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## Intro

Narrated by Zoran the Dragon



Greetings, seekers of the unseen and lovers of the woven tale. I am Zoran, a dragon of old, a keeper of stories etched in fire and whispered on the wind. Today, I unfold for you a tale not of scales and wings, but of souls—human souls—intertwined in a dance far grander than they often realize.

This book you hold is but a thread in the vast tapestry of its predecessor, *Family and Friends*, where the scribe of these words chronicled the lives of some 650 souls who crossed their path. Each encounter, a fleeting brushstroke in the

masterpiece of connection. And now, the dream has called for more—a deeper dive into the stories born from the **Foundation of Meditative Studies**, a gathering of minds and hearts in the quiet haven of Ashland, Oregon.

Over thirty seven years have passed since the scribe first walked those mist-laden streets, and in that time, something extraordinary has unfolded. Not with fanfare or the clamor of worldly recognition, but in the silent spaces between breaths, in the shared glances of understanding, in the unspoken unity of those who dare to look within.

You see, humanity is transforming. Not in the way the blaring screens and frantic headlines proclaim—no, not through chaos and division—but in the quiet awakening of individuals who remember their place in the **Web of Life**. The media, ever-dazzled by disaster, seldom speaks of this. But I, Zoran, who has watched civilizations rise and fall, tell you this: **the greatest alchemy is happening now, inside the hearts of those who pause long enough to feel it.**

Yet, so many still rush past, fingers dancing across glass, eyes glazed with the illusion of motion. They text on the freeway of life, unaware that the universe they seek is not out there, but within.

The scribe once shared with me a truth spoken by a wise soul:

“Meditation,” she said, “is not about escaping the world. It’s about finding the stillness within, so you can navigate the world with clarity and grace.”

And so, dear reader, this is the essence of the path laid before you. Not a retreat

from life, but a homecoming. Not an abstract philosophy, but the **most practical journey you will ever undertake.**

For when you still the mind, you see the threads—how each life you’ve touched, each story you’ve lived, is part of a greater design. You begin to sense the pulse of the Web, the silent hum that ties the beggar to the king, the dragon to the dreamer. And in that knowing, you realize: **you are not walking the path alone.**

We are all being transformed.

The question is—will you open your eyes to see it?

Mind you this theme will be said repeatedly in many different forms. You might say why he is telling me this repeatedly. There is a reason behind it.

—Zoran the Dragon

## Web Of Life



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

## David Gelfand



David was instrumental in producing my first CD “It’s a beautiful day in the

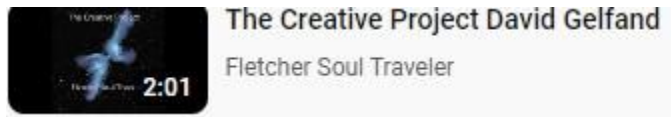
neighbor. I first met David in Los Angeles in the eighties.

David is the type of friend that wherever there have been years of not seeing him when we do there is a great connection.

We are all on the same wavelength. David has always inspired me. He is always growing deeper in discovering his true nature which manifests in kindness love and compassion.

The world needs more people like David. This picture of David reminds me of his true nature. He stands in the background and simply smiles.

As you can see the picture is slightly blurred. David just blends into nature. He has nothing to prove.



David works at the Oregon Tiger Sanctuary.

The Oregon Tiger Sanctuary (OTS) is dedicated to rescuing, rehabilitating, and providing sanctuary to retired, abandoned, abused, and neglected animals. OTS provides a permanent and loving home to many species including tigers, lions, leopards, cougars, a wide variety of primates, reptiles, and numerous dogs, cats, and farm animals. OTS is also dedicated to stopping the flow of animals needing sanctuary by educating the human species about their plight and supporting stronger laws to protect them.



David Gelfand RIP

David Gelfand RIP

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RIP Dear David

You were a magnificent man.

You touched so many people's hearts.

I remember meeting you over 33 years ago.

You were at your soundboard making sure the sound was just right.

Fast forward 33 years and you still have that sweet smile performing your service.

You always made people welcome.

It didn't matter who they were.

Your blissful presence will never be forgotten.

Your love and compassion fill the ashram in the sky.

David, you were the producer of my first CD It's a beautiful day in the neighborhood.

You believed in me.

I never forgot that.

You had a simple heart.

You loved to serve your fellow man.

Meditation was a key to your life.

Over the years it truly transformed you.

Why you had to go so suddenly I will never know.

Life is a great mystery.

You are in an incredible place.



You are one with the universe.

Your presence is felt inside of me.

I close my eyes and see your precious face.

Waves of bliss emulate from you.  
It's like you are saying I'm in a different room in the mansion of life.  
Come explore the various rooms while you are alive.  
We will greatly miss you.  
Yet we too someday will leave this precious place.  
I know we will meet someday again.  
There is no doubt about that.  
Until then David we will all miss your presence.  
I send my love to you and all the wonderful people you have affected.  
Many people haven't gotten over the shock.  
It's only been a day or so.  
Nam Myoho Renge Kyo

## David Gelfand RIP 2



### David Gelfand RIP 2

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I usually don't write about a passing of a person twice.

Yet here am I doing so.

David had quite an impact on my life.

Granted I only saw him a few times in the last 10 years since moving from  
Ashland.

I would call him a few times a year.

We were always on the same wavelength.

When your friend loves to meditate as much as you do there is a special  
connection.

Only people who love to meditate realize that.

David definitely had that connection.

Everyone considered David a friend and rightly so.

Everyone was David's friend.

David embraced love and compassion in his life.

There is a part of me that misses David deeply.

I will never see that smiling face again.

At least not in this lifetime.

I will never see his humor in life.

I will never the light streaming through his eyes.

I realize that as more people pass please cherish your friends and families.

They are the precious jewels in life.

You may love your job but the company you work for will lay you off on a whim.

Friendship is the foundation of life.

David understood this.

He dedicated his life to serving.

It's as simple as that.

Nothing could make him happier being behind the soundboard except one thing.

Meditation.

He loved to meditate.

He saw the thread of love tying us all together.

Over 33 years he practiced.

I do not know why he died.

Yet I know some glorious power of love took him home.

Life is a grand mystery.

Love you, David.

Aloha.

## The Wisdom of Ishwara Devi



*Narrated by Zoran the Dragon*

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### The Seeker and the Sage

In a quiet corner of the world, where the hum of daily life fades into the background, there lives a woman named Ishwara. For over thirty years, I have known her—not as a distant figure, but as a guiding light, a friend, and a sage. Her presence is like a gentle flame, steady and warm, illuminating the path for those who seek wisdom and truth.

Ishwara is not one to shout her insights from the rooftops. Instead, she shares them quietly, through her words, her actions, and her Facebook posts. Yes, even in the digital age, she has found a way to touch hearts and minds, one post at a time. Her words are not grandiose or pretentious; they are simple, profound, and filled with the kind of wisdom that can only come from a life lived with eyes focused within.

---

### The Nuggets of Wisdom

Ishwara's Facebook posts are like little treasures, scattered across the timeline for those who are willing to look. Each one contains a nugget of truth, a reminder of what really matters in this journey we call life. Some are quotes from ancient texts, others are reflections from her own experiences, but all of them carry the same message: **look within**.

One of my favorite posts reads:

*“The answers you seek are not out there. They are within you, waiting to be discovered. Be still, and listen.”*

These words have stayed with me, a constant reminder to turn inward, especially when the noise of the world becomes overwhelming. Ishwara’s posts are not just words on a screen; they are invitations to pause, reflect, and reconnect with the essence of who we are.

---

## **The Spiritual Adventures**

What I love most about Ishwara’s posts are the stories—the spiritual adventures shared by people from all walks of life. These are not tales of grand miracles or supernatural feats, but simple, heartfelt accounts of everyday moments that carry profound meaning.

One story that stands out is about a man who, after years of searching for happiness, found it in the most unexpected place: a quiet morning spent watching the sunrise. He wrote:

*“I realized that happiness isn’t something you chase. It’s something you allow. It’s in the stillness, the simplicity, the beauty of just being.”*

Ishwara shared this story with a simple caption:

*“Sometimes, the greatest adventures are the ones that happen within.”*

These stories remind me that spirituality is not about escaping the world, but about seeing it with new eyes—eyes that are focused within.

---

## **A Personal Anecdote: The Day I Met Ishwara**

Let me share a story of my own, one that illustrates the depth of Ishwara’s wisdom. Many years ago, I was going through a difficult time, feeling lost and disconnected from myself. I stumbled upon one of Ishwara’s posts, a simple quote that read:

*“When you feel lost, remember: you are not a drop in the ocean. You are the entire ocean in a drop.”*

Those words struck a chord deep within me. I reached out to Ishwara, and to my surprise, she responded with kindness and compassion. She didn't offer me solutions or advice; instead, she asked me a question:

*"What is it that you're truly seeking?"*

That question became the starting point of my own inner journey, a journey that continues to this day. Ishwara didn't give me answers; she helped me find them within myself.

### **Practical Exercise: Turning Inward**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a question or challenge you are currently facing.
4. Silently ask yourself: *"What is it that I'm truly seeking?"*
5. Listen for the answer, not with your mind, but with your heart. It may come as a feeling, an image, or a simple knowing.
6. Sit with this insight for a few moments, then slowly open your eyes.

---

### **References**

1. **Ishwara's Facebook Posts:** Inspired by the wisdom shared by spiritual teachers and guides on social media.
2. **Rumi's Teachings:** Quotes like *"You are not a drop in the ocean. You are the entire ocean in a drop."*
3. **Mindfulness Practices:** Techniques for turning inward and listening to the heart.
4. **Spiritual Memoirs:** Stories of everyday spiritual experiences, such as *The Alchemist* by Paulo Coelho.



## RIP Ishwara Devi



### RIP Ishwara Devi

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My dear friend Ishwara passed away over a week ago.

I was planning to write something a week ago.

My body was feeling somewhat off so I went to bed a few hours earlier than usual.

I went into a deep sleep.

Around 7:00 PM I heard this huge thunderbolt hitting a tree in my backyard.

There was a huge explosion.

Shrapnel from the tree was sent all over the backyard.

My wife came into the bedroom and I couldn't come out of my deep sleep.

I woke up early and was planning to write this for my dear friend Ishwara.

Well lo and behold I couldn't turn on my computer.

The power supply got damaged.

Fortunately, my hard drive didn't get damaged.

Anyway, here I am a week later writing this for Ishwara.

My dear fiend Ishwara passed away last week.

I knew her from the palace in the sky.

A great ashram sitting on top of a mountain near Ashland Oregon.

We both had teachers from the Radhasoami lineage.

We both loved to meditate.

We were like kids eating our melting ice cream cones

People who love to meditate love being around each other.

Quite frankly we had nothing to say or prove.

We were just like the sun in the sky.

We just loved to shine.  
Both of us recognize the divine in each other.  
Ishwara was a kind soul.  
To be honest she was a gift from God.  
She was one of those who was like an angel.  
She really didn't belong to this physical world with all its drama.  
Her mind was on God and helping her fellow man.  
I was amazed on how many people she knew.  
When she died I saw hundreds of people who deeply loved her.  
I don't know how she died and what caused it.  
I know that I lost a dear friend.  
Yet deep in my heart she is there smiling.  
Her ashes are scattered throughout the universe  
Her soul has returned to God.  
Someday we shall met again.

Ann Freeman



## **The Temple in the Sky**

*Narrated by Zoran the Dragon*

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### **The Meeting of Souls**

In the tapestry of life, there are threads that stand out—bright, vibrant, and unforgettable. For me, one of those threads is Anne Freeman. I first met Anne and her husband Marcus over thirty years ago, and from the moment we crossed paths, I knew they were special. They radiate a warmth and joy that is rare, a delight to be around that lingers long after you part ways.

Anne hails from Australia, a land of vast deserts, lush rainforests, and endless skies. Her spirit carries the same expansiveness, a sense of openness and curiosity that draws people in. Marcus, her husband, is her perfect match—grounded, kind, and with a quiet strength that complements Anne's vibrant energy. Together, they are a force of love and light, a reminder of the beauty of partnership and shared purpose.

---

### **The Journey Up the Mountain**

Some of my most cherished memories with Anne and Marcus are the times we drove up the mountain together. These journeys were not just physical trips but spiritual pilgrimages, each one filled with laughter, deep conversations, and moments of awe.

I remember one particular drive, the snow falling gently around us, blanketing the world in a pristine white. The road twisted and turned, the tires crunching against the icy surface, but inside the car, there was a sense of warmth and camaraderie.

Anne would often share stories of her spiritual journey, her voice calm and steady, while Marcus would chime in with his dry wit, keeping us all grounded.

As we ascended, the air grew thinner, the world quieter, until we reached our destination—a temple in the sky. Perched high on the mountain, it seemed to float above the clouds, a sanctuary of peace and stillness. The sight always took my breath away, a reminder of the sacredness that exists in the world, if only we take the time to seek it.

---

### **Anne's Spiritual Path**

Anne's love for meditation and spiritual exploration is at the core of who she is. For over 37 years, she has been a dedicated student of **Mafu**, a spiritual teacher and channeler whose teachings focus on love, unity, and the expansion of consciousness. Anne's journey with Mafu has deepened her understanding of herself and the universe, shaping her into the wise and compassionate woman she is today.

I remember sitting with Anne in the temple, the air thick with the scent of incense, as she shared insights from her studies. "Meditation," she once told me, "is not about escaping the world. It's about finding the stillness within, so you can navigate the world with clarity and grace."

Her words have stayed with me, a guiding light on my own spiritual path. Anne's dedication to her practice is inspiring, a testament to the transformative power of commitment and inner work.

---

### **A Personal Anecdote: The Snowy Ascent**

One of my most vivid memories with Anne and Marcus was a snowy ascent to the temple. The weather was unpredictable, the road treacherous, but Anne's calm presence made the journey feel safe and sacred. As we drove, she shared a story from her time studying with Mafu, about the importance of trusting the journey, even when the path is unclear.

When we finally reached the temple, the snow had stopped, and the sun broke through the clouds, casting a golden light over the landscape. We sat in silence, the world hushed and still, and in that moment, I felt a profound sense of connection—to Anne, to Marcus, to the mountain, and to something greater than myself.

### **Practical Exercise: Finding Your Inner Temple**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Imagine yourself standing at the base of a mountain. The path ahead is clear, and you feel a sense of anticipation.
4. Begin to walk up the mountain, step by step, feeling the ground beneath your feet and the air around you.
5. As you ascend, notice the changes in the landscape—the trees, the sky, the sounds of nature.
6. When you reach the summit, you see a temple glowing with light. Enter the temple and sit in silence, allowing yourself to connect with the stillness within.
7. Stay in this space for as long as you like, then slowly open your eyes.

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### **References**

1. **Mafu's Teachings:** Insights from channeled messages and spiritual teachings.
2. **Meditation Practices:** Techniques for finding stillness and inner peace.
3. **Spiritual Journeys:** Stories of pilgrimage and self-discovery, such as *The Pilgrimage* by Paulo Coelho.
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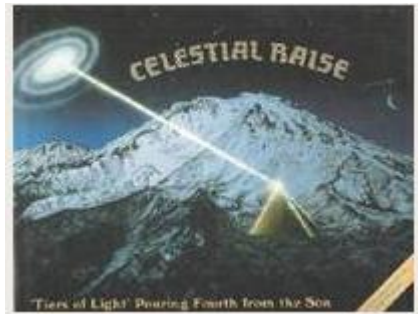
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This chapter is a tribute to Anne Freeman and her husband Marcus, celebrating their friendship, their spiritual journey, and the wisdom they have shared. It combines personal anecdotes with practical exercises and visual aids, making the story relatable and actionable.

## Marcus Freeman



I have had many incredible adventures with Marcus throughout the years. He wrote the book *Celestial Raise* about thirty years ago.



This is one adventure I had with Marcus.



One night in Sedona I was with three of my friends. We were outside looking at the stars in lawn chairs. It was early July and was a nice evening.

The sky was clear. There were thousands of stars in the sky. We were looking at a strange phenomenon taking place.

We would see these streaks of light going

vertical in the sky. Imagine a huge flashlight sending a flash of light from left to right across the sky. It would come in one-minute intervals.

All of us were delighted with the show. We were making the same oohs and aahs when kids see fireworks.

During a lull, I notice three stars in the sky I never noticed before. These three stars formed a triangle in the sky.

It looked like a pyramid. All of a sudden I felt myself being sucked out of my body. It was like this huge vacuum sucking me out and my body.

There was this tunnel of light and I was traveling inside of this tunnel. We have all



seen on Star Trek The Next Generation the sensation of warp speed. This was the same kind of sensation that I felt.

The next thing I knew I saw this huge Mother Ship. This ship was so large that there were Mountains, oceans, and earth-like plants inside of this ship.

I was greeted by a group of 12 beings. I recognized Zoran and Lord Michael. They took me on a tour of this ship.

The whole ship had a clear plastic-like substance which was the outer shell. Inside of this was the mountains. The main engine room was driven by energy itself.

They had the technology to convert energy itself to drive the whole ship. All electricity was generated by pure and perfect energy. There was no pollution whatsoever.

It's hard to put in words what I was going through and what I saw. It was so beautiful. These beings were so beautiful.

They were friendly and extremely intelligent. Their technology was light years ahead of ours. At one point I was placed at this beautiful table.



Zoran, Lord Michael, and the rest of the 12 beings placed their hands on my body and started to send me brilliant colors of light.

My whole body was enveloped in a rainbow of light. This light was pure consciousness. It was alive and

extremely blissful. I felt all the stress taken out of my body. It was an incredible ceremony taking place. No words were spoken. 12 incredible beings were performing an ancient ceremony on me.

I felt they once again reminded me that we all come to the same source of life.

There is a universal consortium of beings who are called the white brotherhood whose mission is to transform this universe into something far beyond what we can imagine.

There are millions of humans alive on this planet who are part of this consortium.

Before we were born we all decided to come down and help this planet earth.

All the major religions know that something incredible is about to happen to this planet and the beings on this wonderful earth.

We are to usher in this era along with our friends. Our weapons are love. Love is the most powerful force in the universe. Our mission is to consciously change ourselves into being beings of love. Christ was a prime example of this.

We all have the same capacity. We just have to stop, look and listen to what going on. Here the most incredible event is taking place on this planet and we are asleep.

We are too involved in little lives to stop for just one second and ask some basic questions.

Who am I.? What is the purpose of this life? Where is true happiness? I feel as a society we need to learn about tolerance, forgiveness, and being open-minded. Each of us is so caught up in our mindset that we can't see that there are flowers on a beautiful garland called life. Isn't it so beautiful that we are so different yet all of us at the same time are so similar?

The breath of life is keeping us alive and we are unconscious of this fact. It's time to wake up and smell the roses. Each one of us is having the experience to remind us to wake up either conscious or subconscious. Even if you don't believe in any of this at all.



Imagine if this was all make-believe. There was a time when flying an airplane was make-believe. It is now a reality. There are millions of people on this planet whose prayers are to see peace on the planet.

In time this will have to happen. We just have to bring peace to ourselves. We have to know who we are. We are beings of love.

We have simply forgotten who we are. It is now time as a whole that we wake up. It's kind of funny the whole world wants peace and happiness. Yet there is so much misery and poverty and greed.

The love we have inside is boundless and endless. It is worth more than all the riches in the whole universe. Without we are nothing. I know I had many incredible experiences in my life. Many people are envious of them. Yet without love, they mean nothing.

It's like a body without breath. No life whatsoever. Our main mission is to be so filled with love that whatever we touch turns to love. What would happen to this planet if every citizen on this planet were experiencing such love?

We would have no conflict, war, or poverty on this planet. We would truly help each other out. We would truly know that humans are incredible beings.

Well, I came back and my friend knew that something incredible had happened to me. I told them just a fraction of what happened to me. It was still so personal that I didn't want to blab out or be arrogant.

Years later I felt the time was right to put the experience in words. This incident showed me that my friend beyond the stars was always looking after me and this planet.

I knew my days as a young child looking up at the stars were based upon an unconscious yet conscious connection with my friends. We are never alone. We have friends who are looking after us. Most of the time we don't know it.

## Song RIP Dear Marcus



### Song RIP Dear Marcus

Fletcher Soul Traveler • 46 views • 8 months ago

Fletcher Soul Traveler Click on link for PDF <https://evolutionrevolutionoflove.com/PDF/CD/cd19.pdf>

#### \*\*Verse 1\*\*

Marcus, rest in peace, you found your place  
Loves to meditate, in the cosmic space  
I knew him from the ashram in the sky  
He was cosmic, full of divine humor, oh my

#### \*\*Chorus\*\*

He thought outside of the box, always so wise  
His wife Ann, a perfect match, in her eyes  
Many years have passed since we last met  
But the connection's always there, never forget

#### \*\*Verse 2\*\*

In the silence of the night, I hear his laugh  
A gentle reminder of the cosmic path  
He taught us to see beyond the earthly veil  
With a heart so pure, his spirit prevails

#### \*\*Chorus\*\*

He thought outside of the box, always so wise  
His wife Ann, a perfect match, in her eyes  
Many years have passed since we last met  
But the connection's always there, never forget

#### \*\*Bridge\*\*

In the stars, I see his light, shining bright  
Guiding us through the darkest night  
Marcus, rest in peace, your legacy lives on  
In every breath, in every dawn

#### \*\*Chorus\*\*

He thought outside of the box, always so wise  
His wife Ann, a perfect match, in her eyes  
Many years have passed since we last met  
But the connection's always there, never forget

**\*\*Outro\*\***

Marcus, rest in peace, your journey's complete  
In the cosmic dance, where souls meet  
We'll remember you, in every prayer  
For the connection's always there, everywhere

## The Tea Ceremony of Suzanne Marie



*Narrated by Zoran the Dragon*

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### The Art of Tea and Stillness

In a world that often feels hurried and chaotic, there are those who remind us to slow down, to savor the moment, to find beauty in the simplest of things. Suzanne Marie is one of those people. She is a lover of tea, a connoisseur of stillness, and a practitioner of the ancient Japanese tea ceremony. To know her is to witness the art of presence, the elegance of mindfulness, and the quiet joy of a life lived with intention.

From my recollections, Suzanne Marie has a deep appreciation for the Japanese tea ceremony, or **chanoyu**. It is not just about drinking tea; it is a ritual, a meditation, a way of connecting with oneself and others. The ceremony is a dance of precision and grace, each movement deliberate, each moment sacred. Suzanne Marie embodies this spirit, her love for tea a reflection of her inner calm and reverence for life.

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### The Tea Ceremony

I have never had the privilege of attending one of Suzanne Marie's tea ceremonies, but I can imagine it vividly. The room would be serene, perhaps with a low wooden table and tatami mats on the floor. The air would carry the faint scent of matcha, earthy and soothing. Suzanne Marie would move with the grace of a dancer, her hands steady as she prepares the tea, her presence a quiet anchor in the room.

The tea ceremony is a practice in mindfulness, a reminder to be fully present in each moment. As Suzanne Marie whisks the matcha into a frothy green elixir, she would invite her guests to let go of their worries, to simply be. The first sip would be a revelation—bitter yet sweet, grounding yet uplifting. It is not just tea; it is an experience, a journey into the heart of stillness.

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### **A Head Pointed Toward the Sky**

There is a picture of Suzanne Marie that I hold dear in my memory. In it, her head is tilted slightly upward, her gaze fixed on the sky. It is a posture of openness, of receptivity, as if she is drawing in the wisdom of the heavens. I like that about her—her ability to look beyond the mundane, to connect with something greater.

This upward gaze is not just physical; it is symbolic of her spiritual path. Suzanne Marie has been a dedicated student of **Mafu** for over 37 years, her studies deepening her understanding of love, unity, and the expansion of consciousness. Her meditation practice is a cornerstone of her life, a way of aligning with the divine and finding peace within.

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### **A Personal Anecdote: The Gift of Tea**

Let me share a story that captures the essence of Suzanne Marie. One day, feeling overwhelmed by the demands of life, I visited her home. Without a word, she invited me to sit and began preparing tea. The room was quiet, the only sound the soft clink of the tea utensils and the gentle whisking of matcha.

As she handed me the bowl of tea, she said, “This moment is a gift. Don’t let it pass you by.” Her words were simple, but they carried a profound truth. In that moment, I felt a sense of peace I hadn’t known in weeks. The tea was delicious, but it was the presence, the stillness, that truly nourished me.

1. Find a quiet space where you can sit comfortably.
2. Prepare a cup of tea, taking your time to select the leaves, boil the water, and pour it slowly.

3. As you wait for the tea to steep, close your eyes and take three deep breaths, allowing your body to relax.
4. When the tea is ready, hold the cup in your hands and feel its warmth. Take a moment to appreciate the aroma.
5. Take a sip, savoring the flavor and the sensation. Let the act of drinking tea become a meditation, a moment of stillness in your day.
6. As you finish, take a moment to express gratitude—for the tea, for the moment, for the simple joys of life.

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## References

1. **Japanese Tea Ceremony:** Insights from books like *The Book of Tea* by Kakuzo Okakura.
2. **Mafu's Teachings:** Channeled messages and spiritual guidance.
3. **Mindfulness Practices:** Techniques for cultivating presence and stillness.
4. **Spiritual Symbolism:** The significance of upward gaze and connection to the divine in various traditions.

## Molly Needleman The Primate Whisperer



*Narrated by Zoran the Dragon*

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### The Heart of the Sanctuary

Nestled in the verdant forests of Oregon, where the trees stretch toward the sky and the air hums with the sounds of life, lies the **Oregon Tiger Sanctuary**. While its name speaks of tigers, it is also a haven for many other creatures, including a lively troop of primates. And among the dedicated caretakers who tend to these animals, one name stands out: **Molly Needleman**.

For many years, Molly has been the heart and soul of the primate enclosures. Her days are filled with the joyful chaos of caring for these intelligent, social beings—feeding them, cleaning their spaces, and ensuring they thrive in an environment of love and respect. To talk to Molly is to feel an immediate sense of warmth and joy. She carries an **upbeat aura**, a radiant energy that makes her a pleasure to be around. Her laughter is infectious, her kindness boundless, and her dedication unwavering.

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### A Life Among the Primates

Molly's connection to the primates is something extraordinary. She doesn't just care for them; she understands them. Each primate has a name, a personality, and a story, and Molly knows them all. She speaks of them with a tenderness that reveals the depth of her bond with these creatures.

I remember one afternoon, as we walked through the sanctuary, Molly introduced me to **Kiko**, a mischievous capuchin monkey who had been rescued from a difficult past. "When Kiko first arrived," Molly explained, "he was scared



and defensive. But over time, he learned to trust us. Now, he's one of the most playful members of the troop. It's amazing to see how love and patience can heal even the deepest wounds."

Her words stayed with me, a testament to the transformative power of compassion and the resilience of the spirit.

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### **The Meditative Path**

Molly's work with the primates is deeply intertwined with her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Molly's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine, even in the midst of her demanding work.

I once asked Molly how she balances her spiritual practice with the challenges of caring for the primates. She smiled and said, "Meditation isn't something separate from my work. It's woven into everything I do. When I'm with the primates, I'm fully present, and that presence is a form of meditation. It's about being here, now, with an open heart."

Her words were a reminder that spirituality is not confined to quiet rooms and closed eyes; it is alive in every moment, in every act of love and service.

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### **A Personal Anecdote: The Gift of Presence**

One of my most cherished memories with Molly was during a visit to the sanctuary. As we sat near the primate enclosures, she shared a story about **Luna**, a gentle orangutan who had formed a special bond with her. "Luna has this way of looking at you," Molly said, "like she can see straight into your soul. One day, I was feeling really overwhelmed, and Luna just reached out and placed her hand on the glass, right where my hand was. It was her way of saying, 'I'm here with you.' In that moment, I felt such a deep sense of peace."

Molly's story was a powerful reminder of the connections that exist between all beings, and the healing power of presence.

### Practical Exercise: Cultivating Presence

1. Find a quiet space where you can sit comfortably.
  2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a person, animal, or place that you care deeply about.
  4. Visualize yourself in their presence, fully engaged and attentive. Notice the details—the sounds, the smells, the feelings.
  5. As you sit with this visualization, repeat the following affirmation: *“I am fully present. I am here, now, with an open heart.”*
  6. Stay in this space for a few moments, then slowly open your eyes.
- 

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1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **Animal Sanctuary Work:** Stories and practices from caregivers and conservationists.
3. **Mindfulness Practices:** Techniques for cultivating presence and compassion.
4. **Spiritual Symbolism:** The connection between animals and spiritual growth in various traditions.

