife.



Some people loved resorts to chill out. Jerry was renting a resort. For around a thousand a month he got an incredible deal to rent this gorgeous house and property. Imagine on his property were two pools. A saltwater pool and a freshwater pool.



Right next door was a famous surf spot called Lymans. We could paddle right from his house into the lineup.

The wave was a left point break where you could get incredible rides. Usually, at unknown spots, it takes time to become familiar with fellow surfers. Jerry introduced me to them and I got to have some incredible waves come my way.

My family slept outside on the porch where there was a comfortable bed. The sound of the ocean would be heard the entire night. This is paradise. Nina and my wife Barbara became instant friends.



Jerry and his family took us twice to Waipio valley. To get to the valley you had to take an extreme step road down to the valley. It was one of the steepest roads I



have ever seen. Here's an excerpt from the website of the most dangerous roads in America.

Waipio Valley Road is a short steep road in the Big Island of Hawaii, restricted to 4x4. I

t is the steepest road of its length in the United States. The road is steep

enough to destroy brakes on the way down, with some 45% grade sections.

The road is difficult and it's a nightmare in the wet or dark (or both). It links Waipio Overlook at the western end of Honokaa-Waipio Road (state route 240), down into the Waipio Valley, in the Hamakua District.

While the road is now paved and only about  $\frac{3}{4}$  mile long, the 25% average grade (said to be up to 45% at some points), taking the road about 900 feet down to the valley floor, is steep enough to destroy brakes on the way down, and stall engines on the way up.

The road is therefore restricted to 4x4s (which you'll need anyway to navigate the unpaved roads on the valley floor), and hikers with strong legs. This road is not for the faint at heart.

It is a forty-five-degree angle down and the only way to make it is with 4WD in low gear. It is a single-lane road and folks going down have to yield to folks coming up.

I will never forget the great hospitality of the Whiteside family. Jerry passed away about ten years ago. RIP Jerry. I will never forget you and the incredible times we had together. You touched many people's hearts.

Our journeys go on. I give my love and gratitude to David and the Whiteside family.

## John Roberts



I first met John through my friend Buddy Owens. I had just returned home from my journeys around the world. Buddy was living with some friends and I became friends with them.

They are learned how to meditate. John was an incredible person to be around. He loved life to its fullest. He had quite a humble and loving demeanor.

John smiled at life.

Once again the web of life connects us all. One of Buddy's roommates is Bob Haxton who thirty years later is living in Ashland Oregon. We have the same spiritual path with two identical teachers.



John and I decided to take a surf trip to Mexico. John had this incredible VW Camper. John just bought the Wing's first album and we would play it over and over.

We drove from California to Mazatlan. We spent a day or two there and traveled to San Blas



San Blas is famous for Matanchen Bay. This can be the longest wave to ride in North America. On a good day, you can ride a wave for over a mile.

I have never seen that yet. I see the potential. I have ridden tiny waves for probably a quarter of a mile.

John and I surfed at this river mouth just outside of town. It was always consistent. We had it all to ourselves. Great fun lefts were had by all.



We continued our drive to Puerto Escondido. I was there a year before but I had no surfboard. This surf spot is for experts only.

The waves can be huge. Even on a small day, the waves break extremely hard and violently. We got some incredible

waves. Back then it was an unknown surf destination. Today the entire world knows of this surf spot.

John was a great surf partner. We had adventures along the way. Our goal was to go to Central America. One night, while we were sleeping someone, stole John's surfboard.



We drove on a dusty dirt road to Oaxaca and visited Monte Albán a famous pre-Columbian archaeological site



We also visited the Tule tree. It's believed that the tree is about 2,000 years old. Local legend holds that the tree was planted 1,400 years ago by a priest of the Aztec storm god.

According to National Geographic, it is the inspiration for an annual festival in Oaxaca celebrated on the second Monday of October.

We spent a few days there and drove to Mexico City. I lived there for two years



Our house was across the street from Chapultepec Park. I enjoyed seeing my Mexican friends. They welcomed John and me into their household.

I will always cherish my time with John. The last time I saw him was ten years ago in Ashland Oregon.

Michael Shurtz	Fuzzbee Morse
	
<p>I have now Michael for over forty-plus years. I love his Facebook post. Michael is extremely creative. We first met in Los Angles in the early seventies. I love the art that he does. He thinks outside of the box. Yes, Michael loves to meditate.</p>	<p>Fuzzbee was born with a guitar in his hand. He is a musical genius. On top of that, he loves to meditate. What a great combination! I haven't been in contact with him in many years yet I read his Facebook posts. Fuzzbee is still having the time of his life.</p>

John Sumerville	Suzy Witten
	
<p>What can I say about John? John was smiling when I first met him in the seventies. John was smiling in the eighties. Fast forward 20 years and John is smiling today. Yes, John loves to meditate.</p>	<p>I haven't spoken to Suzy in many years. Many of my close friends are good friends of hers. I remember she had a great singing voice. I always loved her sense of humor.</p>

Susan Stiffelman	David R. Wilbur
	
<p>My brother John and Hanalee were good friends of Susan. Last time I saw her was only a few years ago in Kansas City. I met her Mom. She was a divine character. I'm sorry to hear that your house burned down in the Malibu fires.</p>	<p>My brother John and I like David. We first met him in the early seventies. I remember he had a great sense of humor. Yes, he loved to meditate. Another great trait. I haven't seen nor heard any news in many years.</p>

Randy Lamont	David Nelson
 <p>Here's another adventure in the web of life that ties us together. I first met Randy in Portland Oregon in 1973. You can tell by this picture he loves to laugh. Twenty years later I'm living in Maui. I'm in a seminar and guess who walks into the room? Good old Randy.</p>	 <p>I first met David in Seattle in 1973. I was living in Portland. Rennie Davis was going to speak at a college campus in Seattle. This is where I met David. David is an exceptional artist.</p> <p>Here's a Facebook post from David.</p> <p>Along with over 300 other artists in the greater Los Angeles area I submitted work to be considered for this year's LA OPEN Exhibition, juried by James Panozzo.</p> <p>I was happy to receive this email:  <b>Congratulations!</b> You've Been Accepted Into the 2019 LA OPEN Exhibition!"</p>

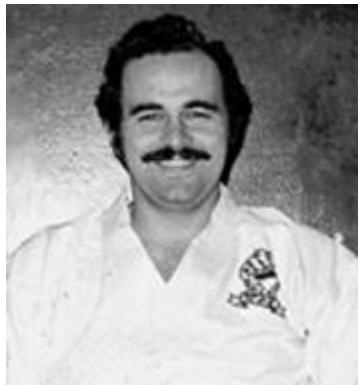
	<p>“The juried exhibition will serve as a gateway for a diverse range of artists in the greater Los Angeles area to display their art works on Museum Row, home to four major Los Angeles museums.”</p> <p>The reception is this Saturday, January 5 from 5 - 8 PM. You’re invited!</p> <p><a href="http://taggallery.net">taggallery.net</a></p>
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Paula Wenger	Michael Paragon
	
<p>My brother and I first met Paula in LA during the seventies. Twenty years later we are in a store in Nevada City and Paula walks into the store. She says Hi Rick and John. That was amazing. By the way, she is also a twin.</p>	<p>My brother John and I have known Michael since the seventies. He has a great sense of humor. Yes, he loves to meditate. Michael has been at the forefront of bringing new technologies for creating water for many years. Great guy.</p>

Allan Thomas	
	
<p>My brother John and I have known Alan since the early seventies. Alan is an incredible singer and musician. He has been playing since he was born&lt;grin&gt;. He lives in Kauai. Alan loves to meditate, windsurf and surf.</p>	

My kind of guy. Aloha to you Alan. It's been many moons since we have seen each other.

Joe Lopez



I first met Joe in India. Joe at the time was the owner of a dojo in New York City.

He started this school in the sixties. Joe and his students provided security for Maharaj Ji at the festival in Montrose. I was always impressed by Joe's demeanor.

Here he was an incredible martial artist and he had a heart of gold. He was kind and considerate towards others. He embodied the spirit of martial artists throughout history.



When I lived in New York Joe told me the story of how he got involved in Tai Chi and Qigong.

One day he meets a Tai Chi master in the early seventies.

The master says "hit me in the stomach as hard as you can". Joe says "I won't do that I could kill you".

The Master says "no you won't". So Joe hit the master and nothing happens. The master says now it's my turn.

The master doesn't even touch Joe but his hands sent energy through them and send Joe crashing into a wall. That's how Joe gets introduced to Tai Chi and Qigong. He has been practicing ever since.

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

Joe has combined meditation and his martial art practice to refine himself for over 50 years. I like that.

I just found out as I was writing this on May 7 that today is Joe's birthday. I haven't seen or spoken to Joe in over thirty years. Happy Birthday, Joe !!!.

Here's a description of his classes.

Description: Our teacher, Joe Lopez, is an accomplished Tai chi, Qigong, Internal and External Fighting Arts Master. He has been holding a very friendly Qigong class every Saturday (9:30-10:30 am) at Goose Egg Park in Santa Monica, CA for over 35 years (he has been doing martial arts for over 50 years).

The location is 600 Palisades Ave., which is at the corner of Palisades St. and 7th St. one block North of Montana Ave. This class will fill you full of great feelings energy and well-being while we breathe in the fresh ocean air.

The group is very mutually supportive so we all maximize our learning and practice. Anyone can do it. All levels are welcome.

Qigong is an easy relaxed set of movements that promotes energy awareness and internal energy development for general well-being, healing, and martial arts.

We generally practice one style for a while before moving on to another aspect; so it's always fresh and advancing. Many students have been here throughout the years and newcomers are always welcome.

Come and check it out. The class is from 9:30 am to 10:30 am every Saturday. The cost is \$10.00 per class. You will find us under the pine tree. Private classes on Tai

Chi, Push Hands, Sword, Saber, and Qigong are also available contact: Joe Lopez  
ph 310-394-1458

## Mark And Geraldine Lowenherz



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

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

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

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

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

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

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

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

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

## My First Girl Friend



Before I met Anna Carney I never had a true girlfriend. During my high school years, I had a hard time with the way we operate in society.

For example, many of my friends would see a beautiful girl and say “wow I wish I could get laid by her”.

They would complement a girl by her breast size or judge someone who was overweight.

I guess I saw life differently than my friends. I knew this life was sacred. I knew that to know God wasn't to go to Church on Sunday for an hour and then the rest of the week you could do anything you want. Knowing God isn't a token.

You don't just unconsciously go through the motions. It's a moment-by-moment, day-by-day, year-by-year affair.

At times I was quite lonely in high school. All my friends had girlfriends yet I never did. Girls liked me but nothing ever developed.

I think I only went on two dates in high school. I realize the loneliness was my soul calling out to me. At times it seems

something external will fill the loneliness but it never will. The cup must be filled from within. Being young I didn't know that.

I first met Anna in an ashram in Mexico City. She was from Ireland. Anna caught my attention.

She was on the same wavelength as me. She loved to meditate. She was fun and loved the adventure of life. Anna had a great heart and soul.

She was funny. She was smart and she had wisdom. Also, she loved to cook.

Anna was kind. She had the maturity and understanding that life is sacred. So over time, we fell in love.

I remember once I need to renew my visa for Mexico. Anna and I took a train to Guatemala.

I still remember at the border crossing this American boy around 10 years old with a beautiful parrot on his shoulder. My first thought was this boy already knows about life. I could sense that traveling was his education.

We spent a week or two in Guatemala. I always will remember Lake Atitlan. What a beautiful Lake.

The lake is surrounded by mountains and volcanos. I loved the Mayan people. They were short. Most of them were under five feet tall. Most of all they were happy and content.



They come from an incredible lineage. The Mayans at some point in time developed calendars that made the Gregorian calendar look primitive. Yet we think they were ignorant and lived in the Stone Age.

Anna and I visited Kali's Mom. She had a house in Baja California. Along the way, we stopped off at Matanchen



bay. This bay was known by surfers since the sixties. On a good day, you can ride a wave for almost a mile.

The only drawback is at sunset and sunrise the no-see-ums come out by the millions. One day we took a walk up the point, past the bay.

At some point, both of us realized that we should turn around. We couldn't quite pinpoint it. We turned around and start to walk back to Matanchen bay.

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

At some point, Anna and I thought we were going to get married. It is a custom in Ireland that the man asked the daughter's father to ask for the hand in marriage.

So I did. Anna went back to Ireland to visit her family. We were going to meet in Toronto Canada in a month. I remember Anna comes to Toronto and we are staying at this elderly couple's house.

She made this dumpling soup that I still remember today. It was the best dumpling I ever had. We met Richard from White Rock British



Columbia. He was driving back home and said we could travel with him if we liked. We did. I remember traveling at night and an avalanche occurred as we were passing. We were at the right place and at the right time. If we were off by thirty seconds we would have

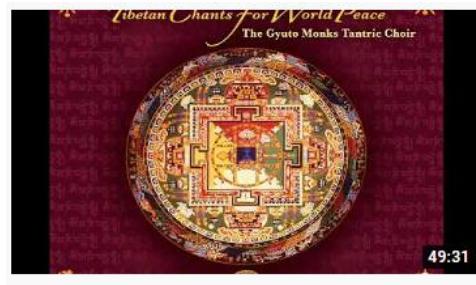
been covered in snow.

We ran into Mahatma Rajeshwar and Bill Paterson. They were going to do a TV interview and asked us if we wanted to come. We spent a few days there.



Bill gave me a copy of a book about Milarepa. He was Tibet's greatest Yogi. The Kagyu lineage still exists today. In fact, in Ashland Oregon, there is a beautiful temple that comes from the Kagyu lineage.

*Bill*, unfortunately, died about 10 years ago. He was well known for his kindness.



Gyuto Monks Tantric Choir: Tibetan Chants for World Peace

921K views • 7 years ago

Andrea Johnson

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Mandala Offering | Praising Chakrasamvara | Blessing the Offerings | Great Sacred Music



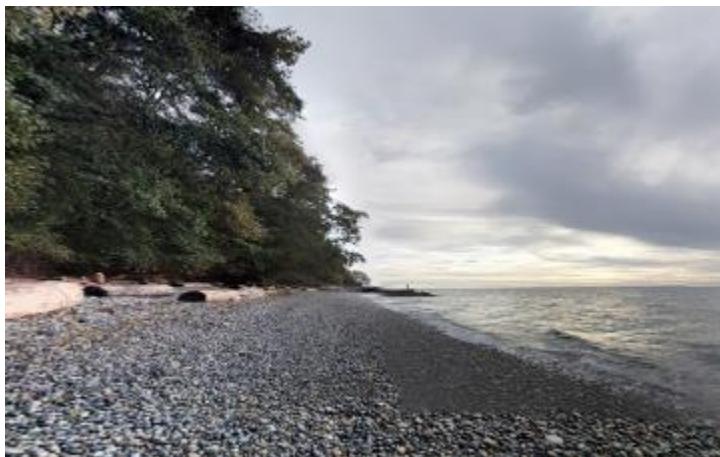
We made it to British Columbia. We stayed at Dr. Michael Klaper's house. He has been on the cutting edge of health for over 40 years. Mahatma Rajeshwar and Bill Paterson came to visit our house. We made this incredible Indian meal for Canada's thanksgiving. Bill

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



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

loved my company.



used.

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

At some point, Anna decides to move to Nelson BC. Quite frankly I felt lost for a while. I didn't have the maturity and life experience to cope with this. You can't put your happiness and love into someone else without having that inside of you.



nobody can fill you up. I learned that you can't hold on to something forever. Everything changes. Our relationship was never the same.

I spent around 6 months in Nelson BC. We stayed in a beautiful Cabin built by a friend of ours.

Bill School his wife and his son lived there. Nelson was an incredible place. I love the town and the people. Many of the folks were involved in meditation in one way or another.

The first time I ever saw fireflies was in Nelson. I was captivated by the flashing of the lights.



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



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

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



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

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

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



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

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



FULL ALBUM – SONGS IN THE KEY OF LIFE (Stevie Wonder)(1976)

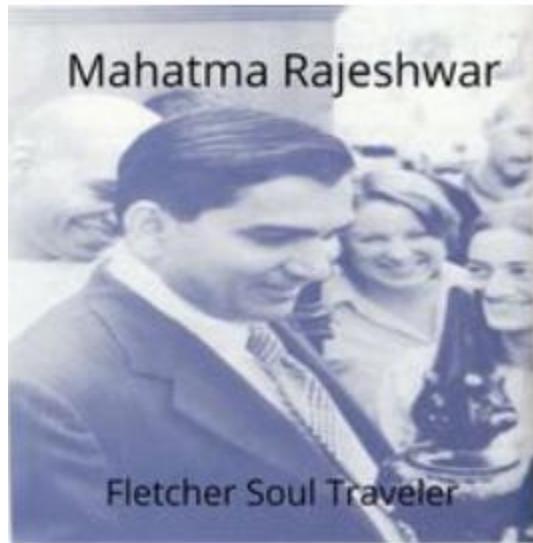
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[Stevie Wonder ~ Love's In Need Of Love Today • 7:11](#)

[Stevie Wonder - Have A Talk With God • 2:47](#)

[VIEW FULL PLAYLIST](#)

Mahatma Rajeshwar



I just learned a few days ago that Mahatma Rajeshwar passed on.

Joan Apter was kind to post on Facebook.

Rajeshwar was loved by thousands of people.

He had a great heart. He was kind, compassionate, and full of love.

In his early days, he was a great judge in India.

He was a beacon of light to all.

People from all around the world have written about their love for the man.

He was wise and practiced what he preached.

Rajeshwar was extremely funny and loved to laugh.

His most famous quote was “a meeting without eating is cheating”

To this day there are probably thousands of people who remember his quoting this.

I remember one of Canada's Thanksgiving days when he came to cook for around six people.

He was an incredible cook.

I will never forget the laughter and sense of family among us.

Everyone would consider him a friend.

He had a way to make you feel good about yourself.

I look back and we were all quite young and naïve.

Yet he had a way to embrace all around him in kindness.

Kindness is sort of lost in the world today.

Yet I love the theory that death is the scattering of ashes throughout the universe.

This means that the true essence of Rajeswar exists inside of us.

His body may be gone yet his soul is eternal.

He has gone back to the source of all.

Our sweet memories of him will live forever.

Until we meet again.

RIP Bihari Singh



Joan Apter posted this on Facebook a few days ago.

Bihari Singh passed away peacefully in Jaipur at 2.30 PM on March 05th, 2020. His funeral procession will take place on March 06 in his birthplace Ramsingh ki Dhyani near Kot Putali.

I met Bihariji in 1969 in Dehra Dun, India when I first knocked at the door of Prem Rawat's residence. He traveled to the west with Prem in 1971. We called him hanuman because of his great love and his great strength! He was almost 90 years old. Fly free dear Bihari, feel all our love with you!

Update: just got this YouTube interview of Bihari. Super powerful!

<https://youtu.be/VmrYrbsDQAs>

The following is Richard's experience with Bihari Singh

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

Fast forward to the present we have cooking shows like chopped where they have 20 minutes to cook a dish. They hurry around in the

kitchen and slap together a dish to be judged. The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food.

How about fast food restaurants like Burger King? This is a profit-driven company. Do they cook with the concept of cooking the meal for the lord? You can answer that question yourself. Bihari Singh brought this incredible practice to the west. From the very beginning when Prem first came to the West he helped teach many different westerners about Indian cooking and the philosophy of cooking from love. I had the joy of watching him cook in India, South Africa, and the United States. He was a master in the kitchen. I know a few of his students and boy can they ever cook. I would rather have a meal cooked by them than any professional chef in the world.

Here are some of my favorite moments with Bihari.

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

One day we went to the Cape of Good Hope. It was an incredible sight to behold the Atlantic and the Indian Ocean merging at one point. I remember at one point Prem and the group had a race to get to the top

of these stairs. I couldn't believe how fast he ran. He beat all of us by a long shot. I thought with all of my training I was fast. When I got to the top I was breathing quite hard.

Prem was hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Prem, his longtime bodyguard Bihari Singh and myself.

We placed our arms on top of each shoulder (just like kids) and said cheese. It was a great moment. Bihari had a twinkle in his eyes. He was saying nonverbally "wow betcha you will never forget this in your life. This was 48 years ago.

During the eighties, I lived in Miami Beach. Alex Shea, Bihar, and I would play tennis a lot.

Many times we would go to Bihar's house and cook incredible Indian food. We would first watch a Bollywood movie. We had so much fun. I will never forget it.

I read on Facebook hundreds of people talking about their love for Bihari. Each one was touched by him. He had thousands of friends all around the world. RIP Bihari. You are home with your beloved Swan.

## Synchronicity

Yesterday I posted my story from Katharita. I got this wonderful message back from my dear friend Charlie

Saw your posting about Katharita

I met her in Peru in 1973. She was cooking for Rajeshwar who gave me Knowledge. He invited some of us to eat the food she cooked for his dinner

Delicious

Very nice girl

Was very impressed with her

Good to hear about her

Thank you for sharing Rick, it gave me a very good feeling this morning

Synchronicity is in the air. Today I'm bringing my story of Mahatma Rajeshwar passing over a year ago. What are the odds of this? Charlie told me his story about meeting Katharita in Peru many moons ago. 1973 to be exact. Mahatma Rajeshwar gave Charlie knowledge.

I have written about 600 family and friends. I then in two days write about Katharita and Mahatma Rajeshwar. What are the odds? There is a string that ties us all together.

