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05-11-2020 Creative Project



I have had this on the back burner of my mind. As you know I wrote the book family and friends a while ago. In the next month, I will have posted all my entries on Facebook.



My next project will be hopefully you. I would love to do a book and audiobook of all the creative endeavors of my family and friends. It could be a recipe, a song, poetry, a photograph, or anything else. The sky's the limit.

Each one of us has ways to express our true nature. Many of my friends are getting up in age. I would love to see treasure chests of creativity from all my friends and family.

If you have a song or poetry the following formats are supported. Mp3, Wav, or FLAC. Also, the words should be included.

Hopefully, if the response is good I can have all this material for the future. My plan is each day to release something you did on Facebook. I think it would be a great project to do.

Even surfers or body surfers could submit photos, videos, or stories.

The goal is to show our creative expressions. We don't need only rock stars to be creative.

So think it over. Message me on Facebook if you have any questions. I'm looking forward to hearing from you.

Also if you have short stories or anything creative it would be a pleasure if you included them.

Let's see where this project takes us.

Each one of us has a piece of the puzzle.

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.

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. <http://www.donnrochlin.com/donn-rochlin>

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 audience.

He started booking himself at other churches, later adding to 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-'80s, 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.

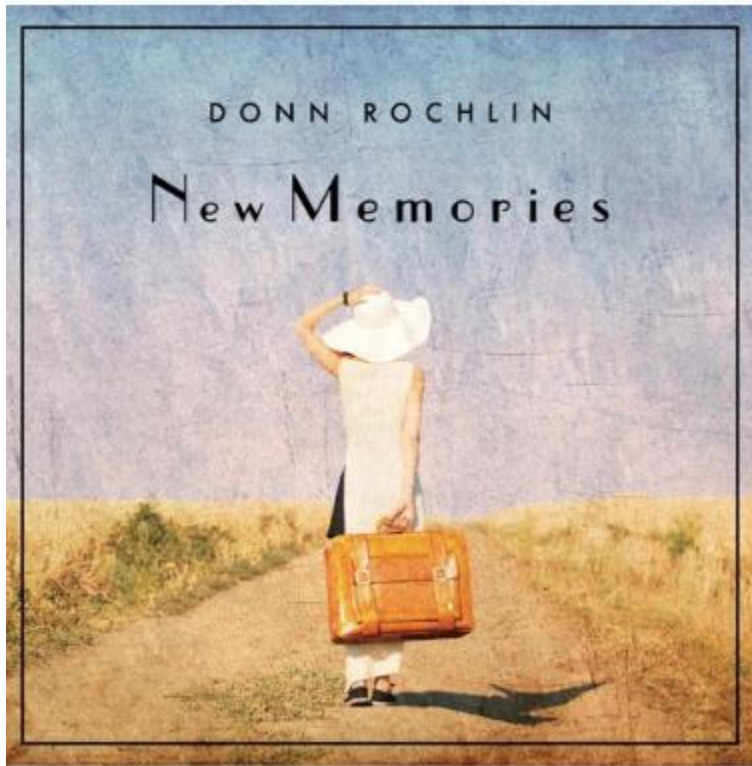
His teaching methods and philosophy of playing music from the heart rather than by reading notes helped free thousands of students from their fear of making mistakes and holding themselves hostage to perfectionism and performance anxiety.

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.



Stuart Hoffman



Stuart was amazing at playing the keyboard and singing back in the seventies. Fast forward forty years and he is still amazing. I love this Facebook photo of his. He sums it up. His music comes from the universe. Yes, Stuart loves to meditate.