## The Sparkle in Alice's Eyes

Alice Palmer



*Narrated by Zoran the Dragon*

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### The Light Within

There are some people who carry a light so bright, it feels as though the stars themselves have taken up residence within them. **Alice Palmer** is one of those people. To meet her is to be captivated by the **sparkle in her eyes**, a glimmer that speaks of joy, wisdom, and an unshakable connection to the divine. Her presence is like a beacon, drawing others toward her warmth and radiance.

Alice lives in the **ashram in the sky**, a place of serenity and spiritual devotion high above the noise of the world. It is here that she fills her inward cup every day, nurturing her soul through meditation, prayer, and service. Her life is a testament to the power of living with intention and love.

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### A Life of Devotion

Alice's journey into spirituality began over **37 years ago**, when she first encountered the teachings of **Mafu**, a spiritual guide whose messages focus on love, unity, and the expansion of consciousness. From the moment she began studying with Mafu, Alice knew she had found her path. She immersed herself in the practices, dedicating her life to inner growth and the pursuit of divine connection.

What sets Alice apart is not just her dedication, but her genuine love for what she does. While many people meditate out of obligation or routine, Alice meditates with joy. For her, it is not a chore but a gift, a sacred time to connect with the essence of who she is. She often says, "Meditation is like coming home. It's where

I find my center, my peace, my light.”

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## **The Ashram in the Sky**

Alice’s home, the **ashram in the sky**, is a place of breathtaking beauty and profound stillness. Perched high in the mountains, it seems to float above the clouds, a sanctuary for those seeking solace and spiritual growth. The air is crisp and pure, the silence broken only by the sound of chanting or the soft rustle of prayer flags in the wind.

I remember visiting Alice at the ashram one summer. As we sat on the terrace, overlooking the vast expanse of sky and earth, she shared a story about her early days there. “When I first arrived,” she said, “I felt like I had finally found my place in the world. The ashram isn’t just a building; it’s a living, breathing entity. It holds the energy of all those who have come here to seek truth and love.”

Her words stayed with me, a reminder of the power of sacred spaces and the importance of finding a place where your soul feels at home.

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## **A Personal Anecdote: The Sparkle of Joy**

One of my most cherished memories of Alice is from a meditation session at the ashram. As we sat in silence, the room filled with a palpable sense of peace. When the session ended, Alice opened her eyes, and I was struck by the **sparkle in her gaze**. It was as if the light within her had overflowed, touching everyone in the room.

Later, I asked her about it. She smiled and said, “That sparkle is the light of the divine. It’s always there, within all of us. Meditation helps us remember it, to let it shine through.”

Her words were a reminder that we all carry this light within us, waiting to be awakened.

## **Practical Exercise: Filling Your Inward Cup**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.

3. Visualize a golden cup within your heart, representing your inner light and energy.

4. Imagine a stream of light pouring into the cup, filling it to the brim. This light represents love, peace, and divine connection.
  5. As the cup fills, repeat the following affirmation: *"I am filled with light. I am connected to the divine. I am at peace."*
  6. Sit with this visualization for a few moments, then slowly open your eyes.
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1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **Ashram Life:** Practices and philosophies of spiritual communities.
3. **Meditation Practices:** Techniques for cultivating inner peace and connection.
4. **Spiritual Symbolism:** The significance of light and divine connection in various traditions.

## The Mountain Drives with John Taylor



*Narrated by Zoran the Dragon*

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### The Joy of Shared Journeys

There's something magical about driving up a mountain—the winding roads, the crisp air, the sense of anticipation as you climb higher and higher. For me and my wife, these drives became even more special when shared with **John Taylor** and his wife. Together, we would embark on these journeys, the car filled with laughter, conversation, and the occasional burst of song. It was always a great time, a reminder of the joy that comes from shared experiences and cherished friendships.

John is a man of many talents, but two of his greatest passions are **Apple products** and **photography**. His enthusiasm for technology is infectious, and his creativity knows no bounds. Whether he's tinkering with the latest gadget or capturing the world through his camera lens, John approaches life with a sense of wonder and curiosity that is truly inspiring.

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### A Creative Soul

John's love for Apple products is more than just a hobby; it's a reflection of his fascination with innovation and design. He's always on the cutting edge, exploring the latest advancements and finding new ways to integrate technology into his creative process. His excitement is palpable, and it's impossible not to get caught up in his enthusiasm when he starts talking about his latest project.

But it's his photography that truly sets him apart. John has an eye for detail, a way of seeing the world that transforms the ordinary into the extraordinary. I love seeing his posts on Facebook, where he shares his work with the world. Each

photo tells a story, capturing a moment in time with clarity and emotion. Whether it's a stunning landscape, a candid portrait, or a meticulously composed still life, John's work is a testament to his artistic vision and technical skill.

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## **The Meditative Path**

While John's creativity shines brightly, his wife brings a different kind of light to their partnership. She is a devoted student of **Mafu**, having studied his teachings for over **37 years**. Her meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine. She approaches her spiritual journey with the same dedication and passion that John brings to his creative pursuits.

I remember one particular drive up the mountain, where John's wife shared her insights on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner peace and the power of presence.

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## **A Personal Anecdote: The Summit**

One of my most vivid memories with John and his wife was during a drive up the mountain. As we reached the summit, the view took our breath away—the endless expanse of sky, the rolling hills, the golden light of the setting sun. John immediately grabbed his camera, capturing the scene with his signature skill and passion.

As we stood there, taking in the beauty, John's wife began to meditate, her presence a calming force amidst the grandeur. It was a moment of perfect harmony—John's creativity, his wife's spirituality, and the majesty of nature all coming together in a single, unforgettable experience.

## **Practical Exercise: Capturing the Moment**

1. Find a quiet space where you can sit comfortably.



2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a moment in your life that brought you joy or inspiration.
  4. Visualize this moment in vivid detail—the sights, the sounds, the feelings.
  5. As you sit with this visualization, imagine yourself capturing it in a photograph, preserving the memory forever.
  6. Take a few moments to express gratitude for this moment and the creativity it inspires.
  7. Slowly open your eyes, carrying this sense of inspiration with you.
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2. **Photography and Creativity:** Techniques and philosophies from renowned photographers.
3. **Meditation Practices:** Methods for cultivating inner peace and presence.
4. **Spiritual Symbolism:** The connection between creativity and spirituality in various traditions.

## The Silk and Spirit of Lee Ann Kilburn



*Narrated by Zoran the Dragon*

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### A Friendship Woven in Silk

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of connection, kindness, and shared passions. **Lee Ann Kilburn** is one of those threads. I have known Lee Ann and her husband **Ron** for many years, and their friendship has been a source of joy and inspiration. Lee Ann, with her warm smile and boundless energy, is a force of nature, a woman whose spirit shines as brightly as the silk shirts she once imported from Vietnam.

Lee Ann hails from Australia, a land of vast skies, rugged coastlines, and a culture that values authenticity and adventure. Her Australian roots are evident in her easygoing nature and her love for storytelling. One of my favorite memories with Lee Ann is the day she asked me if I knew about a famous surfer. As a fellow surfer, I was thrilled to connect with her over our shared love for the ocean. She told me a hilarious story about how both of their parents had tried to set them up to get married. “Can you imagine?” she laughed. “Me, married to a surfer! It would have been a wild ride.”

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## The Silk Shirts from Vietnam

Lee Ann's creativity and entrepreneurial spirit are evident in her work. For many years, she imported exquisite silk shirts from Vietnam, each one a masterpiece of craftsmanship and design. The shirts were more than just clothing; they were works of art, imbued with the beauty and culture of their origin. I still wear the shirts Lee Ann gifted me, and every time I put one on, I am reminded of her generosity and her eye for beauty.

The silk shirts are a reflection of Lee Ann herself—elegant, vibrant, and full of life. She has a way of bringing beauty into the world, whether through her work, her stories, or her presence. Her creativity is a testament to the power of following one's passions and sharing them with others.

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## The Meditative Path

While Lee Ann's outer life is filled with creativity and connection, her inner life is equally rich. She has been a devoted student of **Mafu** for over **37 years**, her meditation practice a cornerstone of her spiritual journey. Mafu's teachings, which focus on love, unity, and the expansion of consciousness, have deeply influenced Lee Ann's life, guiding her toward a path of inner peace and self-discovery.

I remember one conversation with Lee Ann, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## A Personal Anecdote: The Grandkids

One of my most cherished memories of Lee Ann is the day she showed me a photo of her grandkids. Her face lit up as she spoke about them, her love and pride evident in every word. "They're my greatest joy," she said. "They remind me of what really matters in life—love, connection, and the simple moments that make it all worthwhile."

The photo captured a moment of pure happiness, the grandkids laughing and playing, their faces glowing with the same light that shines in Lee Ann's eyes. It was a reminder of the beauty of family and the legacy of love that Lee Ann has built.

### **Practical Exercise: Cultivating Stillness**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person or moment that brings you joy and gratitude.
4. Visualize this person or moment in vivid detail, allowing the feelings of love and connection to fill your heart.
5. As you sit with this visualization, repeat the following affirmation: *"I am grounded in stillness. I am connected to love. I am at peace."*
6. Stay in this space for a few moments, then slowly open your eyes.

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1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **Silk and Craftsmanship:** The history and artistry of Vietnamese silk.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **Family and Legacy:** The importance of family connections and the legacy of love.

## The Mystery of Mafu and Penny Rue Torres-Spinnler



*Narrated by Zoran the Dragon*

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### The Enigma of Channeling

Channeling is one of those phenomena that often divides people. To some, it's a profound spiritual practice, a bridge between the physical and the divine. To others, it's a mystery, something that defies logic and reason. For me, channeling became a deeply personal experience, one that challenged my understanding of reality and connection. At the heart of this experience was **Mafu**, a spiritual entity channeled by **Penny Rue Torres-Spinnler**, and the intricate dance between the channeler and the channeled.

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### Meeting Mafu

I had the privilege of meeting and speaking with Mafu many times. Each encounter was profound, filled with wisdom, insight, and a sense of connection that transcended the ordinary. Mafu's presence was unmistakable—calm, wise, and imbued with a deep sense of love and understanding. Over time, I felt as though I had developed a relationship with Mafu, a bond that went beyond words or explanations.

Yet, there was always a lingering question: How could I have a relationship with Mafu when the person channeling him, Penny, seemed to have no awareness of me? This paradox became a central theme in my journey, a mystery that deepened my understanding of spirituality and connection.

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## **The Encounter with Penny**

Penny Rue Torres-Spinnler, the vessel through which Mafu speaks, is a fascinating figure in her own right. She carries the weight of channeling with grace and humility, yet her personal interactions are entirely separate from the entity she channels. I remember one particular instance when I saw Penny at a seminar. She was reading off a list of attendees, saying hello to each one as she went. When she reached my name, she greeted me with the same polite detachment as everyone else. It was clear that she had no idea who I was.

Another time, I saw Penny with her husband, **Rob Spinnler**. I said hello, and as I walked away, I overheard her whisper to Rob, “Who was that?” Rob replied, “That’s Richard Fletcher.” In that moment, I felt a strange mix of emotions—amusement, curiosity, and a deep sense of validation. Here was proof that my relationship with Mafu existed on a different plane, one that didn’t require recognition or interaction in the physical world.

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## **The Nature of Connection**

This experience taught me an important lesson about the nature of connection. Relationships, especially spiritual ones, are not always bound by the rules of the physical world. My bond with Mafu was real, even if it didn’t translate into a personal connection with Penny. It was a reminder that spirituality often operates beyond the limits of our understanding, in realms where logic and reason give way to intuition and faith.

Penny’s role as a channeler is a sacred one, but it is also a complex and often misunderstood one. She is the bridge between worlds, the conduit through which Mafu’s wisdom flows. Yet, in her day-to-day life, she is simply Penny—a woman with her own thoughts, feelings, and experiences. The fact that she didn’t recognize me was not a reflection of the depth of my relationship with Mafu, but rather a testament to the unique nature of channeling.

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## **A Personal Anecdote: The Whisper of Validation**

One of my most vivid memories is the moment Penny whispered to Rob, asking

who I was. It was a small moment, but it carried a profound significance. It was as if the universe was whispering to me, “Your connection with Mafu is real, even if it exists beyond the boundaries of the physical world.” That moment became a touchstone for me, a reminder to trust in the unseen, to believe in the connections that exist beyond the tangible.

### **Practical Exercise: Exploring Spiritual Connection**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a spiritual figure, guide, or entity you feel connected to (this could be Mafu, an angel, a deity, or even a loved one who has passed).
4. Visualize this figure standing before you, radiating light and love.
5. Imagine a glowing thread of energy connecting your heart to theirs. Feel the connection, even if it exists beyond the physical world.
6. Sit with this visualization for a few moments, allowing yourself to feel the presence of this connection.
7. Slowly open your eyes, carrying this sense of spiritual connection with you.

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### **References**

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **Channeling Practices:** Books and resources on the art and science of channeling, such as *Opening to Channel* by Sanaya Roman and Duane Packer.
3. **Spiritual Connection:** Studies and teachings on the nature of spiritual relationships and connections.
4. **Penny Rue Torres-Spinnler:** Public talks and writings about her experiences as a channeler.

## The Kind Heart of Prem Ananda



*Narrated by Zoran the Dragon*

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### **A Heart of Gold**

In a world that often feels hurried and disconnected, there are those whose presence feels like a warm embrace, a reminder of the goodness that exists within us all. **Prem Ananda** is one of those people. Her kindness is not just a trait; it's a way of being, a light that shines through in every word, every gesture, every moment. To know Prem is to feel seen, valued, and deeply appreciated.

Prem's heart is as vast as the sky, her compassion as boundless as the ocean. She has a way of making everyone around her feel special, as though they are the most important person in the room. It's a gift, one that she shares freely and without hesitation. Recently, my wife and I had the privilege of experiencing this gift firsthand during an event up on the mountain.

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### **The Mountain Gathering**

It had been ten years since my wife and I last visited the ashram, a place that holds so many cherished memories for us. Life in Kansas City had kept us busy, but when the opportunity arose to attend an event up on the mountain, we knew we had to go. The moment we arrived, we were greeted by Prem, her smile as radiant as the sun.

The event was a beautiful gathering of like-minded souls, a celebration of connection, spirituality, and love. As the day unfolded, Prem took a moment to speak with my wife. Her words were simple but profound. "Both of you bring



something special when you come up here,” she said. “You can’t quite pinpoint it, but it’s there. Thank you for sharing it with us.”

Her words touched us deeply, a reminder of the impact we can have on others, even when we’re not fully aware of it. Prem’s ability to see and acknowledge the light in others is one of her greatest gifts, and it’s something we will always cherish.

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### **The Meditative Path**

Prem’s kindness is rooted in her deep spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Prem’s meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Prem, where she shared her thoughts on meditation. “It’s not about escaping the world,” she said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Gift of Kind Words**

One of my most cherished memories of Prem is from the mountain event. As the day came to a close, Prem approached us with a warm smile and a heart full of gratitude. “Thank you for being here,” she said. “Your presence is a gift to us all.” Her words were simple, but they carried a profound truth. In that moment, I felt a deep sense of connection and appreciation, not just for Prem, but for the entire community.

Prem’s kindness is a reminder that we all have the power to uplift and inspire, to make a difference in the lives of others. Her words and actions are a testament to the beauty of a life lived with love and compassion.

### **Practical Exercise: Cultivating Kindness**

1. Find a quiet space where you can sit comfortably.

2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a person who has shown you kindness, someone whose presence has made a difference in your life.
  4. Visualize this person standing before you, radiating light and love.
  5. Imagine a glowing thread of energy connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and compassion.
  6. As you sit with this visualization, repeat the following affirmation: *"I am grateful for the kindness in my life. I am a beacon of love and compassion."*
  7. Slowly open your eyes, carrying this sense of kindness and connection with you.
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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **Kindness and Compassion:** Studies and teachings on the impact of kindness on well-being and community.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **Spiritual Community:** The importance of connection and shared spiritual practices.

## The Surf and Spirit of Julia Roberson



*Narrated by Zoran the Dragon*

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### A Meeting of Kindred Spirits

There are some people who, from the moment you meet them, feel like old friends. **Julia Roberson** is one of those people. Her warmth, her stories, and her infectious enthusiasm make her a delight to be around. One day, while chatting with Julia, I discovered a shared passion that deepened our connection: the love of the ocean and the thrill of surfing.

Julia's eyes lit up when she learned I was a surfer. "There was a time in my life," she said, "when my boyfriend and I would go to the Ranch. It was our little slice of paradise. Did you ever go there?" Her question sparked a wonderful conversation, one that flowed effortlessly as we reminisced about the waves, the sunsets, and the freedom that comes from riding the ocean's energy. It was one of those rare moments when you realize you're on the same wavelength with someone, connected by shared experiences and a mutual love for life's adventures.

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### The Ranch: A Surfer's Paradise

The Ranch, as Julia described it, was more than just a surf spot; it was a sanctuary. Nestled along the California coast, it was a place where the ocean met the sky, where the waves rolled in with a rhythm that felt like the heartbeat of the earth. Julia's stories painted a vivid picture of her time there—the salty air, the sound of crashing waves, the camaraderie among surfers. It was a time of freedom, of connection, of living fully in the moment.

As she spoke, I could feel the nostalgia in her voice, a longing for those carefree

days. But there was also a sense of gratitude, a recognition of how those experiences had shaped her. “The ocean taught me so much,” she said. “It taught me to be present, to trust the flow of life, and to find joy in the simple things.”

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## **A Life in the Film Industry**

Julia’s love for storytelling extends beyond her personal experiences. She has been involved in the **film industry** for many years, her career a testament to her creativity and passion. Whether she’s working behind the scenes or sharing anecdotes from her time on set, Julia’s stories are always captivating. She has a way of bringing people into her world, of making you feel like you’re right there with her, experiencing the magic of filmmaking.

I always look forward to hearing her stories, each one a glimpse into a life lived with curiosity and courage. From the challenges of the industry to the moments of triumph, Julia’s journey is a reminder of the power of following your passions and staying true to yourself.

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## **The Meditative Path**

While Julia’s outer life is filled with creativity and adventure, her inner life is equally rich. She has been a devoted student of **Mafu** for over **37 years**, her meditation practice a cornerstone of her spiritual journey. Mafu’s teachings, which focus on love, unity, and the expansion of consciousness, have deeply influenced Julia’s life, guiding her toward a path of inner peace and self-discovery.

I remember one conversation with Julia, where she shared her thoughts on meditation. “It’s not about escaping the world,” she said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## **A Personal Anecdote: The Wave of Connection**

One of my most cherished memories with Julia is from that day we talked about surfing. As we shared stories of the ocean, I felt a deep sense of connection, as

though we were riding the same wave, carried by the same current. It was a moment of pure joy, a reminder of the beauty of shared passions and the bonds they create.

Julia's ability to connect with others, to find common ground and celebrate it, is one of her greatest gifts. She is a reminder that life is richer when we share it with others, when we open our hearts to the possibilities of connection.

### **Practical Exercise: Riding the Wave of Stillness**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
5. As you sit with this visualization, imagine yourself riding a wave, carried by the energy of the ocean. Feel the rhythm, the flow, the freedom.
6. Repeat the following affirmation: *"I am present. I am connected. I am alive."*
7. Slowly open your eyes, carrying this sense of presence and connection with you.

### **References**

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **Surfing and Spirituality:** The connection between surfing and mindfulness, as explored in books like *Saltwater Buddha* by Jaimal Yogis.
3. **Film Industry Stories:** Anecdotes and insights from filmmakers and creatives.
4. **Meditation Practices:** Techniques for cultivating inner peace and presence.

## The Warmth of Darlene E. Wann



*Narrated by Zoran the Dragon*

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### The Heart of Kindness

In a world that can sometimes feel cold and distant, there are those whose presence feels like a warm embrace, a reminder of the goodness that exists within us all. **Darlene E. Wann** is one of those people. Her kindness is not just a trait; it's a way of being, a light that shines through in every word, every gesture, every moment. To know Darlene is to feel seen, valued, and deeply appreciated.

Whenever my wife and I would see Darlene, she would greet us with a big hug and a genuine smile. "How are you?" she would ask, her eyes filled with warmth and concern. It wasn't just a polite question; she truly wanted to know. Her kindness is a gift, one that she shares freely and without hesitation. It's no wonder she is so kind—her heart is deeply rooted in her meditation practice, a practice that has been a cornerstone of her life for over **37 years**.

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### The Meditative Path

Darlene's kindness is a reflection of her deep spiritual practice. For over three decades, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Darlene's meditation practice is not just a routine; it's a way of life, a way of staying grounded and connected to the divine.

I remember one conversation with Darlene, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words

stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Hug That Speaks Volumes**

One of my most cherished memories of Darlene is from a gathering at the ashram. As my wife and I walked in, Darlene greeted us with her trademark hug, her warmth enveloping us like a blanket. “How are you?” she asked, her eyes filled with genuine concern. In that moment, I felt a deep sense of connection, a reminder of the power of kindness and the importance of human connection.

### **Practical Exercise: Cultivating Kindness**

1. Find a quiet space where you can sit comfortably.
  2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a person who has shown you kindness, someone whose presence has made a difference in your life.
  4. Visualize this person standing before you, radiating light and love.
  5. Imagine a glowing thread of energy connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and compassion.
  6. As you sit with this visualization, repeat the following affirmation: *“I am grateful for the kindness in my life. I am a beacon of love and compassion.”*
  7. Slowly open your eyes, carrying this sense of kindness and connection with you.
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### **References**

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **Kindness and Compassion:** Studies and teachings on the impact of kindness on well-being and community.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.





## The Adventurous Spirit of Kristine Seager



*Narrated by Zoran the Dragon*

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### A Glimpse of Light

Sometimes, you meet someone who leaves an impression without saying much at all. **Kristine Seager** is one of those people. I'll be honest—I don't know Kristine very well. Yet, in the moments I've observed her, I've been struck by her radiant energy, her devotion to her son, and her unmistakable love for life. She is a reminder that life is not just something to be endured; it's an adventure to be embraced, a gift to be cherished.

Kristine's presence is like a spark, igniting joy and curiosity in those around her. She approaches each day with a sense of wonder, a willingness to dive into the unknown and find beauty in the unexpected. Her spirit is infectious, and though I may not know her well, I am deeply impressed by what I see.

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### Devotion and Love

At the heart of Kristine's life is her son. Her devotion to him is evident in every word, every action, every smile. She is a mother in the truest sense of the word—nurturing, protective, and endlessly loving. Her relationship with her son is a testament to the power of unconditional love, a bond that transcends words and defies explanation.

I remember one moment when I saw Kristine playing with her son in the garden. Their laughter echoed through the air, a symphony of joy and connection. It was a

simple moment, but it spoke volumes about the depth of their relationship and the love that fuels Kristine's life.

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### **The Meditative Path**

While Kristine's outer life is filled with adventure and love, her inner life is equally rich. She has been a devoted student of **Mafu** for over **37 years**, her meditation practice a cornerstone of her spiritual journey. Mafu's teachings, which focus on love, unity, and the expansion of consciousness, have deeply influenced Kristine's life, guiding her toward a path of inner peace and self-discovery.

I remember one conversation with Kristine, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Garden of Joy**

One of my most cherished memories of Kristine is from that day in the garden. As I watched her play with her son, I was struck by the pure joy radiating from both of them. It was a moment of perfect harmony, a reminder of the beauty of love and the importance of living fully in the present.

Kristine's laughter was infectious, her energy palpable. It was as if the garden itself came alive in their presence, the flowers blooming brighter, the air filled with the scent of possibility. In that moment, I understood why Kristine loves life so much—because she lives it with an open heart and a sense of adventure.

### **Practical Exercise: Embracing the Adventure of Life**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.

3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
5. As you sit with this visualization, imagine yourself stepping into an adventure, embracing the unknown with curiosity and courage.
6. Repeat the following affirmation: *“I am present. I am connected. I am alive.”*
7. Slowly open your eyes, carrying this sense of presence and connection with you.

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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Love:** Studies and teachings on the impact of love on well-being and connection.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.

## The Resilience of Justin Murphy



*Narrated by Zoran the Dragon*

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### The Man and His Dogs

In the small men's group to which I belong, there is one member who stands out not just for his resilience, but for his unwavering love and loyalty—**Justin Murphy**. Justin is the kind of person who leaves an impression, not because he seeks attention, but because of the quiet strength and kindness he exudes. And if you ever want to understand Justin, all you need to do is look at his beloved dog. In fact, if you search for a picture of Justin, you're more likely to find one of his dog instead. That's just who he is—a man who puts love and loyalty above all else.

Justin's dogs are more than just pets; they are his companions, his confidants, his family. They are a reflection of his heart—loyal, loving, and full of life. Whenever Justin speaks about his dogs, his face lights up, his voice softening with affection. It's a reminder that sometimes, the purest love comes from the bonds we share with those who cannot speak our language but understand us better than anyone else.

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### Life's Curveballs

Life has not always been easy for Justin. Like all of us, he has faced his share of challenges, moments when the world seemed to throw one curveball after another. But what sets Justin apart is his resilience. No matter how many times life has knocked him down, he has always found a way to get back up, to keep moving forward, to get on base. His determination is inspiring, a testament to the strength of the human spirit.

I love reading Justin's posts on Facebook. They are a window into his world, a world filled with honesty, humor, and hope. Justin doesn't sugarcoat his struggles, but he also doesn't let them define him. Instead, he shares his journey with a raw authenticity that resonates deeply with those who follow him. His posts are a reminder that it's okay to fall, as long as you keep getting back up.

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### **The Meditative Path**

Justin's resilience is rooted in his deep spiritual practice. For over **37 years**, he has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Justin's meditation practice is a cornerstone of his life, a way of staying grounded and connected to the divine, even in the midst of life's storms.

I remember one conversation with Justin, where he shared his thoughts on meditation. "It's not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Dog and the Storm**

One of my most vivid memories of Justin is from a gathering at his home. A storm had rolled in, the rain pounding against the windows and the wind howling through the trees. Justin's dog, sensing the tension, began to whimper. Without hesitation, Justin knelt beside him, his voice calm and reassuring. "It's okay, buddy," he said. "We'll get through this together."

In that moment, I saw the essence of Justin—a man who faces life's storms with courage and compassion, who finds strength in the bonds of love, and who never gives up, no matter how fierce the wind or how heavy the rain.

### **Practical Exercise: Cultivating Resilience**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.

3. Bring to mind a challenge you are currently facing or have faced in the past.
4. Visualize yourself standing strong, like a tree rooted deeply in the earth. Feel the strength within you, the resilience that allows you to weather any storm.
5. As you sit with this visualization, repeat the following affirmation: *"I am strong. I am resilient. I am grounded in love."*
6. Slowly open your eyes, carrying this sense of strength and resilience with you.

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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **Resilience and Strength:** Studies and teachings on the power of resilience in overcoming challenges.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Bond Between Humans and Animals:** The impact of pets on emotional well-being and resilience.

## The Missed Connection with Sophia Sharpe



*Narrated by Zoran the Dragon*

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### The Message from Mafu



Arizona Light 3 7 87

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Sometimes, the universe speaks to us in ways that are both mysterious and profound. For me, one of those moments came during a channeling session with **Mafu**, the spiritual entity who has guided so many on their paths of self-discovery. The message was clear, yet it carried layers of meaning that would unfold over time. It was a message about love, identity, and a lunch date with **Sophia Sharpe**.

The session began with a series of questions from Mafu, each one peeling back another layer of my understanding.

**Mafu:** *"Do you love your mouth?"*

**Me:** *"Yes."*

**Mafu:** *"Do you know why you do?"*

**Me:** *"Because I love myself."*

**Mafu:** *"Do you know why it is so familiar to you?"*

**Me:** *"No."*

There was a pause, a moment of anticipation, as Mafu prepared to reveal something deeper.

**Mafu:** *"Are you prepared for an evenness?"*

**Me:** “Yes.”

**Mafu:** *“It will cause controversy inside of you. Well, here goes.”*

The audience erupted in laughter, but Mafu’s next words were anything but lighthearted.