## More Spiritual Friends

Joan Apter	Mark Putnam
 A photograph of Joan Apter, a woman with short, curly hair, wearing a blue top and a necklace, sitting on a rock in a field of purple flowers.	 A photograph of Mark Putnam, a man with short, light-colored hair, wearing a light blue polo shirt, smiling.
<p>Wow, Joan has 4,977 friends on Facebook. I first met Joan when I was eighteen in India. Joan truly loves life and loves to meditate. I haven't seen her in over thirty years.</p> <p>Yet every year on Facebook she sends me an incredible birthday card. Joan is a legend around the world. You may not have known about her but she is instrumental in helping so many people discover their true nature. I loved spending time with her. Keep on writing those Facebook posts.</p>	<p>I first met Mark in Bethesda Maryland in 1977. Mark has a keen sense of humor and a great laugh. Of course, he loves to meditate. I love to read his posts on Facebook.</p>

Nancy Brown	Gwen Herrington
 A photograph of Nancy Brown, a woman with long, dark hair, wearing a red jacket over a dark top, standing outdoors.	 A photograph of Gwen Herrington, a woman with blonde hair, smiling.
<p>I first met Nancy in Denver in 1972. I always remember the great times we had talking together. Fast forward 30 years and she is living in the same town Pacific Palisades. It was a great</p>	<p>I first met Gwen in the seventies. Here's another web that ties us together.</p> <p>Gwen best friend on the big Island is married to Eric Weiner who I have</p>

<p>time reconnecting. Since then she has live in Santa Fe New Mexico. My old stomping ground in the seventies. I will always treasure such a unique person. Someday I would love to meet your husband.</p>	<p>known since junior high school. What a small world? Gwen is also a great friend of Kali who I had many incredible adventures with. I have many fond memories of Gwen. Aloha. Sending love to you and the Weiner's</p>
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<p><a href="#">Richard Sann</a></p>	<p><a href="#">William S. Fairchild</a></p>
 <p>Richard is a great friend of my brother John and Hanalee. They have known each other since the seventies. Recently they had a chance to spend time together after many years. Richard thinks outside of the box. He has been teaching and learning shamanic wisdom for many years.</p> <p>Thanks, Richard for the friendship we have shared.</p>	 <p>RIP Billy. Billy was an incredible character in life. Thousands of people knew about Billy. He had quite a sense of humor. Billy loved life and life loved Billy. He had quite the heart. I spent many moments in various parts of the states with Billy.</p>

<p><a href="#">Tim Gallwey</a></p>	<p><a href="#">Arthur Brigham</a></p>
 <p>Here's what an article describes Tim Gallwey.</p>	 <p>I first met Arthur in the seventies in Denver Colorado. I haven't seen him in</p>

<p><b>The Inner Game Of Everything: Why Is A Four-Decade-Old Tennis Book Still A Self-Help Sensation?</b></p> <p>A Harvard English major wrote The Inner Game of Tennis in 1972. A million copies later, its ideas are still some of the most influential in sports — and beyond, taken seriously by actors, politicians, and even sex researchers. What's its secret? Maybe there is no secret.</p> <p>I first met Tim in India in 1971. I was 18 years old. Just a kid. With his meditation practice, Tim has the insight to write this book and launch him into a highly successful career. In the seventies, I spent some time with Tim. He was always an inspiration to be around.</p>	<p>many years. In the last 7 years, we have reconnected through Facebook. I love to see that he is married and has a family. He lives in Japan. We both love to meditate. When he talks about his family I can see it bring him such pleasure to his life.</p>
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Doug Bernard	Karol Scherr
	
<p>I first met Doug in Portland Oregon in 1973. I liked him. I remember that he asked me if the world would be around in the year 2000. I said no. Thank God I was wrong. Doug is married to Mary Dours who I spent time with in Florida. Once again the thread of life that ties us all together.</p>	<p>I met Karol in Portland Oregon in 1973. As you can see she has bright red hair. Karol was a delight to be around. She sparkled life all around. She was always in a good mood. I treasure my time with her.</p>



## About the Rainbow Gypsies

In 1969 a band of self-styled hippie gypsies, clad in rainbow rags and waving their freak flag high, dance their way around the world, from their homes in America to an ashram on the banks of the Ganges. Set in the psychedelic 60s, the Rainbow Gypsies is a unique journey that simply could not be made today.

[Read More](#)

### Lothar and Ricardo Delgado



I first met Lothar and Ricardo in India in 1971. They were part of the Rainbow Gypsies. They were incredible dancers and danced around the world. Both of them learned how to meditate and still practice today. I have many fond memories of them. They were older than I was. I remember a great party I attended in Miami Beach in the mid-eighties. Their house was on the beach. Great time for all. Both of them love the adventures of life. Love you guys.

### David Richman



David recently wrote a book on Wilt Chamberlin. When he was around 10 years old he stayed in his house for a

year. David wrote an exceptional and wise book about him. I never knew the depth of Wilt's wisdom. David and I had a great friend in common Richie Ingui. Sending my love to the Richman family. It's been many moons since I have seen you.

Charles Cameron	Yoram Weis
	
<p>I first met Charles in India in 1971. He was from England. He graduated from Cambridge. His passion was writing and poetry.</p> <p>Charles had a great sense of humor. You could say it was almost dry. British style. I have many fond memories of him. He was a great public speaker and storyteller.</p>	<p>I have known Yoram for many years. He is very inspirational to me. Each year on my birthday he would message me a birthday greeting. Here's an example of the latest one.</p> <p>Happy Birthday, dear Richard,    There is a synchronicity in this universe – with each cycle around the sun, your heart rises with more beauty, deeper wisdom, and ever sweeter love. May the richness of your heart expand every space in your life, and light them all up with the abundance of your gifts and your kindness.</p> <p>Happy Holidays to you     Yoram</p>

Randy Marder	Jacques Sandoz
	
<p>I first met Randy in LA and then in India. My brother John and I have many great memories of him. He loves life. Randy loves to restore old houses. He also loves to meditate. My heart goes out to Randy and his family.</p>	<p>I first met Jacques in India in 1971. He comes from Switzerland and has a brilliant family.</p> <p>His Uncle Albert discovered LSD in Sandoz labs in 1939. Jacques was a filmmaker. I had many incredible times with him. He was a giant for his time. Extremely progressive in his thinking.</p>

### Mahatma Ashokanand



A few months ago I got a FaceBook request from Ashoka Kumar. I didn't think I knew who he was.

Yet a few weeks later I see a post from a dear friend Jacques Sandoz. In it was a picture of Mahatma Ashokanand and I found out that Mahatma Ashokanand and Ashoka Kumar were the same.

Life is a riddle. I haven't seen him in 48 years. I knew him in the early seventies.

Since then we have talked a few times. He is eighty-nine years old. Yet he still rides a bicycle every day. He said he averages about 40 kilometers a day.

I was quite impressed with the youthfulness of his voice. He has a yearning to always gather wisdom. We talked about mutual friends.

He received knowledge from Prem's father Shri Hans in 1956 a year before Prem was born. He has been meditating ever since. I could tell by his voice the wisdom of meditating for all those years.

I find it quite interesting that when I lived in the House Of the Future in 1955 Ashokananda was also quite futuristic.

This is a quote from Ashoka.

I completed my MSc in Physics from Patna University. Patna University is called by the British in India 'the Cambridge University of The East'.

The entire campus of the University was constructed and designed and established by the British in 1921. In 1958 I talked to the head of the physics department about using the radio as a communication device.

This sounds like a modern-day cell phone to me. There aren't many students of Shri Hans around. He has lived quite a fascinating life.

Here's one of my favorite incidents with Mahatma Ashokananda.

Asokananda Incident



While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and started to wave his hands toward one of his Initiators Asokananda.

The hair on his whole body stood up.

It looked like he put his hand in a light socket. He was yelling please Maharaj Ji stop it.

After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being the eighteen kid that I was I said Maharaj do you want to zap him once more. Maharaj Ji said sure and

for just a fraction of a second, he raised his hands and put electricity back into him.

Maharaj Ji was electrocuting him. We all laughed. This was the first time that I spent close time with Maharaj Ji. There were only a few westerns there.

It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.

It is a great pleasure to renew our friendship. True friendship goes beyond time and space.

## NY Friends

Jenny Dowd



Well, it's a brand New Year. It's 2019. I've been thinking about this story for some time now. When I was young I read the Autobiography of a Yogi. This was about the life of Paramhansa Yogananda.

I was mesmerized by the book. He used the scientific laws of the day to describe spirituality. I loved the story of how a friend of his said that his life was based on hocus pocus.

To make a long story short Yogananda challenges his friend to a test. They would buy a one-way ticket to a town around a two-hour train ride. They would carry no money. They would not ask for any help along the way. In the book, they go over great detail about their journey.

His friend freaks out constantly yet many incredible events happen along the way. They are completely taken care of. This took place in the early 1900s.

Fast forward to the mid-seventies. Jenny and I are driving to the airport and our passengers are a group called One Foundation. They are an incredible band. All their equipment is in the van.

Somehow along the way Jenny and I somehow decided to go to Switzerland. One Foundation was going to a festival that Maharaj Ji was attending.

Mind you here are the obstacles. We had no money. We had no extra clothes. We had no passport. We had no airline tickets. We were simply dropping off the band at the airport.

Well, we watched minor miracles take place. I won't tell the whole story. It's quite elaborate. Anyway, we get our boarding passes and the members of the band couldn't believe it. It was quite the journey. Jennie met some people from Greece and stayed with them in Greece for around a month.

Many people would think that this is a crazy thing to do. Yet this has happened many times on my journeys around the world. If you truly trust the universe you will be taken care of.

Many times it would be not what you think should happen. I carry this truth in my daily life. We all hit potholes in this journey of life. Our experiences on how we react often determine our state of awareness.

The same event can happen to two separate people. One person will freak out while the other person will simply smile. As George Harrison once said all things must pass.

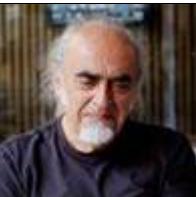
To be honest, at the time I truly had no idea what he was talking about. It was a foreign language. After many moons, I understand these wise words. My life has been a blessing. I have had many incredible learning lessons along the way. This is the tip of the iceberg.

I will always remember Jennie. I wish I met her Father. Jennie acquired many of his traits. I enjoy reading her posts on Facebook. Jenny, you have a special place in my heart.

Carine Fabius	Fran Matos
 A portrait photograph of Carine Fabius, a woman with dark curly hair and glasses, smiling.	
I first met Carine in 1977. Carine enjoys life to the fullest. I have many great memories of her. Her best friend at the time was Fran Matos.	I used to take lunch breaks with Fran when she worked for either CBS or NBC. She worked for a powerful executive at that time. We would go to a huge church and meditate. I loved her Mom. I haven't talked to Fran in

	many years. Anyone know where she is?
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Sprice Drury	George Merchan
	
Sprice was another person with who the web of life binds us together. I knew her during the seventies. Fast forward thirty years and she is on several conference calls with my brother John. It's a small world. I love reading her posts.	George was another person who had many close friends of mine. Many Latin people loved to meditate. George was one of them. Fast forward 40 years and George and I are on Facebook. George is one of the few people who constantly responds to my post.

Tugomir Matić	Richie Niles & Linda Pollock
	 
Tugomir originally came from Russia many moons ago. He was an incredible concert pianist. As I	As I remember them they were peas in a pod. They were incredible singers together. Both of them had an incredible sense of humor. I remember the audience laughing and clapping during many of their songs. Great hearts. I still read their Facebook post forty years later.

remember he defected while on tour. Turgomir loves to meditate. Fast forward forty years and I'm seeing his life once again on Facebook.



## Talk Story With Richie Niles Pollock

Fletcher Soul Traveler

Linda Gross	Steve O'Neil
I first met Linda in New York in the mid-seventies. She was just learning how to meditate. Fast forward forty-plus years. She still loves to meditate. I feel the web of life tying us together through the years. We may have not seen each other in many years but the thread never gets severed.	RIP Steve. You lead life to the fullest. My brother John and Hanalee had great memories of your visit to Oxnard in the seventies. You were a great roommate. I will never forget your humor and laughter.

Ira Woods	John Campbell
Ira was another person who during the seventies and early eighties was in my area of life. We weren't friends per say	John worked in the food co-op in Queens. Many of my friends worked there. John knew the open-air markets

<p>yet we both loved to meditate. Ira has a passion for life. Fast forward forty years and I read how Ira helped his wife leave this planet in dignity. It was a tremendous and heartwarming story. It shows the love that he has inside.</p>	<p>in Brooklyn like nobody else. I have many fond memories of John. For a while, we lived in the same house. RIP John.</p>
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<p><a href="#">Susan Hubly</a></p>	<p><a href="#">Stuart Hoffman</a></p>
	
<p>Wow, Susan Hubly. She was inspirational to me. Susan was extremely kind to all. That was her nature. Combine that with meditation and you become super kind&lt;grin&gt;. If you have read my book on kindness this is probably one of the best traits to have. I read with joy her Facebook post. We haven't seen each other in thirty years.</p>	<p>Stuart was amazing at playing the keyboard and singing back in the seventies. Fast forward forty years and he is still amazing. I love this Facebook photo of his. He sums it up. His music comes from the universe. Yes, Stuart loves to meditate.</p>

<p><a href="#">Mickey Cottrell</a></p>	<p><a href="#">Steven Soffer</a></p>
	
<p>Mickey was definitely was a character. He had a heart of gold. I have</p>	<p>I once went to Steve's house for dinner in 1978. I still remember clear as day after dining Steve and I go</p>

many fond memories of him. He worked in the film industry for many years. He loves to meditate. Fast forward forty years and I'm reading his Facebook post. Great person to know.

into the kitchen and he makes a smoothie out of soybean ice cream.

Steve and I are on the same wavelength in life. We both love to meditate. Steve has been practicing preventive medicine since the seventies. Here's a photo from one of his posts. Thanks, Steve for you and Cathy being in my life. Both of you are an inspiration.



Richard Fletcher [I like that.](#)

[Like](#) · [Reply](#) · 1w



1



Steven Soffer [thought you might.](#)

[Like](#) · [Reply](#) · 1w



Larry Lustbader	Tom Gannon
	
<p>The more I know Larry the more I can see the genius in him. I first met Larry in New York City.</p> <p>He invited me to stay at his house. I had another offer. Fast forward forty years and I'm reading his Facebook posts. He loves to meditate. Larry truly enjoys life. He has a thirst to discover his true nature. Keep on laughing Larry.</p>	<p>Tom and I lived in the same house for a while. He was an incredible guitar player and singer. He has a heart of gold. When I read his Facebook posts I can tell he has a deep love for all. Great person. Great-heart. Yes, he loves to meditate.</p>

Dennis Marciniak	Judy Provitch
	
<p>I first met Dennis in New York City. I stayed at his house for a while. I learned that he had a professional football tryout for the LA Rams in the early seventies.</p> <p>Dennis was extremely practical and at the same time loved to meditate. Both brains being used. Fast forward forty years and I love to read his posts on Facebook. Dennis is working on</p>	<p>My brother John and I have great memories of Judy. She was a delight to be around. Judy loved to meditate. It showed in her day-to-day affairs. She loves life and has a deep passion for all.</p> <p>I haven't seen her in thirty-plus years. I love her Facebook posts. Judy thanks for being a friend to my brother and I.</p>

exploring the subconscious mind. Both of us are on the same wavelength. But that is another story to tell.	
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Steve Sitnick	Irene Bettler
	
<p>I once remember a story that Steve told one night. He was riding a bike in Central Park at night. Not too good of an idea.</p> <p>At some point, a group of thieves surround him and demanded his money. Steve says something like help me Maharaj Ji. One of the thieves said I received knowledge let him go. I still remember that 45 years later.</p> <p>Steve and I both love to cook. His profession was cooking. Yes, Steve loves to meditate. I have many great memories of Steve.</p>	<p>Irene loves to meditate. I will always remember the journey we took with Fran Matos. We drove from New York City to Tucson Arizona.</p> <p>Do you remember seeing the five tornados stacked in the sky? I have never seen anything like that. I live in Kansas and fortunately never saw a tornado. Thanks for your friendship. Both Fran and you are in my heart.</p>

Matt Miller	Vinny Verderosa
	
<p>Matt worked at the food co-op. By the way, he loves to meditate.&lt;grin&gt;. Matt</p>	<p>As I remember Vinny was from Brooklyn. I truly love his Facebook</p>

<p>loves music and playing music. Years later I love to read his posts. I love what he has to say and the music that he posts.</p>	<p>posts. We are on the same wavelength. Of course, Vinny loves to meditate. I love to see the different expressions in life and Vinny represents it. He also has his own radio show.</p>
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<p><a href="#">A. Jeffrey Herrmann</a></p>	<p><a href="#">Howard Kent</a></p>
	
<p>I have known Jeffrey since the seventies. Jeffrey could sing solo without any instruments being played and fill the room with his vocals. Great guy. I loved his passion for life. I have many great memories of spending time together. For a while we were roommates.</p>	<p>RIP Howie. Your singing voice was angelic. Everyone loved your humor and laughter. A piece of you resides in my heart. I'm sure you are singing with the universe.</p>

<p><a href="#">Jan Ealy</a></p>	<p><a href="#">Michael Cohen</a></p>
	
<p>Jan was soft-spoken yet he had the spirit of a wild horse. Which means he did things the average person wouldn't do. For example, walking the entire</p>	<p>Mostly I knew his parents. His parents lived in New York while Michael lived in Atlanta. The entire family loved to meditate. I loved his parents. There</p>

<p>Pacific coast trail from the border of Mexico to Canada. Jan would update his posts on Facebook along the way. It wasn't an easy journey but he made it. Jan thanks for being a part of my life.</p>	<p>was always a joy to be around. I still read Michaels Facebook posts. Hey, Michael send my love to your parents wherever they may be in heaven or earth.</p>
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<p>Molly Zimmerman Garvey</p>	<p>David Andersen</p>
	
<p>I remember Molly was probably in her early twenties when I met her. She was extremely wise for her age. I have many fond memories of talking to her. Yes, she loved to meditate. Meditation is truly the string that ties us together. Fast forward forty years and I love to read her post. She is living in California.</p>	<p>David used to play this one song that would send shivers down my brother John's and my back. I don't remember the name of the song. It was over forty years ago. David can tap deep within his soul and create such beautiful music.</p>

<p>Billy Riggs</p>	<p>Elyse Kaplan</p>
	
<p>I loved Billy. He was a great tennis player. His Dad was the famous Bobby Riggs. Billy practiced Tai Chi for many</p>	<p>There was a short period where Elyse and I were boyfriend and girlfriend. I once stayed at her parent's house for a</p>

<p>years with Joe Lopez. I remember Billy was close friends with Paul McClain in the seventies. There was a short time where we were all roommates. I still talk to Billy today. He still loves to meditate.</p>	<p>week. I loved her Mother. She was into the healing arts in the early seventies. I remember in Denver Elyse made this tofu, Chinese pea pod dish with hoisin sauce. It was out of this world. At the time it was probably at the forefront of the culinary world. Mind you this was the early seventies.</p> <p>My heart goes out to Elyse. Wherever you are I send my love.</p>
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### More NY Friends

Shefield Jeck	Teddy Tannenbaum
	
<p>I first met Shef in India in 1971. I have great memories of him. I remember a road trip that we had where we stopped along the way to his parent's house in Ohio. His dad was a dentist. He provided dental care for around 7 or 8 of us. Nice family. They welcomed us with open arms. I was a roommate for about a year with Shef. Of course, he loved to meditate. I haven't seen or heard from him in thirty years.</p>	<p>I stayed in Teddy's house in New York City for a short period. This was in the mid-seventies. Teddy was a kick to be around. I remember one of his famous sayings that when a train is traveling fast through a station you just take off your hat and bow to the train. You are not going to stop the train. I like that.</p> <p>Teddy is a genius at organizing events and business. He has been doing this for many years. I have many fond memories of Teddy. The last time I</p>

	heard from Teddy was at John Baier's house in Malibu for a visit.
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Paul Barringer	Randy Barringer
<p>Once again another story about the thread of life tying us together. In the early seventies, my brother John becomes a good friend of Paul. My brother John would tell me about Paul.</p> <p>Who is this Paul? Well, fast forward a few years I meet Paul in New York City. I worked for Paul for around a year. I remember the great time we worked on his parents' house when they were out of town.</p> <p>We drove back into Manhattan. I remember getting out of the car and closed the door. Suddenly the entire lights went out for the entire city. That was quite the experience. Hey, Paul would love to hear from you again.</p>	<p>I first met Randy in India. It was 1971. She was an incredible dancer. I remember her dancing in Krishna Lilia. I met some incredible friends through her. I remember one of her friends was dancing with Alvin Ailey a world-famous dance troupe. Randy was a delight to be around. She has a kind heart and a sweet personality.</p>

Jaime Henson	Rick Simon
<p>As I remember Jaime was good friends with Fran and Corrine. I really like Jaime. She truly thought outside of the box. The last time I saw her was in California in the mid-eighties. She invited me to her house. We had a great time catching up on things.</p>	<p>Rick and I were roommates twice. Once in NY and Buffalo New York. Rick was extremely sincere. I have many incredible memories of him. He opened up a business called Simple Simon in the late seventies. It was years ahead of his time. He used the best ingredients in his candies. I liked</p>

	the idea he used carob powder in many of his candies.

<a href="#">Jay &amp; Paula Good</a>	<a href="#">Kathleen Shannon</a>
	

I will always remember the Goods. I knew them in NY and South Florida. They were both incredible to be around. They had a great sense of humor. They lived down the block from us while I lived in Florida. I remember visiting them and having a great time. I haven't heard from them in years.

I first met Kathleen and her sister in New York City. When I was living in Miami Beach we once again reconnected. There is definitely a thread that ties us together. I saw her quite frequently as we were doing service at the same house. I have great memories of Kathleen. Let's see where the next connection will be.

<a href="#">Bruce Horning</a>	
I was roommates with Bruce. Bruce was quite the character. He could have been a model. He looked exactly like John Travolta. I remember this incredible vanilla peanut butter ice cream pie that he gave me the recipe. It was an instant hit for all my friends.	

John Sumerville



John and I go way back. Over 48 years. John loves to talk about the miracle of breath so do I. He loves to meditate. So do I. Listen to the Talk Story with John. You will find it quite fascinating.

Mind you we haven't spoken in over forty-five years. We just carried on our conversation like it was just yesterday. Thanks, John for shining your light.

**Breath is a Privilege! Accepting  
is your Blessings! Ha! Xxx  
Enjoy!**



## Buffalo Friends

Rick Milkis	Dena Eakles
	
I loved Rick. He could put a smile on anyone's face. I have known Rick for many years. I haven't seen him in over thirty years. Rick adds to the spice of life. He loves to meditate. What else can I say?	Dena wasn't from buffalo. I remember going from Buffalo, New York to Rochester, New York in a huge snowstorm. It was virtually a whiteout. Barbara Kolodny was in the car. Dena, I didn't know you very well but I was impressed by your presence. I can't quite pinpoint it. How can you pinpoint the infinite? Years later I love to read your posts.

Curtis Gould	Cathy Deutsch
	
I first met Curtis in Buffalo New York in the seventies. Curt was always a delight to be around. I remember Curt had the zest for life. I think it was custom-made for him. I would say he would think outside of the box. Years later I see his Facebook posts. He is selling these incredible soups at open-	Cathy is another person who I love to be around. I knew her in New York City and Buffalo. There was a time when I lived in Florida we would get together. Fast forward forty years and I love to read her post. She has such a wonderful family. I love her heart. She has some friends of hers that I have known for over forty years. Once again

air markets in the Northeast. Great guy. Great friend.	the thread of life that ties us all together.
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Richard Scarborough	Jack Leviton
	
Richard and I go way back. I first met him in Buffalo New York. During the eighties, I moved to California. I spent some time windsurfing with him. He moved to Ashville North Carolina a few years ago. Great guy. Loved spending time with him. Yes, he loves to meditate.	Jack and I go back forty-five years or so. I knew him in New York City and Buffalo. I remember playing basketball with him. Jack is extremely tall. The only way I could shoot was to do my famous hook shot. Jack has a tremendous sense of humor. I loved being around him. We still are in contact through Facebook. Yes, Jack loves to meditate. Presently Jack lives in Florida.