[Here's a link to Stuart's site.](#)

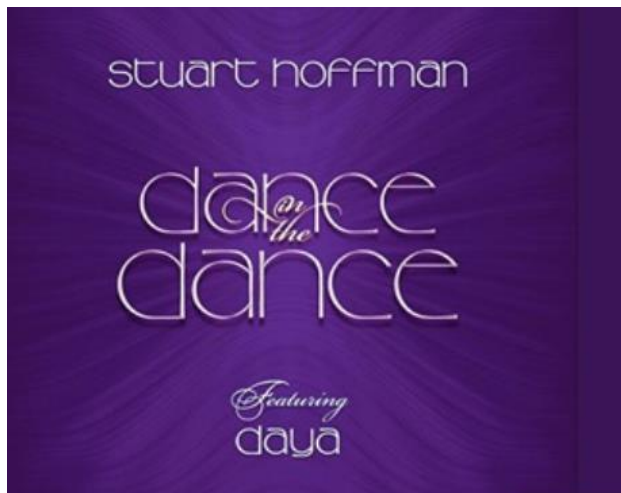
Dance in the dance



For you



Dance the dance



SILENT HEROES

"Silent Heroes" was written to acknowledge and honor those people among us that have and continue to selflessly put themselves in harm's way and give themselves humbly at the critical time of this global pandemic to help save lives everywhere on Earth.

And also all those that so often behind the scenes work tirelessly for the betterment of all life on Earth.

We were inspired by the non-profit group Wafa for their ongoing efforts to bring these "Silent Heroes" into the light.

<https://wafaward.org/>

To download the track please visit <https://stuarthoffman.bandcamp.com/>.
Proceeds will go to providing life-saving care to vulnerable groups around the world who are suffering from the Covid-19 pandemic.
Thank You.

http://www.ideachampions.com/clients/clients_anthems.shtml

Lyrics by Jennifer Edwards

Music and production by Stuart Hoffman

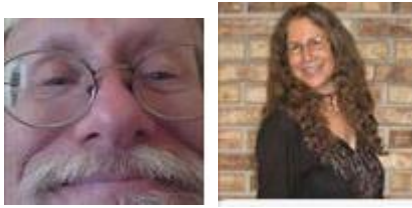
Vocals by Stephen Rivera

**We wrote Silent Heroes to honor those
beautiful souls that with extraordinary
kindness and humility are working to save
lives everywhere on this planet.
Mirroring the best of humanity.
Who we really are.
Thank You.**

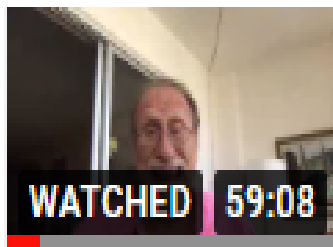
Darling be home soon



Richie Niles & Linda Pollock



As I remember them they were peas in a pod. They were incredible singers together. Both of them had an incredible sense of humor. I remember the audience laughing and clapping during many of their songs. Great hearts. I still read their Facebook post forty years later.



Talk Story With Richie Niles Pollock

Fletcher Soul Traveler

Prayer For Everyman



Timelessness



Trust is a bridge



Deeper Love



Turning the corner



In silence



Tomorrow



YOUTUBE.COM

TOMORROW

Richie Niles Pollock recites this poignant poem by Edgar Guest, entitled...

LOVE AND MAGIC - IN THIS TOGETHER #16 - "DEEPER LOVE" - THANKS TO ALL WHO SHARE!!! What a hit! I'm dancing, singing, feeling, healing...Thank You Richie & Lorenzo!!XX

Deeper Love



In this togerher



LOVE AND MAGIC - IN THIS TOGETHER #15 - Richie recites his original poem, "Empty Cup", based on an old Zen story, illustrating how the student must be empty in order to be filled by the master.

THANKS TO ALL WHO SHARE this wonderful tale, beautifully orchestrated by Alan Friedman!!!