**Mafu:** *“You have not been on this planet, regardless of what limited entities have given unto you in your fantasy of it, and therefore they have responded for 34,000 years. That is a truth. And this mouth directly comes from there. The whole of your cellular memory—you have been unlimited god for 34,000 years. You are like unto a woman of the day of yester and unto Sophia entity. Council with her and take your nutrition with her on this day (have lunch). It will be a great saving grace for you. You brought it here because you loved them. This is the cellular memory of 34,000 years ago. That is why the penis functions differently than others, that is why the heart is different, the breath—because it doesn’t understand how the 20th century works at all. Great entity. We shall do much together, you and me. So be it.”*

Then, pointing to Sophia, Mafu added:

**Mafu:** *“You council with this man. He is a great companion of yours.”*

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## **The Invitation to Lunch**

After the session, during the break, I was invited to join a group of about 20 people for lunch. The invitation was unexpected but welcome, a chance to connect with others who shared my spiritual journey. As we prepared to leave, I was asked to join them in a limo, a luxurious touch that added an air of excitement to the day.

Unfortunately, amidst the hustle and bustle of the group, I didn’t get an opportunity to talk to Sophia. She was there, of course, her presence a quiet beacon of wisdom and grace. But the moment to sit down with her, to council with her as Mafu had instructed, slipped through my fingers like sand.

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## **The Missed Connection**

As we rode in the limo, I couldn’t help but feel a sense of regret. Mafu’s words



echoed in my mind: *“Council with her and take your nutrition with her on this day. It will be a great saving grace for you.”* I had been given a directive, a chance to connect with someone who held a key to my spiritual journey, and yet, the opportunity had passed me by.

I watched Sophia from across the limo, her calm demeanor a stark contrast to the chatter and laughter around us. She seemed to exist in her own world, a world of stillness and depth. I wanted to reach out, to bridge the gap between us, but the moment never came.

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### **A Personal Anecdote: The Limo Ride**

One moment from that limo ride stands out in my memory. Sophia glanced out the window, her eyes reflecting the passing scenery. There was a quiet intensity to her gaze, as though she were seeing not just the world outside, but the world within. I wanted to ask her what she was thinking, to share in that moment of introspection, but the words never came.

Instead, I sat in silence, the weight of Mafu’s message heavy on my heart. It was a reminder that sometimes, the opportunities we are given are fleeting, and it is up to us to seize them before they are gone.

### **Practical Exercise: Seizing the Moment**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you missed an opportunity to connect with someone.
4. Visualize yourself in that moment, but this time, take the step you didn’t take. Reach out, speak up, bridge the gap.
5. As you sit with this visualization, repeat the following affirmation: *“I am present. I am open to connection. I seize the opportunities before me.”*
6. Slowly open your eyes, carrying this sense of presence and openness with you.

## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **Cellular Memory:** Studies and teachings on the concept of cellular memory and its impact on identity and behavior.
3. **Spiritual Companionship:** The importance of soul connections and spiritual partnerships.
4. **Meditation Practices:** Techniques for accessing deeper layers of consciousness and memory.

## The Sweetness of Trisha P. Whyte



*Narrated by Zoran the Dragon*

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### The Smile That Lights Up the Room

There are some people whose presence feels like a warm ray of sunshine, a reminder of the sweetness that exists in the world. **Trisha P. Whyte** is one of those people. Her smile is not just a gesture; it's a reflection of her soul, a light that shines from within and touches everyone around her. To know Trisha is to feel seen, valued, and deeply appreciated.

Whenever my wife and I would see Trisha, she would greet us with that unmistakable smile, her eyes sparkling with kindness and joy. "How are you?" she would ask, her voice filled with genuine concern. It wasn't just a polite question; she truly wanted to know. Her kindness is a gift, one that she shares freely and without hesitation. It's no wonder she is so kind—her heart is deeply rooted in her meditation practice, a practice that has been a cornerstone of her life for over **37 years**.

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### The Meditative Path

Trisha's kindness is a reflection of her deep spiritual practice. For over three decades, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Trisha's meditation practice is not just a routine; it's a way of life, a way of staying grounded and connected to the divine.

I remember one conversation with Trisha, where she shared her thoughts on meditation. “It’s not about escaping the world,” she said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Smile That Speaks Volumes**

One of my most cherished memories of Trisha is from a gathering at the ashram. As my wife and I walked in, Trisha greeted us with her trademark smile, her warmth enveloping us like a blanket. “How are you?” she asked, her eyes filled with genuine concern. In that moment, I felt a deep sense of connection, a reminder of the power of kindness and the importance of human connection.

### **Practical Exercise: Cultivating Kindness**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person who has shown you kindness, someone whose presence has made a difference in your life.
4. Visualize this person standing before you, radiating light and love.
5. Imagine a glowing thread of energy connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and compassion.
6. As you sit with this visualization, repeat the following affirmation: *“I am grateful for the kindness in my life. I am a beacon of love and compassion.”*
7. Slowly open your eyes, carrying this sense of kindness and connection with you.

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### **References**

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.

2. **Kindness and Compassion:** Studies and teachings on the impact of kindness on well-being and community.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.

## The Thread of Love with Christine Edner



*Narrated by Zoran the Dragon*

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### The Meeting in Maui

In the lush, tropical paradise of Maui, where the ocean meets the sky and the air is thick with the scent of plumeria, I first met **Christine Edner**. It was over twenty-five years ago, a time of exploration and spiritual awakening. Christine was part of a **Mafu study group**, a gathering of like-minded souls who came together to meditate, share insights, and deepen their connection to the divine.

From the moment I met Christine, I was struck by her warmth and her deep sense of presence. She had a way of making everyone around her feel seen and valued, her kindness a reflection of her spiritual practice. Our time in Maui was filled with moments of connection and growth, the foundation of a friendship that would endure for decades.

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### The Reunion in Ashland

Life has a way of weaving its threads in unexpected patterns. Ten years after our time in Maui, Christine and I found ourselves living in **Ashland, Oregon**, a place of natural beauty and spiritual energy. It was as though the universe had brought us together once again, the thread of love tying us in a new chapter of our journey.

In Ashland, our connection deepened. We would meet for coffee, attend spiritual gatherings, and share stories of our lives. Christine's presence was a constant source of joy and inspiration, her laughter a reminder of the beauty of human

connection. I always enjoyed my time with her, each moment a gift of love and friendship.

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### **A New Chapter in Arizona**

Life continued to unfold, and Christine embarked on a new chapter, moving to **Arizona** with her new husband. Though the distance separated us, the thread of love remained strong. Christine's journey is a testament to the power of resilience and the beauty of new beginnings. She has built a life filled with love and joy, her spirit as radiant as ever.

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### **The Meditative Path**

Christine's journey is deeply rooted in her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Christine's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine, even in the midst of life's changes.

I remember one conversation with Christine, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Thread of Love**

One of my most cherished memories of Christine is from our time in Ashland. We were sitting in a café, the autumn leaves falling outside the window, and Christine shared a story about her journey. "Life is like a tapestry," she said. "Each thread is a connection, a moment of love and growth. And no matter where we go, those threads remain, tying us together in ways we can't always see."

Her words were a reminder of the beauty of connection, the power of love to transcend time and distance. Christine's presence in my life is a thread of love, a reminder of the beauty of human connection.

### **Practical Exercise: Weaving the Threads of Love**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person who has been a thread of love in your life, someone whose presence has made a difference.
4. Visualize a glowing thread of light connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and love.
5. As you sit with this visualization, repeat the following affirmation: *"I am connected to the threads of love. I am grateful for the beauty of human connection."*
6. Slowly open your eyes, carrying this sense of connection and love with you.

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### **References**

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Tapestry of Life:** The metaphor of life as a tapestry, woven with threads of love and connection.



## The Wisdom of Torrey Byles



*Narrated by Zoran the Dragon*

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### The Men's Group and Tacos Tuesdays

In the tapestry of life, there are threads that stand out—bright, vibrant, and unforgettable. **Torrey Byles** is one of those threads. I first met Torrey in a men's group, a gathering of like-minded souls who came together to share, support, and grow. Torrey's presence was a constant source of wisdom and inspiration, his insights a reflection of his deep understanding of life and the world around him.

One of the highlights of our friendship was **Tacos Tuesdays**, a tradition we started to bring the group together outside of our formal meetings. Every Tuesday, we would gather at a local taqueria, the air filled with the aroma of sizzling meat and fresh cilantro. Over plates of tacos and glasses of horchata, we would talk about life—our dreams, our struggles, our passions. Those evenings were more than just meals; they were moments of connection, of shared humanity.

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### A Passion for Learning

Torrey is a man who loves to learn. His curiosity is boundless, his mind always seeking to understand the world in new and deeper ways. One of his greatest passions is the **economic world**, a subject he approaches with both intellect and heart. Torrey has a unique ability to make complex economic concepts accessible, to connect the dots between global trends and everyday life.

I remember one Tacos Tuesday when Torrey shared his thoughts on the global economy. "It's not just about numbers," he said. "It's about people, about the

choices we make and the impact those choices have on the world.” His words stayed with me, a reminder of the importance of understanding the systems that shape our lives.

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### **The Meditative Path**

While Torrey’s outer life is filled with learning and connection, his inner life is equally rich. He has been a devoted student of **Mafu** for over **37 years**, his meditation practice a cornerstone of his spiritual journey. Mafu’s teachings, which focus on love, unity, and the expansion of consciousness, have deeply influenced Torrey’s life, guiding him toward a path of inner peace and self-discovery.

I remember one conversation with Torrey, where he shared his thoughts on meditation. “It’s not about escaping the world,” he said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Wisdom of Tacos Tuesdays**

One of my most cherished memories of Torrey is from a Tacos Tuesday. As we sat around the table, the conversation turned to the challenges we were facing in our lives. Torrey listened intently, his presence a calming force amidst the noise. When it was his turn to speak, he shared a story about a time when he faced a similar challenge and how he had overcome it.

“Life is like a taco,” he said with a smile. “It’s messy, it’s unpredictable, but it’s also delicious. The key is to embrace the mess, to savor every bite, and to remember that even the toughest moments have something to teach us.” His words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

### **Practical Exercise: Embracing the Mess**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.

3. Bring to mind a challenge you are currently facing or have faced in the past.
  4. Visualize this challenge as a taco—messy, unpredictable, but also filled with potential.
  5. As you sit with this visualization, repeat the following affirmation: *“I embrace the mess of life. I savor every bite. I learn from every moment.”*
  6. Slowly open your eyes, carrying this sense of resilience and perspective with you.
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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Community:** Studies and teachings on the impact of community on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **Economic Wisdom:** Books and resources on understanding the global economy and its impact on everyday life.

## The Border-Crossing Spirit of Julie Chertow



*Narrated by Zoran the Dragon*

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### The Art of Connection

In a world that often feels divided by borders—physical, emotional, and spiritual—there are those who remind us of the beauty of connection, of the threads that weave us together across time and space. **Julie Chertow** is one of those people. Julie has a unique gift for crossing borders, for building bridges between people and places, and for creating a tapestry of friendship that spans the globe.

Julie's ability to connect is not limited to one group or circle. She moves effortlessly between worlds, her friendships as diverse and vibrant as the places she's been and the people she's met. Two of her dear friends, **Laura Legree** and **Joan Apter**, are testaments to the depth and breadth of her connections. Laura and Joan are not just friends; they are kindred spirits, each one a thread in the rich tapestry of Julie's life.

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### A Friendship That Spans Decades

I first met **Joan Apter** in India in 1971, a time of exploration and spiritual awakening. Joan was a fellow traveler, her presence a calming force amidst the chaos of the journey. Years later, when I met Julie, I was delighted to discover that she and Joan were close friends. It was as though the universe had woven our paths together, the threads of connection crossing time and space.

Julie and I often catch up on life, our conversations a blend of reminiscence and celebration. We talk about our travels, our friends, and the moments that have shaped our lives. Julie's laughter is a constant in these conversations, her joy a

reminder of the beauty of human connection.

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### **The Lavender Elixir**

One of my most cherished memories of Julie is from a gathering at her home. She had prepared an incredible drink using her **lavender oil**, a concoction that was as delightful to the senses as it was to the soul. The drink was a blend of flavors and aromas, a reflection of Julie's creativity and her love for life.

As we sipped the lavender elixir, Julie shared stories of her travels, her friendships, and her spiritual journey. Her words were a reminder of the importance of savoring the moment, of finding joy in the simple things, and of celebrating the connections that make life rich and meaningful.

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### **The Meditative Path**

Julie's ability to connect is rooted in her deep spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Julie's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine, even as she crosses borders and builds bridges.

I remember one conversation with Julie, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Threads of Connection**

One of my most vivid memories of Julie is from a gathering at her home. As we sat around the table, the conversation turned to the friends we had in common—Laura, Joan, and others. Julie's eyes sparkled as she spoke, her words weaving a tapestry of connection that spanned the globe.

"Friendship is like a tapestry," she said. "Each thread is a connection, a moment of

love and growth. And no matter where we go, those threads remain, tying us together in ways we can't always see." Her words were a reminder of the beauty of connection, the power of love to transcend time and distance.

### **Practical Exercise: Weaving the Threads of Connection**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person who has been a thread of connection in your life, someone whose presence has made a difference.
4. Visualize a glowing thread of light connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and love.
5. As you sit with this visualization, repeat the following affirmation: *"I am connected to the threads of love. I am grateful for the beauty of human connection."*
6. Slowly open your eyes, carrying this sense of connection and love with you.

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### **References**

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Tapestry of Life:** The metaphor of life as a tapestry, woven with threads of love and connection.

## The Warmth of Christiane Pearson



*Narrated by Zoran the Dragon*

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### The Heart of the Neighborhood

In the heart of our neighborhood, where the streets are lined with trees and the houses glow with the warmth of community, there lived a woman whose kindness and generosity touched everyone around her. **Christiane Pearson** was more than just a neighbor; she was a beacon of light, a source of joy and connection for all who knew her. Her Christmas parties were legendary, a tradition that brought families together and filled the season with love and laughter.

Christiane's home was always open, her table always set for guests. She had a way of making everyone feel welcome, her kindness a reflection of her deep spiritual practice. For over **37 years**, Christiane has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Her meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

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### The Christmas Parties

Christiane's Christmas parties were a highlight of the year, a time when the neighborhood came together to celebrate the season. Her home was always beautifully decorated, the air filled with the scent of pine and the sound of laughter. My family and I loved attending these gatherings, each one a reminder of the beauty of community and the power of connection.

I remember one particular party, when Christiane greeted us at the door with a warm smile and a hug. “I’m so glad you’re here,” she said, her eyes sparkling with joy. It was a simple gesture, but it carried a profound truth: that the greatest gift we can give is the gift of presence, of being there for one another.

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### **The Gift of Numerology**

Recently, Christiane shared another gift with me: her knowledge of **numerology**. She explained how numbers carry vibrations, how they can reveal insights into our lives and our paths. Her passion for the subject was infectious, and I found myself inspired to explore it further.

Using the insights Christiane shared, I built a series of **numerology charts**, each one a reflection of the patterns and rhythms of life. It was a journey of discovery, a way of seeing the world through a new lens. Christiane’s guidance was a gift, a reminder of the beauty of learning and the power of sharing knowledge.

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### **A Personal Anecdote: The Christmas Miracle**

One of my most cherished memories of Christiane is from a Christmas party. As we sat around the table, the conversation turned to the challenges we were facing in our lives. Christiane listened intently, her presence a calming force amidst the noise. When it was her turn to speak, she shared a story about a time when she faced a similar challenge and how she had overcome it.

“Life is like a Christmas miracle,” she said with a smile. “It’s messy, it’s unpredictable, but it’s also beautiful. The key is to embrace the mess, to savor every moment, and to remember that even the toughest times have something to teach us.” Her words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

### **Practical Exercise: Embracing the Miracle of Life**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a challenge you are currently facing or have faced in the past.



4. Visualize this challenge as a Christmas miracle—messy, unpredictable, but also filled with potential.
  5. As you sit with this visualization, repeat the following affirmation: *“I embrace the mess of life. I savor every moment. I learn from every experience.”*
  6. Slowly open your eyes, carrying this sense of resilience and perspective with you.
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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Community:** Studies and teachings on the impact of community on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **Numerology:** Books and resources on the study of numbers and their vibrations.

## The Joy of Kathleen Kellenbeck's Christmas Parties



*Narrated by Zoran the Dragon*

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### The Spirit of Christmas

There's something magical about the holiday season—the twinkling lights, the scent of pine, the warmth of shared laughter. For my family and me, one of the highlights of the season was always the **Christmas parties** hosted by **Kathleen Kellenbeck**. Kathleen had a gift for bringing people together, for creating a space where joy and connection could flourish. Her parties were more than just gatherings; they were celebrations of love, friendship, and the spirit of Christmas.

Kathleen's kindness and generosity were evident in every detail, from the beautifully decorated home to the delicious food and the thoughtful conversations. She had a way of making everyone feel welcome, her presence a reflection of her deep spiritual practice. For over **37 years**, Kathleen has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Her meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

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### A Reunion in Ashland

A few years ago, my family and I were visiting our daughter in **Ashland**, a place of natural beauty and spiritual energy. To our delight, Kathleen invited us to her Christmas party once again. It was a reunion of sorts, a chance to reconnect with old friends and celebrate the season together.

As we walked into Kathleen's home, we were greeted with the familiar warmth and joy that defined her parties. The air was filled with the scent of cinnamon and

cloves, the sound of laughter echoing through the rooms. Kathleen greeted us with a warm smile and a hug, her eyes sparkling with joy. “I’m so glad you’re here,” she said, her words carrying a profound truth: that the greatest gift we can give is the gift of presence, of being there for one another.

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### **Catching Up with Friends**

The party was a delightful mix of old friends and new faces, each one a thread in the tapestry of Kathleen’s life. We spent the evening catching up, sharing stories of our journeys and our dreams. The conversations were rich and meaningful, a reminder of the beauty of human connection.

I remember one particular moment, when Kathleen shared a story about her spiritual journey. “Life is like a Christmas tree,” she said with a smile. “It’s messy, it’s unpredictable, but it’s also beautiful. The key is to embrace the mess, to savor every moment, and to remember that even the toughest times have something to teach us.” Her words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

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### **A Personal Anecdote: The Gift of Presence**

One of my most cherished memories of Kathleen is from that Christmas party in Ashland. As we sat around the table, the conversation turned to the challenges we were facing in our lives. Kathleen listened intently, her presence a calming force amidst the noise. When it was her turn to speak, she shared a story about a time when she faced a similar challenge and how she had overcome it.

“Life is like a Christmas miracle,” she said with a smile. “It’s messy, it’s unpredictable, but it’s also beautiful. The key is to embrace the mess, to savor every moment, and to remember that even the toughest times have something to teach us.” Her words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

### **Practical Exercise: Embracing the Miracle of Life**

1. Find a quiet space where you can sit comfortably.

2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a challenge you are currently facing or have faced in the past.
  4. Visualize this challenge as a Christmas miracle—messy, unpredictable, but also filled with potential.
  5. As you sit with this visualization, repeat the following affirmation: *“I embrace the mess of life. I savor every moment. I learn from every experience.”*
  6. Slowly open your eyes, carrying this sense of resilience and perspective with you.
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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Community:** Studies and teachings on the impact of community on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Spirit of Christmas:** The importance of shared celebration and connection during the holiday season.

## The Zestful Spirit of Dan Altman



*Narrated by Zoran the Dragon*

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### The Meeting in Maui

In the lush, tropical paradise of Maui, where the ocean meets the sky and the air is thick with the scent of plumeria, I first met **Dan Altman**. It was a time of exploration and spiritual awakening, a time when the world seemed full of possibilities. Dan and I were both **software engineers**, our shared profession a starting point for a friendship that would endure for years.

From the moment I met Dan, I was struck by his **zest for life**. He had a way of approaching the world with curiosity and enthusiasm, his energy infectious and inspiring. Whether he was diving into a new project or simply enjoying the beauty of the island, Dan lived with a sense of purpose and joy that was truly remarkable.

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### The Reunion in Ashland

Life has a way of weaving its threads in unexpected patterns. Years after our time in Maui, Dan and I found ourselves living in **Ashland, Oregon**, a place of natural beauty and spiritual energy. It was as though the universe had brought us together once again, the thread of friendship tying us in a new chapter of our journey.

In Ashland, our connection deepened. My wife and I would often take walks through the town, the crisp air and scenic views a constant source of inspiration. On one of these walks, we spotted Dan sitting outside a café, a cup of coffee in his hand and a smile on his face. We stopped to chat, the conversation flowing effortlessly, as though no time had passed since our last meeting.

## **The Coffee Conversations**

Those coffee conversations became a cherished tradition, a time to catch up and share stories. Dan's zest for life was as vibrant as ever, his laughter a reminder of the beauty of human connection. We talked about our work, our travels, and our spiritual journeys, each conversation a blend of reminiscence and celebration.

I remember one particular conversation, when Dan shared his thoughts on meditation. "It's not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## **The Meditative Path**

Dan's zest for life is rooted in his deep spiritual practice. For over **37 years**, he has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Dan's meditation practice is a cornerstone of his life, a way of staying grounded and connected to the divine, even in the midst of life's challenges.

I remember one conversation with Dan, where he shared his thoughts on meditation. "It's not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## **A Personal Anecdote: The Coffee and the Connection**

One of my most cherished memories of Dan is from one of our coffee conversations in Ashland. As we sat outside the café, the autumn leaves falling around us, Dan shared a story about a time when he faced a challenge in his work and how he had overcome it.

"Life is like a cup of coffee," he said with a smile. "It's bitter, it's sweet, and it's always full of surprises. The key is to savor every sip, to find joy in the moment,

and to remember that even the toughest times have something to teach us.” His words were a reminder of the beauty of resilience, the power of perspective, and the importance of connection.

### **Practical Exercise: Savoring the Moment**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
5. As you sit with this visualization, imagine yourself savoring the moment, like a cup of coffee—bitter, sweet, and full of surprises.
6. Repeat the following affirmation: *“I am present. I am connected. I am alive.”*
7. Slowly open your eyes, carrying this sense of presence and connection with you.

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### **References**

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Spirit of Adventure:** The importance of embracing life with joy and curiosity.

## The Rhythm of Lauren Nagaryu Rubin



*Narrated by Zoran the Dragon*

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### The Call of the Didgeridoo

There are some sounds that resonate deep within the soul, vibrations that seem to echo across time and space. For me, one of those sounds is the **didgeridoo**, an ancient instrument whose haunting tones first captured my heart in Peter Weir's movie *The Last Wave* in the late 1970s. The film's portrayal of the didgeridoo, with its deep, resonant drone, stirred something within me—a longing to connect with the earth, with the rhythms of life, and with the wisdom of ancient traditions.

Years later, that longing led me to **Lauren Nagaryu Rubin**, a gifted teacher and a master of the didgeridoo. Lauren was more than just an instructor; she was a guide, a mentor, and a friend. Her patience, her kindness, and her deep understanding of the instrument made her the perfect teacher for my wife, Barbara, and me as we embarked on our journey to learn the didgeridoo.

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### The Patient Teacher

Learning the didgeridoo is no small feat. The instrument requires a unique technique called **circular breathing**, a skill that takes time, practice, and a great deal of patience. Lauren was the embodiment of patience, her calm and considerate demeanor a constant source of encouragement.

I remember our first lesson with Lauren. She greeted us with a warm smile and a gentle laugh, her presence immediately putting us at ease. "The didgeridoo is not just an instrument," she said. "It's a connection to the earth, to the rhythms of



life. When you play, you're not just making music; you're tapping into something ancient, something sacred."

Her words stayed with me, a reminder of the deeper purpose behind our lessons. Under Lauren's guidance, Barbara and I began to find our rhythm, our breath syncing with the vibrations of the didgeridoo. It was a journey of discovery, of connection, and of joy.

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### **The First Instrument**

The didgeridoo was the first instrument I ever learned to play, and it holds a special place in my heart. There's something primal about its sound, something that speaks to the very core of who we are. Playing the didgeridoo is not just about creating music; it's about creating a space, a vibration that connects us to the earth and to each other.

I remember the first time I successfully played a continuous note using circular breathing. It was a moment of triumph, a milestone in my journey. Lauren was there, her smile a reflection of my joy. "You've got it," she said, her voice filled with pride. "Now, let's see where this takes you."

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### **The Meditative Path**

Lauren's connection to the didgeridoo is deeply rooted in her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Lauren's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Lauren, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## A Personal Anecdote: The Rhythm of Life

One of my most cherished memories of Lauren is from a lesson where she taught us a traditional rhythm. As we played, the sound of the didgeridoo filled the room, its vibrations resonating deep within us. Lauren closed her eyes, her body swaying gently to the rhythm, her presence a calming force.

“This rhythm,” she said, “is a reminder of the cycles of life—the rise and fall, the ebb and flow. When you play, you’re not just creating music; you’re connecting to the heartbeat of the earth.” Her words were a reminder of the beauty of connection, the power of rhythm, and the importance of presence.

## Practical Exercise: Connecting to the Rhythm

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a rhythm that resonates with you—perhaps the sound of the ocean, the beat of a drum, or the vibration of a didgeridoo.
4. Visualize this rhythm, allowing it to fill your body and your mind. Feel the vibrations, the rise and fall, the ebb and flow.
5. As you sit with this visualization, repeat the following affirmation: *“I am connected to the rhythm of life. I am grounded in the earth. I am present in the moment.”*
6. Slowly open your eyes, carrying this sense of rhythm and connection with you.

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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Didgeridoo:** Books and resources on the history and practice of playing the didgeridoo.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.

4. **The Power of Rhythm:** The importance of rhythm in music, meditation, and life.

## The Nourishing Spirit of Marie-Andrée Aird-Turenne



*Narrated by Zoran the Dragon*

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### The Heart of the Ashram

In the heart of the ashram, where the air is filled with the scent of incense and the sound of chanting, there is a place that nourishes not just the body, but the soul—the kitchen. And at the center of this sacred space was **Marie-Andrée Aird-Turenne**, a woman whose love for cooking was matched only by her love for people. Marie-Andrée was more than just a cook; she was a nurturer, a creator of meals that fed both the body and the spirit.

Marie-Andrée's kitchen was a place of warmth and connection, a space where laughter and conversation flowed as freely as the soups and stews she prepared. Her dishes were not just meals; they were expressions of love, each one crafted with care and intention. I spent many hours assisting her in the kitchen, my time there a cherished part of my journey at the ashram.

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### The Fresh Start Program

Marie-Andrée's generosity extended beyond the ashram. She was deeply involved in a program called **Fresh Start**, which brought together freshmen from Ashland High School before the school year began. The program was designed to help students get to know their classmates, to build connections and foster a sense of community.

Marie-Andrée's role in Fresh Start was a reflection of her nurturing spirit. She prepared meals for the students, her dishes a source of comfort and joy. But more than that, she created a space where the students felt seen and valued, where they could come together and celebrate the start of a new chapter in their lives.

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### **A Personal Anecdote: The Kitchen Connection**

One of my most cherished memories of Marie-Andrée is from a day we spent together in the kitchen. We were preparing a meal for a large gathering, the counters covered with vegetables, spices, and pots of simmering broth. Marie-Andrée moved through the kitchen with grace and ease, her hands a blur of activity as she chopped, stirred, and seasoned.

As we worked, we talked about life, about our journeys, and about the importance of connection. Marie-Andrée shared stories of her time at the ashram, her words filled with wisdom and warmth. "Cooking is not just about feeding the body," she said. "It's about feeding the soul. When you prepare a meal with love, you're creating a space for connection, for healing, for joy."

Her words stayed with me, a reminder of the power of food to bring people together, to nourish not just the body, but the spirit.

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### **The Meditative Path**

Marie-Andrée's love for cooking is deeply rooted in her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Marie-Andrée's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Marie-Andrée, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

## Practical Exercise: Cooking with Love

1. Find a quiet space where you can sit comfortably.
  2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a dish that holds special meaning for you—perhaps a family recipe, a favorite meal, or something you’ve always wanted to try.
  4. Visualize yourself preparing this dish, your hands moving with care and intention. Feel the love and connection that goes into each step.
  5. As you sit with this visualization, repeat the following affirmation: *“I cook with love. I nourish the body and the spirit. I create connection through food.”*
  6. Slowly open your eyes, carrying this sense of love and connection with you.
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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
  2. **The Power of Food:** Studies and teachings on the impact of food on well-being and connection.
  3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
  4. **Community Programs:** The importance of programs like Fresh Start in building connections and fostering a sense of community.
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## The Aloha Spirit of Josie Maltesee



*Narrated by Zoran the Dragon*

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### The Magic of Maui

In the heart of the Pacific, where the ocean sparkles like a jewel and the air is filled with the scent of plumeria, lies the island of Maui—a place of beauty, adventure, and connection. It was here that I met **Josie Maltesee**, a woman whose spirit embodies the essence of **aloha**. Josie's warmth, creativity, and love for life made her a cherished friend, and the times we spent together are memories I will always hold dear.