Tom and Nancy Owen	Steve Kowarsky
	
I first met them in Buffalo in the late seventies. In the early eighties, we lived in the same complex as they did. Tom was a great carpenter. I really loved both of them. Nancy had a heart of gold. I meant that. Both of them truly enjoyed life to its fullest.	Steve was another great person to be around. I never met his wife. Steve loves to meditate. Years later I love to see his posts on Facebook. Both of them truly are expressing their deep connections into their life. I like that.

Barbara Kolodny	
Barbara wasn't from Buffalo. She spent some time there. I first met her in New York City. She wasn't from there.  Barbara had a huge aura of love around her. I remember making these incredible sandwiches in Rochester New York with her. They were out of this world. The sauce was incredible. I haven't seen nor heard about her in forty years. Wherever you are Barbara I send my love.	

## South Florida Friends

James Garcia



Connie Garcia



They live in Florida

I have known James and Connie since 1976. We all ended up in Florida during the eighties. We became great friends. For a while, they lived across the street from us.

I remember one time we all went to Disneyworld. Connie's Aunt made an incredible Japanese lunch box for all of us. I was in heaven. It's been over thirty years since I have seen them. They will forever be in my heart.

Ovidio Deleon



Kike Bocanegra



Alex Shay



First met Ovidio in New York city. We first learned how to windsurf together in Miami. He took over the business that we rented the equipment from and ran it for over thirty years. A great friend of mine. We are still in contact today. A couple of times we call each other and catch up. Ovidio seems like a brother to me.

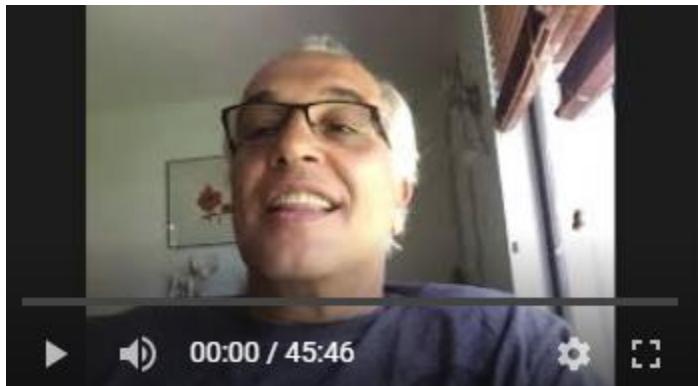
I went to Peru for a surfing vacation and stayed at the Bocanegra's house in Miraflores. The entire family welcomed me. Kike is a dear friend. We became surf buddies when I lived in Del Mar. He loves to meditate. He is another close friend of mine yet I haven't seen him in over thirty years.

Alex lives in South Florida

Alex and I have been friends since 1972. I worked for Alex on a project for a huge mansion in Miami Beach. I remember Alex going out and getting pizza and a favorite drink of mine called Malta. We used to play tennis together. Also, remember going to Bihari Singh's house and having great Indian dinners and watching Indian movies. My

brother and I have great  
memories of Alex.

## Ovidio



Raja Ji



There was a time in my life where I was learning how to balance my spiritual life and my day-to-day life. Raja Ji was a great mentor for me. Not through words but just day-to-day actions. I learned through time that our day-to-day actions are our

Claudia Garcia



Claudia was a person who really supports me and my family. After my daughter Leilani was born she came over to visit us. She went out of her way. I always remember the great Christmas gifts she would give us. She will always

spiritual life. You can't separate the two.

hold a place in my heart for her kindness.

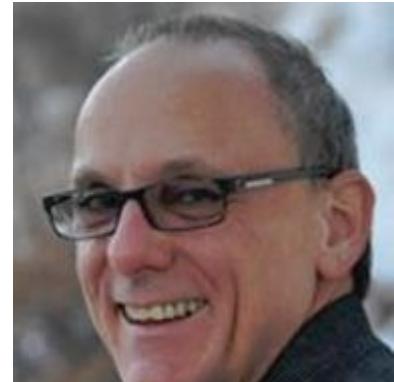
Michael Stubbs



Petra Peters



Alan Roettinger



Michael once spent an incredible amount of time recording Disney videos for my family. They were incredible gifts. I always appreciate how kind and considerate he was. I have nothing but great words describing him.

Petra lives in Florida. Petra was another person who was very kind to my family. I would bring my daughter Leilani to play with Claudia's kids and Petra was her Nanny. Petra was from Germany. She had a great sense of humor. I will always remember her kindness.

I first met Alan in Mexico City in the early seventies. Alan is an incredible chief. Now I love to cook. Alan brings it up 10 slots. I call Alan once or twice a year to catch up on things. He also loves to meditate. I love reading his post on Facebook.

## Richie Ingui



Richie and I became good friends. He lived for a while in the same apartment complex. We both worked for Alex Shay. Richie was an incredible singer. I mean incredible. His voice was like an angel. RIP Richie.

Susan Gregory	The Dours family
<p>Susan had lived an incredible life. In the sixties, she and Rennie Davis were at the forefront of the antiwar movement. Rennie was part of the Chicago Seven. Susan was my girlfriend for two years. She definitely had the spark of life. I remember quite fondly going on sailing trips with Bruce Ram and Susan. We all had the time of our lives. Bruce built this wooden boat all by himself. We would go out on weekends and spend the night on the boat. Great times. Susan, you have a special place in my heart.</p>	<p>I first met May working at the Fontainebleau Hilton in Miami Beach. We became good friends. Mary had a son named Jed who at the time was probably around ten years old. I used to take him windsurfing with me. During the fall and winter, the Miami area would get incredibly strong winds. Jed would hold on to my waist as we reached incredible speeds flying across the water. He had the time of his life. The Dours family moved to Malibu and Jed learned how to surf. That's probably another story. Mary married Doug Bernard who I have known since 1973. It's a small world.</p>

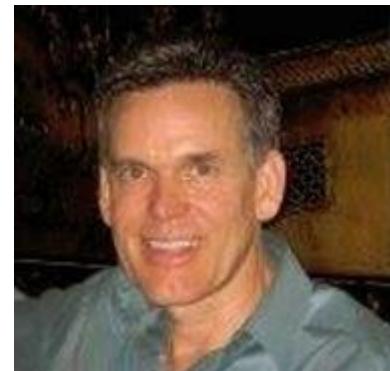
John Baier



Harry Bartz



David Schweizer



John Baier



John and I have been friends for 40 years. Wow. Time sure flies. We first met in New York City around 1977.

He was living in England with his wife and move back to New York. We became instant friends.

During the eighties, both of us landed in Miami Beach and we

were exercise partners.

We ran usually at night along the beach and then dive into the ocean. We loved to try different things. One day I saw an article in

Omni magazine about the Monroe institute and decided to check it out.

I went as you read about my adventures. John went a few weeks later. He became good friends of the institute including Robert Monroe.

John introduced me to Mafu. He went to a seminar in California during the summer of 87. He came back with some tapes. I was intrigued. Paul Mcclain in one of my channeling sessions talked about Mafu before Mafu was introduced to the public.

John has been a practitioner of Rolfing for many years.

This is from his website.



John first experienced Rolfing in 1973 amazed at its results. "I sought out every person who Dr. Rolf had personally instructed, and particularly those she choose as her first teachers, and received many hundreds of sessions of Structural Integration.

I am currently honored to have the esteemed Emmett Hutchins as my primary mentor, who promised Ida on her death bed to carry her work forward in its purest form, as long as he lived. After training in Hellerwork, and at the Rolf Institute,

I graduated from the Guild for Structural Integration in Boulder, CO, and have practiced in the Zuma Terrace building in Malibu since 1997.

Dr. Rolf was a genius whose understandings of the body are the reason her method is uniquely effective. Whether seeking relaxation, or the deepest manipulation of an injury or athlete may require Dr. Rolf's method can be tailored for you. I deliver results!"

Here is a great recommendation from Greg Louganis the famous Olympic Diver.



I have worked with John for over ten years, and have done Dr. Ida Rolf's full "ten series" with John several times. This progressive and powerful method of sequentially freeing up the fascial layers in the body truly creates results every session and genuine lasting change over time. Dr. Ida Rolf once said that her work is something that two people do together. It is hard to understand till you have had Rolf's manual therapy, the active role the receiver has. I have come to this awareness with John's Structural Integration bodywork: John is a facilitator in my health, and I am an equally integral part of in charge of my healing process. As an adult living with HIV, John keeps me deeply in tune with the state of body, mind, and spirit that I require, and aspire to. Being HIV positive, and now in my 50s, I intend to always maintain the same very active lifestyle I always have had. John has, and continues to aid me in that goal through his work. John's bodywork is the best gift you can give yourself. John is terrific, dedicated, and unique in his approach. Thank you, John, as a friend and teacher. Namaste.  
-Greg Louganis, Olympic Diver

Throughout the years we remain in contact with each other. We are on this incredible journey of life. We are still discovering new things along this journey of life.

Yesterday I talked to John. I discovered the first channeling sessions we ever did together. I stumbled upon them when I was looking for something else.

John was amazed that I had them. It was our first time so we were real rusty. Remember it took me a month just to ride the darn bicycle. My brother just jumped on the bike and rode away. Anyway, I'm proud that we dove in.

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

John had quite the music collection. He had hundreds of CDs



Wild Horses - Rolling Stones

32M views • 13 years ago

 Bastian Meinhardt

Childhood living is easy to do The things you wanted I bought them for you Graceless lady  
you know who I am You know I can't let ...



The Rolling Stones - Gimme Shelter - the best version ever.

14M views • 12 years ago

 jmorenon

The Rolling Stones, THE BEST Rock Band of all time!!!!!!! This is the best version of  
gimme Shelter, EVER! (This is my opinion) ...



Toto - Africa (Live)

32M views • 5 years ago

 TOTO

Toto were formed in LA in the late 70's by a group of friends who were all much in demand session musicians. They went on to



### Tina Turner - What's Love Got To Do With It (Official Music Video)

168M views • 13 years ago

 Tina Turner 

The official music video for Tina Turner – What's Love Got To Do With It. Taken from Tina Turner's album Private Dancer from

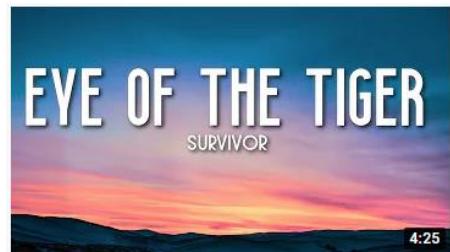


### Every Breath You Take

40M views

 The Police 

Provided to YouTube by Legacy Recordings Every Breath You Take · The Police Stranger Things (Soundtrack from the Netflix ...



### Eye Of The Tiger - Survivor (Lyrics)

8.8M views • 2 years ago

 DopeLyrics 

Survivor - Eye Of The Tiger (Lyrics) Listen to Survivor: <https://Survivor.Ink.to/listenYD> Subscribe to the official Survivor You



### Duran Duran - Hungry like the Wolf (Official Music Video)

18M views • 4 years ago

 Duran Duran 

The official Duran Duran video for 'Hungry like the Wolf' from 1982's RIO. Directed by Russell Mulcahy. Stream Duran Du



### R.E.M. - Losing My Religion (Official Music Video)

988M views • 11 years ago

 remhq 

The GRAMMY Award-winning "Losing My Religion" from R.E.M.'s critically-acclaimed, 1991 album, Out of Time. To learn more ...



### Men At Work - Down Under (Official HD Video)

309M views • 9 years ago

Men At Work

Men At Work's official HD music video for 'Down Under' As featured on Contraband: The Best



### Queen – Bohemian Rhapsody (Official Video Remastered)

1.58M views • 14 years ago

Queen Official

REMASTERED IN HD TO CELEBRATE ONE BILLION VIEWS! Taken from A Night At The Opera, 1975. Click here to buy the DVD ...

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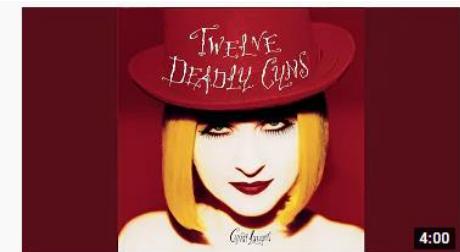


### Madonna - American Pie

94K views • 7 years ago

Madonna

Madonna American Pie Taken from the single "American Pie" (2000) ...



### Time After Time

11M views

Cyndi Lauper

Provided to YouTube by Epic Time After Time · Cyndi Lauper Twelve Deadly Cyns... And Then Some © 1983 Epic Record



Eurythmics, Annie Lennox, Dave Stewart - Sweet Dreams (Are Made Of This) (Official Video)  
709M views • 12 years ago  
Eurythmics  
#Eurythmics#SweetDreams #SweetDreamsAreMadeOfThis#EurythmicsMusic#SweetDreamsOfficialAudio ...



Prince & The Revolution - When Doves Cry (Official Music Video)  
75M views • 5 years ago  
Prince  
Purple Rain remains one of history's most important, indisputable, and influential albums, but you've never heard it like this before



The Cars - Drive (Official Music Video)  
146M views • 9 years ago  
RHINO  
Who's gonna tell you things Aren't so great? You can't go on Thinking nothing's wrong, oh no Who's gonna drive you home ...  
CC



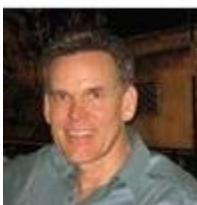
Rick James - Super Freak (Official Music Video)  
115M views • 12 years ago  
Rick James  
Rick James' official music video for "Super Freak" from the album 'Street Songs' (1981). REMASTERED IN HD! Read a  
CC



Foreigner - I Want To Know What Love Is (Official Music Video)  
192M views • 2 years ago  
RHINO  
You're watching the official music video for Foreigner - "I Want to Know What Love Is" from the album 'Agent Provocateur' (1984).  
CC



David Schweizer



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

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

Now David and my wife Barbara had a mutual friend in Castle Rock Arizona. Barbara went to visit Jim about 3 times. Each time

Jim Maheu would say you just missed David and David Husson (another friend of mine).



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

I take a plane from Miami to Los Angeles. Then I got a ride to the office. I spent the day working and after work, they said we are going to a Mafu event. Do you want to come? The rest is history. Isn't it amazing that in my channeling readings I was told that I would meet Mafu before Manu was on the scene?

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

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

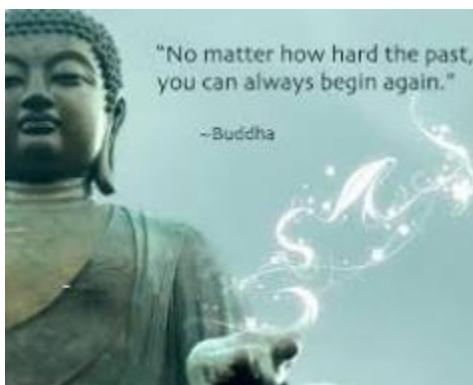


Well, David invites me to join this project. The project is located in Sedona Arizona. Wow, what an incredible place. I take a plane from LAX to Phoenix. David and David are there. They said we are

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

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

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



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

Personally, I think meditation helps in our daily life. Both my wife and I see David as a

great example who brings heaven to earth. Frankly, I think that is the goal in life. If we all did that there would be heaven on earth. Meditation is not hocus pocus.

## Harry Bartz



same teacher.

It's 2:13 in the morning. I've been sleeping and meditating for an hour. I was thinking and contemplating about the web of life with Harry Bartz. I first met Harry in LA in 1976 over 40 years ago. It wasn't until the late seventies did we come in contact with each other again. We both moved to South Florida in the late seventies. We were both involved with the

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



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

```

395
396  //Force the constraints to be stored consecutively.
397  //(inner to outer, the order of the variables below.
398  //is significant to avoid the misaligned float warnings)
399
400  sequence
401
402    then the linked list:
403    typeisn_value,isnser :: previous  get null();
404    typeisn_value,isnser :: next    get null();
405    typeisn_value,isnser :: parent   get null();
406    typeisn_value,isnser :: children get null();
407    typeisn_value,isnser :: tail    get null();
408
409    variable name
410    characterkind,cx,len ::,allocateable :: name;
411
412    the data for this variable:
413    realisn,allocateable           get db_value;
414    logicalisn,allocateable        get log_value;
415    characterkind,cx,len ::,allocateable :: str_value;
416    integerisn,allocateable        get int_value;
417
418    integerIO :: var_type = json_unknown; variable type;
419
420    integerIO,private :: n_children = 0; number of children

```

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

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

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

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

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

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



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

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



This was in 1987. In 1991 my family and I moved to Hawaii for 6 glorious years. I got a software engineering job at the Maui Space Surveillance Site.

My wife and daughter went to Maui and I went to Portland Oregon for a few weeks. I had a contracting job I was going to work on. In Portland, I get a call from Harry and he tells me that Mafu was going to give a 3-day retreat in Ashland Oregon. He was teaching about ancient Vedic

meditation techniques. Now that's a subject I love and dear to my heart. So I went.



In 1999 I started working with Charles Schwab as a senior software engineer.

At that time our family was living in Penn Valley California. I was a telecommuter. Now Penn Valley's internet connection wasn't very good. In fact, it was horrible. You had to use a modem. So I started to look for a community that had a great internet connection and a great high school for my daughter.

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

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



Many people think that channeling was fake. Well, I met and talked to Mafu many times.

We had a deep relationship. Like any relationship,

you knew one another. Yet there were numerous times I saw Penny (who channels Mafu) and said Hello. She had no idea who I was. In fact, I think I spoke to her once when she was reading off the list of attendants for a seminar and said hi to each one.

One time I saw her and Rob Spinnler was with her. I said 'hi' and as I was walking away she whispered to Rob who that's. Rob said that's Richard Fletcher.

That gave me a sign that I had a relationship with Mafu. How can you have a relationship with someone when you never interacted with them? So it makes perfect sense for Penny to say who's that? We have never interacted before.

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

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



Mafu was an incredible drummer. Imagine during the winter. It's snowing and you're on top of a mountain inside of an ashram.

It's nighttime and the wind is howling. Mafu is on stage beating these huge Japanese Taiko drums. It's a site to see.

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



Now back to Harry. As you can see Harry has had a tremendous impact on my life. Harry is very kind. In Sedona, I had little to my name and

Harry would treat me to lunch. Harry doesn't say much, like me at times. He doesn't preach. He just smiles. He has nothing to prove.

He loves to meditate. I know he is having a great experience but he doesn't talk about it. Yet you can see it from his eyes. He is humble like that. He has served the Foundation for Meditative studies for over 25+ years.

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

## Paul Mcclain



In the fall of 1982, I went to New York City on a business trip. I stayed at a friend's house. While I was there I heard about a good friend of mine Paul Mcclain who was channeling people's guides.

I stayed at one of my best friend's houses Mark and Geraldine. They told me how Paul Mcclain had these incredible experiences over a year and a half.

At first, I was skeptical and had no clue about what they were talking about. I could care less about talking with some person who had been on earth, left his body, and communicated from the other side. But I learned there was a lot more than that.

Since Paul and I were friends I wanted to check it out. I wanted to be open. Maybe something greater would come my way. I met with Paul and he told me that for a year and a half he would leave his body.

In this state, strange things would happen to him. He would hear voices and talk to guides from another dimension. He thought he was going crazy.

Over time he learned more about these experiences and came to terms with this experience. He could channel a person's guides. At this particular time in my development, I was aware only of my experience as God as a form of infinite energy.

God was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.

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

His whole being would change. His voice would change to male or female depending on the guide who was present. I was completely blown away.

The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal.

Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life.

One of them was about how soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female.

I was directed to move to Calif. This indeed did come true. This experience came at a time when Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience.

Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible.

I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions.



A lot of people in mental hospitals aren't crazy. There truly hear voices. Because our society can't grasp or understand their experience we brand them as crazy.

Oracles have been around for thousands of years. I went to Paul probably 10 times in 5 years. All in all, I had an incredible time. I learned a lot about myself.

A lot of sessions were like psychoanalysis sessions. I learned how to begin to deal more directly with my life. I took the reins of my life and began to direct it more directly.

I became my teacher. I put more faith and trust inside of myself. In the past, I would look to teachers for my guidance. I began to look at myself for my inner guidance.

I learned that God helps those who first help themselves. Below is a small excerpt of my first meeting with Paul.

There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and goodwill and an open heart will find there is no end to the workings of the Almighty.

There is never a time when your amazement will cease at the wonder of the Almighty. Always there will be new and uncharted borders old things will fall away and new and brighter greater things will come to pass.

A time will come when all things present consciousness and awareness will fall away to bear a more complete and new state of conscious awareness. And the old falling away will feel much like death



and the new well fell much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a

time for one who is of good heart and open heart and goodwill when love for this creator will cease.

There will be times when you wish to thank and times when you wish to hate and times you wish to cease your existence for the pain of longing and times when would wish your existence to go on forever and times you feel neglected and times you feel the favorite son of the almighty.

The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this death for beyond this death of the sort is always new life as you have learned many times to this point.

At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't make any step without the sense of grace behind even the smallest of things that you do.

There will be times which come which you will ask yourself where have my step arrived. And at these times you must remember you have been guided precisely to the point where you have found yourself by the workings of the almighty divine father.

Your faith is strong for you are of goodwill and a good heart and open heart.

You are this way because the Lord has given this to you. And yet it is time as it is always is time for an ever-strengthening bond an ever greater love, an ever fervent desire going more in each period of more and more feverish love which enabled you to carry and be about the service of the father.

For in all your doings you must request not simply know but request that you may serve that your life may be of service that your life may be given purpose in each moment the service of the almighty.

And in each moment you must ask for knowledge that you are not alone for it is not enough to know it but it is more to ask

And having asked to thank and having thanked to asked again and to offer yourself in that way which the Lord would have yourself serve.

Your will and the Lords will be of the same intent. For it is of the Lord's mercy that you are allowed and all are allowed to be fulfilled in any way which they choose so long as the love between the two remains the important thing.

But those are truly blessed who find it within themselves to have this request of service in the way the Lord would have you serve. This is truly a blessed thing. For even to come to this understanding is no small thing.

This is perhaps the greatest level of human existence. For when the almighty has given all free will to embark upon any road that they so choose and one with their will by the grace finds it within themselves to surrender their will to that of the almighty regardless of the consequences for in the surrender is the fulfillment.

This is no minor thing nor may all even do this thing. But those indeed are fortunate who have such a blessing to find themselves in this position.

My child, you are in such a blessed state. You must always remember to be humble before God, humble before the master, and humble before the servants of the Lord's will.

Giving always from your heart, from the desire to be one with the greatest thing. I am Richard who has been called the lionhearted. And you and I are part of each other.