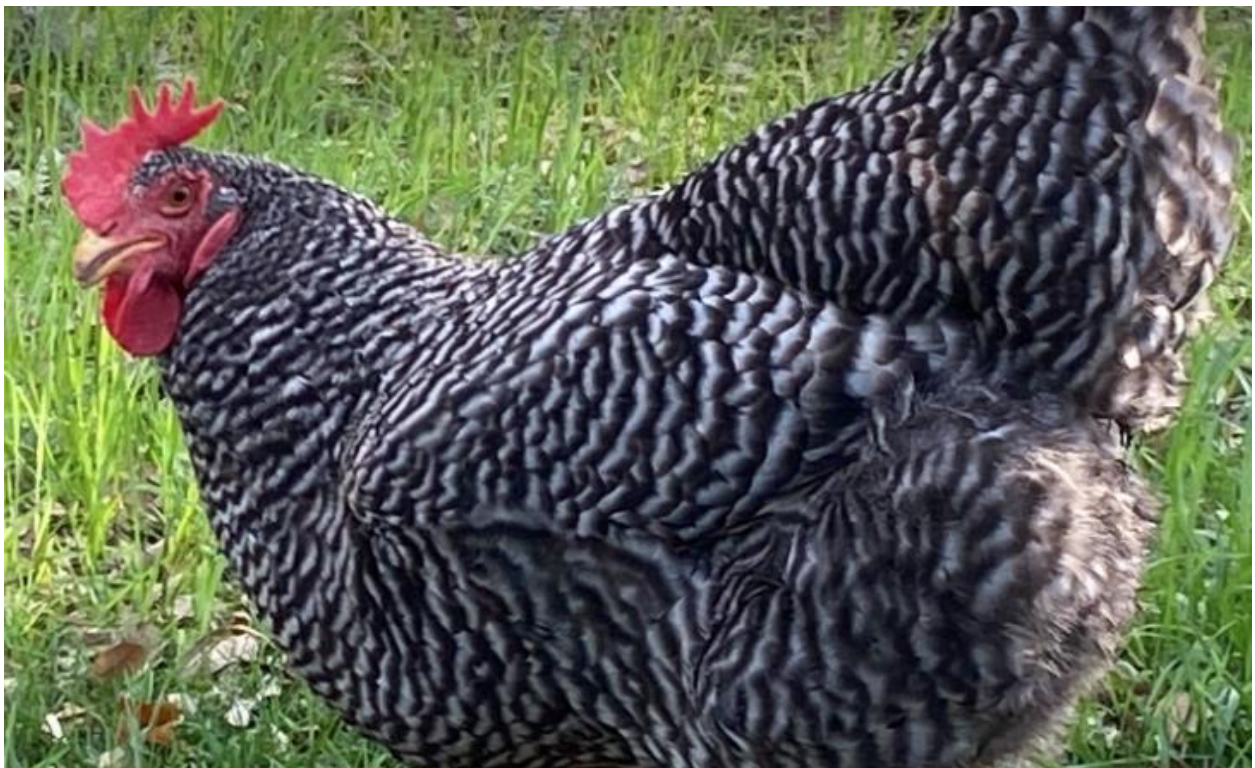
Paula Jensen



After many years Paula has resurfaced in my life. I haven't heard anything about her in many years. Some of my friends said she moved to Australia. Yet when we messaged each other on my birthday she said it wasn't so.

Paula brings life to the party of life. She is kind to all. I love those chickens of hers. She moved away from the city and lives in the countryside.

Here's Henny



Henny The Lucky Penny

I have so many things to be thankful for...
Food and shelter and much, much more...

I was brought to a home where I was loved
for sure...

I was never alone and always felt safe and
secure...

I have many friends to share my happy
times...

Even a dog named Daisy who hangs with us
most of the time...

Lots of treats every day and beautiful
scenery along the way...

Plenty of space for me to explore, places for
sunbath's, lots of bugs and much more !

When I needed help it was always there,
bandaids, ointments and my owner who
cared...