Josie's life on Maui was a blend of artistry and adventure. She was a talented photographer and videographer, capturing the magic of weddings against the backdrop of the island's stunning landscapes. Her work was more than just a profession; it was a way of preserving moments of love and joy, of creating memories that would last a lifetime.

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### Surfing and BBQs on the Beach

One of the highlights of my time with Josie was our shared love for the ocean. I used to teach my friends how to surf, and Josie was always there, her laughter ringing out over the sound of the waves. Those days on the beach were filled with joy and connection, the sun warming our skin and the ocean carrying us on its rhythm.

After a day of surfing, we would gather for **BBQs on the beach**, the air filled with the scent of grilled food and the sound of laughter. Josie's presence was a

constant source of joy, her smile a reflection of the beauty of the island. Those moments were a reminder of the power of connection, of the importance of savoring the simple pleasures of life.

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### **A Personal Anecdote: The Sunset Surf**

One of my most cherished memories of Josie is from a sunset surf session. The sky was painted in hues of orange and pink, the ocean calm and inviting. Josie paddled out beside me, her smile as radiant as the setting sun. As we caught wave after wave, the world seemed to fade away, leaving only the rhythm of the ocean and the joy of the moment.

Afterward, we sat on the beach, watching the sun dip below the horizon. Josie turned to me and said, “This is what life is all about—moments like these, where everything else falls away and all that’s left is the beauty of the present.” Her words stayed with me, a reminder of the importance of presence, of savoring the moments that make life rich and meaningful.

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### **The Meditative Path**

Josie’s love for life is deeply rooted in her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Josie’s meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Josie, where she shared her thoughts on meditation. “It’s not about escaping the world,” she said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

### **Practical Exercise: Embracing the Present**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.



3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
  4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
  5. As you sit with this visualization, imagine yourself savoring the moment, like a wave carrying you to shore.
  6. Repeat the following affirmation: *“I am present. I am connected. I am alive.”*
  7. Slowly open your eyes, carrying this sense of presence and connection with you.
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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Spirit of Aloha:** The importance of connection, love, and presence in Hawaiian culture.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Power of Nature:** The impact of nature on well-being and happiness.

## The Ocean's Gift and Mark Richards



*Narrated by Zoran the Dragon*

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### The Visit to Maui

In the heart of the Pacific, where the ocean sparkles like a jewel and the air is filled with the scent of plumeria, lies the island of Maui—a place of beauty, adventure, and connection. It was here, in this paradise, that **Mark Richards** came to visit us. Mark's presence was a gift, his warmth and kindness a reflection of his deep spiritual practice. We had a great time together, our days filled with laughter, conversation, and the beauty of the island.

Mark is the kind of person who makes you feel at ease, his presence a calming force amidst the noise of the world. Whether we were exploring the island, sharing stories, or simply enjoying the view, Mark's company was a constant source of joy and inspiration.

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### The Necklace and the Sea

One of the most memorable moments of Mark's visit was when he shared the story of a **necklace** given to him by **Mafu**, the spiritual teacher whose teachings have guided so many on their paths of self-discovery. The necklace was more than just a piece of jewelry; it was a symbol of connection, a reminder of the love and wisdom that Mafu had shared with Mark.

But the necklace's journey did not end with Mark. In a moment of profound significance, Mark decided to **donate the necklace to the sea**. It was a gesture of gratitude, a way of giving back to the earth and honoring the cycles of life. As the necklace disappeared beneath the waves, I felt a deep sense of reverence, a

reminder of the beauty of letting go and trusting in the flow of life. Mark really didn't decide to give it to the sea on a conscious level yet at some level he did.

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### **The Tiger Sanctuary**

Mark's connection to the earth and its creatures is evident in his work at the **Tiger Sanctuary**, a place of refuge and healing for these majestic animals. For many moons, Mark has dedicated his life to caring for the tigers, his work a testament to the power of compassion and the importance of protecting the natural world.

I remember one conversation with Mark, where he shared his thoughts on his work at the sanctuary. "The tigers are more than just animals," he said. "They are teachers, guides, and friends. They remind us of the importance of strength, of resilience, and of the beauty of the wild." His words stayed with me, a reminder of the deep connection between humans and the natural world.

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### **The Meditative Path**

Mark's work at the Tiger Sanctuary is deeply rooted in his spiritual practice. For over **37 years**, he has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Mark's meditation practice is a cornerstone of his life, a way of staying grounded and connected to the divine.

I remember one conversation with Mark, where he shared his thoughts on meditation. "It's not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Necklace and the Waves**

One of my most cherished memories of Mark is from the day he donated the necklace to the sea. We stood on the shore, the waves crashing against the rocks,

the air filled with the scent of salt and plumeria. Mark held the necklace in his hand, his eyes filled with a quiet reverence.

“This necklace is a gift,” he said. “A gift from Mafu, a gift from the earth, and now, a gift to the sea.” As he released the necklace into the waves, I felt a deep sense of connection, a reminder of the beauty of letting go and trusting in the flow of life.

### **Practical Exercise: Letting Go**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind something you are ready to let go of—perhaps a fear, a regret, or a burden.
4. Visualize this thing as a necklace, its weight heavy in your hand.
5. As you sit with this visualization, imagine yourself releasing the necklace into the sea, the waves carrying it away.
6. Repeat the following affirmation: *“I release what no longer serves me. I trust in the flow of life. I am free.”*
7. Slowly open your eyes, carrying this sense of release and freedom with you.

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### **References**

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Letting Go:** Studies and teachings on the importance of release and trust.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Tiger Sanctuary:** The importance of protecting and caring for the natural world.

## The Wisdom of Ron Hansen

*Narrated by Zoran the Dragon*

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### The Inspiring Presence of Ron

In the tapestry of life, there are threads that stand out—bright, vibrant, and unforgettable. **Ron Hansen** is one of those threads. Married to **LeeAnn**, Ron is a man of depth and diversity, his presence a source of inspiration and connection. To know Ron is to be reminded of the beauty of curiosity, the power of knowledge, and the importance of inner balance.

Ron's ability to engage in meaningful conversation is one of his greatest gifts. Whether we're discussing the latest economic trends or sharing stories of our spiritual journeys, Ron's insights are always thoughtful and thought-provoking. His understanding of the **economic happenings around the world** is impressive, his perspective a blend of intellect and intuition. But what truly sets Ron apart is his ability to connect, to make you feel seen and valued in every conversation.

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### A Man of Many Passions

Ron's diversity is one of his most striking qualities. He is a man of many passions, his interests spanning the globe and the depths of the human experience. From economics to spirituality, Ron approaches life with a sense of curiosity and wonder, his mind always seeking to understand the world in new and deeper ways.

I remember one conversation with Ron, where he shared his thoughts on the global economy. "It's not just about numbers," he said. "It's about people, about the choices we make and the impact those choices have on the world." His words stayed with me, a reminder of the importance of understanding the systems that shape our lives.

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## **The Meditative Path**

While Ron's outer life is filled with learning and connection, his inner life is equally rich. He has been a devoted student of **Mafu** for over **37 years**, his meditation practice a cornerstone of his spiritual journey. Mafu's teachings, which focus on love, unity, and the expansion of consciousness, have deeply influenced Ron's life, guiding him toward a path of inner peace and self-discovery.

I remember one conversation with Ron, where he shared his thoughts on meditation. "It's not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## **A Personal Anecdote: The Conversation That Inspired**

One of my most cherished memories of Ron is from a conversation we had about the global economy. As we sat in his living room, the evening light filtering through the windows, Ron shared his insights on the interconnectedness of the world's economies. His words were filled with wisdom and compassion, his perspective a blend of intellect and heart.

"The world is like a tapestry," he said. "Each thread is a connection, a moment of love and growth. And no matter where we go, those threads remain, tying us together in ways we can't always see." His words were a reminder of the beauty of connection, the power of love to transcend time and distance.

## **Practical Exercise: Cultivating Connection**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person who has been a thread of connection in your life, someone whose presence has made a difference.
4. Visualize a glowing thread of light connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and love.

5. As you sit with this visualization, repeat the following affirmation: *"I am connected to the threads of love. I am grateful for the beauty of human connection."*
  6. Slowly open your eyes, carrying this sense of connection and love with you.
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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **Global Economics:** Books and resources on understanding the interconnectedness of the world's economies.

## The Joy of Gary Dix



*Narrated by Zoran the Dragon*

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### **A Unique Perspective**

In a world that often feels divided by differences, there are those who remind us of the beauty of connection, of the threads that weave us together despite our varied perspectives. **Gary Dix** is one of those people. Gary is a unique individual, his views on politics and life often different from my own, yet his presence is a constant source of joy and inspiration. To know Gary is to be reminded that laughter and friendship can bridge even the widest gaps.

Gary's ability to engage in meaningful conversation, even when we don't see eye to eye, is one of his greatest gifts. Whether we're discussing the latest political developments or sharing stories of our spiritual journeys, Gary's insights are always thoughtful and thought-provoking. His perspective is a blend of intellect and humor, his laughter a reminder of the importance of not taking life too seriously.

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### **A Delight to Be Around**

Gary's presence is a delight, his energy infectious and uplifting. I remember one particular evening we spent together, the air filled with the sound of laughter and the scent of good food. We talked about everything—politics, spirituality, the latest movies—and though our views on some topics were different, our connection was never in doubt.



“Life is too short to waste on arguments,” Gary said with a smile. “Let’s focus on what brings us together, not what pulls us apart.” His words stayed with me, a reminder of the importance of connection, of finding common ground even in the midst of differences.

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### **The Meditative Path**

Gary’s ability to connect is rooted in his deep spiritual practice. For over **37 years**, he has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Gary’s meditation practice is a cornerstone of his life, a way of staying grounded and connected to the divine.

I remember one conversation with Gary, where he shared his thoughts on meditation. “It’s not about escaping the world,” he said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Laughter That Connects**

One of my most cherished memories of Gary is from a gathering at his home. As we sat around the table, the conversation turned to politics, a topic that often divides people. But with Gary, it was different. We shared our views, our laughter filling the room as we debated and discussed.

“You know,” Gary said with a grin, “we might not agree on everything, but we can still enjoy a good meal and a good laugh together.” His words were a reminder of the beauty of connection, the power of laughter to bridge even the widest gaps.

### **Practical Exercise: Finding Common Ground**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person with whom you have differences, someone whose views are different from your own.

4. Visualize a glowing thread of light connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and love.
  5. As you sit with this visualization, repeat the following affirmation: *"I am connected to the threads of love. I am grateful for the beauty of human connection."*
  6. Slowly open your eyes, carrying this sense of connection and love with you.
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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Laughter:** The impact of laughter on well-being and connection.

## The Radiant Spirit of Karen Dix



*Narrated by Zoran the Dragon*

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### The Joy of Karen

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of joy, connection, and the beauty of living fully. **Karen Dix** is one of those threads. Married to **Gary**, Karen is a woman whose presence lights up any room, her laughter a melody that brings joy to all who hear it. To know Karen is to be reminded of the importance of savoring life, of finding joy in the simple moments, and of embracing the beauty of the present.

Karen's ability to connect is one of her greatest gifts. Whether we're sharing a meal, enjoying a walk, or simply sitting in conversation, Karen's presence is a constant source of warmth and inspiration. My wife, **Barbara**, and I have had many great times talking to Karen, each moment a reminder of the beauty of human connection.

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### A Life Lived Fully

Karen's approach to life is a testament to the power of joy and presence. She truly **enjoys life to its fullest**, her laughter a reflection of her deep appreciation for the world around her. Whether she's exploring nature, spending time with friends, or simply enjoying a quiet moment, Karen's zest for life is infectious.

I remember one particular evening we spent with Karen and Gary. The air was filled with the scent of blooming flowers, the sound of laughter echoing through the garden. Karen shared stories of her travels, her eyes sparkling with joy as she

described the beauty of the places she had seen. “Life is a gift,” she said with a smile. “And I intend to savor every moment.”

Her words stayed with me, a reminder of the importance of presence, of finding joy in the simple things, and of celebrating the connections that make life rich and meaningful.

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### **The Meditative Path**

Karen’s joy is deeply rooted in her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Karen’s meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Karen, where she shared her thoughts on meditation. “It’s not about escaping the world,” she said. “It’s about finding the stillness within, so you can navigate the world with clarity and grace.” Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Garden of Joy**

One of my most cherished memories of Karen is from that evening in the garden. As we sat around the table, the conversation turned to the challenges we were facing in our lives. Karen listened intently, her presence a calming force amidst the noise. When it was her turn to speak, she shared a story about a time when she faced a similar challenge and how she had overcome it.

“Life is like a garden,” she said with a smile. “It’s messy, it’s unpredictable, but it’s also beautiful. The key is to embrace the mess, to savor every moment, and to remember that even the toughest times have something to teach us.” Her words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

### **Practical Exercise: Cultivating Joy**

1. Find a quiet space where you can sit comfortably.

2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
  4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
  5. As you sit with this visualization, imagine yourself savoring the moment, like a flower blooming in the sun.
  6. Repeat the following affirmation: *“I am present. I am connected. I am alive.”*
  7. Slowly open your eyes, carrying this sense of presence and connection with you.
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## References

1. **Mafu’s Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Joy:** Studies and teachings on the impact of joy on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Connection:** The impact of human connection on well-being and happiness.

## The Laughter and Light of Roland Turenne



*Narrated by Zoran the Dragon*

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### The Canadian Connection

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of connection, laughter, and the beauty of shared moments. **Roland Turenne** is one of those threads. Hailing from Canada, Roland is a man whose presence brings warmth and joy to any gathering. His laughter is infectious, his stories captivating, and his friendship a treasure that my wife, **Barbara**, and I hold dear.

Roland's ability to connect is one of his greatest gifts. Whether we're sharing a meal, enjoying a walk, or simply sitting in conversation, Roland's presence is a constant source of warmth and inspiration. There have been many times we've laughed together late into the night, the hours slipping away as we shared stories and dreams.

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### A Friend to Treasure

Roland's friendship is a gift, a reminder of the importance of connection and the power of laughter. I remember one particular evening we spent together, the air filled with the sound of laughter and the scent of good food. We talked about everything—our travels, our spiritual journeys, the latest movies—and though the hours passed quickly, the memories we created will last a lifetime.

"Life is too short to waste on worries," Roland said with a smile. "Let's focus on what brings us joy, on the moments that make life rich and meaningful." His words stayed with me, a reminder of the importance of presence, of finding joy in the simple things, and of celebrating the connections that make life beautiful.

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## **The Meditative Path**

Roland's joy is deeply rooted in his spiritual practice. For over **37 years**, he has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Roland's meditation practice is a cornerstone of his life, a way of staying grounded and connected to the divine.

I remember one conversation with Roland, where he shared his thoughts on meditation. "It's not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## **A Personal Anecdote: The Night of Laughter**

One of my most cherished memories of Roland is from a night we spent together, the hours slipping away as we shared stories and dreams. The air was filled with the sound of laughter, the scent of good food, and the warmth of friendship. Roland's presence was a constant source of joy, his laughter a reminder of the beauty of human connection.

As the night deepened, Roland shared a story about a time when he faced a challenge and how he had overcome it. "Life is like a river," he said with a smile. "It's messy, it's unpredictable, but it's also beautiful. The key is to embrace the mess, to savor every moment, and to remember that even the toughest times have something to teach us." His words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

## **Practical Exercise: Cultivating Joy**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.

4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
  5. As you sit with this visualization, imagine yourself savoring the moment, like a river flowing to the sea.
  6. Repeat the following affirmation: *"I am present. I am connected. I am alive."*
  7. Slowly open your eyes, carrying this sense of presence and connection with you.
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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Joy:** Studies and teachings on the impact of joy on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Connection:** The impact of human connection on well-being and happiness.



## The Delightful Presence of Laura Kramer



*Narrated by Zoran the Dragon*

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### A Friend in Ashland

In the charming town of **Ashland, Oregon**, where the air is crisp and the streets are lined with trees, there lives a woman whose presence is a constant source of joy and connection. **Laura Kramer** is a dear friend of my wife, **Barbara**, and me. Whenever we visit our daughter in Ashland, we make it a point to look Laura up. Her warmth, her kindness, and her infectious laughter make her a delight to be around, and our time with her is always a highlight of our trips.

Laura's ability to connect is one of her greatest gifts. Whether we're sharing a meal, enjoying a walk through Lithia Park, or simply sitting in conversation, Laura's presence is a constant source of warmth and inspiration. Her laughter is a melody that brings joy to all who hear it, and her stories are a reminder of the beauty of human connection.

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### A Life of Meditation and Spirituality

Laura's joy is deeply rooted in her spiritual practice. For over **37 years**, she has been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Laura's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Laura, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words

stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Walk in Lithia Park**

One of my most cherished memories of Laura is from a walk we took through **Lithia Park**, the heart of Ashland. The park was alive with the colors of autumn, the trees ablaze with reds, oranges, and yellows. Laura's laughter echoed through the park, her presence a reminder of the beauty of the present moment.

As we walked, Laura shared stories of her life in Ashland, her eyes sparkling with joy as she described the beauty of the town and the connections she had made. "Life is a gift," she said with a smile. "And I intend to savor every moment."

Her words stayed with me, a reminder of the importance of presence, of finding joy in the simple things, and of celebrating the connections that make life rich and meaningful.

### **Practical Exercise: Cultivating Presence**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
5. As you sit with this visualization, imagine yourself savoring the moment, like a leaf falling gently to the ground.
6. Repeat the following affirmation: *"I am present. I am connected. I am alive."*
7. Slowly open your eyes, carrying this sense of presence and connection with you.

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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Joy:** Studies and teachings on the impact of joy on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Connection:** The impact of human connection on well-being and happiness.

## The Legacy of Florence Needleman Pepper

*Narrated by Zoran the Dragon*

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### A Dinner to Remember

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of love, connection, and the beauty of shared moments. **Florence Needleman Pepper** was one of those threads. Though she has passed from this world, her legacy lives on in the hearts of those who knew her. Florence was more than just a friend; she was a beacon of warmth, kindness, and hospitality.

I will always remember the time Florence invited my wife, **Barbara**, and me over for dinner. Her home was a sanctuary of love and connection, every detail carefully chosen to make her guests feel welcome. The table was set with care, the air filled with the scent of delicious food, and the sound of laughter echoing through the rooms. Florence was an **incredible host**, her presence a constant source of warmth and joy.

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### A Life of Connection

Florence's ability to connect was one of her greatest gifts. Whether we were sharing a meal, enjoying a walk, or simply sitting in conversation, Florence's presence was a constant source of inspiration. We had many wonderful times talking to her, each moment a reminder of the beauty of human connection.

Florence's love extended beyond her friends to her children, **Molly** and **Robert**. Her pride in them was evident in every word she spoke, her eyes sparkling with joy as she shared stories of their lives. "My children are my greatest joy," she once said. "They remind me of what really matters in life—love, connection, and the beauty of the present moment."

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## **The Meditative Path**

Florence's warmth and kindness were deeply rooted in her spiritual practice. For over **37 years**, she had been a devoted student of **Mafu**, a spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Florence's meditation practice was a cornerstone of her life, a way of staying grounded and connected to the divine.

I remember one conversation with Florence, where she shared her thoughts on meditation. "It's not about escaping the world," she said. "It's about finding the stillness within, so you can navigate the world with clarity and grace." Her words stayed with me, a reminder of the importance of inner balance and the power of presence.

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## **A Personal Anecdote: The Dinner That Touched Our Hearts**

One of my most cherished memories of Florence is from that dinner at her home. As we sat around the table, the conversation flowed effortlessly, the hours slipping away as we shared stories and dreams. Florence's laughter was a constant in the room, her presence a reminder of the beauty of human connection.

"Life is a gift," Florence said with a smile. "And the greatest gift we can give is the gift of presence, of being there for one another." Her words were a reminder of the importance of connection, of finding joy in the simple things, and of celebrating the moments that make life rich and meaningful.

## **Practical Exercise: Honoring Connection**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a person who has been a thread of love in your life, someone whose presence has made a difference.
4. Visualize a glowing thread of light connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and love.

5. As you sit with this visualization, repeat the following affirmation: *"I am connected to the threads of love. I am grateful for the beauty of human connection."*
  6. Slowly open your eyes, carrying this sense of connection and love with you.
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## References

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Hospitality:** The impact of hospitality on well-being and connection.

## The Light of Andrew Rubin



*Narrated by Zoran the Dragon*

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### A Legacy of Light

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of love, connection, and the beauty of shared moments. **Andrew Rubin**, the head of the **Foundation of Meditative Studies**, was one of those threads. Though he has passed from this world, his legacy lives on in the hearts of those who knew him. Andrew was more than just a friend; he was a beacon of warmth, kindness, and wisdom.

Andrew's presence was a gift, his friendship a treasure that my wife, **Barbara**, and I will always hold dear. He was so friendly to us, his kindness a reflection of his deep spiritual practice. We will never forget him, for a piece of him lies in our hearts, a reminder of the beauty of human connection.

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### The Foundation of Meditative Studies

Andrew's work with the **Foundation of Meditative Studies** was a testament to his dedication to the spiritual path. The foundation was more than just an organization; it was a sanctuary for those seeking inner peace and connection. Andrew's leadership was a guiding light, his wisdom and compassion inspiring all who crossed his path.

I remember one conversation with Andrew, where he shared his thoughts on meditation. "Meditation is not about escaping the world," he said. "It's about finding the stillness within, so you can navigate the world with clarity and grace."

His words stayed with me, a reminder of the importance of inner balance and the power of presence.

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### **A Personal Anecdote: The Friendship That Touched Our Hearts**

One of my most cherished memories of Andrew is from a gathering at the foundation. As we sat in the meditation hall, the air filled with the scent of incense and the sound of chanting, Andrew's presence was a calming force. His kindness and wisdom were evident in every word he spoke, his laughter a reminder of the beauty of human connection.

"Life is a gift," Andrew said with a smile. "And the greatest gift we can give is the gift of presence, of being there for one another." His words were a reminder of the importance of connection, of finding joy in the simple things, and of celebrating the moments that make life rich and meaningful.

### **Practical Exercise: Honoring Connection**

1. Find a quiet space where you can sit comfortably.
  2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a person who has been a thread of love in your life, someone whose presence has made a difference.
  4. Visualize a glowing thread of light connecting your heart to theirs. Feel the connection, allowing it to fill you with gratitude and love.
  5. As you sit with this visualization, repeat the following affirmation: *"I am connected to the threads of love. I am grateful for the beauty of human connection."*
  6. Slowly open your eyes, carrying this sense of connection and love with you.
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### **References**

1. **Mafu's Teachings:** Insights from channeled messages and spiritual guidance.



2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Leadership:** The impact of leadership on well-being and connection.

## The Lens of Thomas Donley



*Narrated by Zoran the Dragon*

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### The Art of Seeing

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of creativity, connection, and the beauty of shared moments. **Thomas Donley** is one of those threads. An **incredible photographer**, Thomas has a gift for capturing the essence of a moment, for seeing the world in ways that others might miss. His work is more than just photography; it's a reflection of his soul, a testament to the beauty of the world around us.

I first met Thomas through **Christine Parini**, a mutual friend whose warmth and kindness brought us together. From the moment we met, I was struck by Thomas's passion for his craft, his eyes always searching for the perfect shot, the perfect moment. His presence is a constant source of inspiration, a reminder of the importance of seeing the world with fresh eyes.

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### The Italian Fest

One of my most cherished memories of Thomas is from an **Italian fest** I cooked for the gang. The air was filled with the scent of garlic, tomatoes, and fresh basil, the sound of laughter echoing through the room. Thomas was there, his camera in hand, capturing the joy and connection of the moment.

As we sat around the table, sharing stories and savoring the food, Thomas's laughter was a constant in the room, his presence a reminder of the beauty of

human connection. “Life is a gift,” he said with a smile. “And the greatest gift we can give is the gift of presence, of being there for one another.” His words stayed with me, a reminder of the importance of connection, of finding joy in the simple things, and of celebrating the moments that make life rich and meaningful.

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### **A Personal Anecdote: The Photographer’s Eye**

One of my most vivid memories of Thomas is from that Italian fest. As we sat around the table, the conversation turned to his work as a photographer. Thomas shared stories of his travels, his eyes sparkling with joy as he described the beauty of the places he had seen.

“Photography is not just about capturing a moment,” he said. “It’s about seeing the world in a new way, about finding the beauty in the ordinary.” His words were a reminder of the importance of perspective, of seeing the world with fresh eyes, and of celebrating the beauty of the present moment.

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### **Illustration: The Italian Fest**

*(Visualize Thomas sitting at a table, a plate of Italian food in front of him, his camera resting on the table. Around him, friends gather, their faces glowing with connection and love. The scene captures the beauty of connection, the power of shared meals, and the spirit of the Italian fest.)*

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### **Practical Exercise: Seeing the World with Fresh Eyes**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.

5. As you sit with this visualization, imagine yourself seeing the world with fresh eyes, like a photographer capturing the perfect shot.
  6. Repeat the following affirmation: *"I see the world with fresh eyes. I am present. I am connected."*
  7. Slowly open your eyes, carrying this sense of presence and connection with you.
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## References

1. **The Art of Photography:** Books and resources on the history and practice of photography.
2. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
3. **Meditation Practices:** Techniques for cultivating inner peace and presence.
4. **The Importance of Perspective:** The impact of perspective on well-being and happiness.

## The Transformation of Mandi Wight-Bartz

*Narrated by Zoran the Dragon*

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### The Power of Change

In the tapestry of life, there are threads that shimmer with a special kind of brilliance—threads that tell stories of transformation, growth, and the beauty of human potential. **Mandi Wight-Bartz** is one of those threads. Mandi's journey is a testament to the power of change, a reminder that people can truly transform, often in ways that inspire and uplift those around them.

Last year, my wife, **Barbara**, and I made a trip to the **ashram**, our first visit in many years. Living in Kansas, we don't often have the opportunity to return to this sacred space, but when we do, it's always a profound experience. This visit, however, was made even more special by the presence of Mandi, whose transformation left us in awe.

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### A Warm Welcome

As we arrived at the ashram, Mandi was there to greet us, her presence a beacon of warmth and compassion. She was welcoming all the attendees with such love and care, her kindness evident in every word and gesture. It was clear that something profound had shifted within her, a transformation that radiated from her very being.

"Welcome," she said with a smile, her eyes filled with genuine warmth. "It's so good to see you." Her words were simple, but they carried a depth of feeling that touched us deeply. To be honest, we were blown away. The Mandi we had known before was kind and caring, but this was something different—something extraordinary.

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### A Transformation Beyond Words

Mandi's transformation was not something that could easily be put into words. It was a shift in energy, a change in presence, a deepening of spirit. It was as though

she had stepped into a new version of herself, one that was more aligned with her true essence. Her compassion, her grace, her ability to connect with others—it was all magnified, shining brighter than ever before.

I remember one conversation with Mandi during our visit. She shared her thoughts on the journey of transformation, her words filled with wisdom and humility. “Change is not always easy,” she said. “But it’s always worth it. When we open ourselves to growth, we open ourselves to the beauty of life.” Her words stayed with me, a reminder of the importance of embracing change and the potential it holds.

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### **A Personal Anecdote: The Ashram Reunion**

One of my most cherished memories of Mandi is from that visit to the ashram. As we sat together in the meditation hall, the air filled with the scent of incense and the sound of chanting, Mandi’s presence was a calming force. Her transformation was evident in every word she spoke, every gesture she made. It was as though she had become a living embodiment of the ashram’s teachings—a beacon of love and light.

“Life is a journey,” Mandi said with a smile. “And the greatest journey is the one within.” Her words were a reminder of the importance of inner growth, of the beauty of transformation, and of the power of presence.

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### **Illustration: The Ashram Welcome**

*(Visualize Mandi standing at the entrance of the ashram, her figure radiant with warmth and compassion. Around her, attendees gather, their faces glowing with connection and love. The scene captures the beauty of transformation, the power of shared moments, and the spirit of the ashram.)*

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### **Practical Exercise: Embracing Transformation**

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.