Indeed it may be said that you and I are the same indeed it may be said that at one time we were not apart but at one time we were the same being but as time continues the soul finds in its multiple parts different aspirations.

Your aspiration has its duty here while mine has my duty elsewhere. We serve in our ways as the Lord would have us serve. I here and you here.





I first met Layla in Buffalo New York in the late seventies. At that time her name was Linda Lorini. I spent the winter in Buffalo New York.

I remember never seeing the streets without snow from October to around early May.

Linda had the same interests that I had. We both loved ethnic food cooking and meditation.

We were on the same wavelength. We once cooked a 15-course Indian feast for a fundraiser. It took us a few days.

We got married. I loved her family. Her Dad and I got along extremely well.

He just recently retired from Carrier after many years of service. He was an engineer. In his youth, I heard he was an incredible baseball player.

Linda's Mom was extremely kind. She made me a part of the family. I always cherished that fact. Kindness ran in their family. Next door to Linda lived her grandparents (Nonno and Nonna).

They came from Northern Italy. Nonno would tell me stories of cooking polenta in the fields in Italy.

Linda's Mom Margaret and her Nonna would make polenta when we came to visit. They had this huge pot that was only used for cooking polenta, a wooden paddle, and a wood chopping board. They would stir



the polenta for about half an hour until it was the right consistency. Then they would pour it on the chopping board.

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



Another favorite dish of the family was homemade spinach gnocchi. These are spinach dumplings with clarified butter poured over the gnocchi.

On top of that is freshly grated parmesan cheese.

What I liked about their cooking was that everyone was having the time of their life cooking. They were having fun.

They loved that I wanted to learn from them. Usually, in most households, the man stays out of the kitchen. They welcomed me into the kitchen.

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

I had the opportunity when I was young. Both my Grandma Thais and Grandpa Bert were incredible golfers. They had five holes in the ones between them. They would say "how would you like to learn how to



play golf". My brother and I would say "Granny only old people play golf". Well, I couldn't even hit the ball. It would just dribble from the tee.

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

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

Around this time I enrolled in the Computer Science Institute. It was time to settle down and get a decent job.

Working with computers was love at first sight. It felt good to know that my field was in its infancy and I was about to go on an incredible journey.

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



marriage.

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

We got divorced in 1985. At that time I didn't think anything was wrong with my

I put my heart and soul into it. Yet why didn't I have eyes to see? Why didn't the thermometer of life kick in and say your marriage is treading on water?

I had my first astrology reading the year before and she said to concentrate on my marriage. You might need to fine-tune it.

You can never really blame the other person. We have to look inside and take responsibility. It just isn't about the faults of the other person.

I went through the wringer. I didn't think anything was wrong. Yet she wanted out. I said let's go to a marriage counselor. She wouldn't have it. Well, I'm not going to blame her.

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

That didn't mean that 100% I was healed. I was still going through it but the healing process started.

It's amazing the same month and year my wife Barbara got her divorce from her husband. We have been married for almost 30 years. Time heals.

I'm good friends with Layla. She lives in the same town as my daughter. She is taking care of her Mom. I have cherished memories of Linda and her family. I take responsibility for the lack of awareness on my part.



Chariots of Fire • Main Theme • Vangelis

13M views • 9 years ago

HD Film Tributes

This channel makes zero money from YouTube as obviously none of these film tributes are, or ever will be monetized by u:

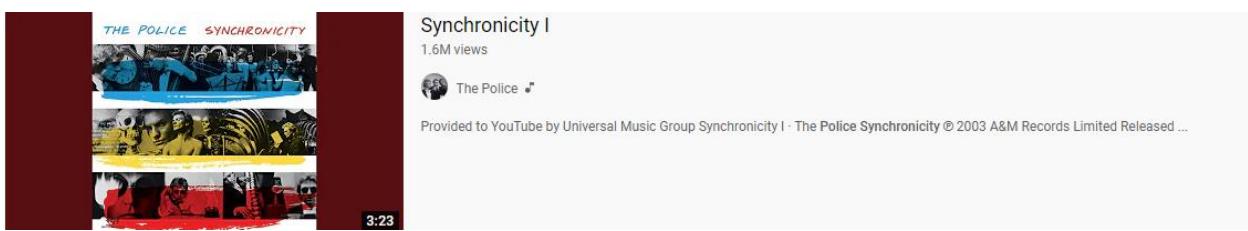


Michael Jackson - Thriller - Thriller

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Scuderia

Michael Jackson - Thriller - Thriller Another great track by MJ! Lyrics: [ 1st Verse ] Its close to midnight, Something evils lurking in ...



Synchronicity I

1.6M views

The Police

Provided to YouTube by Universal Music Group Synchronicity I · The Police Synchronicity I © 2003 A&M Records Limited Released ...

Richie RIP



My dear friend Richie died a few days ago.

I haven't seen him in over 30 years.

He was a great singer.

He loves to meditate.

Combine these two and he sang like an Angel.

He could light up an auditorium when he sang.

Richie was humble.

There was no aura of looking how great I am.

He just loved to sing.

Richie and I worked together for a few years.

We would laugh and tell stories while we worked.

Even after all this time, I feel our friendship will never go away.

Rest in peace Richie.

May you sing forever!!!

## More South Florida Friends

Annie McPherson	Allen Imbarrato
	
<p>I liked Annie. Once upon a time my wife Linda and I would go to the Seller's house and play games. We always had an incredible time. Once they invited us to the Alexandria hotel in Miami Beach. It was a very elegant hotel. They were staying there for a few days. Had a wonderful time with them. Annie has a tremendous heart. As you can see she loves to play music.</p>	<p>Allan was a dear friend of mine. At that time Allen and John Baier were working on a project together. Allen is from Los Angles. I first met Allen in Denver during the seventies. I once remember he talked about his sister meditating and seeing the inner light. I saw Allen a couple of times when I lived in California in the eighties and nineties. Great friend. Great-heart.</p>

Paula Rosenblum	Mary Higgins
	
<p>I have known Paula since the early seventies. I think I first met her in India in 1971. I can't say I ever hung out with her but it is a small world. My brother John and I have many fond memories of Paula. In the early days, she thought and lived outside of the box. Yes, she loves to meditate.</p>	<p>I was a roommate with Mary for a couple of months in Miami Beach. She was a delight to be around. I have nothing but good memories of her. Yes, she loves to meditate. That is her foundation. Years later I love to read her Facebook posts.</p>

Timothy Hogle	Farouk Gongee
	
<p>I don't like to go to the dentist. Yet at the time Tim was like no other dentist. Tim loved to meditate. With this awareness, the dentist experience went up a few hundred notches. People loved Tim and the work he provided. Thanks, Tim for the great work you provided.</p>	<p>I first met Farouk in India in 1971. Once upon a time, I was in Bethesda Maryland for a week. Farouk invited me over for some middle eastern cuisine. We had baba ganoush, hummus, and feta. Wow, I still remember it 40 years later. I was truly welcome into his home. I have many fond memories of Farouk.</p>

Christian de la Iglesia	Yolande de Vogel
	
<p>When I lived in Florida Christian was around ten years old. My wife and I were friends with his family. Fast forward many moons and I discovered he loves to surf and owns a surf shop in south beach. I like that.</p>	<p>I first met Yolande in Miami Beach during the early eighties. Alex Shea and Yolande were living together. I worked with Alex on a project he got. I didn't know her too well. Fast forward thirty years. I love to read her posts. They are a delight to see. She has a passion for life. she also loves to meditate. What more can I say?</p>

Dwight Sellars	LeRoy West
	
<p>At one time David and John Baier were best of friends. I got to know Dwight during the eighties while living in Miami Beach. I will always remember the time my wife and I were invited to a nightclub opening. Dwight built the new club. I read his post on Facebook. Dwight definitely has a zest for life.</p>	<p>I have known LeRoy for over forty years. Our paths have crossed many times over the years. Recently I heard his house burned down during the recent Malibu fires. I'm glad that you are safe. Love to read your posts on your adventures in life.</p>

Marcy Piltzer	Mitchell Christian
	
<p>RIP Marcy. I will always remember the good times we had. You are missed.</p>	<p>I first met Mitchell in Miami Beach in the eighties. When I moved to Ashland Oregon I would see him in the same hatha yoga class at the Y. Mitchell was very humble and kind. I have always loved being around him.</p>

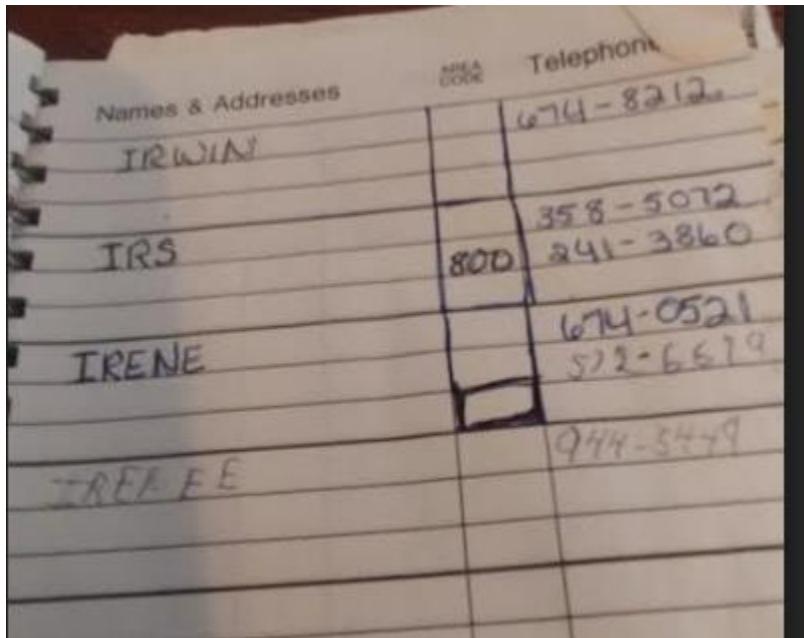
Lynwood Murray	Sushil Rao
	

Lyn and I were roommates for a short time in the eighties. I had a great time being around him. Yes, he loved to meditate.

I first met Sushil in India during the early seventies. He was from India. Years later he lived in Miami Beach. I remember his passion was writing and poetry. I loved that. Recently I have been searching for poems by Brahmanand. I learned that Sushil wrote a book called The Inner Staircase: Poems of Brahmanand. It's a small world. I haven't seen Sushil in over thirty years. Keep on writing.

## Phone Book Friends

I have this old phone book for around 40 years. Here are some stories to tell.



Pam Johnson	Bill Keating
<p>I first met Pam in Nelson BC in 1975. We were living with some friends of mine. The Scholls. The Scholls built a lovely log cabin house. I remember when Bill Scholl cut himself with a chain saw and they wrapped camphor leaves around it. Fast forward 10 years and Pam is living in Miami Beach. What a small world. Yes, Pam loves to meditate.</p>	<p>Bill Keating</p>

Phyllis Motos	Rob Clephane
<p>I knew Phylis in Miami Beach. We lived in the same apartment complex. Her baby boy was born prematurely. By the grace of God it survived. Phyllis loved to cook and loaned me a book. She left town for a few years and went to Europe. She came back and I returned the book. Great lady. Great family. Mind you this was thirty years ago.</p>	 <p>John Baier and Rob Clephane were business partners for some time. They were importing plumbing from Europe. I remember writing a software program for their business. I first met Rob in Denver in the seventies. In the eighties, he and his family moved to Miami Beach. I will always remember the great party he had. Great memories of Rob.</p>

Steve & Annie Oakley	Bob Paulding
<p>I remember taking a road trip with the Oakleys in the seventies. We drove from Denver to Miami. Elise Kaplan was friends with the Oakleys. At that time Steve coordinated the meals for many of the festivals held in the States and around the world. Fast forward 10 years. We are both living in Miami Beach. Steve has been an acupuncturist for thirty-plus years. He is living with Annie in bolder Colorado.</p>	<p>Bob was a character. I remember I was working on this mansion and Bob would be practicing his golf swings by driving golf balls into the bay. He has quite the swing. Bob was great at cutting trees. I worked for him for around a year. He had quite a sense of humor. Let's put it this way the job was never boring.</p>

Steve Price	Mona Patterson
I first met Steve in New York in the early seventies. In the eighties, I'm living in Miami Beach. I'm a brand new software developer. On the side, I'm working with Jim Hession and Steve. This was the beginning of my incredible career. Steve was bright and a delight to work with. Yes, Steve loved to meditate. I haven't heard from Steve since then.	What can I say about Mona? She was one of the midwives for my daughter Leilani's birth. Leilani was born at home and had a water birth. I will always remember placing Leilani in a tub of warm water and this incredible smile came on her face. Mona was incredible. I have great memories of her.

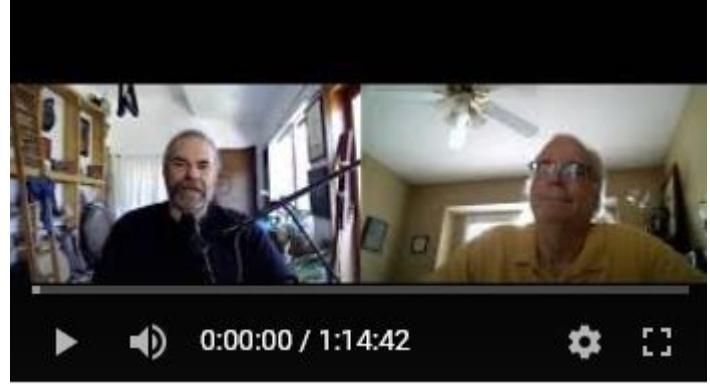
Ron Peters	Felipe Ricketts
Ron was a medical doctor. I first met him in New York City in the early seventies. Fifteen years later he is living in Malibu. I remember he and his wife Kathy invited me over for lunch. I had a great time. I have great memories of Ron. He loved to meditate.	 <p>When we moved from Sedona to San Diego a dear friend of mine said we could stay a few days at his house. To make a long story short he didn't work out that way. Our friend introduced us to Felipe. Now Felipe liked to meditate and he was a surfer. A few days later we moved right next door to him. We became good surfing buddies.</p> <p>The web of life continues. 10 years later I'm working on a project in San Diego. I lived in Nevada City. I'm flying back and forth. During the workweek, I'm staying at Felipe's house and</p>

	<p>paying him to stay there. We go surfing a lot together. I'm into snowboarding and one weekend Felipe flies up and we go snowboarding together. I will always remember the time we went camping in the high sierras.</p>
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<p>Felipe Durand</p> 	
<p>Felipe was my daughter's Leilani stepfather. He was an incredible Dad to her. Leilani has told me many great stories about him. Thanks, Felipe for being who you are. You mean a lot to me.</p>	

<p>John Godden</p>	<p>Richard Grossman</p>
	
<p>John and his lovely wife lived in the same complex as we did in Miami Beach. We became running buddies. We would love to run at the golf course in</p>	<p>My brother John and Hanalee were great friends. Richard thinks and lives outside of the box. I like that. He has been a Shaman for over forty years. He also is an acupuncturist. I have great memories of Richard.</p>

Maim Beach. I have many great memories of that. John also loves to meditate. Years later I met John again in Del Mar. We had a great lunch and get-together.



Gary Schwartzman	Jim Hession
	
I first met Gary in New York City. In the eighties, Gary is living in Miami Beach. Gary loves to meditate. He also loves to practice hatha yoga. I haven't seen Gary in many moons. May our paths one day be crossed?	I first met Jim in New York City in the seventies. In the eighties, Jim got my first software developer job for a company he was working with. Jim and I did several software development jobs for companies in South Florida. I had a great time working with him. I remember a great parry he through. This was during the Michael Jackson phase and the album thriller had just come out. I have seen nor heard about Jim in thirty years.

## Spiritual Mentors

Each of us had teachers who guided and molded our lives. The three teachers who molded my life were Maharaj Ji, Mafu, and Zoran. Each one of them gave me different kinds of insights.

Each of us had teachers who guided and molded our lives. The three teachers who molded my life were Maharaj Ji, Mafu, and Zoran. Each one of them gave me different kinds of insights.

I told you I first met Maharaj Ji in India. He was only 13 years old when I meet him. Maharaj Ji as a person was incredible.

He was very funny. I remember being with him and hearing him tell one-line jokes one after another. I felt I was going to die from laughter. He was very bright as a boy.

He was probably the most intelligent kid I knew yet at the same time he loved to play games. He had a serious side and yet they love to play.

I only interacted personally with him for only a few years. I felt he was my best friend. Yet at the same time, he was my teacher.

He motivated me and encouraged me to discover who I truly was. It was so wonderful to have a teacher to assist you in your personal growth.

I saw he was motivated by his mission. He had millions of people who were practicing meditation. His whole life was spent traveling around the world and helping others.

On one side I liked that Maharaj Ji wasn't a hermit. He married quite young, had a family, and was involved with the world. He was quite rich.

Many people criticized him for having money but to this day it doesn't phase me. I like the idea that we can create our dreams.

This world isn't meant to escape. Each one of us has a different dream. I like the idea to see one man's dream manifested. It brought to me that I can create my happiness. I can create anything I want. It was beautiful to see that as a person he was growing.

One thing I learned was that I was responsible for my own life. Nobody would live it for me. Maharaj Ji simply advised on living your life. His talks were inspiring to hear. He inspired me to transform my whole life.

Each one of us has to make effort for our transformation. To this day I still use his mediation techniques. They opened my door to myself.

Years later I'm still on the same path of self-discovery. It keeps on getting better.

## Creative Project

A year ago I wrote the book the creative project. It was about my family and friends and the creative endeavors they have performed. These are the creative endeavors of my friends who love to meditate and received this precious knowledge.

Stuart Hoffman



Stuart was amazing at playing the keyboard and singing back in the seventies. Fast forward forty years and he is still amazing.

I love this Facebook photo of his. He sums it up. His music comes from the universe. Yes, Stuart loves to meditate.

[Here's a link to Stuart's site.](#)

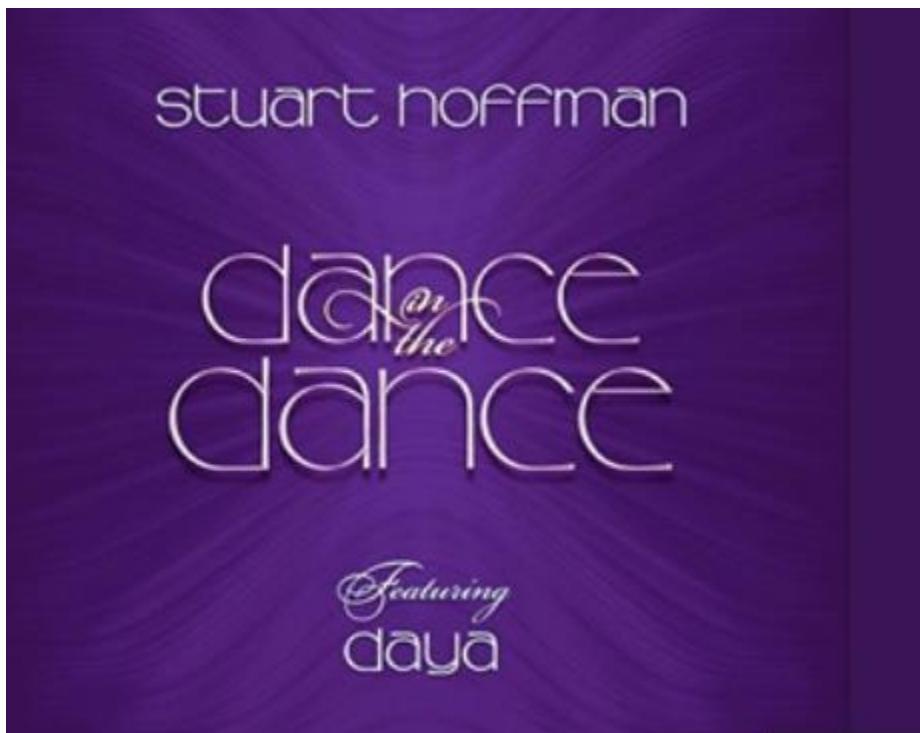
Dance in the dance



For you



Dance the dance



## SILENT HEROES

"Silent Heroes" was written to acknowledge and honor those people among us that have and continue to selflessly put themselves in harms way and give themselves humbly at the critical time of this global pandemic to help saves lives everywhere on Earth.

And also all those that so often behind the scenes work tirelessly for the betterment of all life on Earth.

We were inspired by the non-profit group WAFA for their ongoing efforts to bring these "Silent Heroes" into the light.

<https://wafaward.org/>

To download the track please visit <https://stuarthoffman.bandcamp.com/>.

Proceeds will go to providing life-saving care to vulnerable groups around the world who are suffering from the Covid-19 pandemic.

Thank You.

[http://www.ideachampions.com/clients/clients\\_anthems.shtml](http://www.ideachampions.com/clients/clients_anthems.shtml)

Lyrics by Jennifer Edwards

Music and production by Stuart Hoffman

Vocals by Stephen Rivera

**We wrote Silent Heroes to honor those  
beautiful souls that with extraordinary  
kindness and humility are working to save  
lives everywhere on this planet.  
Mirroring the best of humanity.  
Who we really are.  
Thank You.**

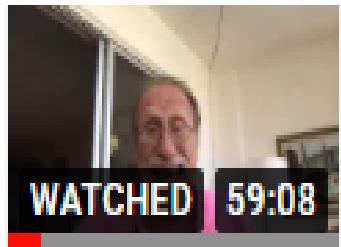
Darling be home soon



## Richie Niles & Linda Pollock



As I remember them they were peas in a pod. They were incredible singers together. Both of them had an incredible sense of humor. I remember the audience laughing and clapping during many of their songs. Great hearts. I still read their Facebook post forty years later.