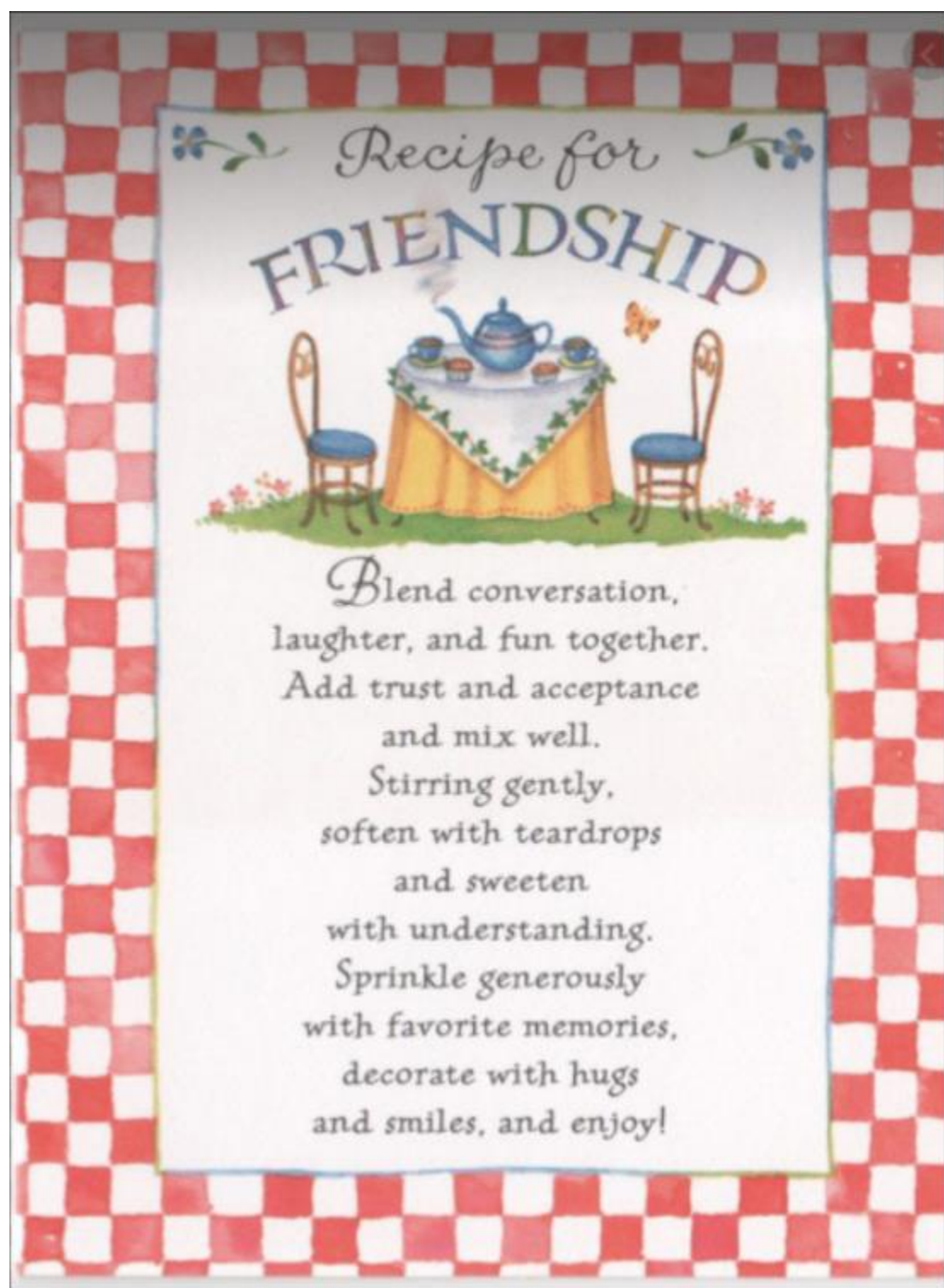
She's watches me closely and makes sure I'm
ok, I leave her an egg almost everyday...

I love sitting close to the door knowing I
can look in, it gives me great comfort being
together with all of my friends....

Who would have thought I would have made
it this long, after being attacked by an
opossum and having to hobble along..

I'm almost 8, which is getting up in chicken
years, living the life with very few fears..

So here's to a good life I hope to endure it's
been a fun ride that's for sure ...



Jeff Bernard

As you can see Jeff loves nature and hiking through it. Jeff walks through life because he reflects the true nature inside of him. He loves to meditate and spends a tremendous amount of time in nature.