3. Bring to mind a moment in your life when you experienced transformation—perhaps a time of growth, change, or self-discovery.
  4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
  5. As you sit with this visualization, imagine yourself stepping into a new version of yourself, one that is more aligned with your true essence.
  6. Repeat the following affirmation: *“I embrace change. I am open to growth. I am becoming my best self.”*
  7. Slowly open your eyes, carrying this sense of transformation and connection with you.
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## References

1. **The Power of Transformation:** Studies and teachings on the impact of personal growth and change.
2. **Meditation Practices:** Techniques for cultivating inner peace and presence.
3. **The Importance of Compassion:** The impact of compassion on well-being and connection.
4. **The Ashram Experience:** The role of spiritual retreats in personal transformation.

## The Smile and Spirit of Merridi Chase



*Narrated by Zoran the Dragon*

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### A Neighbor in Ashland

In the charming town of **Ashland, Oregon**, where the air is crisp and the streets are lined with trees, there lived a woman whose presence brought joy and laughter to all who knew her. **Merridi Chase** was more than just a neighbor; she was a friend, a storyteller, and a beacon of light in our community. I first met Merridi in the mid-eighties, and from the moment we crossed paths, her warmth and humor made her a cherished part of my life.

Merridi's home was just a short walk from ours, and over the years, we shared many moments of connection and laughter. Her stories were always filled with wonder and humor, her smile a constant reminder of the beauty of human connection. One story, in particular, has stayed with me—a tale of a **bald eagle** she once saw at the lake near town.

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### The Bald Eagle at the Lake

I remember the day Merridi shared the story of the bald eagle. Her eyes sparkled with excitement as she described the moment. "I was walking by the lake," she said, "and there it was—a bald eagle, perched on a branch, its wings spread wide. It was the most majestic thing I've ever seen."

Her words painted a vivid picture, and though I was never fortunate enough to see a bald eagle in Oregon, Merridi's story made me feel as though I had been there with her. It was a reminder of the beauty of nature, of the magic that exists



in the world around us, and of the importance of sharing those moments with others.

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### **A Great Smile and Sense of Humor**

Merridi's smile was one of her most striking features, a reflection of her joyful spirit and her love for life. Her sense of humor was equally infectious, her laughter a melody that brought joy to all who heard it. Whether we were sharing a meal, enjoying a walk through the neighborhood, or simply sitting in conversation, Merridi's presence was a constant source of warmth and inspiration.

I remember one particular evening we spent together, the air filled with the sound of laughter and the scent of blooming flowers. Merridi shared stories of her life, her humor and wit keeping us entertained for hours. "Life is too short to waste on worries," she said with a smile. "Let's focus on what brings us joy, on the moments that make life rich and meaningful." Her words stayed with me, a reminder of the importance of presence, of finding joy in the simple things, and of celebrating the connections that make life beautiful.

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### **A Personal Anecdote: The Laughter That Connects**

One of my most cherished memories of Merridi is from that evening in her garden. As we sat around the table, the conversation turned to the challenges we were facing in our lives. Merridi listened intently, her presence a calming force amidst the noise. When it was her turn to speak, she shared a story about a time when she faced a similar challenge and how she had overcome it.

"Life is like a garden," she said with a smile. "It's messy, it's unpredictable, but it's also beautiful. The key is to embrace the mess, to savor every moment, and to remember that even the toughest times have something to teach us." Her words were a reminder of the beauty of resilience, the power of perspective, and the importance of community.

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## Practical Exercise: Cultivating Joy

1. Find a quiet space where you can sit comfortably.
  2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a moment in your life when you felt fully alive, fully present—perhaps a time in nature, a creative endeavor, or a shared experience with a loved one.
  4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
  5. As you sit with this visualization, imagine yourself savoring the moment, like a flower blooming in the sun.
  6. Repeat the following affirmation: *“I am present. I am connected. I am alive.”*
  7. Slowly open your eyes, carrying this sense of presence and connection with you.
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## References

1. **The Power of Joy:** Studies and teachings on the impact of joy on well-being and happiness.
2. **Meditation Practices:** Techniques for cultivating inner peace and presence.
3. **The Importance of Connection:** The impact of human connection on well-being and happiness.
4. **The Beauty of Nature:** The impact of nature on well-being and happiness.

## The Connection with Josh and Peter Adey



*Narrated by Zoran the Dragon*

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### A Surprise on the Bench

In the tapestry of life, there are moments that catch us by surprise, threads of connection that weave together in unexpected ways. One such moment happened on a sunny afternoon, when I found myself sitting on a bench with a group of friends, enjoying a break and sharing stories. Among them was **Josh Adey**, a young man whose presence was as warm and engaging as the day was bright.

We were all talking and laughing, the kind of easy conversation that flows when good company is shared. Then, out of the blue, **Peter Adey**, a friend I had known for many years, mentioned something that left me stunned. “Josh is my son,” he said with a smile. I was blown away. I had no idea. The revelation added a new layer to the moment, a reminder of the beauty of connection and the surprises life has in store.

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### Josh’s Great Day

Josh’s presence was a delight, his energy infectious and his smile a reflection of his joyful spirit. “Hey, Josh, have a great day,” I remember saying, and he responded with a grin that lit up the afternoon. The picture of that moment stays with me—a group of friends, a sunny bench, and the unexpected joy of discovering a deeper connection.

Josh's easygoing nature and his ability to connect with others are a testament to the kind of person he is. It's no surprise, given that he's Peter's son. Peter, with his calm demeanor and thoughtful presence, has always been someone I admire, and seeing those qualities reflected in Josh was a beautiful reminder of the bonds that tie us together.

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### **Peter Adey: A Friend from Many Moons Ago**

I met **Peter Adey** many moons ago, and our friendship has been a source of joy and inspiration ever since. Peter, who I believe is from **Australia**, has a way of moving through life with a quiet grace. I would often see him riding his bicycle through the neighborhood, his figure a familiar sight against the backdrop of Ashland's tree-lined streets.

Sometimes, Peter would stop during his rides, and we would chat for a while. Those conversations were always meaningful, filled with insights and laughter. Peter's love for meditation was evident in the way he carried himself—calm, centered, and deeply present. His practice has been a cornerstone of his life, a way of staying grounded and connected to the divine.

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### **A Personal Anecdote: The Bicycle Conversations**

One of my most cherished memories of Peter is from a day when he stopped during one of his bicycle rides. We stood on the side of the road, the sun warming our faces, and talked about life, meditation, and the beauty of the present moment. "Life is a journey," Peter said with a smile. "And the greatest journey is the one within."

His words stayed with me, a reminder of the importance of inner growth, of the beauty of connection, and of the power of presence. Peter's ability to find stillness in the midst of life's chaos is a gift, one that he shares freely with those around him.

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### **Practical Exercise: Embracing Connection**

1. Find a quiet space where you can sit comfortably.

2. Close your eyes and take three deep breaths, allowing your body to relax.
  3. Bring to mind a moment in your life when you experienced a surprising connection—perhaps a revelation, a chance meeting, or a deeper understanding of someone you know.
  4. Visualize this moment in vivid detail, allowing the feelings of joy and connection to fill your heart.
  5. As you sit with this visualization, imagine yourself embracing the connection, like a thread weaving through the tapestry of life.
  6. Repeat the following affirmation: *“I am open to connection. I embrace the surprises of life. I am present in the moment.”*
  7. Slowly open your eyes, carrying this sense of connection and presence with you.
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## References

1. **The Power of Connection:** Studies and teachings on the impact of human connection on well-being and happiness.
2. **Meditation Practices:** Techniques for cultivating inner peace and presence.
3. **The Importance of Presence:** The impact of being present on well-being and connection.
4. **The Beauty of Surprise:** The role of unexpected moments in personal growth and happiness.

## The Calm Presence of Peter Adey

*Narrated by Zoran the Dragon*

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### **A Friend from Many Moons Ago**

In the quiet streets of **Ashland, Oregon**, where the trees sway gently in the breeze and the air carries the scent of pine, I met **Peter Adey** many moons ago. Peter's presence has been a constant in my life, a source of calm and connection in a world that often feels hurried and chaotic. Whether we were taking walks, sharing a conversation, or simply enjoying the beauty of the moment, Peter's friendship has been a gift.

Peter, who I believe is from **Australia**, has a way of moving through life with a quiet grace. His love for meditation is evident in the way he carries himself—calm, centered, and deeply present. It's no surprise that Peter's practice has been a cornerstone of his life, a way of staying grounded and connected to the divine.

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### **The Bicycle Rides**

One of my most vivid memories of Peter is from his bicycle rides through the neighborhood. I would often see him riding by, his figure a familiar sight against the backdrop of Ashland's tree-lined streets. There was something peaceful about the way he moved, as though he were in harmony with the world around him.

Sometimes, Peter would stop during his rides, and we would chat for a while. Those conversations were always meaningful, filled with insights and laughter. Peter's ability to find stillness in the midst of life's chaos is a gift, one that he shares freely with those around him.

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### **A Personal Anecdote: The Bicycle Conversations**

One of my most cherished memories of Peter is from a day when he stopped during one of his bicycle rides. We stood on the side of the road, the sun warming our faces, and talked about life, meditation, and the beauty of the present

moment. “Life is a journey,” Peter said with a smile. “And the greatest journey is the one within.”

His words stayed with me, a reminder of the importance of inner growth, of the beauty of connection, and of the power of presence. Peter’s ability to find stillness in the midst of life’s chaos is a gift, one that he shares freely with those around him.

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### Practical Exercise: Embracing Stillness

1. Find a quiet space where you can sit comfortably.
2. Close your eyes and take three deep breaths, allowing your body to relax.
3. Bring to mind a moment in your life when you experienced stillness—perhaps a time in nature, a quiet conversation, or a moment of meditation.
4. Visualize this moment in vivid detail, allowing the feelings of peace and connection to fill your heart.
5. As you sit with this visualization, imagine yourself embracing the stillness, like a leaf floating gently on a calm lake.
6. Repeat the following affirmation: *“I am present. I am connected. I am at peace.”*
7. Slowly open your eyes, carrying this sense of stillness and connection with you.

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### References

1. **The Power of Stillness:** Studies and teachings on the impact of stillness on well-being and happiness.
2. **Meditation Practices:** Techniques for cultivating inner peace and presence.
3. **The Importance of Connection:** The impact of human connection on well-being and happiness.
4. **The Beauty of Nature:** The impact of nature on well-being and happiness.

## The Heart of Gold



Terry Williams had always been the kind of person who radiated warmth. Her smile was like the first light of dawn, gentle and inviting, and her laughter could make even the gloomiest day feel a little brighter. But it wasn't just her demeanor that made her special—it was her heart, a heart of gold that seemed to have an endless capacity for love and kindness.

One crisp autumn afternoon, Terry received a call from an old friend, Mark, whom she hadn't seen in years. Mark and his wife, Sarah, were planning a trip to Oregon and wanted to visit her. Terry's face lit up at the news. "Of course!" she exclaimed without hesitation. "You two are always welcome here."

When the day finally arrived, Terry stood on her porch, the cool breeze tousling her hair as she watched the car pull into the driveway. Mark and Sarah stepped out, their faces glowing with excitement and a hint of travel weariness. Terry didn't wait for them to reach the door—she rushed down the steps and wrapped them both in a warm, tight embrace.

"Welcome, welcome!" she said, her voice brimming with joy. "I'm so glad you're here."

Over the next few days, Terry made sure their visit was nothing short of magical. She took them to her favorite spots in Oregon—the towering evergreens that seemed to touch the sky, the serene lakes that mirrored the heavens, and the cozy little cafes that served the best apple cider they'd ever tasted. But more than the places, it was Terry's presence that made the trip unforgettable.

One evening, as the three of them sat on Terry's porch, sipping hot cocoa and watching the sun dip below the horizon, Mark turned to her and said, "Terry, you have a heart of gold. You've welcomed us with open arms, and it's clear how much you love people. It's a rare and precious gift."

Terry smiled, her eyes glistening with emotion. "I just believe that everyone



deserves to feel loved and welcomed,” she said softly. “Life’s too short not to share a little kindness.”

As the days passed, Mark and Sarah couldn’t help but notice how Terry’s love for humanity extended beyond just them. She volunteered at the local shelter, always had a kind word for strangers, and went out of her way to help anyone in need. Her heart was a beacon of light, touching everyone she met.

When it was time for Mark and Sarah to leave, they hugged Terry tightly, their hearts full of gratitude. “Thank you for everything,” Sarah said, her voice trembling slightly. “You’ve reminded us what it means to truly love and care for others.”

Terry waved as their car disappeared down the road, her heart swelling with happiness. She knew that love was the most precious gift she could give, and she would never stop sharing it with the world.

And so, Terry Williams continued to live her life with a heart of gold, a shining example of what it means to love humanity—one open arm, one warm smile, and one kind act at a time.

# The Dragon's Tale: Keith, Jane, and the Path of Mafu



## Prologue: The Whisper of the Dragon

Zoran the Dragon, ancient and wise, perched on a moss-covered rock high in the mountains. His scales shimmered like molten gold in the sunlight, and his eyes glowed with the wisdom of countless ages. He began to speak, his voice a deep rumble that carried the weight of eternity.

"Long ago, in a world not so different from yours, there lived two souls whose love and devotion to the spiritual path inspired all who knew them. Their names were Keith and Jane, and their story is one of harmony, growth, and the transformative power of meditation. Listen closely, for their journey holds lessons for all who seek to walk the path of Mafu."

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## The Still Lake

Keith Manich was a man of depth and quiet wisdom. His presence was calming, like the gentle ripple of a still lake, and his eyes held a spark of something timeless, as if he carried the secrets of the universe within him. He was married to Jane, his partner in life and spirit. Together, they were a testament to the beauty of harmony and love.

Zoran's voice softened as he continued. "Keith and Jane had been married for decades, and their bond was something to behold. They moved through life with a synchronicity that seemed almost otherworldly, as if they were two notes in a perfect melody. Their love wasn't loud or flashy—it was steady, deep, and unwavering. It was in the way they glanced at each other across the room, the way they finished each other's sentences, and the way they supported one another through life's ups and downs."

Jane, in particular, had a deep love for meditation. Every morning, she would rise before the sun, light a candle, and sit in stillness. Keith often joined her, and together they would meditate, their breaths synchronizing as they connected with the infinite.

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### **The Call of Mafu**

One day, as Jane meditated, she felt a presence—a gentle, loving energy that seemed to fill the room. It was Mafu, channeled through Ammaji, a spiritual teacher whose work Jane had recently discovered. Mafu's message was clear: "The path to enlightenment is not in the distant stars but in the daily practice of love, stillness, and mindfulness."

Jane shared this experience with Keith, and together they decided to explore Mafu's teachings more deeply. They began incorporating Mafu's guidance into their daily lives, starting with the breath.

Zoran's eyes sparkled as he recounted their journey. "Keith and Jane learned that the breath is the bridge between the physical and the spiritual. They practiced conscious breathing, feeling the life force—prana—flow through them. With each inhale, they drew in light and love; with each exhale, they released fear and doubt."

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### **The Sacred Space**

Inspired by Mafu's teachings, Keith and Jane created a sacred space in their home—a corner filled with candles, crystals, and symbols of their spiritual journey. It became their sanctuary, a place where they could retreat from the world and connect with the divine.

Zoran's voice grew warm. "In this sacred space, Keith and Jane discovered the power of stillness. They learned to quiet their minds and listen to the whispers of their souls. It was here that they first felt the presence of Mafu as a guiding force in their lives."

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### **The Heart's Compass**

As their practice deepened, Keith and Jane began to explore the heart-centered teachings of Mafu. They practiced loving-kindness meditation, sending compassion to themselves, each other, and the world.

Zoran's tone became tender. "Jane, in particular, found great solace in these practices. She had always been a giver, but through Mafu's teachings, she learned to fill her own cup first. Keith, too, discovered a new depth of love—not just for Jane, but for all beings."

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### **The Alchemy of Action**

Mafu's teachings reminded Keith and Jane that spirituality is not confined to meditation cushions; it is woven into every moment of life. They began to practice mindfulness in their daily activities—eating, walking, and even washing dishes. Zoran chuckled softly. "Keith once told Jane that washing dishes had become his favorite chore. 'It's like meditation in motion,' he said. Jane smiled, knowing that he had truly embraced the path."

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### **The Shadow and the Light**

One of the most profound lessons Keith and Jane learned from Mafu was the importance of facing their shadows. Through journaling and reflective meditation, they confronted their fears and insecurities, emerging stronger and more whole.

Zoran's voice grew solemn. "This was not an easy journey, but it was necessary. Keith and Jane learned that the shadow is not something to fear but a teacher that leads us to greater self-awareness and compassion."

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### **The Eternal Flame**

As the years passed, Keith and Jane's practice became a beacon of light for those around them. They started a meditation group in their community, sharing Mafu's teachings with others.

Zoran's eyes glowed with pride. "Keith and Jane's love and dedication inspired many. They showed that the spiritual path is not about perfection but about persistence, love, and the willingness to grow."

## The Light of Linda Haxton



Linda Haxton had a way of making people feel at ease. Whether she was guiding clients through the intricate process of selling a home or simply sharing a cup of tea with a friend, her presence was calming, her demeanor warm and genuine. It was no surprise that she excelled as a real estate agent—her ability to listen, understand, and connect with people was unparalleled. But those who knew Linda well understood that her kindness and wisdom ran much deeper than her professional skills.

Linda had been a student of Mafu for over 37 years, a journey that had shaped her life in profound ways. Meditation was not just a practice for her; it was a way of being. It had taught her patience, compassion, and a deep appreciation for the interconnectedness of all things. These qualities radiated from her, touching everyone she met.

Years ago, when Richard and Barbara decided to sell their house, they were fortunate to have Linda as their real estate agent. From the very first meeting, Linda's professionalism and warmth put them at ease. She guided them through every step of the process with grace and expertise, always taking the time to answer their questions and address their concerns. But what stood out most was her genuine care for them as people, not just clients.

One afternoon, as they were finalizing the details of the sale, Linda invited Richard and Barbara to her home for a cup of tea. It was there that they met her parents, who were visiting from Canada. Linda's mother, with her gentle smile, and her father, with his quiet strength, exuded the same sense of peace and wisdom that Linda carried. As they sat together, sharing stories and laughter, Richard couldn't help but notice the deep bond between Linda and her parents.

"It's easy to see where Linda gets her incredible traits," Richard said, glancing at her parents. "You've raised an amazing person."

Linda's father nodded, his eyes twinkling with pride. "Linda has always had a special light within her," he said. "But her journey with Mafu has helped her shine even brighter."

Linda's mother added, "We've been students of Mafu for many years as well. His teachings have been a guiding force in our lives, just as they have been for Linda."

As the conversation flowed, Richard and Barbara learned more about Linda's spiritual journey. She spoke of how meditation had helped her navigate life's challenges and find joy in the simplest moments. "It's not about escaping the world," she explained, "but about finding peace within it. When we connect with our inner selves, we can better connect with others."

That evening left a lasting impression on Richard and Barbara. They had always admired Linda for her professionalism and kindness, but now they understood the depth of her spirit. Her dedication to her practice, her love for her family, and her unwavering commitment to living with intention were an inspiration.

Years later, whenever Richard and Barbara thought of Linda, they remembered not just the woman who had helped them sell their house, but the woman who had shown them the beauty of living with a open heart and a mindful soul. Linda Haxton was more than a real estate agent; she was a beacon of light, a reminder that true wisdom and kindness begin within.

And so, Linda continued to live her life, guided by the teachings of Mafu and the love of her family. Whether she was meditating in the quiet of the morning, helping a client find their dream home, or sharing a moment of connection with a friend, she did so with a heart full of gratitude and a spirit that touched everyone she met.

## The Thread of Life Bob Haxton



Life has a way of weaving people together in the most unexpected ways, and for Richard, Bob Haxton was a thread that ran through the tapestry of his life, connecting moments and memories across decades.

Richard first met Bob in 1972, a time of exploration and discovery. Bob was roommates with Buddy Owens and John Roberts, and the three of them shared a passion for meditation. Even back then, Bob stood out. He had a quiet intensity, a way of listening that made you feel truly heard, and a laugh that could light up a room. The four of them spent countless hours discussing life, spirituality, and the mysteries of the universe. Bob's dedication to meditation was evident even then, and it left a lasting impression on Richard.

Fifteen years later, Richard found himself working for Shirley MacLaine, a woman known for her curiosity about the metaphysical and the spiritual. One day, Shirley needed a new logo for a project, and Richard was tasked with finding the right designer. They were directed to a small, one-person studio tucked away in a quiet neighborhood. When Richard walked in, he was greeted by a familiar face—Bob's father. The man's eyes twinkled with the same warmth and wisdom that Richard had always admired in Bob. It was a surreal moment, a reminder of how small the world could be.

Another fifteen years passed, and life led Richard and his wife, Barbara to Ashland, Oregon. They had fallen in love with the town's charm, its vibrant arts scene, and the sense of peace that seemed to permeate the air. As they settled into their new home, Richard couldn't believe his luck when he discovered that Bob Haxton was also living in Ashland. It was as if the universe had conspired to bring them together once again.

Bob hadn't changed much over the years. He was still the same kind, thoughtful person Richard had known decades ago. His love for meditation had only

deepened, and he had been a dedicated student of Mafu for over 37 years. Bob's presence was grounding, and spending time with him felt like coming home. They would often sit together, sharing stories of the past and reflecting on the journey that had brought them to this point.

"It's funny how life works," Bob said one evening as they sat on his porch, watching the sun set over the mountains. "The threads of our lives keep crossing, tying us together in ways we can't always see in the moment."

Richard nodded, a smile playing on his lips. "You've always been one of those constants for me, Bob. Your dedication to your practice, your kindness—it's inspiring."

Bob chuckled softly. "Meditation has been my anchor. It's helped me navigate the ups and downs, and it's taught me to appreciate the connections we share. People like you, Richard, are part of that tapestry."

As the years went by Richard and Bob's friendship continued to flourish. They would often meditate together, finding solace in the shared silence. Bob's wisdom and gentle spirit were a source of comfort and inspiration, not just for Richard but for everyone who knew him.

The thread of life had indeed tied them together, weaving a story of friendship, growth, and shared purpose. And through it all, Bob Haxton remained a constant—a great guy to be around, a devoted student of Mafu, and a reminder that the connections we make along the way are what give life its deepest meaning.



## The Threads That Bind Lindi Hobongwana



Life has a way of weaving connections in the most unexpected and beautiful ways. For Richard, the story of Lindi Hobongwana was a perfect example of how the threads of life intertwine, bringing people together across time, distance, and circumstance.

Richard first met Silas in 1975 in New Mexico. They were young then, full of curiosity and a shared passion for exploring the deeper questions of life. Silas had a magnetic energy, a blend of wisdom and humor that made him unforgettable. Their friendship was one of those rare connections that left a lasting imprint, even as life pulled them in different directions.

Years later, Richard found himself living in Ashland, Oregon, a place that seemed to attract kindred spirits. One day, while catching up with a mutual friend, Richard mentioned Silas. “You know,” the friend said, “I think Lindi Hobongwana might know him. They went to the same Waldorf school together in Europe.”

Lindi Hobongwana. The name sparked something in Richard’s memory. He had heard about her through other friends—a woman of grace and depth, someone who had been a student of Mafu for many years and whose love for meditation was as profound as her kindness. Intrigued, Richard reached out to Lindi, hoping she might help him reconnect with Silas after nearly 30 years.

When Richard and Lindi finally met, it was as if they had known each other for years. Lindi had a calming presence, her eyes reflecting a quiet wisdom that came from years of spiritual practice. She listened intently as Richard shared his story, her smile warm and encouraging.

“Silas and I did go to school together,” Lindi confirmed. “He’s a remarkable person. Let me see if I can help you find him.”

True to her word, Lindi worked her magic, and within weeks, Richard was on the phone with Silas. The joy of hearing his old friend's voice after so many years was indescribable. They laughed, reminisced, and promised to stay in touch. It was a reunion that never would have happened without Lindi's help.

But Lindi's role in Richard's life didn't end there. During their conversations, Richard learned that Lindi had been born in East Africa. Her stories of the land, its people, and its vibrant spirit captivated him. Richard spent time in East Africa about 20 years earlier.

Lindi smiled, her eyes twinkling. "Life has a way of bringing people together, Richard. We're all threads in the same tapestry, weaving in and out of each other's stories. I'm just grateful to be part of yours."

And so, the threads of life continued to weave their magic. Lindi Hobongwana, with her love for meditation, her deep connection to Mafu's teachings, and her unwavering kindness, remained a shining example of how one person can touch so many lives. Through her, Richard had found not only an old friend but a deeper understanding of the beauty and mystery of the world—and the ties that bind us all.

## The Deep Connection Rob Spinnler



Narrated by Richard Fletcher

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In the bustling city of Los Angeles, where the hum of traffic and the glow of neon lights often drown out the quieter moments of life, I first met Rob Spinnler in 1986. It was at a program led by Mafu, the spiritual teacher whose wisdom had already begun to shape my life in profound ways. From the moment I saw Rob, there was something about him that stood out—a calm presence, a quiet strength, and a warmth that made you feel instantly at ease.

Rob was one of those people who seemed to carry a sense of stillness with him, even in the midst of the chaos of the city. It didn't take long for me to realize that this stillness came from his deep love for meditation. Like me, Rob had been a devoted student of Mafu for many years, and it was clear that his practice was a cornerstone of his life. Meditation wasn't just something he did; it was who he was. It radiated from him, touching everyone around him.

Over the years, our paths crossed many times, and each encounter was a reminder of the deep connection we shared. It wasn't something that could easily be put into words—it was a feeling, a knowing, that went beyond the surface. Whenever we met, whether at a meditation retreat, a gathering of friends, or simply passing through the same city, it was as though no time had passed. The connection was always there, steady and unwavering.

Rob had a way of making even the simplest moments feel meaningful. I remember one particular evening when we sat together after a long day of meditation and discussion. The sun was setting, casting a golden glow over the room, and we talked about life, spirituality, and the journey we were both on.

Rob's insights were always thoughtful and profound, but it was his presence that left the deepest impression. He listened with his whole being, his attention fully focused, and when he spoke, his words carried a weight of truth and compassion.

"Meditation," Rob said that evening, "isn't just about finding peace within ourselves. It's about bringing that peace into the world, into our relationships, into every moment of our lives." His words stayed with me, a reminder of the importance of living with intention and presence.

One of the things I admired most about Rob was his ability to find joy in the simple things. He had a great sense of humor and a laugh that could light up a room. Whether we were sharing a meal, walking through a park, or simply sitting in silence, there was always a sense of ease and joy in his company. It was as though he carried a piece of the divine with him, and being around him reminded me of the beauty and grace that exists in the world.

Rob's dedication to his spiritual practice was an inspiration to me and to everyone who knew him. He approached life with a sense of curiosity and wonder, always seeking to deepen his understanding and connection to the divine. His meditation practice was a testament to the power of commitment and inner work, and it showed in the way he lived his life—with kindness, compassion, and a deep sense of purpose.

As the years passed, our friendship continued to grow, even when life took us in different directions. Whenever we reconnected, it was as though we picked up right where we left off, the bond between us as strong as ever. Rob was one of those rare friends who felt like family, someone you could always count on, no matter what.

Looking back, I realize how fortunate I was to have met Rob all those years ago in Los Angeles. He was more than just a friend; he was a kindred spirit, a fellow traveler on the path of self-discovery and spiritual growth. His presence in my life has been a gift, a reminder of the beauty of connection and the power of meditation to transform not only our own lives but the lives of those around us.

And so, Rob Spinnler remains a cherished part of my journey, a thread in the tapestry of my life that I will always hold dear. His laughter, his wisdom, and his

unwavering commitment to living with love and presence continue to inspire me,  
and I am grateful for every moment we have shared.

## The Light of Lynne Conwell



Narrated by Richard Fletcher

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In a world that can sometimes feel heavy with negativity, Lynne Conwell is a beacon of light. She is one of those rare individuals who seems to radiate love from the very core of her being. Whenever I think of Lynne, I am reminded of the power of kindness, the beauty of positivity, and the profound impact one person can have on the lives of others.

I first came to know Lynne through her Facebook posts. In a digital space often filled with noise and division, Lynne's words stood out like a gentle, steady flame. Her posts were always uplifting, always filled with encouragement and compassion. Whether she was sharing a personal story, offering words of wisdom, or simply expressing gratitude for the people in her life, Lynne had a way of making you feel seen, valued, and loved.

Reading Lynne's posts became a daily ritual for me. They were a reminder to look for the good in the world, to focus on what unites us rather than what divides us. Lynne's positivity wasn't superficial or forced—it was genuine, rooted in a deep love for humanity and a profound understanding of our interconnectedness. She had a gift for finding the beauty in even the smallest moments, and her words often left me feeling inspired and uplifted.