### Talk Story With Richie Niles Pollock

Fletcher Soul Traveler

WATCHED 59:08

Prayer For Everyman



Timelessness



Trust is a bridge



Deeper Love



**DEEPER LOVE**

Turning the corner

# Turning The Corner

In silence



Tomorrow



YOUTUBE.COM

## **TOMORROW**

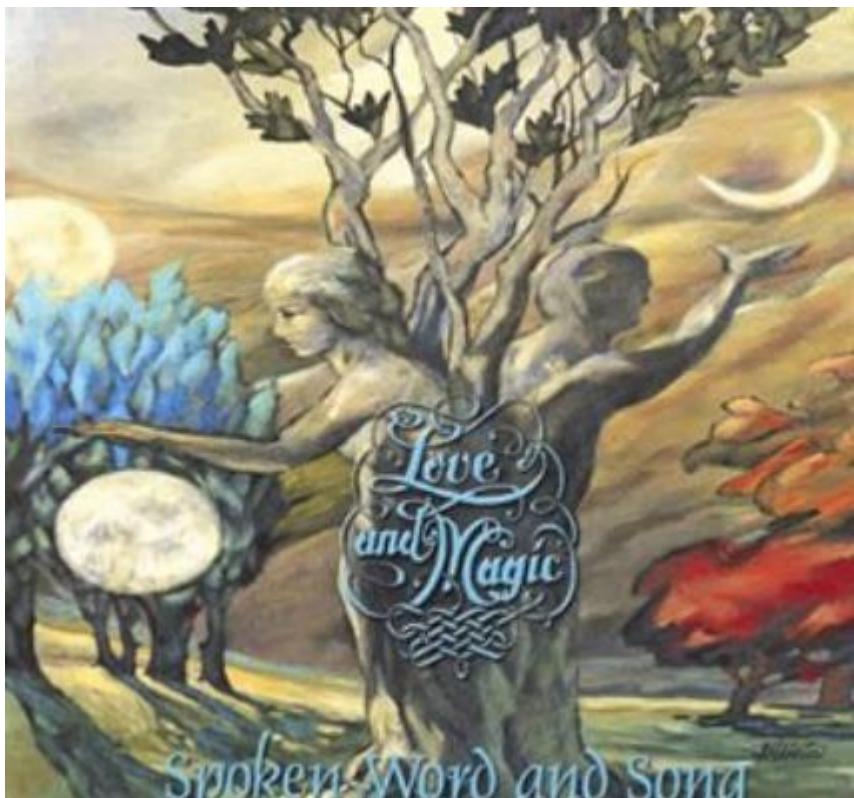
Richie Niles Pollock recites this poignant poem by Edgar Guest, entitled...

LOVE AND MAGIC - IN THIS TOGETHER #16 - "DEEPER LOVE" - THANKS TO ALL WHO SHARE!!! What a hit! I'm dancing, singing, feeling, healing...Thank You Richie & Lorenzo!!XX

Deeper Love



In this together



LOVE AND MAGIC - IN THIS TOGETHER #15 - Richie recites his original poem, "Empty Cup", based on an old Zen story, illustrating how the student must be empty in order to be filled by the master. THANKS TO ALL WHO SHARE this wonderful tale, beautifully orchestrated by Alan Friedman!!!

## Jeff Bernard

As you can see Jeff loves nature and hiking through it. Jeff walks through life because he reflects the true nature inside of him. He loves to meditate and spends a tremendous amount of time in nature.



Top of mountain



Smiling at top of the mountain



I made it this far



Look what's behind me



How's this for a canyon?



Nothing like a beautiful meadow



This is called God painting the sky



## Flying Toys



Jeff Bernard Flying Toys

Fletcher Soul Traveler

It was my best Christmas. I was with my grandfather whom I loved dearly and who told the best stories. . . stories he made up as he went along. I received the toys that I most wanted. Santa Claus must have read my letter. My best present was the little plastic airplane that was connected to a line about eight feet long that had a handle with a battery-powered trigger to operate the planes speed. I could hardly wait to get back to Peru to show my friends. Everybody was so happy to be together. My father, and my mother with her parents.

Our vacation to the U.S. was only a week old and we were leaving to visit my grandparents on my father's side of the family. I always enjoyed the drive from Biloxi, Mississippi to Morgan City, Louisiana where my father's family gathered on Christmas day to celebrate. We were getting ready for the drive from the pine forests of Mississippi to the swamps of Louisiana. I felt like we were going to a different country, the two places are so different. I couldn't always understand what my cajun cousins were talking about since they all spoke French with each other; still, it was a pleasure to see them as they always hugged and kissed me, and were very warm. My aunts and my grandmother always served really great food. The gumbos, cracklings, hot sausage, and crawfish that they prepared in so many different ways always filled the holiday table. Even though I thought of the good food awaiting in Morgan City I enjoyed the breakfast of buttermilk pancakes and sausage my grandmother had fixed here in Biloxi.

After eating we packed the U-Haul trailer, kissed hugged, and waved goodbye as we pulled away headed for Louisiana. It really was my best Christmas. I had more presents than ever before. We had packed one small suitcase that contained all my presents, and nothing else. I hadn't realized what it would mean when my father mentioned to my mother about his raise in salary, and I didn't know that I was on the good end of his hard work.

When we arrived in Morgan City and began unpacking I discovered that the suitcase with all my Christmas presents had fallen off the trailer. My stomach went queasy and my heart raced as my eyes swelled with tears that soon became a flood. It turned out to be my worst Christmas ever, one I'd never forget.

A few days later we returned home to Peru. I only had a couple of small presents that my cajun relatives had given me. I often daydreamed of finding the suitcase with all of my presents. In Peru, it was a very distant dream.

The next summer we moved back to the United States and stayed with my mother's parents, whose house was only a block from the beach. One day while walking on the beach I met Kevin, a kid about my age and we immediately became the best of friends. He took me to an old barn where his family lived in the hay loft. It was the first time I'd ever seen a homeless family in the United States. Having come from South America and this being the 1950's I was used to seeing poverty but this was still a shock to me. They were very poor.

When my grandmother found out who my friend was, she threatened me with a spanking if I continued to see him. She called his family white trash.

My grandparents didn't have much. I didn't understand her feelings, or lack of feelings, for someone who had less than she. I cried and tried explaining to her

how much my friendship with Kevin meant to me, but she would have none of it. Christ didn't want me associating with such riff-raff she told me.

She was a devout Southern Baptist and spent a lot of time reading the Bible. I guess she justified her actions through passages in the good book.

My parents didn't mind my Kevin. They told me that it was O.K. So I began sneaking out and playing with him in places where my grandmother wouldn't find out.

One hot, humid day while my friend and I walked in the wet sand at the beach he began to tell me a story. He said that the previous Christmas had been very sad for him. It was, he said the worst Christmas in his life. He and his younger brother and sister didn't receive any presents at all. He told me that he came to the beach to walk his tears away on that Christmas day. While walking along and crying to himself he noticed a suitcase lying next to the highway that runs along the seawall. He ran over to it hoping it was undamaged and would contain something useful to his family, maybe something he could give as a present to his mother who also didn't receive anything on that Christmas. He pulled the suitcase away from the road and onto one of the steps of the sea wall near the sandy beach, where he opened it and quickly became a believer in Santa Claus again. It was full of nothing but toys. Toys for someone his age. It turned out to be the best Christmas in his life. He told me that his favorite toy in the suitcase was the little plastic battery-operated airplane.

I couldn't believe what I was hearing as he described the contents of the suitcase with all of my Christmas presents. I stood on the beach in shock. My mind was racing with thoughts of the toy airplane and other things that had

belonged to me. I looked at his face, I looked into his eyes. I decided not to tell him. He would have given everything back, even if I insisted he keeps it all.

We moved to Louisiana a few days later and I never saw Kevin again, or the Christmas toys that were his.

## John Franklin Fletcher

His music spans many genres of musical expression. There are influences from electronic, blues, rock and roll, reggae, country, gospel, spiritual, gregorian, new age, classical, opera, and more in his songs. He believes a lot of his songs would be very suitable for the big screen as it fits his writing signature and style.

John is not a trained musician or vocalist but has a very solid intuitive feeling for musical energy patterns. He writes for his own enjoyment, personal expression, and joy. He experiences deep focus and connectedness when composing his music.

### [John's music site](#)

[Songs](#)

[One God](#)

[Cosmic Travelers](#)

[Never Give Up Hope](#)

[Nobody Truly Wins a War](#)

[Visitor](#)

[Timeless](#)

[Being Old](#)

[I Feel So Good When I Feel Love](#)

[Angels Fallen From Heaven](#)

[In a Day of Lovers](#)

[Sea of Mercy](#)

[Rumi I am the Soul](#)

[If Superman Was A Man](#)

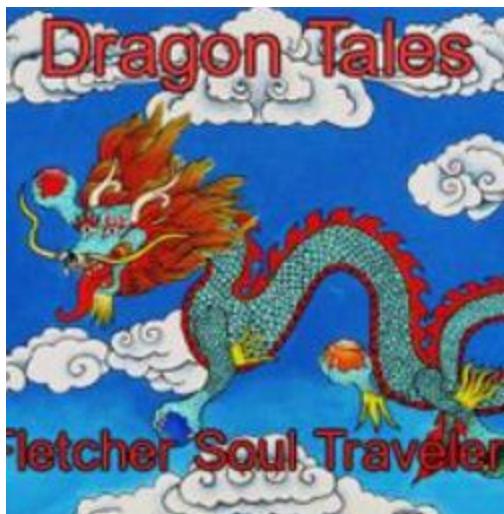
## [Richard Fletcher](#)

Richard loves life. His passions are mediation, surfing, cooking, and Family & friends. My twin brother John did the background music for these projects. My friend Donn Rochlin did two of the albums which you will see in the next chapter.

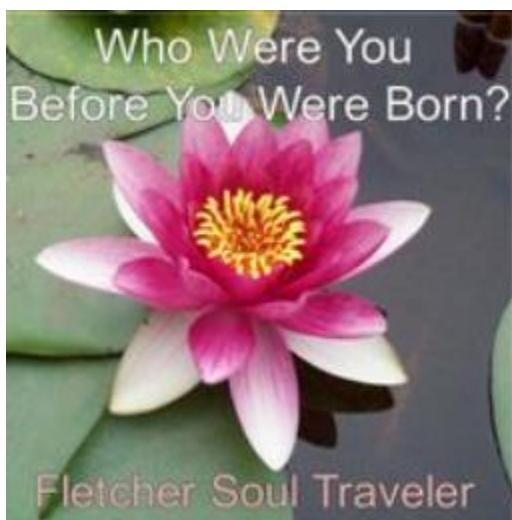
The Fletcher Soul Traveler Collaboration Project is between my twin brother Richard and myself. My poetry along with his music compositions will take you along a cosmic ride! I hope you enjoy your journey!

John Franklin Fletcher & Richard Fletcher

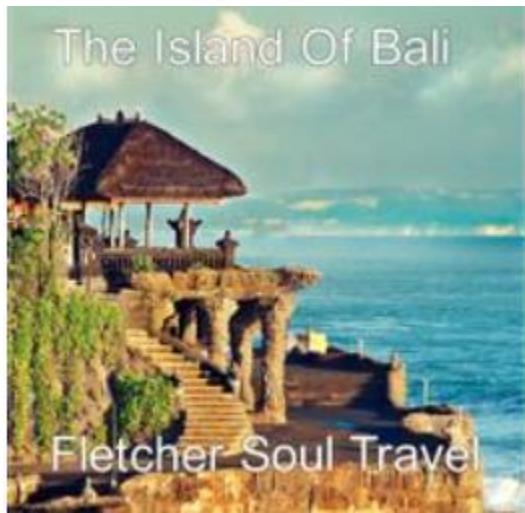
### [Dragon Tales](#)



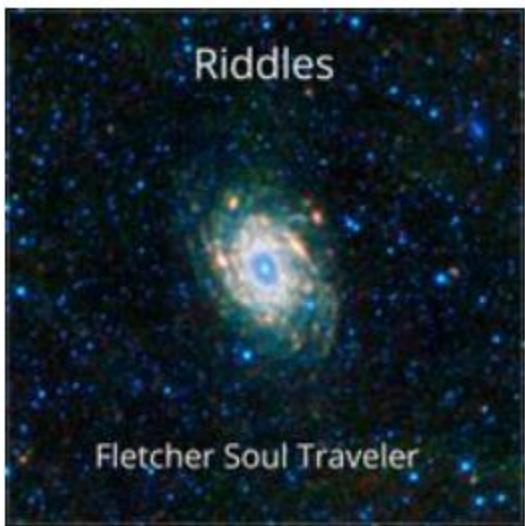
### [2017 Albums](#)



2018 Project



2019 Project





Here are over 50 years of unique recipes from around the world. Many thanks to my family and friends who helped out on this grand adventure. I started seriously collecting recipes around 1971. I took a cooking class in high school. See chapter on Julie Smart. Here's a link to the pdf for the recipes. Each recipe was interfaced with the USDA database.

Our goal is to provide you with quick and easy tools to assist you in all areas of cooking. Each recipe has a nutritional label that you can use for a healthy and tasty recipe. Using your smartphone you can have a shopping list for each recipe on hand while shopping at the store. While you are making the recipe your smartphone will help you prepare your meal by easy-to-use directions. Most of the recipes take less than 30 minutes. It's a great and easy way to share and discover new recipes.

[What's cooking treasure recipes](#)



## Donn and Richard

Donn and Richard worked on these two albums together.



### How Can A Fish Drown In Water?

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

The World Is A Drama

Guru Nanak once said

The world is a drama, staged in a dream.

Mystics throughout the ages have pondered this over.

We are living in drama, staged in a dream.

Is our dream real?

What is considered a dream?

We come and go from this world.

Is this a dream or where we come from a dream?

We live our lives in so much drama.

We react to the beatings of life.

Is there a way to solve this puzzle?

It seems very complicated.

One layer over another.

Yet the answer is simple.

Open the door within.

## Sailing

I'm sailing home to my beloved.

The winds of grace have filled the sails.

The tiller is on the remote control.

Can you feel the fresh wind upon your face?

The ocean at times is calm.

At times it is stormy, yet I have faith.

Huge waves of change cover my boat.

The storm ends and there's calm.

At times the journey hits the doldrums.

Not a bit of wind in sight.

My mind is restless.

I'm so bored.

Suddenly a dolphin splashes me and grins with delight.

I forget my boredom.

At times my journey is dangerous, with sharks all around.

At times the journey feels like a walk in the park.

Sitting on the deck with a beer in my hand.

I'm relaxing with sunglasses on my face.

At times the journey feels like America's cup.

Racing towards the cup.

I gotta make that buck.

At times my boat is going down the drain.

My life is in constant pain.

I realize that I'm dreaming.

I'm in my bath watching the toy boat go down the drain.

This vessel of life is incredible.

At times this journey is like the Love Boat.

You're in love and nothing else matters.

Until the wind goes out of your sails.

This journey is incredible.

I'm sailing home to my beloved.

## Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

He Who Says Doesn't Know

He who says doesn't know.

He who knows doesn't say.

The truth is not in the book.

The book is not the truth.

The truth lies inside of the book, yet is not the book.

The book contains truth, yet is not the absolute truth.

Truth is, was, and will always be.

A book is simply words that try to describe the truth

Truth can never be described.

How can the finite mind understand the infinite?

A book only talks about the fruit but is not the fruit.

Only by eating the fruit can you understand.

### A Man Of Forty

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

In the midst of our business negotiations have we ever stopped and said, "WOW  
I'm alive"

We go on in our petty life with so much detail.

We place such importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

We promised our generation we would never be like our parents but look at  
ourselves in the mirror.

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Know is the time to wake up and change our life.

### Stairway Of Life

Man climbs the stairway of life and gets very frustrated.

He looks for satisfaction but never quiet finds it.

Man is tired but can't find sleep.

Alone at night, he prays for answers.

There is an elevator within that man can take.

It doesn't stop until a man reaches his true home.

Stop and enjoy the ride.

The whole universe is spinning right between your eyes.

The secret of life lies within.

The mystery of this riddle lies in your heart.

Be like a child and discover your youth.

Your true father and mother are keeping you alive.

Relax and enjoy the sweetness of breath.

## Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's really difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which really hurts.

If you don't paddle fast enough you won't catch the wave.

What really hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Some things take longer than others.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

In that state, they haven't anything to prove.

They will act like a child.

If someone tells them they're wrong, they will just smile.

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

## Serenity

Serenity is the state of being calm, peaceful, and untroubled.

Think of life as a video game.

In a video game once you master a level you go to another level.

People love the challenge of playing the game.

Now imagine playing the video game of life.

Which by the way you are.

Have you read the instruction manual?

Do you know even if there is one?

Are we on auto-pilot in this life?

Anyway here are a few suggestions for playing the complex game.

Imagine you're playing this video game.

It's old and new at the same time.

The purpose of this game as you know is to go through the various levels.

Step 1.

Life throws you a curveball.

How do you react?

If you can be in the state of being calm, peaceful, and untroubled you go to the next level.

Otherwise, life throws you a curveball and you try again.

Now if you pass level 1 be ready for the next step.

Life throws you a curveball.

How do you react?

Serenity is a state of mind where you go through and learn how to react to life.

Been there done that.

It's learning the video game of life consciously not in a stupor.

Every step of the way is a practical learning experience.

Each time a curveball is thrown remember you can hit a home run.

## Forgive

I love the definition of forgiving.

Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

Imagine a person doing you wrong.

You have every right to be angry.

Time passes and the person who wronged you has forgotten the situation.

But you haven't.

The anger is still festering within.

The poison left by the arrow lies inside of you.

The moment you truly forgive yourself and the other person true alchemy occurs.

True healing can take place.

This is the law of forgiveness.

It doesn't say you must forget the experience.

The law says to forgive.

Big difference.

Like the world, we would truly be more content if we forgive ourselves and others.

Learn from your mistakes.

Forgive yourselves and others along this journey of life.

## Nothing To Prove

I'm sure by now you know that the sun in the sky has nothing to prove.

The sun just shines.

The moon at night doesn't say "hey look at me".

The wind doesn't whisper in your ear "I can blow you away".

The wind just is.

It doesn't have anything to prove.

A dog just loves his master.

A dog has nothing to prove.

A dog just loves you.

The creator has nothing to prove.

The creator is infinite love.

The creator doesn't judge you.

The creator just loves you.

Are we the only creatures on earth that have something to prove?

Where did we get that from?

What are we missing in life that we have to continually prove ourselves to others?"

A wise man has nothing to prove.

He just smiles.

### 3 Blind Men And The Elephant

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, while the last touched the tusk.

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

Maybe it's about time to be open to something new.

Your enemy is talking about the same thing you are.

He just has a different piece, a different point of view.

In the end, the essence is the same.

## Kim Margolis

Singer-songwriter Kim Margolis is a singer /songwriter producer from London, England. At the age of 16, he left school with a passion for the music industry, where he found work as an assistant engineer/tape operator for Dick James music (Northern Songs).

He worked with Reggie Dwight (aka Elton John), Steven Demetre Georgiou (aka Cat Stevens), and other up-and-coming artists recording mostly early demos. He was then hired by the Decca company to work in their copyright dept and swiftly moved up to staff record producer.

He worked on tracks for David Bowie (The World of David Bowie) and produced various new artists including the classic folk album "Every time You Move" by Hunter Musket. After being disillusioned by the record business in 1969 he "dropped out" and went to live on a hippie commune in the Welsh mountains. Always passionate about songwriting and music production, he continued to write and play solo and in various bands and continues to this day to perform and record in the San Francisco Bay Area.

Under the blazing sky



Extraordinary Times



Like Electric Blue



Particles...



Place of love...



It's a new day...



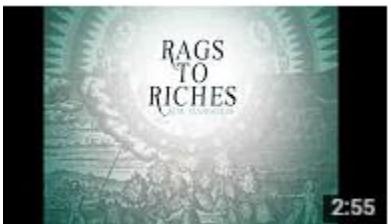
Song of Love



The Frozen from the Album The Tide



Rags To Riches



Steven Soffer



I once went to Steve's house for dinner in 1978. I still remember clear as day after dining Steve and I go into the kitchen and he makes a smoothie out of soybean ice cream.

Steve and I are on the same wavelength in life. We both love to meditate. Steve has been practicing preventive medicine since the seventies. Here's a photo from one of his posts. Thanks, Steve for you and Kathy being in my life. Both of you are an inspiration.



Richard Fletcher I like that.

Like · Reply · 1w



Steven Soffer thought you might.

Like · Reply · 1w



About a year ago Steve got sick. It was a blessing in disguise. Out of nowhere, Steve started writing these incredible poems. Steve shared these poems on Facebook. My brother John and I were completely blown away. When I started this project I had Steve in mind.

We connect through the phone. Mind you it's been over forty years yet that same connection was there. Nothing was lost. I helped Steve to get the software install for the recordings of his poems.

He did a quick test to see if it was up and running. Then Steve started to record his first poem. He started to playback his recording. It was crystal clear. I got goosebumps listening to it. In my eyes, there is a huge difference between reading a poem and listening to a poem.

It's like trading the words of the song imagined by John Lennon and then listening to the song. Difference between night and day. Thanks, Steve for contributing to this project.

when is one plus one only one?

when is one plus one only one?

when you merge yourself in HIM.

go to the school of true knowledge

this is the only math you need.

addition by subtraction

.take your self away and what is left is nothing.

do you know the value of zero?

do not worry, you will not disappear.

your heart and soul will blossom.

and grow and explode with love and joy.

more is less and less is more.

there are no worries here.

half of what you worry about never happens.

and the other half is only half as bad.

student..do the only true math.

you then become the teacher of Him!!

love is like a fox

love is like a fox.....quietly it stalks its prey....but when it strikes...IT MAKES ITS PRESENCE KNOWN! 

have you had an accident?

have you had an accident?  
it can happen many ways.  
when our hands come off the wheel  
it can put us in a daze.  
we must pay diligent attention,  
we must focus when we look.  
if we become distracted,  
thoughts steal it like a crook.  
we sense where we are going,  
when we use HIS GPS.  
our journey and arrival,  
are then guaranteed success.  
just keep the eyes one pointed,  
and always steer the wheel.  
we will travel safely  
through all traffic jams,  
pay attention to what you feel.  
you will know upon arrival,  
with clarity you will see.  
you can never lose HIS license,  
or ability to be.  
do you know what's best about this?  
we can travel near or far,  
the magic is in getting there.  
we don't even need a car.  
remember.....  
there is never anything new!!  
just what we forgot.....  
SO KEEP YOUR HANDS ON THE WHEEL,  
we will never have regret!✿.

do you know HIS number?

do you know HIS number?

does HE call you on your phone?

when you want and need

to speak with HIM,you never are alone.

HE calls us every morning,

HE speaks with us at night.

HE answers us at hyper speed,

HEs faster then the light!

do you hear HIS ringtone?

is it music to your ears?

when by grace we speak with HIM,

HE rids us of our fears.

do you use HIS magic smart phone?

did you sign up with HIS plan?

HIS phone comes free when joining,

its inside every man.

just dont forget HIS number,

and may we please remember HIS name,

and when by grace we speak with HIM,

we always play HIS game.

are you an Active member?

of HIS eternal cosmic plan?

then recognize HIS ring tone,

your devotion it will fan.

gopi- lover... just remember this!

when HE calls us... ANSWER THE PHONE!

does HE talk to you?

does HE talk to you?

do you listen when HE speaks?

do HIS thoughts come waffing  
through your head and heart?

HE is the craftiest of sneaks.

does HE act as guide

to what you sometimes do?

and sometimes what you think?

have you felt HIS magic

in your breath?

HIS holiest of links.

does that bell ring true

when you hear HIS voice?

wonderful!! i am so glad to hear

i thought i was going crazy!!.

have you been struck by cupids arrows?

have you been struck by cupids arrows?  
he works for HIM you know.  
their tips are drenched in passion,  
HE is everywhere we go.  
HE penetrates our heart strings,  
HE shoots straight through our soul,  
and every time i try to run,  
to capture me HIS goal.  
do not fear of being hunted,  
HE finds us just the same.  
HE knows where we are hiding,  
devotion is his aim.  
please.. hunt me down and shoot me,  
with your arrows dipped in joy,  
i try to run and hide from you,  
attempting to be coy.  
sometimes i even see you,  
at times the wait is long.  
sometimes i get to listen,  
and hear your eternal song.  
i always get to feel you,  
and sense that you are near.  
please annihilate my ego,  
and take away my fear.  
may i always be your hunted,  
and ready for your kill.  
and when your arrows pierce my heart,  
i live to feel that thrill. ❤️❤️  
p.s. HIS love is like a fox,  
quietly it stalks its prey.  
yet when HE strikes,  
HE makes HIS presence KNOWN!!!

---

have you flown His magic carpet?

have you flown His magic carpet?  
what?... you did not know that it could fly?  
have you seen His stars at midnight?  
in the darkness of the sky.  
do you feel His breeze each morning?  
or sleep the day away?  
He visits us with every breath  
may we welcome him to stay.  
let us ride His magic carpet,  
where it flies is so sublime.  
instructions are on the inside  
on how to take the ride.  
do you know of flying carpets?  
or seeing in the dark?  
or do you join Him sitting  
when you visit heavens park?  
HE always wants to join us, have i always time for Him?  
or am i sometimes busy,  
doubting i can swim.  
lets dive in holy water,  
only egos ever drown  
when swimming with our lover,  
smiles change from frown.  
when next you see His carpet,  
just know that you can fly.  
it is Knowledge how to fly it,  
that lets our ego die. ❤️+

---

its so easy to fall in love  
its so easy to fall in love

not so easy to rise in love.  
have the burning flames of desire  
lit your travel bug?  
does your every breath dare to know its source?  
is your vessel worthy?  
does it sink or sail?  
we are sailing on the river of HIS eternal love.  
one needs not aim its rudder,  
just follow all the stars at night.  
effort and grace will take us there,  
to a world beyond  
both comprehension and belief.  
lets sail with HIM,  
on the river of every breath.  
it is the greatest journey one can ever take.  
the joy is in the journey,  
as well as the destination.  
the itinerary is beyond belief.  
heaven is its port of call.  
let HIM be your captain and mine.  
all we need is to enjoy the ride.  
are you afraid of sailing?  
no one here ever ever drowns,  
except into the sea of HIS eternal love.  
on his vessel all travel well.  
the secret is to learn to ride the waves.  
you will not get seasick!  
just dont ever leave HIS ship.  
your travel agent awaits your call,  
do you know the number?  
then book your travel now!  
why..because as HE has said  
tomorrow never comes!  
eternity is now, in every single breath.

just a note... i have been writing some poetry this week. it all has come surprisingly out of somewhere, nowhere..i am really not certain. just to be clear..these poems are written by me for me.i do enjoy sharing them...but just to be very clear. i am not trying to portray myself as anything . clearly i am very far from being an enlightened soul. i am like all of us taking this journey on the path. if these musing inspire you..that is so wonderful. clearly they are inspiring me. if not that is great as well. life is all about choice.. actually i have been very ill for a few weeks and housebound. it all started happening(the poetry) out of the blue. i too am just sailing on his path like the rest of us.i call these poems" wisdom of the idiot" i do hope you still enjoy them .i am having a wonderful experience in writing them.♥.

listen. do you want to know a secret?  
listen. do you want to know a secret?  
do you promise not to tell?  
closer...let me whisper in your ear  
say the WORD you want to hear,  
YES..I AM IN LOVE WITH YOU!  
this is not john or paul nor ringo singing  
this is your captain and pilot speaking!  
do you want to fly with me?  
let me take you to heavens gate.  
come with me to the land beyond time and space.  
the ticket is free.  
all that is required is your willingness to fly!  
come with me through my starry endless sky.  
put on your wings and rise!  
you are already there  
and I am always with you.  
let me show you who you truly are.  
be the butterfly!  
student, remember this....  
ONLY THE BUTTERFLY KNOWS WHY THE CATERPILLAR CAN FLY! ❤

Are you finally ready to play divine hide and seek?  
Are you finally ready to play divine hide and seek?

then you must commit to its only rule.  
you must seek only with your heart.  
and play completely in the dark.  
the path is lit by fire.  
burning desire guides your every single step.  
have you firewalked??  
do not worry...your feet wont burn or even touch the ground.  
your heart WILL with desire.  
and its flames will guide you.  
come and play and join in this eternal dance!  
between heart and soul,  
between every single breath.  
nothing is REALLY hidden.  
it is just that the blind cannot see.  
student...the time is now!!!!  
PUT ON YOUR GLASSES!!!.

do you want to go to eternities garden?

i have been really enjoying my new found love of writing poetry. this is my third poem. any feedback really helps and is greatly appreciated. " do you want to go to eternities garden? it is truly an amazing place. admission is always free and the secret space is ALWAYS open. Finding it is the key. it is off the beaten trail. it takes KNOWING where to go. a simple but not easy task. many have come close but never enter through its heavenly gates. do you HEAR ITS WHISPER? does it call to your heart? it lies between your heart and soul. time is endless there. the vistas are incredible. much more than mere words can describe. the sweetest fruits are growing there, with the most heavenly of nectars. do you want to come in? if so then follow your every breath...the most ancient GPS. upon arrival just breathe the password. no words are spoken here. in this silence all things flourish and grow. just LISTEN TO YOUR HEARTBEAT. every beat says enter. just DO NOT THINK ABOUT IT! understanding is the booby prize!!

i hear thunder

i received so much positive feedback on my first written poem yesterday that i did another one today. let me know what you think.....i hear thunder...i see lightning, as the sun darts in and out between the clouds. do you pay attention to the rain??? the winds of grace can carry you..lift your sails and catch the wind! it WILL take you where you truly want to go. the rain both in and out refreshes you as you go deep to catch its every drop. student.. do you want to sail on the vessel to eternity?? then trust the divine will take you there. watch the stars twinkle inside your very head. let the light of love and kindness guide your way. perfect god, perfect man, perfect being, perfect life the life of god is my life now. it is all in there, inside of you, complete and waiting for your call. waiting for you to say "who is there"? and of course..PLEASE COME IN.✿✿✿

a flute divine plays within

i wrote this earlier today while feeling inspired. "a flute divine plays within. with every breath i take. spirit dances invisibly within my very chest. i ride on a swing which never ever stops. the sun, moon and stars shine brightly- even behind the clouds. do you know who you are?? do you know why you are here?? the ladder to climb to heaven is tall and steep. its rungs are rickety and difficult to stand on and climb. all the riches of the earth, gold and silver precious gems cannot take you there. do you want to fly?? the journey lies within.all you need to know you already know . student and teacher alike all must go within to find the true gift. it lies right between your every breath."♥♥

## Kathy Sisler Soffer



I first heard of Kathy through her music. I don't recall the name of the film yet Kathy sang this incredible song about Prem's newborn daughter. It was like an angel singing. Kathy, as you can tell, is married to Steve. I remember their son Alex when he was a newborn. They called him pumpkin. Today he is grown up and has a family of his own. I haven't seen him since.

[Kathy Sisler Soffer Spotify](#)

## Fuzzbee Morse



Fuzzbee was born with a guitar in his hand. He is a musical genius. On top of that he loves to meditate. What a great combination? I haven't been in contact with him in many years yet I read his Facebook posts. Fuzzbee is still having the time of his life.

From Wikipedia, the free encyclopedia <sup>1</sup>

### Fuzzbee Morse

Morse arrives for the California Saga 2 Charity Concert in Los Angeles California on July 3, 2019

Known for multi-instrumentalist

### Fuzzbee Morse

Fuzzbee Morse is an American composer for films, as well as a performer, singer/songwriter, multi-instrumentalist and music producer.

He is known for his command of a variety of instruments, including guitar, keyboards, bass, flute, soprano saxophone, mandolin, alto flute and many others. As a player, primarily on guitar, Fuzzbee has played with such notable musicians as: Bono, Peter Gabriel, Lou Reed, Frank Zappa, Aaron Neville, Wasis Diop, Jaco Pastorius, Third World, Karla Bonoff, Richie Havens, Pino Palladino, Alex Band (The Calling), Jean-Luc Ponty, Ric Ocasek, Joan Baez, Cyril Neville, Axl Rose, Chambers Brothers, Manu Katché, Nick Jameson, Robert Wyatt, Greg Hawkes,

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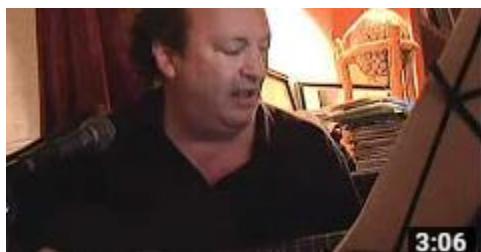
<sup>1</sup> [https://en.wikipedia.org/wiki/Fuzzbee\\_Morse](https://en.wikipedia.org/wiki/Fuzzbee_Morse)

Paul Allen, Pink, Dave Grohl, Larry Mullen, Jr., The Soul Survivors, Daniel Lanois, Donovan, Anne McCue, Jerry Marotta, Tony Levin, Derek Trucks, Julian Lennon, Vernon Reid, Rufus Wainwright, Robert Randolph, Steve Ferrone, Kenny Edwards, John Sebastian, Bernard Fowler, Andy Pratt, David Sancious, Jesse Colin Young, Natalie Cole, Lee Sklar, Ben Orr, Nick Mason, Russ Kunkel, Phil Upchurch, The Security Project, Dan Aykroyd, Trey Gunn, Harry Dean Stanton and many more.

His first album, Dreams and Other Living Things, featuring Jerry Marotta, Tony Levin, David Sancious, Lisa Frazier, Daya Rawat and Chambers Brothers was released in 2015. Paul Zollo, Senior Editor of American Songwriter reviewed it as, "An absolute masterpiece. An album for the ages."

His film career began in 1987 with the Stuart Gordon film, Dolls,[1] and he is still active in the industry today. He has worked on films with people such as Philip Haas, Damian Lewis, Stuart Gordon, John Slattery, Will Gluck, Richard Band, Charles Band, Chris Bauer, Tom Stern, Pam Brady, Dyan Cannon, Currie Graham, Sasha Jenson, Michael Couto and Kyle McCulloch. Morse, despite having many titles to his name, is often credited alongside others such as Richard Band, etc. and therefore hasn't always had as much attention from the media as his collaborators. Dolls is known for having sparked off several 'Killer Doll' franchises (collections of films such as Chucky and the Puppetmaster series with their many sequels), along with Ghoulies II, the second in a series of four films about wild, little demons conjured with black magic. Fuzzbee Morse is still working in music, film and television and performs often around Los Angeles.

Click picture to hear song.



Jim Gallagher

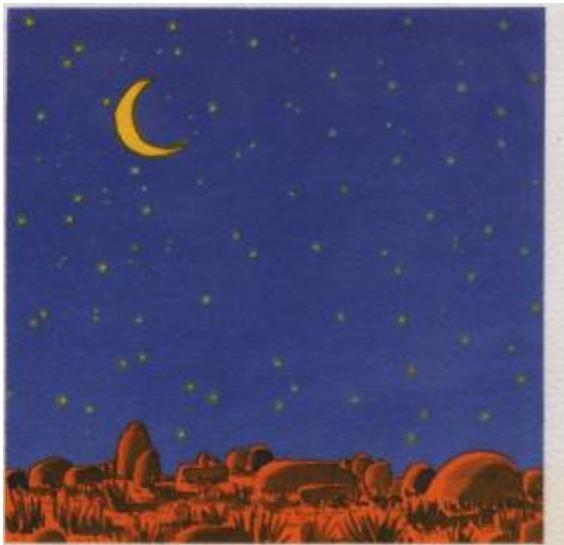


t's a small world. I knew Jim when he was living in Florida. My twin brother John knew him in California. Jim is a talented singer and songwriter. Keep on creating Jim. We love it.

Living the dream

Living A Dream

Empty canvas open sky



Essence



The World



The World is a beautiful place



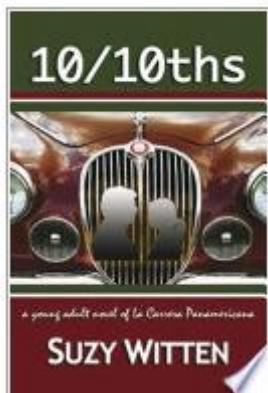
## Suzy Witten



I haven't spoken to Suzy in many years. Many of my close friends are good friends of hers. I remember she had a great singing voice. I always loved her sense of humor.

Suzy Witten's career spans over twenty-five years in the entertainment industry as a filmmaker, screenwriter, story analyst, and editor for film and television. As a filmmaker, she was nominated for a Lillian Gish filmmaking award by Women In Film. ... [Google Books](#)

**Books:** [10/10ths: A Young Adult Novel of La Carrera Panamericana](#)



14-year-old Andi Gazek, a lifelong car nut, mini-MacGyver, and expert strategist (i.e., fibber) from Montana, hits the road one abandoned summer in search of the racer father she never knew. Finding him is not enough.

Now she wants him to drive the world famous 2,500-mile vintage car rally race--*La Carrera Panamericana*--with her in Mexico... and she expects him to teach her.

What she learns, and what he learns, in their wills-clashing, car-crashing process is miles beyond any road map. *10/10ths* is a lesson charged, richly peopled, coming-of-age action adventure set in a contemporary car racing world full of high-speed hairpin curves and misdirection. For a Young Adult

reader, it's a page turning dented ride to what being "family" means. (*Pre-teen to Adult*)

## Michael Nouri



I first met Michael's Mom and his brother in India. The year was 1972. I was 18 years old. In 1972 I met Michael in Los Angeles. He was auditioning for some soap opera.

Michael Nouri is an American television and film actor. His father, Edmond Nouri was born in Iraq. He may be best known for his role as Nick Hurley in the 1983 film *Flashdance*. [Wikipedia](#)

**Born:** December 9, 1945 (age 74 years), [Washington, D.C.](#)

**Height:** 6' 3"

**Nationality:** American

**TV shows:** [The Gangster Chronicles](#), [NCIS](#), [Changes](#), [Damages](#),

Jump to [Television](#) - He may be best known for his role as Nick Hurley in the 1983 film *Flashdance*. He has had recurring roles in numerous *television series*, including NCIS as Eli David, the father of Mossad officer (later Special Agent) Ziva David, The O.C. as Dr. Neil Roberts, and Damages as Phil Grey.



Flashdance



The Hidden



The Proposal



A Dark Plan



American



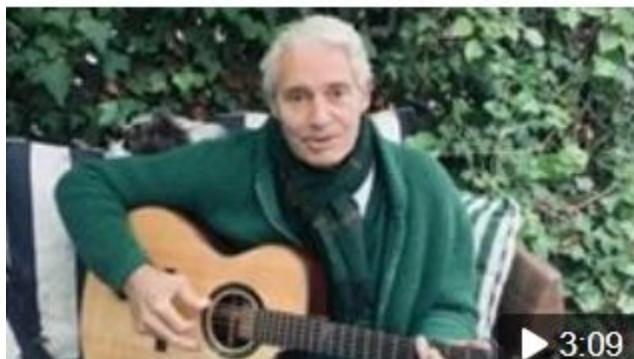
Changes



Quiet Victory:



V



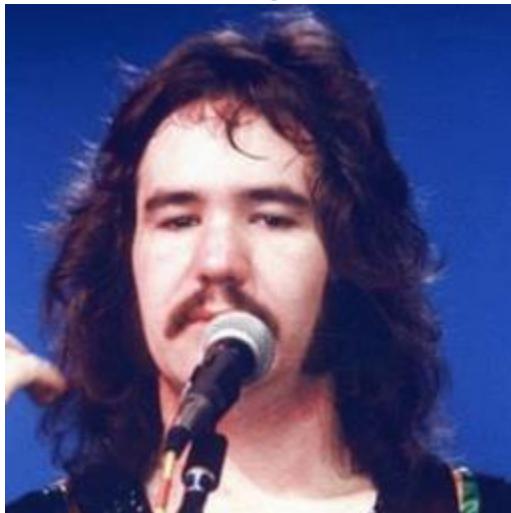


YOUTUBE.COM

**Michael Nouri Actor and Humanitarian**

UN International Peace Day

## Michael Lanning



Michael was a member of the band called Jiva. George Harrison signed them up under the Dark Horse label.

They were one of my favorite bands. My brother John knew Michael better than I did.

**Genre:** Folk

**Albums:** [Tantric Progression](#), [Words Should Mean Something: Live At the Bitter End](#), [Modern Sounds in Love and Cynicism!](#)

**Record labels:** [Michael Lanning](#), [Toes in the Sand Recordings](#), [Bel-Lan Records](#)

**Songs**

You Just Go Away

Modern Sounds in Love and Cynicism! · 2016

Bound for Ascension

Bound for Ascension · 2004

Tantric Progression

Tantric Progression · 2005



## 1. SOMETHING'S GOING ON INSIDE L.A.

Someone's sitting down and justified to laze the day it all away  
Notices that something's wrong and something's going on inside LA  
He picks up on the outer someone'S walking thinking nothing is true  
He says something cosmic's going on while Ringo sings this song just for you  
The other three magicians realise the mystery tour is just a game  
While hearing truth is licking wounds trying to comprehend a shipwrecked fame  
Lovers of the truth remark what the hell they're gonna do  
They say something cosmic's going on while Ringo ends this song just for only  
you  
Now in case you didn't hear it  
You can't be any nearer to it  
Something's going on inside LA  
Something's going on inside LA

Someone's laying money down that can't undo the chain inside his heart  
And sometime's that can ??? because of some else's sad remark  
The money goes to people into arguing that heaven isn't here  
While all the time ignoring that perfection which the lovers see so clear  
The pawnshop dealer deals inside has no direction ??? ??  
He has always had a fear of whirling dervishes that knock him off his feet  
Now I'm just talking about an ordinary man that ties a ball inside his life  
Who is hung up and brought down and cannot seem to get along without his  
wife  
Now in case you didn't hear it  
You can't be any nearer to it  
Something's going on inside LA  
Something's going on inside LA

---

## 2. THE CLOSER I GET

You might think me absent minded,  
If your Name I sometimes forget.  
And at times I may seem blinded,  
Because your love blows my mind,  
The closer I get.

You could say I've got a problem,  
You could say I'm in a jam,  
But my eyes just ache for the sight  
Of the one who made me what I am.  
Oh, how can I ever say, how can I even try?  
Without the help of anything in this world  
You've taken me beyond the sky,  
Which is the roof of my limitation,  
As far as I can go by myself.  
You could say I got a problem,  
Yes, I guess so.  
But if loving you is a problem,  
I want everyone in the world to know  
I want the world to know!

---

### 3. LOVE IS A TREASURE

Hello my friend let's go for a ride  
And talk about something that I feel  
It's probably nothing but you see there's a ??? (Can you feel it?)  
You know it could turn into something real  
I've been hoping it's true  
I've been feeling my heart sing  
Flying 40,000 feet up off the ground in love

It takes a dreamer to make a dream come true  
Hey my friend are you dreaming too?  
As we talk now I feel it grow inside (Feel it growing)  
You know I'm just beginning to realise

chorus:

Can you feel it? The realness?  
You have taken the first step  
Love is a treasure that can open a heart of stone  
Love is a treasure that can open a heart alone  
Love is a treasure that can open a heart to home

Why don't you try and see?

I'm beginning to see things I thought were true are illusion  
What I feel I can see in you  
And don't you know it? Things will always change (for the better)  
And we will find what we really need

chorus

Now I've been hoping it's true  
I've been feeling my heart sing  
Flying 40,000 feet up off the ground in love

---

#### [4. Take My Love](#)

Open the door that turns the key to your heart  
You're something special you've a load to uncarr  
What do you know about lying  
What do you know about dying  
What do you say we start trying  
To unwind the sign of the times  
It's not hard it starts in your own yard

Chorus:

Take my love  
Wear it well  
All right take my love  
It's too soon to tell how far we can go with love

I know it's old and that you've heard it before  
I know it's also something you can't ignore  
What do you know about living  
What do you know about giving  
What do you say we start living  
For the day when sins wash away  
When hate is no more just open your door

chorus

Take my love (repeat and ad lib)

---

### 5. Hey Brother

Hey brother can you feel it in the air  
You know that something is changing  
And I know you might not care  
Now if there's any reason for you to feel at all  
You should feel that you're part of it although you may feel small  
When you know that the power of love is coming  
Are you just going to turn and run

Hey brother do the best that you can do  
There's a million head trips but only one you  
Don't deny the love in your soul till you're old and grey  
Because your life's unfolding brother don't waste another day  
When you realise that the power of love is in you  
You are going to want to come

Now stop where you are now  
You've got a chance to see  
Through your ideas of what life must be  
When the mind is concentrating all that I feel  
There's a power of love growing  
Making time stand still  
When you feel the love going through you  
All your other trips are dying  
When you feel the love going through you  
All your other trips are dying

---

### 6. World Of Love

Such a wonderful world of love  
Such unlimited love that we can find  
And it's part of the real world of such unlimited love  
That's deep inside

And this is love I always felt inside my heart  
Until I fell in love with You  
And then the power of your Word tore me apart  
And I saw your love come shining through

And from the first time that I felt this love inside  
I knew this love would grow and grow  
And now this feeling is getting hard to hide  
You're making it easy to let go  
Oh your love's completely filling me  
Oh filling me up, filling me up  
Oh loving you is so easy for me

---

#### 7. WHAT YOU'RE WAITING FOR

If you could park inside a dream that you completely understand  
You would find and realise that everything you planned  
If you could reach inside the time and pull out every last day  
Mix it with the company you would find a way

If you could minimise your fear and figure out what you need to know  
You would finally understand just where you need to go  
If you know what you feel inside is more than just a state of mind  
Measure it with tenderness you seek to leave behind

What you're waiting for is the chance to see just what you've got together (in your life)  
Open up the door and you'll find out what you need to get untethered (in your mind)  
repeat

---

#### 8. IT'S TIME YOU KNOW (*lyrics are a bit iffy*)

You don't know what you're after  
But knowing you better start  
You're faking much too dreaming

You're feeling the song of your heart  
And you know that you are given  
Yes given is the gift  
It's time for you to remember  
The one who has given you this  
And you know what soul soul soul

Nothing you've done has fulfilled you  
If you die  
But you know that's just a crime  
Man's master plan can kill you  
And the song you're singing with the rhyme

Now again and take a listen  
Cause it's the only thing that's true  
Man you don't know what you're missing  
Hey but it's really all up to you  
It's time you know  
Wait wait a little bit longer  
It's time you know  
Can we bring you a little bit closer  
It's time you know  
How to fly

---

#### 9. DON'T BE SAD

Wrapped up in the corner of your mind  
Is the place that you've been saving  
Now the time to open up your heart has come  
To satisfy that craving  
But how can you open up your heart?  
The time has come but you're still feeling sad  
Don't be sad

Long ago I felt like you  
Cause no-one seemed to understand the madness  
Now my time of endless searching's done

And my heart is full of gladness  
And now you can open up your heart  
The time has come but you're still feeling sad  
Don't be sad

Lots of places brighter than the sun  
When you reach inside the laughter  
Listening to the silence in your heart  
Is realising what you're after  
And now you can open up your heart  
The time has come but you're still feeling sad  
Don't be sad

---

#### [10. ALL IS WELL](#)

All is well says something in my heart  
When it's late and I'm all alone  
And the doubt and worries start  
There's always a light that's shining  
Even in the darkest night  
Shining all is well  
Everything's alright

It's okay says a messenger from the day  
Whispering ever so gently in my ear  
And when I'm all alone  
You answer my inner phone  
And with a voice so clear you say  
You're not alone it's okay

And you brought this to me  
Without the light you showed me  
I couldn't see in front of me  
See things unfolding perfectly

Everything's all right  
Relax and go back to bed

There's nothing in the world that can hurt ya  
So don't worry your silly head  
There'll be no more empty nights for you  
Though that race will always run  
For you who know my Name  
For you the race is won

For you who know my Real True Name  
For you the race is won

© Loka Productions, S.A.