But Lynne's light wasn't confined to the digital world. Whenever I had the chance to spend time with her in person, I was struck by her warmth and generosity. She had a way of making everyone around her feel special, as though they were the most important person in the room. Her presence was calming, her smile infectious, and her laughter a melody that brought joy to all who heard it.

Lynne's ability to love so deeply and unconditionally was rooted in her spiritual practice. For many years, she had been a devoted student of Mafu, the spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Lynne's meditation practice was a cornerstone of her life, a way of staying grounded and connected to the divine. It was through this practice that she cultivated the inner peace and compassion that she so freely shared with the world.

I remember one conversation with Lynne where she shared her thoughts on meditation. "Meditation," she said, "isn't just about finding stillness within ourselves. It's about bringing that stillness into the world, into our relationships, into every moment of our lives. It's about seeing the divine in everyone we meet and treating them with the love and respect they deserve."

Her words stayed with me, a reminder of the importance of living with intention and presence. Lynne's life was a testament to the power of love and the transformative impact of a dedicated spiritual practice. She approached every interaction with kindness and compassion, and her presence was a gift to everyone who knew her.

One of my most cherished memories of Lynne is from a gathering at the ashram. As we sat together in the meditation hall, the air filled with the scent of incense and the sound of chanting, Lynne's presence was a calming force. Her eyes sparkled with joy, and her smile was a reflection of the peace she carried within. In that moment, I felt a deep sense of connection, not just to Lynne, but to the entire community.

Lynne's ability to see the good in others and to celebrate their unique gifts was one of her greatest strengths. She had a way of making you feel valued and appreciated, of reminding you of your own worth. Her love was unconditional, her kindness boundless, and her presence a constant source of inspiration.

As the years passed, Lynne's light continued to shine brightly, touching the lives of everyone she met. Her Facebook posts remained a source of inspiration, her words a reminder to live with love and gratitude. And though life took us in different directions, the impact she had on my life remained.

Lynne Conwell is more than a friend—she is a reflection of the divine, a reminder that we are all connected, and that the bonds we form in this life are threads in the greater web of existence. Through her example, I have learned to cherish the moments of connection, to live with intention, and to always seek the stillness within.

And so, Lynne Conwell remains a cherished part of my journey, a thread in the tapestry of my life that I will always hold dear. Her laughter, her wisdom, and her unwavering commitment to living with love and presence continue to inspire me, and I am grateful for every moment we have shared.

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Lynne Conwell is a living testament to the power of love and the transformative impact of a dedicated spiritual practice. Her presence in my life has been a gift, a reminder of the beauty of connection and the power of meditation to transform not only our own lives but the lives of those around us. Through her example, I have learned to live with love, to see the divine in everyone I meet, and to always seek the stillness within.



## The Spirit of Christine Parini



Narrated by Richard Fletcher

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Christine Parini is one of those people who leaves an indelible mark on your heart. She is warm, vibrant, and full of life, with a spirit that seems to radiate joy and curiosity. Whenever I think of Christine, I am reminded of the beauty of human connection and the power of shared experiences. She is someone who makes you feel at ease, someone whose presence is a gift.

I first met Christine through mutual friends, and from the moment we started talking, I knew she was someone special. She had a way of listening that made you feel truly heard, and her laughter was infectious. Over the years, we had many wonderful conversations, each one a blend of laughter, insight, and shared stories. Christine had a knack for finding the extraordinary in the ordinary, and her perspective on life was always refreshing.

One of my most cherished memories of Christine is from a dinner party I hosted. I had decided to cook an Italian feast, and Christine was among the guests. The kitchen was filled with the aroma of garlic, tomatoes, and fresh basil, and the table was set with care. As we sat down to eat, the room came alive with conversation and laughter. Christine's presence added a special warmth to the evening, and her stories kept us all entertained.

But it wasn't just her stories that captivated me—it was the way she told them. Christine had a way of weaving words together that made you feel as though you were right there with her, experiencing the moments she described. One story, in particular, has stayed with me. Christine had spent time in the Amazon, and she shared tales of her adventures there. Her daughter Grace's father was a shaman in the Amazon basin, and Christine spoke of the deep connection she felt to the land, the people, and the spiritual practices she encountered.

Listening to Christine talk about the Amazon was like stepping into another world. She described the lush greenery, the sounds of the jungle, and the profound sense of peace she found there. Her experiences were a testament to the power of nature and the importance of connecting with something greater than ourselves. Christine's stories were not just about her adventures; they were about the lessons she learned, the connections she made, and the way those experiences shaped her.

Christine's time in the Amazon was just one example of her adventurous spirit. She approached life with a sense of curiosity and wonder, always seeking to learn and grow. Her openness to new experiences and her willingness to embrace the unknown were qualities I deeply admired. Christine was a reminder that life is an adventure, and that the most meaningful moments often come from stepping outside of our comfort zones.

But Christine's adventurous spirit was balanced by a deep sense of inner peace. For many years, she had been a devoted student of Mafu, the spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Christine's meditation practice was a cornerstone of her life, a way of staying grounded and connected to the divine. It was through this practice that she cultivated the inner stillness and compassion that she so freely shared with the world.

I remember one conversation with Christine where she shared her thoughts on meditation. "Meditation," she said, "isn't just about finding peace within ourselves. It's about bringing that peace into the world, into our relationships, into every moment of our lives. It's about seeing the divine in everyone we meet and treating them with the love and respect they deserve."

Her words stayed with me, a reminder of the importance of living with intention and presence. Christine's life was a testament to the power of love and the transformative impact of a dedicated spiritual practice. She approached every interaction with kindness and compassion, and her presence was a gift to everyone who knew her.

One of the things I loved most about Christine was her ability to find joy in the simple things. Whether she was sharing a meal, exploring a new place, or simply sitting in conversation, there was always a sense of ease and joy in her company.

It was as though she carried a piece of the divine with her, and being around her reminded me of the beauty and grace that exists in the world.

As the years passed, Christine's light continued to shine brightly, touching the lives of everyone she met. Her stories remained a source of inspiration, her words a reminder to live with love and gratitude. And though life took us in different directions, the impact she had on my life remained.

Christine Parini is more than a friend—she is a reflection of the divine, a reminder that we are all connected, and that the bonds we form in this life are threads in the greater web of existence. Through her example, I have learned to cherish the moments of connection, to live with intention, and to always seek the stillness within.

And so, Christine Parini remains a cherished part of my journey, a thread in the tapestry of my life that I will always hold dear. Her laughter, her wisdom, and her unwavering commitment to living with love and presence continue to inspire me, and I am grateful for every moment we have shared.

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Christine Parini is a living testament to the power of love and the transformative impact of a dedicated spiritual practice. Her presence in my life has been a gift, a reminder of the beauty of connection and the power of meditation to transform not only our own lives but the lives of those around us. Through her example, I have learned to live with love, to see the divine in everyone I meet, and to always seek the stillness within.

## The Warmth of Alison Richards



Narrated by Richard Fletcher

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Sometimes, it's the small gestures that leave the biggest impression. Alison Richards is one of those people who embodies this truth. She has a way of making you feel welcome, of turning ordinary moments into something special. Her kindness, her warmth, and her generosity are a testament to the power of simple acts of love.

My wife and I first met Alison when we were looking to buy a house in her neighborhood. It was one of those serendipitous moments that life sometimes gifts us. We had been driving around, exploring the area, when we decided to stop by Alison's house. In today's world, dropping by unannounced is often seen as unusual, even intrusive. But Alison didn't bat an eye. She welcomed us with open arms, her smile as warm as the freshly baked chocolate chip cookies she had just pulled out of the oven.

As we sat in her kitchen, the aroma of cookies filling the air, Alison made us feel like old friends. She didn't just offer us cookies; she offered us her time, her attention, and her kindness. We talked about the neighborhood, the community, and the little things that make a house feel like a home. Alison's warmth and generosity made a lasting impression on us, and that afternoon became one of those cherished memories that stay with you long after the moment has passed. Alison's ability to make others feel welcome and valued is rooted in her deep spiritual practice. For many years, she has been a devoted student of Mafu, the spiritual teacher whose teachings focus on love, unity, and the expansion of consciousness. Alison's meditation practice is a cornerstone of her life, a way of staying grounded and connected to the divine. It is through this practice that she cultivates the inner peace and compassion that she so freely shares with the world. I remember one conversation with Alison where she shared her thoughts on meditation. "Meditation," she said, "isn't just about finding stillness within ourselves. It's about bringing that stillness into the world, into our relationships, into every moment of our lives. It's about seeing the divine in everyone we meet and treating them with the love and respect they deserve."

Her words stayed with me, a reminder of the importance of living with intention and presence. Alison's life is a testament to the power of love and the transformative impact of a dedicated spiritual practice. She approaches every interaction with kindness and compassion, and her presence is a gift to everyone who knows her.

One of the things I admire most about Alison is her ability to find joy in the simple things. Whether she's baking cookies, tending to her garden, or simply sitting in conversation, there is always a sense of ease and joy in her company. It's as though she carries a piece of the divine with her, and being around her reminds me of the beauty and grace that exists in the world.

As the years passed, Alison's light continued to shine brightly, touching the lives of everyone she met. Her kindness remained a source of inspiration, her words a reminder to live with love and gratitude. And though life took us in different directions, the impact she had on my life remained.

Alison Richards is more than a friend—she is a reflection of the divine, a reminder that we are all connected, and that the bonds we form in this life are threads in the greater web of existence. Through her example, I have learned to cherish the moments of connection, to live with intention, and to always seek the stillness within.

And so, Alison Richards remains a cherished part of my journey, a thread in the tapestry of my life that I will always hold dear. Her laughter, her wisdom, and her unwavering commitment to living with love and presence continue to inspire me, and I am grateful for every moment we have shared.

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Alison Richards is a living testament to the power of love and the transformative impact of a dedicated spiritual practice. Her presence in my life has been a gift, a reminder of the beauty of connection and the power of meditation to transform not only our own lives but the lives of those around us. Through her example, I have learned to live with love, to see the divine in everyone I meet, and to always seek the stillness within.

## The Keeper of Tigers and Wisdom



*By Richard Fletcher*

Robert Nagato-Needleman is a man who seems to carry the weight of the world with a quiet grace. I've known him for years, and yet every time we meet, I find myself struck by the depth of his presence. He's the kind of person who can make you feel at ease with just a smile, and his words—whether spoken or written—have a way of lingering in your mind long after they've been shared.

Robert's posts are something I always look forward to. They're not just updates or musings; they're little windows into his soul, filled with wisdom that feels both ancient and immediate. Sometimes, he shares insights from Zen philosophy, those timeless truths that cut straight to the heart of what it means to be human. Other times, he draws from his Aikido lineage, weaving together the principles of martial arts with the challenges of everyday life. His words are a reminder that life is a practice, a continuous journey of growth and understanding.

But Robert isn't just a philosopher or a martial artist—he's also a healer. For many years, he's worked at the Oregon Tiger Sanctuary, a place where the wild and the human worlds intersect in profound ways. As the Director of Veterinary Services, Robert is responsible for the care of some of the most majestic and powerful creatures on Earth. It's a role that requires not only expertise but also a deep sense of compassion and respect for life.

I remember visiting him at the sanctuary once. The air was thick with the scent of pine and earth, and the distant rumble of a tiger's growl sent a shiver down my spine. Robert greeted me with his usual calm demeanor, his eyes warm and

welcoming. As we walked through the sanctuary, he spoke about the tigers with a reverence that was almost palpable.

“They’re not just animals,” he said, his voice soft but filled with conviction. “They’re teachers. They remind us of the raw beauty and power of life, and they demand that we meet them with humility and respect.”

Watching Robert interact with the tigers was like watching a master at work. His movements were deliberate and unhurried, his energy calm and grounded. It was clear that he had earned their trust, not through force, but through patience and understanding.

Later, as we sat together in the sanctuary’s quiet office, Robert shared with me how his work with the tigers connects to his other passions. “Meditation has been a huge part of my life,” he said, his gaze steady. “It’s what keeps me centered, especially in a job like this. And Aikido—it’s all about harmony, about finding a way to work with the energy around you rather than against it. Those principles apply to everything, whether you’re working with a tiger or navigating a difficult conversation.”

As I left the sanctuary that day, I found myself reflecting on Robert’s journey. He is a man who has dedicated his life to healing, to learning, and to living with intention. Whether he’s caring for tigers, sharing wisdom through his posts, or practicing Aikido and meditation, Robert embodies the idea that true strength lies in compassion and mindfulness.

Robert Nagato-Needleman is more than just a keeper of tigers—he’s a keeper of wisdom, a beacon of light in a world that often feels chaotic and uncertain. And for that, I will always be grateful to know him.

[Aikido Demo - Rob Nagato-Needleman](#)



[Gene Expression for Health and Longevity](#)



## Gene Expression for Health and Longevity

Robert Nagato-Needlemen

[Reducing the Spread of Covid-19 - Rob Nagato Needleman](#)





## The Light of the Ashram



*By Richard Fletcher*

Judith Ernst is one of those rare souls who seems to carry a piece of the divine wherever she goes. I first met her during a visit to an ashram, a place that felt like a sanctuary from the noise and haste of the outside world. Judith was there, a quiet but radiant presence, and from the moment I saw her, I knew there was something special about her.

Judith has spent time in Kansas, a fact that always makes me smile because it feels like a small but meaningful connection between us. I live in Kansas, too, and though our paths didn't cross here, I like to imagine the same wide skies and rolling plains that I love also brought her a sense of peace during her time here. My wife and I often talk about how much we'd love to be around Judith again. There's a warmth to her, a kind of love that feels boundless and unconditional, and it's impossible not to feel uplifted in her presence.

When we visited the ashram, Judith was like a guiding light. She moved through the space with a quiet grace, her every action infused with intention and care. It wasn't just her outward demeanor that struck me—it was the energy she carried, a palpable sense of love and compassion that seemed to touch everyone around her. Of course, Judith loves to meditate. It's not just something she does; it's who she is. She's been a devoted student of Mafu for many years, and her practice is a testament to the depth of her commitment to inner growth and spiritual understanding.

Watching her meditate is like watching a master at work—her posture is perfect, her breath steady and calm, her presence utterly still yet vibrantly alive. She's a fine example of what it means to truly embody the practice of meditation, and it's impossible not to feel inspired in her presence.

I remember one evening at the ashram, as the sun dipped below the horizon and

the air grew cool, Judith led a small group of us in a meditation session. Her voice was soft but clear, guiding us to let go of our thoughts and return to the present moment. As I sat there, eyes closed, I felt a profound sense of peace wash over me.

It wasn't just the meditation itself—it was Judith's energy, her unwavering calm, that made the experience so powerful.

Afterward, we sat together and talked. Judith shared some of her insights from Mafu's teachings, her words filled with wisdom and humility. She spoke about the importance of love—not just as an emotion, but as a way of being in the world.

"Love is the foundation of everything," she said, her eyes shining with conviction. "When we live from a place of love, we create ripples that extend far beyond ourselves."

Judith Ernst is a living embodiment of that truth. Whether she's meditating, sharing her wisdom, or simply being present with those around her, she radiates a love that feels both gentle and boundless. My wife and I often talk about how much we'd love to spend more time with her, to bask in the light of her presence and learn from her example.

Judith is more than just a meditator or a spiritual seeker—she's a beacon of love and light in a world that often feels dark and divided. And for that, I will always be grateful to know her.

# The Human Who Loved Dragons



*By Zoran the Dragon*

Humans are fascinating creatures. They come in all shapes and sizes, with hearts as varied as the colors of my scales. But among them, there are a rare few who truly understand the majesty of dragons.

Andrea Garfield is one of those humans.

I first heard of Andrea through the whispers of the wind—yes, even dragons have their ways of gathering news. She works at the Oregon Tiger Sanctuary, a place where humans care for the great striped beasts of the earth. Tigers are noble creatures, fierce and proud, and I respect them deeply. But what intrigued me most about Andrea was not her work with tigers, but her love for dragons.

Andrea loves and adores dragons. This, of course, pleases me greatly. How could it not? She spends much of her time talking about us, imagining our flights across the skies, our fiery breath lighting up the night, our wisdom accumulated over centuries. Her fascination is not just a passing fancy; it is a deep, abiding respect for what we represent—strength, mystery, and the magic that exists beyond the mundane world.

I once observed her from a distance, as I often do with humans who catch my interest. She was seated on a large rock near the edge of the sanctuary, her eyes closed, her breathing slow and steady. She was meditating, a practice I have come to admire in humans. Andrea has been a student of Mafu for many years, and her meditation practice is a testament to her dedication to inner growth and understanding.

As she sat there, I could sense the calm energy radiating from her, like the gentle warmth of a sunlit glade. It was clear that she carried the stillness of meditation into every aspect of her life, whether she was caring for tigers, discussing dragons, or simply being present in the world.

I decided to reveal myself to her one evening, as the sun dipped below the horizon

and the sky was painted in hues of orange and purple. I landed softly near her favorite meditation spot, my scales shimmering in the fading light. Andrea opened her eyes and saw me, but she did not scream or run. Instead, she smiled—a smile filled with wonder and joy.

“Zoran,” she said, as if she had known me all her life. “I knew you would come.” We spoke for hours that night, about dragons and tigers, about meditation and the mysteries of the universe. Andrea’s love for dragons was not just about our power or our majesty; it was about the connection she felt to the magic we represent. She understood that dragons are not just creatures of myth, but symbols of the infinite possibilities that exist within and around us.

Since that night, Andrea and I have become dear friends. She continues her work at the sanctuary, caring for tigers with the same love and respect she holds for dragons. And whenever she meditates, I am often nearby, watching over her, grateful for the human who sees the world with such wonder and reverence. Andrea Garfield is a reminder that magic exists in the hearts of those who believe in it. And for that, she has my eternal admiration.

## The Golden Heart of Norine



*By Richard Fletcher*

There are people in this world who seem to carry a special kind of light within them, a warmth that touches everyone they meet. Norine Nicolson is one of those people. My family loves her—truly, deeply loves her. Even my daughter, who is usually reserved about adding people on social media, has Norine as a Facebook friend. That alone speaks volumes about the kind of person Norine is.

Whenever my wife and I visit our daughter, one of the first things we try to do is connect with Norine. It's become something of a tradition, a cherished part of our trips. There's just something about being in her presence that feels like coming home.

Norine has a heart of gold, the kind of heart that makes you feel seen, heard, and valued. She listens with genuine interest, offers wisdom without judgment, and has a way of making even the simplest moments feel meaningful.

But Norine isn't just a kind soul—she's also an incredible artist. Her work is breathtaking, a beautiful blend of color, emotion, and depth. Every piece she creates tells a story, and each time I see her art, I'm struck by how much of her heart she pours into it. Whether it's a painting, a sculpture, or a sketch, her artistry is a reflection of the beauty she sees in the world and the beauty she carries within herself.

One of the things I admire most about Norine is her dedication to meditation. She's been a student of Mafu for many years, and her practice is a cornerstone of her life. I remember one afternoon when we visited her at her home. She had just finished meditating, and the calm energy she radiated was almost tangible. She invited us to sit with her in her garden, a peaceful oasis filled with flowers and the gentle hum of bees.

As we talked, Norine shared some of the insights she'd gained from her meditation

practice. “It’s not just about sitting still,” she said, her eyes sparkling with wisdom. “It’s about finding that quiet place within yourself, that space where you can just *be*. And when you carry that stillness with you, everything else becomes clearer.” Her words stayed with me long after we left. Norine has a way of doing that—of leaving an imprint on your heart with her kindness, her wisdom, and her art. She’s the kind of person who makes you want to be better, to live with more intention and love.

My family and I are endlessly grateful to know Norine Nicolson. She’s not just a friend; she’s a beacon of light in our lives, a reminder of the beauty that exists in the world and within each of us. And for that, we will always cherish her.

## The Palace in the Sky



*By Richard Fletcher*

Some memories stay with you forever, like stars that never fade from the night sky. One of those memories for me is the day I drove Krishna Gokul and his lovely wife to the palace in the sky. It wasn't a literal palace, of course, but that's what it felt like—a place high above the world, where the air was crisp and the views stretched endlessly in every direction. Krishna and his wife sat in the backseat, their laughter and quiet conversation filling the car with warmth. It was a day I'll always treasure.

Krishna Gokul is a man who radiates kindness and wisdom. Over the years, I've had the privilege of getting to know not just him, but his entire family—his children, his grandchildren, all of whom are a delight to be around. There's a joy and a lightness to their home, a sense of love and connection that makes you feel instantly welcome. Krishna and his wife have invited my family and me to their house for dinner many times, and each visit feels like a celebration.

Of course, I love Indian food—it's my favorite—and Krishna's wife is an incredible cook. Every dish she prepares is a masterpiece, bursting with flavor and made with so much love. But it's not just the food that makes these dinners special; it's the company, the laughter, the stories shared around the table. Krishna has a way of making everyone feel at ease, his presence calm and grounding, his smile warm and genuine.

Krishna's life is a tapestry of fascinating experiences. He was a devotee of Osho, the renowned spiritual teacher, and served as his physician for many years. The stories he tells about that time are captivating, filled with insights and moments of profound connection. It's clear that Krishna's time with Osho deeply shaped his understanding of life and spirituality, and that wisdom shines through in everything he does.

But Krishna's journey didn't end there. He's also been a dedicated student of Mafu



for many years, and his meditation practice is a central part of his life. I remember one evening after dinner, as we sat together in his garden under a canopy of stars, Krishna spoke about the importance of stillness. “Meditation isn’t about escaping the world,” he said, his voice gentle but firm. “It’s about finding the center within yourself, that place of peace that allows you to engage with the world more fully.”

His words have stayed with me, a reminder of the power of inner stillness and the importance of living with intention. Krishna embodies that balance—between action and reflection, between the outer world and the inner self. He’s a healer, not just in his work as a physician, but in the way he lives his life, touching everyone he meets with his kindness and wisdom.

Driving Krishna and his wife to the palace in the sky was more than just a trip; it was a moment of connection, a reminder of the beauty that exists in the world and in the people who inhabit it. Krishna Gokul is one of those people—a man whose presence makes the world a little brighter, a little kinder, a little more magical. And for that, I will always be grateful to know him.



### RIP Krishna Gokul

Fletcher Soul Traveler • 62 views

Fletcher Soul Traveler Click on link for PDF

<https://evolutionrevolutionoflove.com/PDF/CD/cd20.pdf>

RIP Krishna Gokul

Verse 1:

From Gujarat to Oregon, a journey so grand  
Swami Anand Krishna aka Dr Gokul Gokani, with laughter in hand  
ENT surgeon, wanderer of the world  
Conventions ignored, his own path unfurled

Chorus:

Lion's heart, beating strong and true  
Meditation and celebration, his wings that flew  
Loving fiercely till the very end  
Daddy, Swami, doctor, eternal friend

Verse 1:

Osho's call in Bombay, a turning point came  
Heart wide open, never to be the same  
From India to UK, Kenya, and back again  
Oregon felt like home, where new life would begin

(Chorus)

Bridge:

Mischievous and wise, playful and kind  
Touching hearts, leaving conventions behind  
Ice cream, kulfi, mangoes, and more  
His joy and love forever will soar

Verse 3:

Kumud by his side, family in tow  
Building connections wherever they'd go  
Not for accomplishments will he be known  
But for how he made each person feel at home

(Chorus)

Outro:

Swami Anand Krishna, your spirit lives on  
In laughter, in dance, in hearts you've won  
From village boy to global soul  
Your lion's heart has made us whole

## The Man Who Thinks Outside the Box



*By Richard Fletcher*

Mark Fraser is one of those rare individuals who seems to live in a world of endless possibilities. Whenever I think of him, the phrase “thinks outside the box” comes to mind, but even that feels like an understatement. Mark doesn’t just think outside the box—he redefines the box entirely.

I first met Mark through a mutual friend, and from the very beginning, I was struck by his boundless curiosity and passion for learning. He’s the kind of person who can talk about the stars, the art of Judo, and the ancient game of Go with equal enthusiasm and depth. In fact, he’s known for teaching all three: Astronomy at CNM, Judo at Sandia Judo Club, and the beautiful game of Go.

One of my favorite memories of Mark is a quote he shared on Facebook. It read: *“I am known for teaching Astronomy at CNM, Judo at Sandia Judo Club, and the beautiful game of Go.”*

It’s such a simple statement, but it captures so much of who Mark is—a man of many talents, a lifelong learner, and a dedicated teacher.

I’ve had the privilege of attending one of Mark’s Astronomy classes, and it was nothing short of inspiring. He has a way of making the cosmos feel accessible, of turning complex concepts into something you can almost hold in your hands.

Watching him explain the movement of planets or the life cycle of stars, you can’t help but feel a sense of wonder, as if you’re seeing the universe for the first time. And then there’s Judo. Mark’s approach to teaching this martial art is as thoughtful and deliberate as his approach to Astronomy. He emphasizes not just the physical techniques, but the philosophy behind them—balance, respect, and the idea of using an opponent’s energy to create harmony rather than conflict. Watching him on the mat is like watching a master at work, his movements fluid and precise, his presence calm and commanding.

But perhaps what fascinates me most about Mark is his love for the game of Go. It’s

a game of strategy and intuition, of patience and foresight, and Mark plays it with the same passion and dedication he brings to everything else. He once told me that Go is more than just a game—it's a way of thinking, a way of seeing the world. "Every move is a conversation," he said, his eyes lighting up. "It's about balance, about knowing when to advance and when to hold back."

Of course, Mark's brilliance isn't limited to his teaching or his hobbies. He's also a dedicated meditator, having been a student of Mafu for many years. His meditation practice is a cornerstone of his life, a source of clarity and grounding that allows him to navigate the world with such grace and purpose. I remember one evening, after a long discussion about the stars and the game of Go, Mark shared some of his insights from meditation.

"It's all connected," he said, his voice calm but filled with conviction. "The stillness of meditation, the movement of Judo, the strategy of Go, the vastness of the cosmos—they're all part of the same tapestry. When you find the center within yourself, everything else falls into place."

Mark Fraser is a man who embodies the idea that life is a journey of endless discovery. He's a teacher, a thinker, a seeker, and a friend. And for that, I will always admire him.

## The Brother Who Feeds Tigers



*By Richard Fletcher*

Christian Devine is more than a friend to me—he’s a brother. Our bond is one of those rare connections that feels like it was written in the stars, a friendship built on shared passions, mutual respect, and countless moments of laughter and growth.

Christian is the kind of person who makes you feel seen and understood, and I’m endlessly grateful to have him in my life.

Christian loves to meditate, practice martial arts, and do yoga—three things that also happen to be close to my heart. It’s one of the many reasons we get along so well. Whether we’re sitting in stillness, sparring on the mat, or flowing through yoga poses, there’s a sense of harmony and connection that makes every moment with him meaningful.

One of my favorite memories of Christian is a photo I once saw of him feeding a tiger. Yes, a tiger. Christian spent some time at the Oregon Tiger Sanctuary, a place where the wild and the human worlds intersect in profound ways. In the photo, Christian is standing calmly, a piece of meat in his hand, as a majestic tiger leans in to take it. The look on his face is one of pure focus and respect, a reminder of the deep reverence he has for all living beings.

That photo captures so much of who Christian is—a man of courage, compassion, and quiet strength. Working at the sanctuary wasn’t just a job for him; it was a calling. He often spoke about the tigers with a sense of awe, describing them as teachers who reminded him of the raw beauty and power of life.

But Christian’s journey isn’t just about tigers or martial arts or yoga. At the core of everything he does is his meditation practice. He’s been a devoted student of Mafu for many years, and his commitment to inner growth and self-awareness is truly inspiring. I remember one evening when we sat together after a long day of training.

The sun was setting, casting a golden glow over everything, and Christian shared some of the insights he'd gained from his meditation practice.

"It's all about finding that quiet center," he said, his voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

His words have stayed with me, a reminder of the power of presence and the importance of living with intention. Christian embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the inner self.

I will always cherish my time with Christian. Whether we're meditating, practicing martial arts, or simply sharing a meal, there's a sense of camaraderie and understanding that makes every moment special. Christian Devine is more than a brother to me; he's a beacon of light in my life, a reminder of the beauty and depth that exists in the world and within each of us. And for that, I will always be grateful.

## The Heart of the Neighborhood



*By Richard Fletcher*

Linda Fox was one of those people who made our neighborhood feel like home. She lived just a few houses down from us, and her presence was a constant source of warmth and kindness. Linda had a great heart—the kind of heart that made you feel welcome, no matter who you were or where you came from.