Hey brother



Don't be sad



World of love

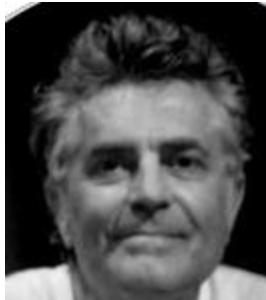


Love is a treasure



## Geoff Bridgeford

This man is a genius.



Oct 22, 2016 - It was in London in 1971 that **Geoff** found international success as the drummer for The **Bee Gees** playing on songs that were released on four albums and eight singles, receiving two Gold Records for the million selling hits 'Lonely Days' and the **Bee Gees** first number one in the USA 'How Can You Mend A Broken Heart'.

## Geoff and Maurice Gibb

New Bee Gee

Drummer Geoff Bridgeford (left) with singer Maurice Gibb of the Bee Gees, UK, 11th June 1971. Bridgeford briefly played drums for the Bee Gees between 1971 and 1972. (Photo by Jack Kay/Daily Express/Getty Images)



Lonely Days



How can you mend a broken heart



One Foundation - Dance with us Lord



The Power Of Love



Loving is where we start



Have You The Urge Too



Easy To Love



Ordinary Man



Heart song



Modern Life



Plant a tree



## Charles Cameron



I first met Charles in India in 1971. He was from England. He graduated from Cambridge. His passion was writing and poetry. Charles had a great sense of humor. You could say it was almost dry. British style. I have many fond memories of him. He was a great public speaker and storyteller.

One of my favorite poems of his was Christ a Rose in Jerusalem. It was a great play on words and had such deep meanings. This was almost fifty years ago. I think Charles would have been a great court jester. He could say anything he pleases and gets away with it.

Sadly, storytellers and poets struggle to make a living. They are the cornerstone of humanity. In the past, the rich would sponsor the arts. In my eyes, Charles is a genius with the spoken word.



The Below Birds' Song

Do you see the below birds that nest in the stark twigs  
of the below-ground mirror image of the above ground tree,  
its below branches copied in good faith and true,  
its below leaves fallen -- upwards -- to nourish the above,  
do you hear their song?

I mean the song of eyes blind to truth that keep looking?

I had the darshan of the Dalai Lama last night  
for Carole and Michael W

.

He came to me in my dream.  
I'd spoken to bookish friends of my devotion  
to Our Lady of Walsingham, which  
may have opened the avenue of his coming,  
there'd been a professorish fellow,  
and you know that was me,  
who disputed me when I suggested Freud --  
Sigmund, not Lucian --  
dealt in the layer of green sludge  
atop the mind's powerhouse unconscious,  
his work thus being literally  
superficial, while Jung  
plumbed the depths of interest,  
but my friends said they'd take me anyway,  
forget him, to Canterbury,  
somewhere east of LA, stopping  
at a fine used bookstore along the way --  
and it was there he came to me,  
entering my dream  
as from the heart of a mandala or vescia piscis,  
and I approached him,  
he came to me,  
I came to him in my dream,  
kissed his feet knowing nothing of silk scarves,  
as he said,  
"This one I have known .. long time"  
meaning, it seemed,  
since 1959 when he first escaped Chinese guns  
and the automatons carrying them,  
over the high Himalayas,  
I'd have been fifteen,  
or a few months later when the tulku Trungpa  
made a similar trek,  
that's a fine word for arduous journeys,  
then asked what my practice was,  
and was I serious about it,  
"Maharaj Ji's meditation" and "Ah.." --

which, like "Mu", means neither quite "yes" nor "no" --  
then laid his arm, contrary, to the elbow,  
along my arm,  
with gentle and gentling look,  
shook my hand, yes, shook my hand  
and was not there,  
leaving cloth of gold light in dream space  
with blue, green, yellow, red  
tiny letters,  
coming and going too fast to record,  
curved petals and the square corners of squares,  
red and black,  
as though gold was the curtain swishing closed behind him,  
and no, I'd never before met him,  
and yes, I knew him  
and he'd known me .. long time --  
oh, last night I had darshan of the Dalai Lama.

---

## He Who Stands Firm

Cut me with Knives, I am quietly devastated.

He Who Stands Firm, known to me  
as Nick Shoumatoff, who in Oxford hosted my evenings  
late into the night on many consecutive  
and otherwise occasions, introducing me to  
and to me, green tea and bluegrass,  
zen and Folkways records of zen monks chanting,  
Trungpa and Akong, the Tibetan lamas  
he'd found room for upstairs,  
Steve Abrams,  
Bob Dylan, then unknown in England,  
with two records into his Nobel laureate career,  
the I Ching or Mighty Ching, depending  
on how reverent you were feeling,  
in of course the Richard Wilhelm version for me,  
though he was reading, and read, Chinese for himself  
and threw yarrow stalks -- square holed round coins for me,  
Evans-Wentz, Milarepa, The Tibetan BOTD --  
and so this little Catholic boy  
reading theology at Oxford, stretched  
into Jung and Buddhism, Nick and I took  
Trungpa down to meet the Benedictines at Prinknash,  
I think the Fugs entered that picture,  
but fog overtakes time --  
Nick was magic:  
let the Knives come at me of their own Accord.

I speak with the force of the sun

I speak with the force of the sun, subdued  
by the moon's stone face to  
a contemplative quiet --  
and how could it be otherwise?

The moon's light skips across the waters  
like a smooth pebbled skimmed,  
and without the sun,  
that light would be mute, tuneless.

Listen:

the moon skips the waters  
toward you --  
out of silence, susurrations,  
if you listen keenly --  
and at last, as if breaking from code,  
melodious as silk rubbed between finger and thumb,  
speech:

"I have love in mind,  
and do you suppose my heart any different?"

## The varied duties of grasses

·  
Anyone who treads the Buddhist monk's path knows  
there are days the bowl is empty  
before you begin to eat.

Quite how it fills up as you do so  
is a secret only much contemplation  
to the point of vanishing  
will deliver.

The secret as I see it, and  
please correct me if I'm wrong,  
is to see the bowl  
not as empty but void,  
which is a form of invisible fullness.

Life is like that:  
the monk's path is cobbled,  
grasses push up between the stones,  
most days there's soup;  
after a while, the grasses push up  
above bones.

Semblance

..

The sudden cessation of breath may resemble  
putting the novel you're reading away and looking up.  
A sudden cessation of breath will resemble  
not even nothing, there being no resemblance in oblivion.

Grief, bleeding

I'm obliged to go cool into the flame,  
cool into the fiery furnace, flaming fury,  
go still into the whipped winds,  
still into the stinging, singing sands,  
I should go silent where the owls in the oaks  
let fly their ballads of doom, doom,  
like a drumbeat, da-doom,  
doom-diddy-doom doom da-doom --  
there is apocalypse in the rocks,  
do not strike them, do not above all  
speak to them, their smooth-worn weariness  
speaks for itself, and their inner meaning --  
leave it to those who know, eh?  
I must go blazing cool into paradise  
if I hope to get there, if I am not  
singed by the angel's singing, flaming  
feathers each one a symphony,  
eyes like lasers of scriptural purity,  
I should at least try to slip past near purity,  
find some back gate to the garden,  
for I have little more to offer, I  
must lay emotions like the beating hearts  
of bulls, trembling breasts of birds, open  
on the butcher's block, take violin,  
take cleaver and with surgeon's touch  
slice open grief, my gloved hands  
bloody, grief fallen half-open like a liver,  
its life blood leaking onto the block --  
best must race cool quick into the flame.

Meditation on a name

..

Quite often when I wake,,  
there I am, sitting up,  
there with me,  
like shadow, she: knowing so much.

Soo..

She was leaning back on the iron rail of the balcony,  
Paris, several stories up  
years back.

How can I tell you what that's like,  
waking from deep sleep to acute wakefulness  
on seeing her, to see her?  
Of course, she's gone in an instant, a  
phantasm,  
off to where with luck, or  
I'd call it grace, perhaps, I'll be,  
up ahead, where she won't exactly  
appear, but her fragrance,  
a kind of music,  
will haunt me --  
so I tap my feet or breathe in,  
deep breaths  
that carry me inwards  
beyond speech:  
there I must report on her,  
which, if I am truthful  
will say nothing --  
but in a tone of feeling  
such as will bring her, shimmering,  
up behind me.

If I could summon her now,  
shimmering, I would,  
but these are poor words,  
and she a fine spirit.  
Some other day, perhaps, I will be

speechless in her presence,  
and over my shoulder,  
you will see.

She was leaning back on the balcony, Paris,  
figuratively speaking.  
Dusk behind her.

Soo.. SooYoung -- in Korean.  
Even in English it makes a lovely name.

Almost

She sits almost beside me  
on the stair of the English Department  
of a university that's persistent,  
at least in the logic of this dream,  
a stair where we've sat almost together  
before, and I'm almost  
in love with the little slip of her  
We were almost --  
then she moved off,  
later she'd fetch that book for me  
and be back,  
and she'd moved, then,  
to the corner of the stairs,  
further, your almost love,  
a little further away..

She's thin, angular,  
fits in the corner where she now sits,  
not thick as a line of prose,  
thinner than human,  
thin as a line of verse.

I break the surface of honor, writing this --  
now can I ever get back?

There was in my past, in my thirties,  
a student of English --  
irresistibly shy,  
she demands to be pried open,  
or so I suppose,  
thin as a breath.

To my dishonor and shame I betrayed her.

I figure space is a function of body --  
ahead, left, right,  
around, below, above --  
and if space, time too will be bodily,  
first breath, aka birth,

this or that age, last breath, aka death  
and bodily burial.

Hence I doubt there is After,  
and hope to meet her for the first time  
in this dream  
or that or another,  
thin and sweet as a breath.

Miranda.

On the stair of an English Department.

For there are layers,  
layers and folds, surely.  
But then again --  
almost.

Scythe poem #2

The scythe cuts mighty close these days --  
what time is it?  
Must be harvest.

What then should we do?  
Bend gracefully with the wind --  
wind, breath, spirit.  
Being bread, after all,  
might be mighty interesting.

Lincoln, a memorial

Lincoln has been enthroned so long  
he has almost turned to marble.  
Let him step down, see if he recalls  
enough of his Second Inaugural  
for a rewrite, take over the Speakership  
of the House from Pelosi, who could  
hardly refuse given the circumstance,  
hand-wrestle the moral arc of the nation  
away from Trump and closer to MLK --  
for the sake of the Union, united,  
democratic, a Republic if we keep it,  
but will we? He can always go back  
to his chair, disgusted, turn altogether  
to marble again if we don't. So: decide.

## Coronavirus meets religion #5

Coronavirus meets religion #5 – the arts and pestilence -  
by Charles Cameron — what novelist, poet, painter, composer or film maker  
will create the great works of our present plague?



i

ZENPUNDIT.COM

[zenpundit.com](#) » Blog Archive » **Coronavirus meets religion #5 –  
the arts and pestilence**

## Mitch Ditkoff



In the mid-seventies, I was living in New York City. I had a friend of mine name Fran. Fran was telling me about another friend she had named Mitch. Well, I never got to meet him. Fast forward 45 plus years. I see him on Facebook. He has a blog about storytelling.

You may have guessed that I love stories.

That's the reason I wrote family and friends. That's the reason why I write about creative people. Each one of his storytelling is fascinating to me. He covers the good, bad, and ugly and makes me laugh at life. I love his story *Guns to My Head*, *Two Nights in a Row in a Seedy Boston Motel*. Each story has a purpose and something to learn. He also loves to meditate.

### **ABOUT THE BLOG**

*Storytelling at Work* is a blog about the power of personal storytelling – why it matters and what you can do to more effectively communicate your stories – on or off the job. Inspired by the book of the same name, the blog features "moment of truth" stories by the author, Mitch Ditkoff, plus inspired rants, quotes, and guest submissions by readers.

Seeing Clearly

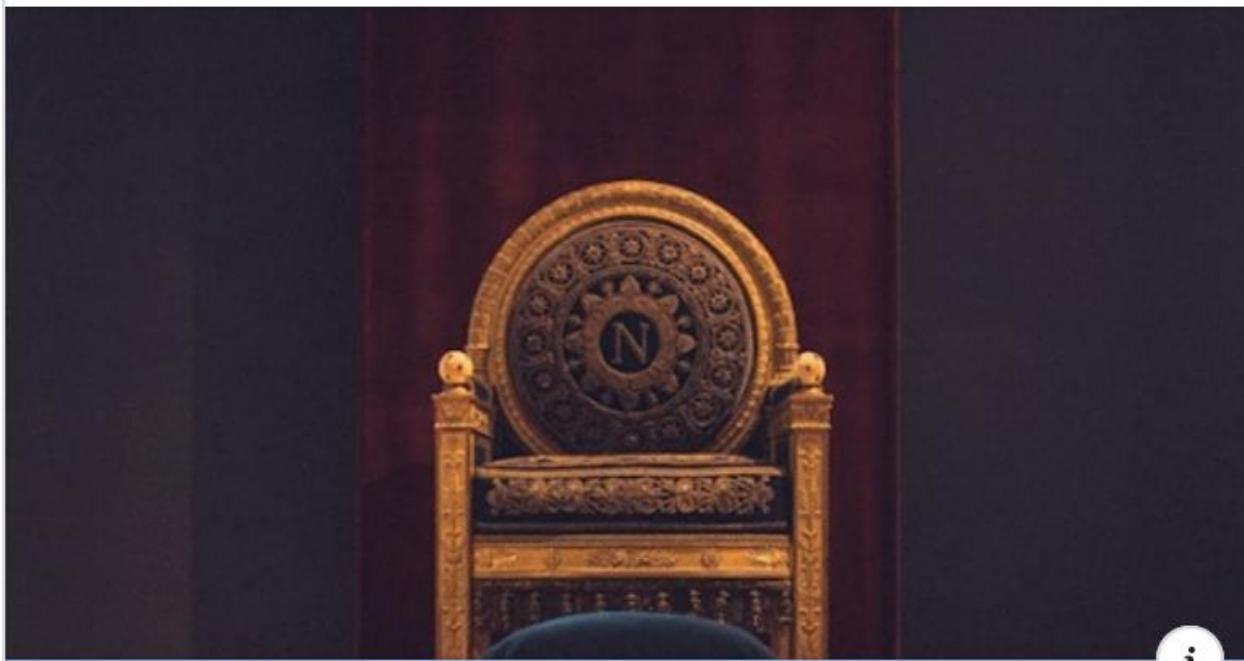


**Mitch Ditkoff**

May 21 at 9:19 PM ·

...

I HAVE NO IDEA WHERE THIS STORY CAME FROM -- WAY BACK BACK BACK IN THE HIDDEN ARCHIVES OF WHATEVER.



IDEACHAMPIONS.COM

## Storytelling at Work: On Seeing Clearly

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

I'm From Woodstock. Yes, I Am!



**Mitch Ditkoff**

May 20 at 10:53 PM ·

...

WHEN YOU'RE A "CONSULTANT" FROM WOODSTOCK, SOMETIMES THE WAY YOU INTRODUCE YOURSELF AT CORPORATE COCKTAIL PARTIES CAN GET A LITTLE AWKWARD. -- or, at least that's the way it USED TO BE.



i

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**Storytelling at Work: I'm From Woodstock. Yes, I Am!**

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

Sheikh Waseem



**Mitch Ditkoff**

May 19 at 6:48 PM ·

...

THE PLAY, DOWN UNDER, CONTINUES. (Hint: We are all each other's teachers).



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## Storytelling at Work: Sheikh Waseem

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

[working in an Islamic school](#)

Having been in Australia, working in an Islamic school for the past three months, living with a Pakistani family, I've had a whole bunch of people ask me "how's it going" or "what's it like." I've said different things at different times, but the one thing that resonates the most for me is how I sometimes feel when I am watching a movie I totally love -- the kind of movie that absorbs me completely. At one point during the movie-watching experience, I notice myself thinking "I can't wait to watch this AGAIN", even though I am watching it NOW. That statement is not me dissociating from the moment, but more the acknowledgment of the power and the glory and the immersion of the moment -- and all I can say is that I want to STAY in that experience and, to a movie-goer, "staying" sometimes translates

as "I want to see it again." So that's my experience these days, along with long walks to the grocery store to buy hummus and sliced salmon, sardines, and rice cakes which somehow have become my favorite foods. So much good stuff happens in a day here that could easily "become a book", but I am IN the book and to write the book I would have to leave the book, which is a curious kind of yoga I'm not quite sure I've mastered. "A Thousand Muslims and a Jew" would be the title, but I have no idea if it will ever get written or if it needs to get written. Right now, I am doing my best to be a character in the book, not the character writing about the character, if you catch my drift. Bottom line, I am enjoying myself and feel blessed, guided and humbled by the outrageous play of life.



## The 18<sup>th</sup> Camel



**Mitch Ditkoff**

May 18 at 9:24 PM ·

...

HOW TO USE A STORY TO SOLVE A TOUGH PROBLEM: The 18th Camel -- just published in the Australasian Times.

**that can be said no other way."**

– Flannery O'Connor



**i**

AMUST.COM.AU

### **How to use a story to solve a tough problem: The 18th Camel**

Once upon a time, in Egypt, there was a much beloved camel merchant...

The Dance of the Gnats

---



**Mitch Ditkoff**

May 18 at 1:10 AM · 

WHAT I LEARNED FROM A SWARM OF GNATS IN A PENNSYLVANIA CORNFIELD.



IDEACHAMPIONS.COM

## **Storytelling at Work: The Dance of the Gnats**

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

## What I Learned From Listening to Ravel's Bolero for 14 Hours



**Mitch Ditkoff**

May 16 at 9:36 PM ·

WE NOW INTERRUPT WHATEVER MIGHT BE BRINGING YOU DOWN, BUMMING YOU OUT, IRRITATING YOU, DISAPPOINTING YOU or MAKING YOU STIR CRAZY with this 3-minute story of mine -- about the time I had to listen to Ravel's Bolero, non-stop, blindfolded, in a pitch black room, for 14 hours. (Sort of prepared me for lockdown.)



IDEACHAMPIONS.COM

### **Storytelling at Work: What I Learned From Listening to Ravel's Bolero for 14 Hours**

Storytelling at work -- How Moments of Truth on the Job Reveal the Real Business of Life

Guns to My Head, Two Nights in a Row in a Seedy Boston Motel



**Mitch Ditkoff**

May 14 at 11:52 PM ·

...

VERY FEW PEOPLE HAVE HAD THE COLD BARREL OF A GUN PRESSED AGAINST THEIR HEAD BY A LATE NIGHT THIEF. IT HAPPENED TO ME TWO NIGHTS OUT OF THREE WHEN I WAS 22.



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IDEACHAMPIONS.COM

**Storytelling at Work: Guns to My Head, Two Nights in a Row in a Seedy Boston Motel**

The Power of Presence & Curiosity



**Mitch Ditkoff**

May 14 at 12:46 PM ·

...

A BIG SHOUT OUT TO THE EXTRAORDINARY ERIKA ANDERSEN -- a masterful coach, clarifier, and sweetie pie who saved my butt, big time, at a time of my life when I was way way way out to sea. Click below for the story -- a 3- minute read.



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## **Storytelling at Work: The Power of Presence & Curiosity**

Storytelling at work -- How Moments of Truth on the Job Reveal the Real Business of Life

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## Milky Cole

I first met Milky in India in 1971. He was quite the divine character. He was brewing laughter and humor. Milky was about ten years older than me. I was just a kid 18 years old. We spent time together in Africa. A few years later Milky comes to Portland Oregon for a month. Great guy. He enjoys the adventures in life. He has a great story to tell. Milky traveled to India from England two years before me. He was one of the first westerners introduced to Prem Rawat.

I haven't seen Milky in over thirty years. I never knew he was a master gardener. Wow, love this. Your meditation paid off.





**Michael Cole**

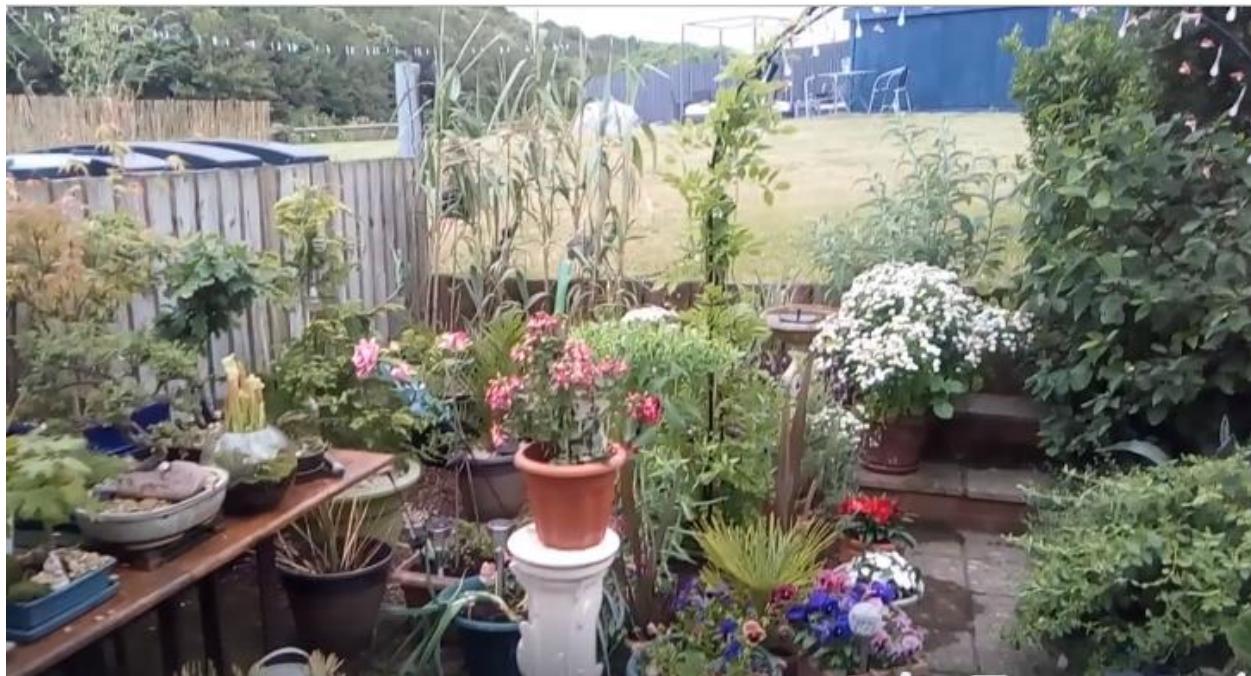
July 28, 2019 · 

Garden still offering me great joy... 





Amazing what a little devotion and sunshine Will do!!!











## Charlie The Dragon

[Click to hear the story.](#)



[WHERE ARE YOU GOING song by Charlie.](#)

I wrote this for my dear friend Charlie. He has been sick for a while. He is still alive today. I wrote this to cheer him up. We have been great friends yet I haven't seen him for over thirty years.

Charlie came in contact with the dragons here 5,000 years later. Much to say our simple cave transformed quite dramatically in 5,000 years. Our simple cave was a vast underground city where around 2 million people were living here. It was the golden age of man and dragons. Our city name was Shambala.

Most have changed. Our way of life was so far advanced than anything has been seen on earth. War was thousands of years behind us. It was a faint memory in time.

Charlie was an incredible dragon trader. He had hundreds of dragons moving exotic fruits all around the world. He studied for years with a master dragon teacher who taught him how to meditate and be one with the universe.

Both little Ricky and little Jonny became friends immediately as they met him. Charlie came from South America from the land of Peru. Both of them were on the same wavelength in life. They shared a common bond that could never be broken.

Charlie was trading the following fruits Chirimoya, Mangos, Pitahaya. Dragon Fruit, Guava, and Papaya. Both little Johnny and little Ricky never tasted anything so delicious. It became an instant hit in Shambala. Everyone was talking about it.

Charlie and the twin dragons loved to fly together and meditate. Charlie knew how to fly like he was on a super roller coaster. He knew how to use g-forces to do incredible maneuvers like the upside-down loops you see on roller coasters today. He had a Latin flair to him.

Charlie came and traded with us about two times a year. He had busy trade routes established. Charlie started the Silk Road trade route years ago and by chance discovered a conversation about the hidden city of Shambala. Most of China and Tibet hear about our hidden city but thought it was a myth.

Charlie loved adventure. He wasn't only a business dragon. He was incredible with the arts and music. He told me about one adventure that left my brother and I quite memorized. You see in Peru youngsters (humans) loved to ride the ocean waves much like dragons fly in the sky.

He discovered a place in Chicama a small sleeping fishing village. Here along the beach was a vast point where you could see 10 waves breaking in the distance. The waves would follow the coastline for a mile. It was the longest wave in the world. Charlie was friends with most of the surfers. They were the farmers that grow the exotic fruit.

The surfers taught Charlie how to body surf. On huge days Charlie would swoop down from the sky and gather so much speed he could easily catch any wave. He invented modern-day jet-skiing years ahead of his time. Charlie would ride this wave for miles laughing and giggling the entire time. All the surfers would clap their hands in delight.

Charlie brought little Ricky and little Johnny to Chicama. Remember they were both around five thousand years old. But they were young at heart. Little Ricky

and Little Johnny spent the entire day catching one wave after another. They would always say just one more and we will call it quits for the day.

The surfers provided a feast in honor of the twins coming to their county. Now Little Ricky loves to try anything different. The surfers provided a feast that dragons and man are still talking about today. Little Ricky still remembers it.

Charlie introduced the twins to the hidden dragon community. The dragons and man never fought with each other. They became friends from the beginning of time. Both of their cultures respected Mother Earth(Gaia). At the time both man and dragons would hold sacred ceremonies, and prayers, and meditate together. They realized the connection between the earth and the stars. You see they knew they were stardust. They came from the stars. Meditation was the doorway to the universe within.

Charlie took little Ricky and little Johhny on a tour of the Americas. They saw vast civilizations in Guatemala and Mexico. They saw great pyramids all over the place. You see David had the vision of the dragon becoming a reality all over the world.

Charlie took them to Florida where life was so simple. The Indians loved the dragons visiting them. They went to Malibu where the Chumash Indians lived. They taught the Indians how to surf the long waves during the summertime. The natives would love to watch the dragon riding the waves. You see they only fished along the shore. This became a hit with the young locals. People are still talking about it today.

At some point in time, Charlie moved to Canada a city called Toronto. He settled down, married, and had children. Everyone loved Charlie. He gave life to the party. He loved his children and wife. Of course, he had many friends. Boy did he have stories to tell? He could probably talk the rest of his life about his incredible journey around the world.

By this time Charlie became one with the sun, moon, and stars. He was still in a dragon body. You could say he was enlightened. He discovered his true nature. You see there is a point where you just simply shine. Charlie just smiled and shined like the sun.



♡ Q V



Liked by bobbyopf and others



♡ Q V



Liked by luannefp and others



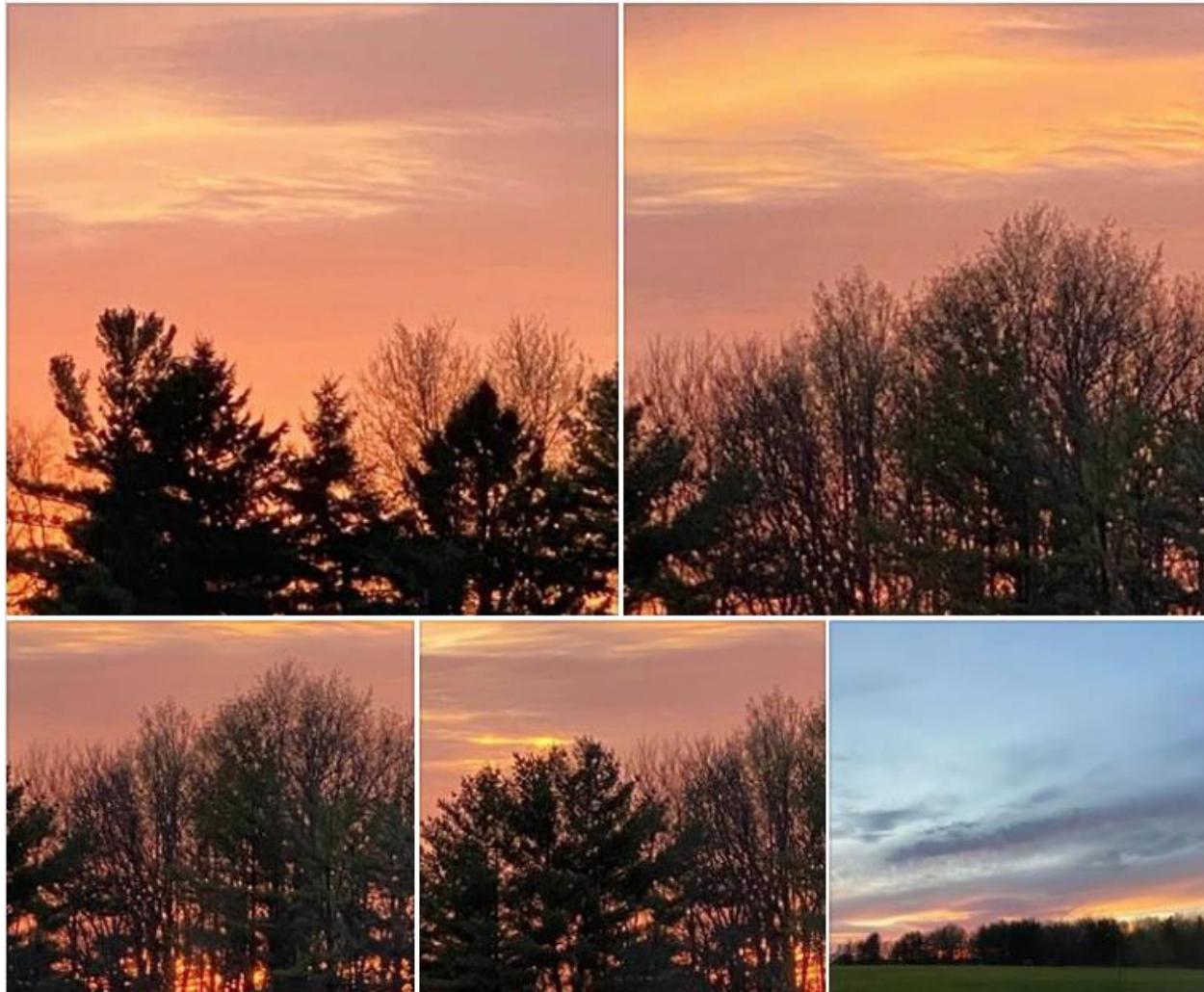
The first pic is of my friend Tato Gubbins and me in June 1969 down near Chorrillos. We were going to try his new board. Tato was Peru's National champion 3 times. He was a shaper too like his brother Guayo. We were both goofy footers. Arturo and I were good friends.

The second pic is of me one afternoon in October 1972 in Cerro Azul.

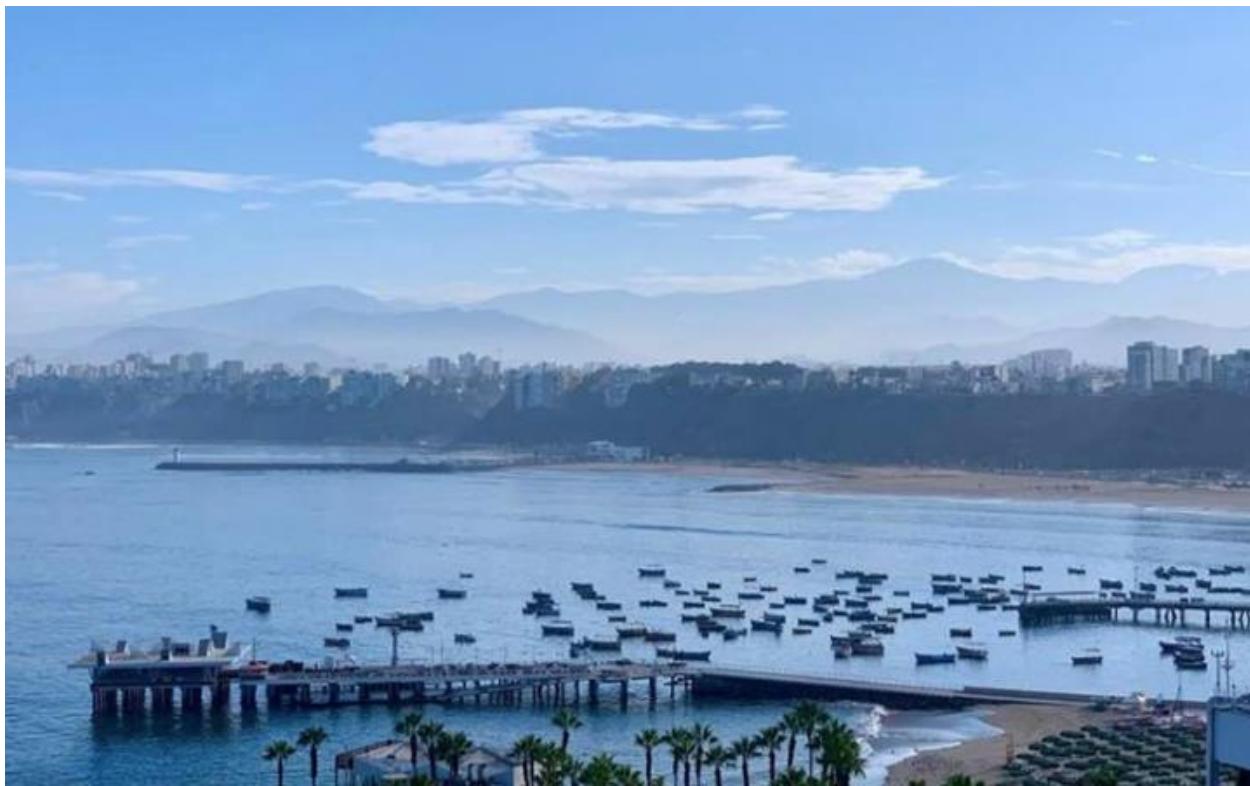
And the 2 color ones are yours truly the last time I went "surfing" in Wasaga beach Ontario (2 hours North of my house) with my new 9'6" that my USA dear friend Bill Cannel más for me and I picked up from Buffalo. I have an interesting story about that trip to the Niagara Falls border.

Yours Truly at "Cosmo Music" (my "church") in the Taylor Guitar Show Room checking out a Magical 6 string. We ended up having an impromptu Jamming session with the visiting California Taylor sales Rep and a bunch of people around us wanting "encore". Had the pleasure to meet Bob Taylor. Great Guy Great Guitars !!! Gibson's and Martin's and Epiphone's.... this Taylor babe is Hot !!!! Heaven on Earth, no BS..... hear that David L ?? Remember when we did something like that in September 1972 at the University of Lima Yard ??? Epic Guitar playing, still miss you bro !!!! Let's get together soon and Rock this World's Heart with Love and Inspiration !!! It needs it !!! Peace and Love My Friends 





My Everyday View for 14 years I lived in the Beautiful City of Chorrillos, Lima, Peru. Ever Grateful for My Beautiful Family, Beach Life, Great Surfing, Best Friends, Happy and Healthy Life, Lots of Dreams and Hopes, Great Music, and Great Food. I was Searching for the Meaning of Life and left it All to go all over the World to Help Make The World a Better Place....I actually Had it Right There, Love, Peace, Health, Music, Paradise. I just actually needed to Find Me, I Mostly Did..... It Is All In Me !!! Now Let's Take Good Care of Things, This Life Can Be Beautiful!! We Can Make It, Let's Do It !!! Great Gift, I Love Life I Love This Beautiful Planet !! Grateful to the Creator !!!



**Luanne Fp** is with Charles R. Beresford.

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March 12 ·

Charlie talked half the night and all day with his Mango Growers in Mexico and today they have already implemented this biodegradable cover! Way to literally, think outside the box Charlie! And Cudos to the Mexicans! Muchas Gracias!!!





Meet One of our Mexican Ataúlfo Mango Growers in Chiapas, Mr. Francisco Fiallo, a real Mango Hero. He works day in and day out during all the phenological (development) process of the Mango Trees to Make Sure we have “The Mango Experience, The Way it Should Be, Delicious and Nutritious”.....I have a short Word to Describe the Real Experience of a Real Good Mango: Wow !!! Or Better Yet: “Orgasmic”.....!!!! U La La !!!

When you buy our “Mariposa” brand Mangos you Also Contribute to His Socio Economic Well Being and His Family ‘s and To a Positive Environmental Impact in Chiapas, Mexico.

Thank You Very Much on Pancho’s behalf and on The Earth’s Behalf !!! For Your Support !!!



Dave Andersen

Watch YouTube videos. Click on picture.





## RIP David Andersen

I haven't seen or spoken to David in many years.

I first met him in New York City in the seventies.

Boy, could the man ever sing.

He played this one song and each time I heard it made me cry.

My brother John had the same effect.

The is music from the soul.

We became friends.

Once a friend always a friend.

Time makes no difference.

David was kind and full of humor.

He could nonchalantly walk up to the stage close his eyes for a few seconds and then heaven would be broadcasted to the world.

I found out just now that David moved into another room in the mansion of life.

He will be missed.

I send my condolences to his family and friends.

David will be missed.

He lived life to its fullest.

One who dives within the silence is truly a wise man.

David was a wise man.

God gave him some incredible talent that he was grateful to use.

His music will go on forever.

David lies inside of our hearts.

His ashes are spread throughout the universe.

We are all part of the same family of life.

It was a pleasure and privilege to meet such a man.

He was humble.

A wise man has nothing to prove or say.

David smiled at life.

His songs were his message.

May he help fine-tune our inner pianos.

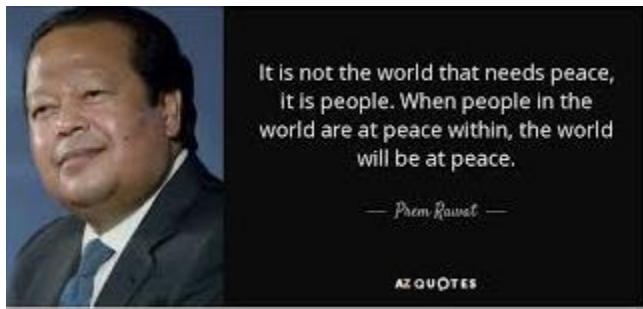
A huge divine reception is coming his way.

He has come back home.

Goodbye, sweet David.

May we see you again?

## Quotes 1



- It is not the world that needs peace, it is people. When people in the world are at peace within, the world will be at peace.
- When you are introduced to the clarity inside of you, to the simplicity inside of you, to that beauty inside of you, the journey of life begins.
- We think a wise person is someone who solves problems. Truth is, a wise person is someone who avoids problems.
- Every moment in your life is unique. You will never have two alike... Never. This is the science of living: When you begin to appreciate every moment. To have a heart so open, an understanding so beautiful, and a yearning for appreciation so complete that when that moment comes.... you see exactly what it is.
- You should love one another and behave lovingly because when love comes, everything comes. You should speak to one another with love and humility. Love is the essence.
- The world doesn't want you to know. They want you to believe. But there is a big difference between believing and knowing. Should you believe in yourself or should you know yourself?
- Take solace, take comfort. Your problems, too, will go away one day. They're temporary. The only thing that is permanent in nature is in your heart. Recognize that and be fulfilled. Fulfill the possibility that was declared the day you were born, the moment you took your first breath.
- Happiness is your own treasure because it lies within you.

- Peace is not a luxury. It's not an option. It is fundamental to the existence and well-being of a human being to have peace in their life.
- People think God is a man. People think God has got ears, nose, teeth and he rises daily in the morning, brushes his teeth and washes his mouth. And he is an old man and he has a beard. All these things people think. But no, God is energy. God is perfect and pure energy.

## Quotes 2



- Every human being has to find their own peace. Peace is within you and me. When you and I can experience who we really are, what life is, and what we are doing here, that's the day peace will begin in this world.
- You find freedom inside - nowhere else. In the heart of every being is that one space which is free, which is filled with Peace, and which is full of Love.
- Life is a tide; float on it. Go down with it and go up with it, but be detached. Then it is not difficult.
- This peace is not the absence of anything. Real peace is the presence of something beautiful. Both peace and the thirst for it have been in the heart of every human being in every century and every civilization.
- There is something so beautiful inside you that if you knew it, you would fall in love with it. It is irresistible. You can truly experience that.
- Practice peace, change your world.
- That peace which is within us, we must experience it. And if we are searching for peace outside we will never find the peace within.
- Every moment has a momentous gift for you.
- I suggest you take a look at yourself. Not the concepts, not the ideas, not the goods, not the bads. But a timeless purity of existence. A witness to the beauty that is.

- There are people who are very greedy, there are people who don't care. But in my opinion, that is a minority. The majority of the people on the face of this earth want peace, and if this is true, then peace on earth is a very achievable objective. People say it's not going to happen. Well, let this time belong to those who believe it can happen, not to the ones who say it cannot.
- This life has been given to us as a gift, as such a precious gift. To really try to understand it, really try to recognize it, is the greatest meditation. Through the media of this Knowledge we can tap into our inner sources that are so beautiful.
- Peace is when the heart is no longer in duality and when the struggle within has been resolved.... A voice has been calling out: "What you are looking for is within you. Your truth is within you, your peace is within you..."
- Awaken and rejoice. Awaken and be alive. Awaken to the possibility of being fulfilled.

## Closing

Wow! It's been 51 years since I received knowledge. What an incredible journey of self-discovery this has been.

I've been pondering lately. In the early days, I never understood what that meant. Over the years I understand. To ponder and think and mall things over are an intricate part of my life.

I must admit I had a lot of spiritual experiences in my life. Yet, Prem has taught me they truly are insignificant. The most important aspect of knowledge is to discover your true nature and incorporate your true nature into everyday life.

If one can do this the world can change on a dime. We can. truly make this place a heaven.

Humanity has lost its way. Yet .there is so much hope out there. Most of all the help you need exists inside of you.

You are never alone, nor can you ever be alone. You just think you are alone.

Currently, the world is about me. We have no comprehension that, it is we. A couple of days ago I talked to my brother John. He said something that rocked my boat.

He said we think that it's all about me yet the moment you die in less than a second, you understand that me dissolves into we.

This is the greatest magic act of all. Prim teaches that we have the jewel inside of us and he can show you how to dig the mine within your heart.

He can't do it for you. It's impossible. Only you can dig for the Jewel. He can give Rexburg advice like water dig. What kind of shovel do you use?

Yet when it comes to digging the hole you must do it yourself.

That's how the universe works. If someone did the work for you, you really wouldn't appreciate the jewel.

One truly appreciates the jewel of life when they have gone through the hardships of digging the diamond within.

This is not an easy path, yet it is the simplest path.

The door's always open. We just think that the door is closed to us.

To be honest, we need coaches in our life. Imagine trying to be a professional baseball player without any coaches. I don't know how far you would go.

This is what Prem has shown me in my life. He is an incredible coach. He makes us laugh at life. At times life is full of tears. At times life is all giggles and smiles.

Knowledge allows one to roll with the punches. It allows one to see the curve balls in life. They will be thrown your way.

The entire universe morphs and changes so, therefore, curveballs will be thrown your way.

When one knows this and experiences the jewel within one learns slowly to laugh at them.

Those curve balls will come and go in your life. Yet the essence of your life never changes.

You are magnificent. Prem has been saying this since day one.

This book is my journey with Prem and knowledge. Many times, I talk about events that happened over 50 years ago.

Today the language that I use is obsolete. Prem changes with the times and how his message is delivered changes accordingly to the times.

I apologize if I offend anyone with what I said about the past.

I have no other words to say to describe that experience.

This life is incredible. I hope you discover the jewel within.

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