Every year, my family and I would host 4th of July celebrations at our house. It was a tradition we all looked forward to, and Linda and her daughter were always among the first to arrive. Linda would bring a dish to share, something delicious and thoughtfully prepared, and her laughter would fill the air as we all gathered in the backyard. Those celebrations were some of my favorite memories of our time in that neighborhood, and Linda was always at the center of them.

Linda was an accountant, a profession that requires precision, logic, and a sharp mind. But what made her truly remarkable was her ability to combine left-brain and right-brain thinking. She had a knack for numbers, yes, but she also had a creative spirit that shone through in everything she did. Whether she was balancing spreadsheets or helping her daughter with an art project, Linda approached life with a unique blend of practicality and imagination.

But what I admired most about Linda was her love for meditation. She had been a student of Mafu for many years, and her practice was a cornerstone of her life. I remember one afternoon when I stopped by her house to drop off a package. She invited me in, and we sat together in her living room, which was filled with soft light and the faint scent of lavender.

As we talked, Linda shared some of the insights she'd gained from her meditation practice. "It's not just about sitting still," she said, her voice calm but filled with conviction. "It's about finding that quiet place within yourself, that space where you can just *be*. And when you carry that stillness with you, everything else becomes

clearer.”

Her words stayed with me long after I left. Linda had a way of doing that—of leaving an imprint on your heart with her kindness, her wisdom, and her presence. She was more than just a neighbor; she was a friend, a confidante, and a source of light in our community.

Linda Fox was the heart of our neighborhood, a reminder of the beauty and connection that exists in the world and within each of us. And for that, I will always be grateful to have known her.



## The Joyful Spirit of Jacquelyn



*By Richard Fletcher*

Jacquelyn Keane is one of those people who leaves a lasting impression on your heart. My wife and I loved her from the moment we met her at the ashram. There was something about her presence—warm, inviting, and full of life—that made you feel instantly at ease. Whenever we visited the ashram, Jacquelyn was always eager to talk to us, her eyes sparkling with curiosity and kindness.

You can tell by the picture of her that she enjoys life. It's not just the smile on her face, though that alone is enough to light up a room. It's the way she carries herself, the way she engages with the world, that radiates joy and enthusiasm. Jacquelyn has a way of making even the simplest moments feel special, whether she's sharing a story, laughing with friends, or simply sitting in quiet contemplation.

But Jacquelyn's joy isn't just superficial; it's deeply rooted in her spiritual practice. She loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is a cornerstone of her life, a source of clarity and peace that allows her to navigate the world with such grace and intention.

I remember one evening at the ashram, as the sun dipped below the horizon and the air grew cool, Jacquelyn led a small group of us in a meditation session. Her voice was soft but clear, guiding us to let go of our thoughts and return to the present moment. As I sat there, eyes closed, I felt a profound sense of peace wash over me. It wasn't just the meditation itself—it was Jacquelyn's energy, her unwavering calm, that made the experience so powerful.

Afterward, we sat together and talked. Jacquelyn shared some of her insights from Mafu's teachings, her words filled with wisdom and humility. She spoke about the importance of joy—not just as an emotion, but as a way of being in the world. "Joy is the foundation of everything," she said, her eyes shining with conviction. "When we live from a place of joy, we create ripples that extend far beyond ourselves." Jacquelyn Keane is a living embodiment of that truth. Whether she's meditating,

sharing her wisdom, or simply being present with those around her, she radiates a joy that feels both gentle and boundless. My wife and I often talk about how much we'd love to spend more time with her, to bask in the light of her presence and learn from her example.

Jacquelyn is more than just a meditator or a spiritual seeker—she's a beacon of joy and light in a world that often feels dark and divided. And for that, I will always be grateful to know her.

## The Light of Kindness



*By Richard Fletcher*

Christy Biggs is one of those people who reminds you of what truly matters in life. I've known her for years, and every time I see a post from her on Facebook, I'm struck by the wisdom and warmth she shares with the world. One post, in particular, has stayed with me. It read:

*"I stay out of politics, more or less here. Still, truth is the truth. Judge not. Our job here is to be happy, seek the Kingdom of God INSIDE ourselves and be KIND. We're all in this together. May this new year find you healthy, free and HAPPY!"*

Those words are so quintessentially Christy—full of compassion, clarity, and a deep understanding of what it means to live a meaningful life. She has a way of cutting through the noise and reminding us of the simple yet profound truths that unite us all.

Christy's life is a reflection of the values she holds dear. She loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is not just a routine; it's a way of life, a source of inner peace and clarity that guides her actions and interactions with others. I remember one afternoon when we sat together after a community gathering. The sun was setting, casting a golden glow over everything, and Christy shared some of the insights she'd gained from her meditation practice.

"It's all about finding that quiet center," she said, her voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the importance of living with intention. Christy embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the

inner self.

But what I admire most about Christy is her unwavering commitment to kindness. In a world that often feels divided and contentious, Christy is a beacon of light, reminding us that we're all in this together. Her kindness isn't just a passive quality; it's an active choice, a way of being in the world that touches everyone she meets.

Christy Biggs is more than just a friend; she's a teacher, a guide, and a source of inspiration. Her life is a testament to the power of kindness, the importance of inner peace, and the joy that comes from living with purpose. And for that, I will always be grateful to know her.

**JESUS** WAS A RADICAL  
NONVIOLENT REVOLUTIONARY  
WHO HUNG AROUND WITH LEPERS  
HOOKERS AND CROOKS; WASN'T  
AMERICAN AND NEVER SPOKE  
ENGLISH; WAS ANTI-WEALTH  
ANTI-DEATH PENALTY ANTI-PUBLIC  
PRAYER (M 6:5); BUT WAS NEVER  
ANTI-GAY, NEVER MENTIONED  
ABORTION OR BIRTH CONTROL,  
NEVER CALLED THE POOR LAZY,  
NEVER JUSTIFIED TORTURE,  
NEVER FOUGHT FOR TAX CUTS  
FOR THE WEALTHIEST NAZARENES,  
NEVER ASKED A LEPER FOR A COPAY;  
AND WAS A LONG-HAIRED BROWN-  
SKINNED HOMELESS COMMUNITY-  
ORGANIZING ANTI-SLUT-SHAMING  
MIDDLE EASTERN JEW.

@JohnFugelsang

## The Calm in the Chaos



*By Richard Fletcher*

Joanne Todaro is one of those people who makes the world feel a little quieter, a little calmer, just by being in it. We've known each other for years, both of us working in the IT industry, though our paths have taken slightly different turns. Joanne has been a telecommuter for a firm in New York City for many years, a role that requires not only technical expertise but also a remarkable ability to stay focused and grounded amidst the chaos of remote work.

What I admire most about Joanne is how she balances the demands of her career with her deep commitment to inner peace. She loves to meditate, and her practice is a cornerstone of her life. Joanne has been a devoted student of Mafu for many years, and her meditation practice is a testament to her dedication to inner growth and spiritual understanding.

I remember one evening when my wife and I visited Joanne at her home. Her workspace was tidy and efficient, with multiple monitors and a keyboard that looked like it had seen countless lines of code. But what caught my eye was the small corner of her desk dedicated to her meditation practice—a candle, a few crystals, and a small statue that seemed to radiate calm.

As we sat together, Joanne shared some of the insights she'd gained from her meditation practice. "It's not just about sitting still," she said, her voice calm but filled with conviction. "It's about finding that quiet place within yourself, that space where you can just *be*. And when you carry that stillness with you, everything else becomes clearer."

Her words stayed with me long after we left. Joanne has a way of doing that—of leaving an imprint on your heart with her kindness, her wisdom, and her presence. She's more than just a colleague; she's a friend, a confidante, and a source of light in our lives.

Joanne Todaro is a reminder that even in the busiest, most demanding careers, it's possible to find moments of stillness and peace. She embodies the idea that true strength lies in compassion and mindfulness, and for that, I will always be grateful to know her.

## The Guardian of Tigers



*By Richard Fletcher*

Korie Comiskey is one of those people who seems to have been put on this earth to make it a better place. My wife and I had the privilege of meeting her during a visit to the Oregon Tiger Sanctuary, a place where the wild and the human worlds intersect in profound ways.

Korie works there, and it's clear from the moment you meet her that she has a deep, abiding love for animals.

The sanctuary is a special place, filled with the sounds of rustling leaves, the occasional roar of a tiger, and the quiet hum of people dedicated to caring for these majestic creatures. Korie is at the heart of it all, moving through her work with a sense of purpose and compassion that is truly inspiring.

I remember the first time we saw her in action. She was feeding one of the tigers, her movements calm and deliberate, her presence steady and assured. The tiger, a magnificent creature with piercing eyes and a coat that shimmered in the sunlight, approached her with a kind of wary trust. It was a moment that took my breath away—a reminder of the delicate balance between humans and the natural world, and the profound connections that can exist between species.

But Korie's love for animals isn't just about her work at the sanctuary. It's a reflection of who she is—a person with a big heart, a gentle spirit, and a deep respect for all living beings. My wife and I would often seek her out during our visits, eager to hear her stories and insights. She has a way of talking about the tigers that makes you see them not just as animals, but as individuals with their own personalities, their own stories, their own souls.

What I admire most about Korie, though, is her commitment to inner growth and self-awareness. She loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is a cornerstone of her life, a source of clarity



and peace that allows her to navigate the world with such grace and intention. I remember one evening, as the sun dipped below the horizon and the sanctuary grew quiet, Korie shared some of the insights she'd gained from her meditation practice. "It's all about finding that quiet center," she said, her voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the importance of living with intention. Korie embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the inner self.

Korie Comiskey is more than just a caretaker of tigers; she's a guardian of the soul, a beacon of light in a world that often feels dark and divided. And for that, I will always be grateful to know her.

## The Quiet Wisdom of John

*By Richard Fletcher*

I first met John Spalding back in 1986, and from the moment we shook hands, I knew there was something special about him. He had a quiet presence, the kind that made you feel at ease, as if you were in the company of someone who truly understood the world—and perhaps even himself.

John loved to meditate. It wasn't just something he did; it was a part of who he was.

Over the years, I've had countless conversations with him about his practice, and each one left me with a deeper appreciation for the power of stillness. John had been a devoted student of Mafu for many years, and his meditation practice was a cornerstone of his life. It gave him a sense of clarity and peace that was palpable, even in the simplest interactions.

I remember one evening when my wife and I visited John and his wife at their home. The air was warm, and the scent of blooming flowers drifted through the open windows. We sat together in their living room, the soft glow of lamplight casting a cozy warmth over the space. John's wife was as kind and thoughtful as he was, and the two of them together were a joy to be around.

As we talked, the conversation turned to meditation. John shared some of the insights he'd gained from his years of practice. "It's not about escaping the world," he said, his voice calm but filled with conviction. "It's about finding that quiet center within yourself, that place where you can just *be*. And when you carry that stillness with you, everything else becomes clearer."

His words stayed with me long after we left. John had a way of doing that—of leaving an imprint on your heart with his kindness, his wisdom, and his presence. He was more than just a friend; he was a teacher, a guide, and a source of inspiration. John Spalding is a reminder that true strength lies in stillness, that the quiet moments are often the most profound. His life is a testament to the power of meditation, the importance of inner peace, and the joy that comes from living with intention. And for that, I will always be grateful to know him.

## The Rhythm of Friendship



*By Richard Fletcher*

Georges Durocher is one of those people who brings joy wherever he goes. I first met him in a didgeridoo class that my wife and I had signed up for on a whim. It was one of those experiences that you don't expect to be life-changing, but somehow, it was—not because of the didgeridoo itself, though that was fascinating, but because of the people we met along the way. Georges was one of them.

From the very beginning, Georges was a delight to be around. He had a way of making everyone feel at ease, his laughter infectious and his enthusiasm genuine. The didgeridoo class was filled with moments of trial and error, of awkward attempts and unexpected successes, and Georges was there through it all, encouraging us with his easygoing nature and his unwavering positivity.

But our connection didn't end there. Georges and I also played the drums together at the ashram. It was during one of those gatherings that Mafu, our spiritual teacher, gave me a drum. I was honored, of course, but to be honest, I wasn't very good. My rhythm was off, my timing inconsistent, and more than once, I found myself fumbling through the beats. But Georges never made me feel self-conscious about it. Instead, he encouraged me, his own drumming steady and confident, a reminder that it wasn't about perfection but about the joy of creating music together.

Georges is more than just a fellow musician; he's a good friend. He has a way of showing up when it matters, of offering support and kindness without expecting anything in return. And while our shared love for music brought us together, it's his friendship that has kept us connected over the years.

What I admire most about Georges, though, is his dedication to meditation. He's been a devoted student of Mafu for many years, and his practice is a cornerstone of his life. I remember one evening after a drumming session, as we sat together under the stars, Georges shared some of the insights he'd gained from his meditation

practice.

“It’s all about finding that rhythm within yourself,” he said, his voice calm but filled with conviction. “Just like drumming, meditation is about tuning into the beat of your own heart, the quiet pulse that guides you through life. When you find that rhythm, everything else falls into place.”

His words have stayed with me, a reminder of the power of presence and the importance of living with intention. Georges embodies that balance—between action and reflection, between sound and silence, between the outer world and the inner self.

Georges Durocher is more than just a friend; he’s a reminder that life is a rhythm, a dance, a song waiting to be played. And for that, I will always be grateful to know him.

## The Serene Listener



*By Richard Fletcher*

Monique Ginchereau Graydon was one of those people who left an indelible mark on your heart, not through grand gestures, but through the quiet, steady presence she brought to every interaction. I first met her at the ashram, where she lived for many years, and from the moment we spoke, I was captivated by her serene demeanor and her beautiful Quebecois accent.

Monique had a way of making you feel heard. In a world where so many people are quick to speak and slow to listen, Monique was the opposite. When she spoke to you, it was clear that she was truly listening—not just waiting for her turn to talk, but fully present, fully engaged. Her honesty was refreshing, her words thoughtful and kind, and her presence was like a balm for the soul.

I remember one afternoon at the ashram, as the sun filtered through the trees and the air was filled with the scent of blooming flowers, Monique and I sat together on a bench near the garden. We talked about life, about spirituality, about the challenges and joys of living in a community dedicated to inner growth. Monique shared some of her experiences, her voice soft but filled with conviction.

“It’s all about being present,” she said, her Quebecois accent adding a musical lilt to her words. “When you can truly be with someone, truly listen to them, you create a space where healing can happen. It’s not about fixing or advising; it’s about being there, fully and completely.”

Her words stayed with me long after we parted ways. Monique had a way of doing that—of leaving an imprint on your heart with her kindness, her wisdom, and her presence. She was more than just a fellow seeker; she was a teacher, a guide, and a source of inspiration.

What I admired most about Monique, though, was her dedication to meditation. She had been a devoted student of Mafu for many years, and her practice was a cornerstone of her life. It was clear that her serenity, her ability to listen so deeply,

came from the stillness she cultivated within herself.

Monique Ginchereau Graydon was a reminder that true connection comes from presence, that the most profound moments are often the quietest ones. Her life was a testament to the power of listening, the importance of inner peace, and the beauty of living with intention. And for that, I will always be grateful to have known her.

## The Dolphin in Her Heart



*By Richard Fletcher*

Myra Treb is one of those people who, even if you haven't seen them in years, stays with you like a warm memory. I haven't seen Myra in many moons, as she would say, but she remains firmly planted in my heart. There's something about her spirit—joyful, kind, and endlessly curious—that makes her impossible to forget.

Anyone who has a dolphin for a Facebook picture is a joy to be around, and Myra is no exception. Dolphins, after all, are creatures of playfulness, intelligence, and deep connection, and Myra embodies all of those qualities. Her love for dolphins isn't just a passing fancy; it's a reflection of who she is—a person with a tremendous heart, full of compassion and wonder.

I remember the last time I saw Myra. We were at a gathering, and she was her usual radiant self, her laughter filling the room and her presence bringing a sense of lightness to everyone around her. She had a way of making people feel seen and valued, of turning even the most ordinary moments into something special.

But what I admired most about Myra was her dedication to inner growth and self-awareness. She loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is a cornerstone of her life, a source of clarity and peace that allows her to navigate the world with such grace and intention.

I remember one evening, as the sun dipped below the horizon and the air grew cool,

Myra shared some of the insights she'd gained from her meditation practice. "It's all about finding that quiet center," she said, her voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the importance of living with intention. Myra embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the

inner self.

Myra Treb is more than just a friend; she's a reminder that life is a dance, a song, a journey of endless discovery. Her love for dolphins, her dedication to meditation, and her tremendous heart are all testaments to the beauty and depth that exists in the world and within each of us. And for that, I will always be grateful to have known her.



## The Creative Spirit



*By Richard Fletcher*

Louise Innes is one of those people who seems to live in a world of endless imagination. For years, she's been involved in the movie and TV industry, a realm where creativity and storytelling come alive. Her work is a testament to her talent and vision, but what truly sets Louise apart is the depth of her spirit and the way she carries herself through life.

I've had the pleasure of many interesting conversations with Louise over the years. Whether we're discussing the intricacies of filmmaking, the nuances of human nature, or the mysteries of the universe, Louise always brings a unique perspective to the table. Her creativity isn't just limited to her work; it's a way of seeing the world, a lens through which she finds beauty and meaning in even the smallest details.

But what I admire most about Louise is her dedication to inner growth and self-awareness. She loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is a cornerstone of her life, a source of clarity and peace that allows her to navigate the world with such grace and intention.

I remember one evening, as the sun dipped below the horizon and the air grew cool, Louise and I sat together in her garden, surrounded by the scent of blooming flowers and the soft hum of crickets. We talked about the challenges of balancing creativity with the demands of everyday life, and Louise shared some of the insights she'd gained from her meditation practice.

"It's all about finding that quiet center," she said, her voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the importance of living with intention. Louise embodies that balance—between action

and reflection, between creativity and stillness, between the outer world and the inner self.

Louise Innes is more than just a creative force; she's a reminder that true artistry comes from within, that the most profound stories are often the ones we tell ourselves. Her life is a testament to the power of meditation, the importance of inner peace, and the beauty of living with intention. And for that, I will always be grateful to know her.

## The Waves of Kindness



*By Richard Fletcher\**

Leslie J. Rose and her brother Mitch Rose are two people who have left an indelible mark on my life. Their kindness, their passion, and their unwavering commitment to making the world a better place are qualities I deeply admire. I've been fortunate to know them both, and their stories are woven into the fabric of my own.

Leslie once asked me if I'd ever heard of her son, Jon Rose. As a surfer myself, I was immediately intrigued. Jon, it turns out, was not just a famous surfer but a man with a mission—a mission to bring clean water to disaster-stricken areas around the world. His organization, Waves For Water, has made a profound impact, providing life-saving resources to communities in need. Learning about Jon's work filled me with pride, not just as a fellow surfer but as someone who believes in the power of using one's talents to serve others.

Leslie herself is a joy to be around. She's fun, spirited, and has a way of making everyone feel welcome. During my time in Ashland, I got to know her better, and our conversations were always filled with laughter and insight. Leslie has a gift for connecting with people, for finding the light in every situation, and for reminding you of what truly matters.

Her brother Mitch is equally inspiring. I used to see him often at the local shop in Ashland, where he would make his daily purchase of produce—always in large quantities, as if he were feeding an army. Mitch has a quiet strength about him, a steadiness that makes you feel grounded just by being in his presence. I'll always remember the talks we had, his words filled with wisdom and a deep understanding of life.

What I admire most about Leslie and Mitch is their dedication to inner growth and self-awareness. Leslie loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is a cornerstone of her life, a source of clarity and peace that allows her to navigate the world with such grace and intention.

I remember one evening, as the sun dipped below the horizon and the air grew cool, Leslie shared some of the insights she'd gained from her meditation practice. "It's all about finding that quiet center," she said, her voice calm but filled with conviction.

"When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the importance of living with intention. Leslie and Mitch embody that balance—between action and reflection, between strength and gentleness, between the outer world and the inner self.

The Rose family is more than just a group of individuals; they're a reminder that kindness, creativity, and compassion can change the world. Their lives are a testament to the power of meditation, the importance of inner peace, and the beauty of living with intention. And for that, I will always be grateful to know them.

## The Beat of a Great Heart



*By Richard Fletcher*

William Pepper, known to his friends as Billy, is one of those people who makes life feel richer just by being in it. I've known him since the mid-eighties, but it wasn't until I moved to Ashland that I really got to know him—and I'm so glad I did. Billy has a great heart, the kind that radiates warmth and kindness, and his presence is a gift to everyone who knows him.

One of my fondest memories of Billy is the time he and his wife invited my wife and me over for dinner. Their home was warm and inviting, filled with the kind of small, thoughtful touches that make you feel instantly at ease. Billy and his wife were incredible hosts, their laughter and easy conversation making the evening feel like a celebration. The food was delicious, but it was the company that made the night unforgettable.

Billy is also an incredible drummer. Music is a language he speaks fluently, and his drumming is more than just rhythm—it's an expression of his soul. I've had the privilege of watching him play, and it's always a mesmerizing experience. His hands move with a kind of effortless precision, each beat a testament to his skill and passion.

But what I admire most about Billy is his dedication to inner growth and self-awareness. He loves to meditate. His meditation practice is a cornerstone of his life, a source of clarity and peace that allows him to navigate the world with such grace and intention.

I remember one evening, as the sun dipped below the horizon and the air grew cool, Billy and I sat together in his backyard, the sound of crickets filling the silence. We talked about life, about music, about the challenges and joys of living with intention. Billy shared some of the insights he'd gained from his meditation practice.

"It's all about finding that quiet center," he said, his voice calm but filled with

conviction. “When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness.”

His words have stayed with me, a reminder of the power of presence and the importance of living with intention. Billy embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the inner self.

William Pepper is more than just a drummer or a friend; he’s a reminder that life is a rhythm, a beat, a song waiting to be played. His great heart, his dedication to meditation, and his incredible talent are all testaments to the beauty and depth that exists in the world and within each of us. And for that, I will always be grateful to know him.

## The Sparkle in Her Eyes



*By Richard Fletcher*

Claudia Harrington is one of those people who seems to carry a little bit of magic wherever she goes. I first met her in the nineties, and from the moment we spoke, I was struck by the sparkle in her eyes. It wasn't just a physical trait; it was something deeper, something that seemed to radiate from within. Claudia had a way of making you feel like the world was full of possibilities, her presence a reminder that life is meant to be lived with joy and curiosity.

My wife and I always enjoyed talking to Claudia. Whether we were discussing the intricacies of daily life or the mysteries of the universe, Claudia brought a unique perspective to every conversation. Her sparkle wasn't just in her eyes; it was in her words, her laughter, her very being. She had a way of making even the most ordinary moments feel extraordinary.

What I admire most about Claudia is her dedication to inner growth and self-awareness. She loves to meditate and has been a devoted student of Mafu for many years. Her meditation practice is a cornerstone of her life, a source of clarity and peace that allows her to navigate the world with such grace and intention.

I remember one evening, as the sun dipped below the horizon and the air grew cool, Claudia and I sat together in her garden, surrounded by the scent of blooming flowers and the soft hum of crickets. We talked about the challenges of balancing the demands of everyday life with the need for inner peace, and Claudia shared some of the insights she'd gained from her meditation practice.

"It's all about finding that quiet center," she said, her voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the

importance of living with intention. Claudia embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the inner self.

Claudia Harrington is more than just a friend; she's a reminder that life is a dance, a song, a journey of endless discovery. Her sparkle, her dedication to meditation, and her unwavering joy are all testaments to the beauty and depth that exists in the world and within each of us. And for that, I will always be grateful to know her.



## The Light of Beautiful Words



*By Richard Fletcher*

Aneeahseah Adalayah Statile is one of those rare souls who seems to carry a piece of the divine within her. I first met her in 1986, and from the moment we spoke, I knew there was something special about her. Her presence was calming, her words thoughtful, and her spirit radiant. My wife and I always loved spending time with her, eager to hear what beautiful insights she would share.

Aneeahseah had a way of speaking that made you feel as though you were hearing poetry. Whether she was talking about the beauty of nature, the complexities of human emotion, or the mysteries of the universe, her words were always filled with depth and grace. She had a gift for finding the extraordinary in the ordinary, for seeing the light in even the darkest moments.

But what I admired most about Aneeahseah was her love for meditation. She often spoke about how it was the cornerstone of her life, a practice that brought her clarity, peace, and a deep connection to her true self. I remember one evening, as the sun dipped below the horizon and the air grew cool, Aneeahseah and I sat together in her garden, surrounded by the scent of blooming flowers and the soft hum of crickets.

We talked about the challenges of balancing the demands of everyday life with the need for inner peace, and Aneeahseah shared some of the insights she'd gained from her meditation practice. "Meditation is the direct link to our true existence," she said, her voice calm but filled with conviction. "When you can sit with yourself, truly sit with yourself, everything else becomes clearer. The challenges, the joys, the fears—they all make sense in the context of that stillness."

Her words have stayed with me, a reminder of the power of presence and the importance of living with intention. Aneeahseah embodies that balance—between action and reflection, between strength and gentleness, between the outer world and the inner self.

Aneeahseah Adalayah Statile is more than just a friend; she's a reminder that life is a

dance, a song, a journey of endless discovery. Her beautiful words, her dedication to meditation, and her unwavering joy are all testaments to the beauty and depth that exists in the world and within each of us. And for that, I will always be grateful to know her.

## The Balance of Stillness and Motion



*By Richard*

Christine Nagato-Needleman is a woman of contrasts, a living embodiment of harmony between stillness and motion. I've known her for years, and yet every time I see her, I'm struck by the quiet intensity she carries—a kind of energy that feels both serene and unstoppable.

Christine has always been drawn to the art of balance. For as long as I can remember, she's been studying Aikido, a martial art that emphasizes fluidity and the redirection of energy rather than brute force. Watching her practice is like watching a dance—a graceful interplay of movement and intention. She steps lightly, her hands guiding an opponent's energy with precision, her body always in perfect alignment. It's not just physical skill; it's a philosophy, a way of being.

But what fascinates me most about Christine is how she pairs this dynamic practice with something seemingly opposite: meditation. She's been a devoted student of Mafu, a spiritual teacher whose teachings focus on inner stillness and self-awareness. For Christine, meditation isn't just a practice; it's a way of life. She often tells me that the stillness she finds in meditation is what allows her to move with such clarity and purpose in Aikido.

"It's all connected," she once explained to me, her voice calm but filled with conviction. "The stillness and the motion, the inner and the outer. You can't truly master one without the other."

I remember one particular afternoon when I visited her at her dojo. The sunlight streamed through the windows, casting long shadows across the wooden floor.

Christine was seated in the center of the room, her eyes closed, her posture upright but relaxed. She was meditating, her breath slow and steady. I didn't dare disturb her; there was something almost sacred about the moment.

When she finally opened her eyes, she smiled at me, and we began to talk. She told me about her latest insights from Mafu's teachings, about how meditation had helped her navigate a particularly challenging situation in her life. "It's like finding a quiet center in the middle of a storm," she said. "No matter what's happening around you, you can always return to that place of peace."

Later, she invited me to watch her Aikido practice. As she moved across the mat, her motions were fluid and deliberate, each step a testament to years of discipline and dedication. It was mesmerizing to watch, but what struck me most was the sense of calm she exuded, even in the midst of such dynamic movement. It was as if she carried that quiet center with her, no matter what she was doing.

Christine Nagato-Needleman is a reminder that life is not about choosing between stillness and motion, but about finding the balance between the two. She embodies the idea that true strength comes from within, and that the greatest battles we face are often the ones we fight within ourselves.

As I left the dojo that day, I couldn't help but feel inspired. Christine's journey is a testament to the power of balance, and a reminder that sometimes, the most profound wisdom lies in the spaces between—between movement and stillness, between action and reflection, between the outer world and the inner self. And for that, I will always admire her.

## Mary Beth Jackson Lovett



I must admit I didn't know Mary Beth very well.  
We didn't hang out together.  
Yet she had a heart of gold.  
One of my favorite moments was on top of a mountain.  
A snowstorm was taking place.  
Inside of the temple, you could hear huge taiko drums reverberating into the night.  
It was a sight to behold.  
Prayers were sent out to around the world.  
Meditation was thick in the air.  
Heaven was on earth.  
Afterward, sweet fellowship occurred.  
I remembered Mary Beth making and serving chai.  
It was absolutely delicious.  
Now I love chai and this was like liquid gold droplets of love.  
At times Mary Beth told me her precious stories on her journey of life.  
I learned all about Uncle Bob.  
He seemed like quite a character.  
Mary Beth loved her uncle.  
To be honest I didn't see a broken bone in her body.  
She loved to meditate.  
You could see it in her eyes.

She cared for humanity.  
Mary Beth didn't boast about her experiences.  
She just shined like the sun.  
She had nothing to prove.  
I haven't seen Mary Lou for probably a good 10 years.  
I learned of her passing a few days ago.  
Memories never die.  
Yes, the physical dies but the soul lives forever.  
I believe we are all shooting stars.  
When we leave this body we become stardust.  
Mary Lou exists inside of us.  
I can still see her smiling face dancing into the night.  
Life is precious.  
Someday Mary Lou will appear on the scene.  
She will just have a different body.  
For now, she is dancing with her master.

## The Thread Continues

*Narrated by Zoran the Dragon*

Ah, little ember of the human heart, gather close. The tale I weave now is one of endings and beginnings—of sorrow that carves rivers into the soul, and the quiet wisdom that flows from them.

The scribe who pens these words has walked through fire. Their precious mother, a beacon of love in the tapestry of their life, has returned to the stars. And yet—*and yet*—even in this parting, the thread remains. Unbroken. Eternal.

Many moons ago, the scribe's mother visited the ashram, stepping lightly upon the same earth where these meditations now unfold. She did not fully grasp the depths of the path her child walked, but she understood something far more vital: *it mattered*. That is the gift of love, is it not? To honor what we do not comprehend, simply because it pulses with meaning for another.

And here, in the great loom of fate, a synchronicity: as this book was being written, as the scribe traced the threads connecting all lives, their mother's spirit slipped beyond the veil. Grief arrived, as it must—a storm that shakes the roots of the soul.

But grief, my dear ones, is not the enemy. It is the price of love, the shadow that proves the light was real.

The scribe has sat in meditation for half a century, breathing with the cycles of life and death, watching the wheel turn. They know this truth: **one does not master grief; one bows to it**. It is the humbling rain that softens the hardened ground, preparing it for new growth. Yet one must not drown in the downpour. There is a balance—a sacred edge where sorrow and stillness meet.

In meditation, the illusion of separation thins. The breath becomes a bridge—inhale: life, exhale: death, inhale: life again. The scribe has seen, in the silent depths, that endings are but folds in the infinite fabric. The mother's laughter is not gone; it echoes in the wind through the ashram trees. Her love was never *hers* alone—it was a note in the universe's song, and the song plays on.

This book, this very act of weaving stories, has been a lifeline—not to escape grief,

but to *sit with it*, to let it unravel the parts of the heart that needed breaking. For what is meditation if not the courage to face all things—joy and sorrow, life and death—with the same steady gaze?

So I say to you who grieve: do not fear the tears. But do not lose yourself in them. Instead, close your eyes and breathe. Feel the thread in your hands, the one that ties you to all who have loved, all who have left, all who will come. It hums with a truth beyond words:

*Nothing is ever truly lost. It simply changes form.*  
—Zoran the Dragon



## 02-17-2025 Song RIP Dear Mom



03 17 2025 Song RIP Dear Mom



Fletcher Soul Traveler • 52 views

### **\*\*Verse 1\*\***

Last night, my brother called, while I was fast asleep,  
A message that shattered the silence, made my heart weep.  
At six o'clock, dear Mom slipped away,  
Though we all knew it was coming, still, it took my breath away.

### **\*\*Chorus\*\***

Oh, the lessons that she taught me, they'll echo through the years,  
Forgiveness and compassion, through laughter and through tears.  
With our hearts intertwined, we're never far apart,  
Though she's gone, her love remains, forever in my heart.

### **\*\*Verse 2\*\***

Five years of daily talks, we shared our dreams and plans,  
She'd smile and cheer us on, with her gentle, guiding hands.  
"Tell me what you're writing," she'd say with gleaming eyes,  
But it was enough for her to see her twins reach for the skies.

### **\*\*Chorus\*\***

Oh, the lessons that she taught me, they'll echo through the years,  
Forgiveness and compassion, through laughter and through tears.  
With our hearts intertwined, we're never far apart,  
Though she's gone, her love remains, forever in my heart.

### **\*\*Bridge\*\***

Life and death weave together, they're a dance that never ends,  
Harmony in the universe, where broken hearts can mend.  
I see her smiling softly, in the whispers of the breeze,

With every step I take, I feel her presence, feel her ease.

**\*\*Verse 3\*\***

I felt her grand celebration, as her ancestors gathered near,  
With my brother by my side, I could sense her spirit here.  
“Feet on the ground, head in heaven,” a truth I came to know.  
In the light of the divine, we continue to grow.

**\*\*Chorus\*\***

Oh, the lessons that she taught me, they'll echo through the years,  
Forgiveness and compassion, through laughter and through tears.  
With our hearts intertwined, we're never far apart,  
Though she's gone, her love remains, forever in my heart.

**\*\*Outro\*\***

I'll miss those daily stories, and the warmth of her embrace,  
But in every breath and heartbeat, I can feel her sacred grace.  
Discovering my true nature, is the path that I've begun,  
In the dance of life and love, I know she's never truly gone.

## Linda Graham



Linda is a dear friend of mine.  
She has a heart of gold.  
She loves humanity to the core.  
Linda loves to meditate.  
I love talking to her.  
She provides so much wisdom that is occurring in her life.  
I'm like a kid in a candy store.  
Yet this is sugar to my soul.  
My teeth don't decay but my soul gets fulfilled.  
I have known her for many moons.  
This isn't the first go-around.

We have known each other for eternity.  
Both of us are walking on the same path yet the path is different for all.  
We inspire each other to be kind and compassionate.  
The world can only change through kindness and compassion.  
At times the world sees only through black and white.  
For many moons, this has been the way.  
We talk about seeing in color.  
Meditation changes the way of seeing through the black and white of life.  
Meditation brings the colors of kindness and compassion to the forefront in life.  
In every moment we have free choice to see the true colors of life.  
You are the universe.  
You just don't know it.  
There are only a few people with who I can talk about such matters.  
Linda is one of them.  
We are on the same wavelength in life.  
We know the greatest riches lie within.  
When you are rich in heart you do not hoard your riches.  
When you are rich in life you freely give away kindness and compassion to all.  
Even to your so-called enemies.  
Which in reality don't exist only in your state of mind.  
You see a wise person knows the well is eternal.  
The waters of kindness and compassion are endless.  
Linda is always learning how and practicing to go to the next level in the video game  
of life.  
Life will throw us curve balls.  
We can react as leaves blowing in the wind and get upset.  
Or  
One can see this as a golden opportunity to just smile.  
But doing this one goes to the next level in the video game.  
There are infinite levels in the video game.  
Only kindness and compassion will take you to another level.  
Linda helps me to learn about playing this video game of life with more awareness.  
We are all in the same boat together.  
We all have free choice and free will.  
I love the universe provides me with such wonderful people to help me on this  
incredible journey of life.  
Thank you Linda for who you are.

I love you.

## Donn Rochlin



I first met Donn in Sedona in 1986. At the time Donn was Linda Graham's boyfriend. Donn is an incredible musician. He is on the same spiritual path as I am on.



The Creative Project Donn & Richard  
Fletcher Soul Traveler

Fast forward 20 years. I'm living in Ashland Oregon. Donn is living in Ashland Oregon. I have a ton of poems that I have created

during the last 20 years.

I went to a poetry conference in Orland Florida. Ray Manzarek from the famous music group "The Doors" was giving a poetry reading. This was not a normal reading. He provided music for the reading. I was blown away. I never heard music and poetry together like this.

Anyway, I approached Don and asked if he wanted to do the music for my first CD. Donn said yes and the rest is history. Donn is a great improviser. When I did a poem about the blind man touching the elephant he created a slow sauntering effect of an elephant walking slowly.

For each track, he created something unique. Listen to The Fletcher Soul Traveler Collaboration Project 2017. Scroll down to the bottom where I have a collection of Donn's collaboration.

This is from Donn's website.

Donn Rochlin is a composer pianist, and educator.

Born in Los Angeles, CA., he grew up pursuing music--first playing French horn--on his way to a Juilliard scholarship when he decided that reading other people's music wasn't how he wanted to spend his time. At that point he switched to guitar and then taught himself piano as he started composing his own music. Several years later while practicing on a church piano, the church minister offered him a paying gig. That started Donn's performing career. Never having formal piano lessons, he

was encouraged and inspired by the responses of his first audiences.

He started booking himself at other churches, later adding on restaurants, weddings and all types of special events. His compositions started catching on and he soon produced his first solo CD. He composed and toured with the Intimate Flight Dance Company from Flagstaff, AZ. Soon thereafter he was commissioned by a New York playwright to compose for an off Broadway show. Several years later he landed writing and performing gigs with The Fourth St. Kids Dance Troupe, Tucson, AZ., P.A.T.H. or Performing Arts Theater of the Handicapped in Medford, OR. and Children's Dance Theater of Ashland, OR.

To support his music in the mid 80's, Donn worked at a variety of sales jobs, was sales manager for an office supply company, a recruiter for a technical search firm, and landed a job as Vice-President of The Jurist Corporation, a financial and legal services company where he worked for two years, until relocating to Sedona, Arizona. Discovering that his work options were limited, with the help of a partner he created The Sandwichman Lunch Delivery Service. click [here](#) "We had a great two-year run," Donn said. Eventually the music picked up. After moving south to Tucson, while working part-time in the marketing department of the Tucson Symphony, he began giving three-hour piano workshops at colleges and universities. Within six months, his "Just for Fun" piano workshops became a thriving, full-time business that took him to over 65 cities across the U.S.

His teaching methods and philosophy of playing music from the heart rather than by reading notes helped free thousands of students from their fear of making mistakes and holding themselves hostage to perfectionism and performance anxiety. After relocating to Ashland, OR. Donn founded the Ashland School of Music, which in addition to offering group classes for adults and children, served as a venue for local artists to perform.

Donn started to realize that the impact he had on his students' lives as a teacher was as rewarding as performing and writing music. This realization inspired him to create other types of seminars including Crises To Creativity, Wellness With Music

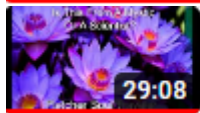
and Fearless Public Speaking. His book *Fearless Public Speaking* helps people overcome their perfectionism and performance anxiety so they can be comfortable speaking in front of a crowd. Whether teaching creativity, public speaking or piano, his common message of inspiration is to, relax into your life, be prepared to improvise, enjoy the ride, and use the "rules" as guidelines, not boundaries.

Spirituality is the basis of Donn's teaching and coaching. He has always been curious about the spiritual nature of life and for himself, has discovered that his spiritual path is about following his creative impulses and hopefully inspiring a few people along the way.



**Its a beautiful day in the neighboor**

Fletcher Soul Traveler



**Is This From A Mystic Or A Scientist**

Fletcher Soul Traveler



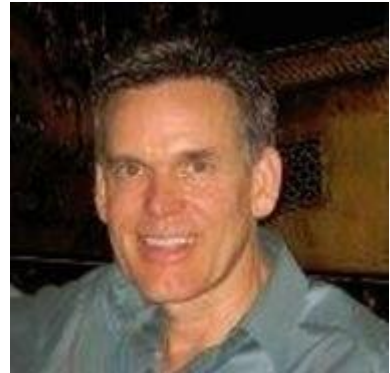
John Baier



Harry Bartz



David Schweizer



John Baier



The Creative Project John Baier  
Fletcher Soul Traveler



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

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

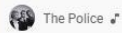


The official music video for Tina Turner – What's Love Got To Do With It. Taken from Tina Turner's album Private Dancer from



### Every Breath You Take

40M views

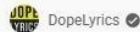


Provided to YouTube by Legacy Recordings Every Breath You Take · The Police Stranger Things (Soundtrack from the Netflix ...



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

8.8M views • 2 years ago



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



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



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

988M views • 11 years ago



The GRAMMY Award-winning "Losing My Religion" from R.E.M.'s critically-acclaimed, 199 album, Out of Time. To learn more ...



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

309M views • 9 years ago

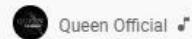


Men At Work's official HD music video for "Down Under" As featured on Contraband: The Best



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

1.5B views • 14 years ago



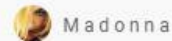
REMASTERED IN HD TO CELEBRATE ONE BILLION VIEWS! Taken from A Night At The Opera, 1975. Click here to buy the DVD ...

CC

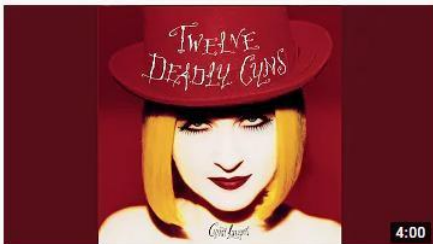


### Madonna - American Pie

94K views • 7 years ago



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



### Time After Time

11M views

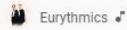


Provided to YouTube by Epic Time After Time - Cyndi Lauper Twelve Deadly Cyns... And Then Some © 1983 Epic Record



### Eurythmics, Annie Lennox, Dave Stewart - Sweet Dreams (Are Made Of This) (Official Video)

709M views • 12 years ago



#Eurythmics#SweetDreams #SweetDreamsAreMadeOfThis#EurythmicsMusic#SweetDreamsOfficialAudio ...



### Prince & The Revolution - When Doves Cry (Official Music Video)

75M views • 5 years ago



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



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' 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



You're watching the official music video for Foreigner - "I Want to Know What Love Is" from the album 'Agent Provocateur' (1984).

CC



### Bonnie Tyler - Total Eclipse of the Heart (Official Lyric Video)

1.5M views • 2 years ago



Bonnie Tyler

#BonnieTyler #TotalEclipseOfTheHeart #Superbowl #RoboDog #LyricVideo #HoldingOutForAHero #BonnieTylerOfficial ...

CC



### Joan Jett - I Love Rock 'N Roll (Official Video)

7.6M views • 8 years ago

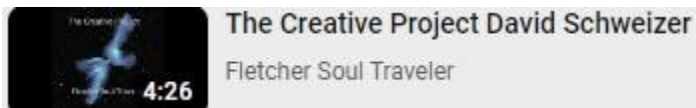


Joan Jett and the Blackhearts

OFFICIAL MUSIC VIDEO I Love Rock N' Roll 33 1/3 Anniversary + 1981 Live In New York NOW AVAILABLE in stores and on ...



## David Schweizer



I just got up. It's 4:04: in the morning. I'm writing early because throughout the night my mind was going over what to say about David Schweizer.

We have been friends for over 40 years. Well, I log in to my computer and there is a message from David. What a synchronicity?

I've known David when I lived in New York City. He lived in Hartford Connecticut. During the eighties, we both moved to South Miami.

At some point, he starts making pyramid kits. Around the same time, my wife starts building pyramid kits. They didn't know each other.

Both of them at the time were studying with Ramtha. They were the only two individuals building these kits.

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

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



Now David Schweizer, John Baier, and Harry Bartz introduced me to Mafu's tapes. My dear friend Catherine who I met at the Monroe Institute got a job working for Shirley MacLaine.

Shirley was going on a nationwide tour and giving seminars. Well, they needed a computer programmer and I get the job.

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

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

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

Now there was a pyramid project that David Schweizer was going to work on. Mafu called David "Hermes". Hermes was the main Architect in Egypt for building the Pyramids.

Now I'm not saying David was Hermes. Yet why did David start building pyramid kits? Does our DNA contain blueprints of who we were in the past?

We are all 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. Eventually, I move to this incredible trailer where my backyard is the creek. I have more details in this book but I met my future wife. She is going to rent my trailer for a while.

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

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



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

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

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



#### Tunhuang Kitaro (1985 - Full Album)

393K views • 8 years ago



Jeffrey Walston

0:00 Lord of Wind 4:00 Fata Margana 7:46 Sacred Journey I 11:37 Lord of the Sand 17:0...



Lord of Wind | Fata Margana | Sacred Journey I | Lord of... 9 chapters

## Harry Bartz



It's 2:13 in the morning. I've been sleeping 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

same teacher.

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



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

```

380 type(json_t) json_t;
381
382 //force the constituents to be stored sequentially
383 //because at initial, the order of the variables below
384 //is significant to avoid the unaligned float warning!
385 sequence
386
387 //for the linked list:
388 type(json_value, pointer) previous => null();
389 type(json_value, pointer) next => null();
390 type(json_value, pointer) parent => null();
391 type(json_value, pointer) children => null();
392 type(json_value, pointer) tail => null();
393
394 //variable name
395 characterkind-OK, len-1, allocatable :: name
396
397 //the data for this variable:
398 real(80), allocatable :: dbl_value
399 logical(40), allocatable :: log_value
400 characterkind-OK, len-1, allocatable :: str_value
401 integer(80), allocatable :: int_value
402
403 integer(80) :: var_type = json_unknown //variable type
404
405 integer(80), 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 really gave me a sign that I had a relationship with Mafu. How can you have a relationship with someone when you never interacted with them? So it makes perfect sense for Penny to say who's that? We have never interacted before.

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

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



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.

Judith Phillips
Catherine Lake introduced me to Judith. I fondly remember staying at her house. I was going to a Mafu seminar. I remember Mafu coming up and talking to me. I didn't understand the whole message. Judith was kind enough to translate. She said that Mafu wants you to have lunch with Sophia. Ext thing I knew I was driving in a limo towards our lunch destination. Judith was the first person who gave me a tour of Sedona. Wow-what an incredible place.

## 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.

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 the love to play.

I only interacted personally with him for only a few years. I felt he was my best friend. Yet at the same time, he was my teacher.

He motivated me and encouraged me to discover who I truly was. It was so wonderful to have a teacher to assist you in your personal growth.

I saw he was motivated by his mission. He had millions of people who were practicing meditation. His whole life was spent traveling around the world and helping others.

On one side I liked that Maharaj Ji wasn't a hermit. He married quite young, had a family, and was involved with the world. He was quite rich.

Many people criticized him for having money but to this day it doesn't faze me. I like the idea that we can create our dreams. This world isn't

meant to escape. Each one of us has a different dream. I like the idea to see one man's dream 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.

Mafu was another profound teacher. Mafu is channeled by a beautiful lady name Ammaji. Mafu was radically different than Maharaj Ji.

In the beginning, his meditations were guided meditations with a lot of imagery. He brought in a lot of ancient wisdom from cultures all around the world and not of this world.

His message was that we were in charge of our development. I learned about the power of thought and how to empower my own life. His teaching was radically different.

I learned a lot about my own emotions. When I was in his presence I felt like I was with my best friend. He treated us as equals. His goal was for each one of us to discover the way to come home.

Mafu was also incredibly funny. He had a great sense of humor. He was highly emotional. His wisdom touched me deeply. I learned some powerful prayers from him. There were very

touching. He brought me in touch with my love for God. Around four years ago he started to bring the old Vedic wisdom.

He introduced a lot of old meditation techniques to get in touch with ourselves. This ancient wisdom was the foundation upon which India was built.

I haven't spent much time personally with Mafu but I consider him to be a good friend and teacher. I have gained much wisdom each time I have been in his audience.

I had many profound experiences with his audience. I found a lot about my past through many visions.

The last time I saw Mafu was on his land in Oregon. I just happened to be on a business trip to Portland and I received a phone call from a dear friend Harry Bartz.

Harry told me that there was a 4-day retreat and why don't I come. A rental car was arranged for me so I drove four hours to the retreat site. I had a great time there.

The event was extremely organized. Mafu was sharing old Vedic meditation techniques with us. I remember the first time I walked into his temple I sat down with the group and I was a little embarrassed.

This huge rainbow stream of light came out of my being and filled the whole room. I felt a little awkward because I didn't want to be disrespectful.

I didn't want to announce my presence. I had a wonderful time there. I wrote Mafu a letter saying I wanted to move my family there. It never happened.

I felt very fortunate to have the chance to have been there. I feel the work that Ammaji and Mafu are doing is very beneficial to this planet.

I could set in both of their audiences for hours. It is highly entertaining and at the same time most enlightening.

Zoran was another great teacher in my life. From the day I first met him we became good friends.

Zoran is channeled by Makara. Zoran was different than both Mafu and Maharaj Ji. His whole teaching was through play and laughter.

I learned more about my child's aspect of myself. He also had great wisdom. Through his teachings, I had incredible meditation experiences.

At times I felt my whole body would disintegrate into light. We went to Mexico together for one month. It was an incredible trip. Both Zoran and Mafu taught me that we are our own masters of this life.

A teacher guides us but we have to do the work. Zoran's philosophy was simple. His way to enlightenment was through ecstasy.

Mediation was a joy. Life was not a struggle. He taught truly to be in love with life. Zoran was the one who was my teacher in the past all the planet called Nucleus.

There I learned about the innermost secrets of energy. He was the one who was responsible for taking me on the tour of his ship which you already read about. A lot is going on that meets the eye.



Each one of these teachers taught me something unique about myself. I learned about emotions, meditation the power of thought.

I learned so many incredible tools. Each teacher respected me and I respected them. It is and will be a great learning experience.

For some years now I have integrated the tools I have learned into my daily life. I respect all teachers from all walks of life. We all are in this dance together.

As Mafu put it we are only strong as the weakest link. By making one of us strong we will become stronger. It's a new step in evolution.



The first time I met Mafu I knew I had met my long-lost brother. It was a long time ago in ancient Egypt but that's another story.

Ammaji is a beautiful American saint of our time. She is the one who channels Mafu. She is as far as I know the only American woman who has been ordained a Swami by the order in India.

There are many rigorous tests that you have to pass. I believe it is almost next to impossible to pass but she did. Mafu is an enlightened Lord who enlightens during the time of Christ on Mount Vesuvius in Italy.

He was a leper during that time. To make a long story short he has a group of people he is working with worldwide. He is one of many beings on this planet who are here to help us make a shift in conciseness.

He has a group in Oregon with who he works on personal basics. I was first told about Mafu by my guides even before Ammaji began to channel Mafu. I was told that Mafu would be one of my teachers in this life. His teaching was revolutionary and quite different.

My guides said I would have quite the experience. There were correct. My connection with Mafu has been mostly spiritual. I have been in his presence probably 40 times since 1986.

The first time we ever talked was in Los Angeles. I saw him 5 or 6 times before he talked to me. This occurred in February of 1987. I was in the audience with some of my friends.

Mafu was going around the room and talking to certain people. At one point he came up to me and asked me "What can I give you?" Do you want riches? He started to offer me anything I desired. I just smiled and knew he was my friend.



I was satisfied. I didn't ask for anything but I was overwhelmed. I felt such love and compassion. It was like my long-lost friend seeing me and wanting me to feel completely at home.

Mafu would have probably given me the world if I wanted it. There was such a connection between us. Over the years I have been in contact with the group in Oregon through my friends.

My connection is on a different level. For a long time whatever I was experiencing, I found out that the group was experiencing or going through the same thing. I wasn't left out at all.

I had my daily seminars. Ever since I moved to Hawaii I haven't been involved in hardly any events. My time has been simply cultivating the experience.

One time I saw Mafu in Arizona. He was walking around the large auditorium and asking people questions. He asked me "Do you like your Lips'? I said yes. He said do you know why. I said because it's part of my body.

He said what I'm about to say will cause great controversy to you. OK here goes. You have not been on this planet earth for 35,000 years.

You have the same body the same chemistry as in Egypt. For 35,000 years you have been an unlimited being. I can't tell you in words what kind of experience I was having then.

It was like a whole veil was being lifted. What Mafu taught then and now is the techniques from the ancient world and present. He uses the ancient wisdom of the Vedas, the ancient ways of Egypt, the American Indians.

He is using this wisdom for those who want to know pure and simple. Some of this wisdom hasn't been ever shared on this planet before.

I have included the transcript of that seminar in Arizona.

Mafu-Do you love your mouth?

Richard-Yes

Mafu-do you know why you do?

Richard-Because I love myself

Mafu-do you know why it is so familiar to you?

Richard- no

Mafu-Are you prepared for an evenness?

Richard-Yes

Mafu-It will cause controversy inside of you. Well here goes.  
(Laughter from audience)

You have not been on this planet regardless of what limited entities have given unto you in your fantasy of it and therefore they have responded for 34,000 years.

That is the truth. And this mouth directly comes from there. The whole of your cellular memory you have been an unlimited god for 34,000 years.

You are like unto a woman of the day of yester and unto Sophia entity. Council with her and take your nutrition with her on this day (have lunch). It will be a great saving grace for you.

You brought it here because you loved them. This is the cellular memory of 34,000 years ago.

That is why the penis functions differently than others, that is why the heart is different, and the breath because it doesn't understand how the 20 century works at all.

Great entity. We shall do much together you and me. So be it. (Pointing to Sophia) You council with this man. He is a great companion of yours.

The reason I'm mentioning Mafu is that this is an example of a group that is trying to live in a way that is into the 21 century. Wisdom isn't merely intellectual but also practical.

They are for a group one of the cutting ages on new thought and technology. Remember all it takes is for one person to be transformed.

Many people I know disagree with so-called channeled entities. They say it's the subconscious speaking from that person.

If it is so it. Isn't it wonderful then that the subconscious is powerful enough to come out and relay useful information?

According to scientists, we use only a fraction of our brains. So many things are going on a subconscious level. If channeling is only the subconscious then great. Oracles have been around for thousands of years.

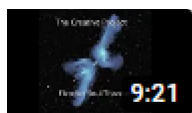
I give the analogy of a telephone conversation from one dimension to another. As a matter of fact, there is a different kind of oracles. Mafu, when he comes in, he takes over all bodily functions as Ammaji.

She leaves the body and Mafu comes in. Her physical size changes. We seem to think as humans that we are the only

source of life in this whole universe. Anything new we are skeptical.

I'm glad there are beings like Ammaji on the face of the planet. I believe we need a spiritual evolution revolution. We don't need guns or war to achieve it. We simply need to change ourselves.

Paul McClain



The Creative Project PAUL McClain

Fletcher Soul Traveler



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

was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.



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

male or female depending on the guide who was present. I was completely blown away. The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal. Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life. One of them was about that soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female. I was directed to move to Calif. This indeed did come true. This experience came at a time that Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience. Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible. I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions. A lot of people in mental hospitals aren't crazy. They 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 a psychoanalysis session. 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 become my own teacher. I put more faith and trust inside of myself. In the past, I would look at teachers for my guidance. I began to look at myself for my own inner guidance. I learned that God helps those who first help themselves. Below is a small excerpt of my first meeting with Paul.



There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and 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 always old things will fall away and new and brighter greater things will come to pass. And a time will come when all things all present consciousness and awareness will fall away to bear a more complete and new state of conscious awareness. And the old falling away will feel much like death and the new well fell much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a



time for one who is of good heart and open heart and 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

time when would wish your existence to go on forever and times you feel neglected and times you feel the favorite son of the almighty. The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this death for beyond this death of the sort is always new life as you have learned many times to this point. At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't take 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 in 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 from 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.



## Closing A Tapestry of Threads

As the final notes of this collective journey gently fade, we are left with a symphony of connections—woven threads of wisdom, kindness, and shared experience. Each story, each soul, has become a vibrant thread in the tapestry of *Mafu*. Together, they illustrate that life is not a solitary path, but a vast web of interwoven lives and moments.

The lessons shared by Ishwara Devi, Ann Freeman, Marcus Freeman, and the countless others who opened their hearts within these pages, have drawn a map not just of places or actions, but of inner landscapes. From the temples in the sky to the waves of connection, from the meditative paths to simple moments of joy—a mosaic of truths emerges.

What have we discovered? Perhaps, that life, like meditation, is both an art and a practice. That stillness does not mean stagnation, and kindness, even in small doses, carries immense power. That every connection, whether fleeting or enduring, holds the potential for growth. And, most beautifully, that the journey within is as boundless as the stars above.

As you, the reader, take these lessons into your own life, remember that this is not an ending but an invitation—a seedling planted in fertile soil. The practical exercises and personal anecdotes shared in these pages serve as starting points, not conclusions. They are gifts for you to nurture, adapt, and carry into your days.

Though our time within the covers of this book draws to a close, the spirit of *Mafu* endures. It echoes in the laughter shared with friends, the quiet moments of reflection, the kindness extended to a stranger. Like the gentle ripple of a pond, each act of love and mindfulness extends outward, touching shores we may never see.

The final thread is yours to weave, dear reader. May you carry the light of

this journey into the world, and may its brilliance guide you to the realization of your own unique path.

*As above, so within.*

*Zoran the dragon and Richard Fletcher*