Top of mountain



Smiling at top of the mountain



I made it this far



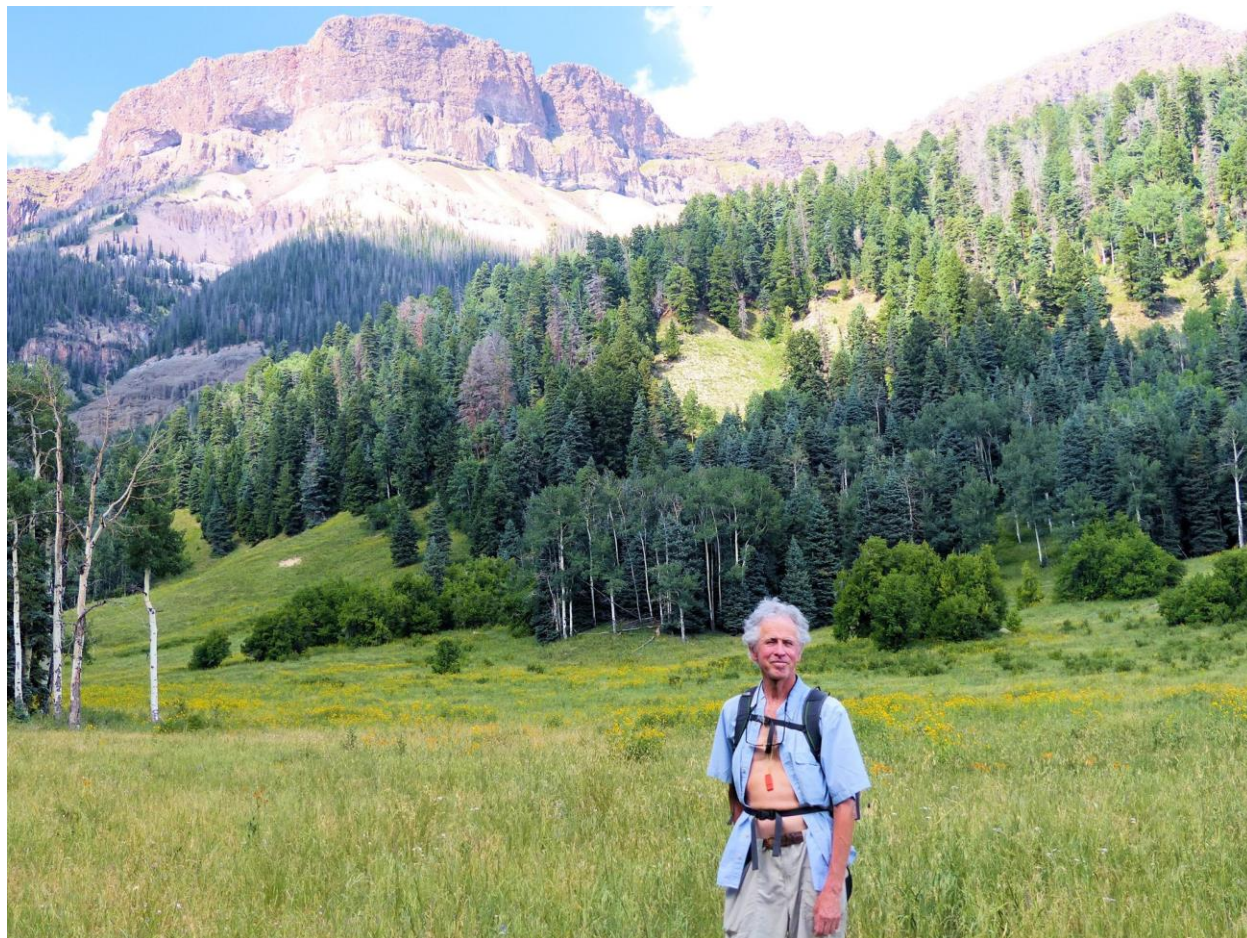
Look what's behind me



How's this for a canyon?



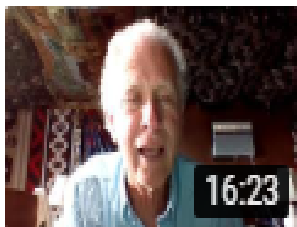
Nothing like a beautiful meadow



This is called God painting the sky



Flying Toys



Jeff Bernard Flying Toys

Fletcher Soul Traveler

It was my best Christmas. I was with my grandfather whom I loved dearly and who told the best stories. . . stories he made up as he went along. I received the toys that I most wanted. Santa Claus must have read my letter. My best present was the little plastic airplane that was connected to a line about eight feet long that had a handle with a battery-powered trigger to operate the planes speed. I could hardly wait to get back to Peru to show my friends. Everybody was so happy to be together. My father, and my mother with her parents.

Our vacation to the U.S. was only a week old and we were leaving to visit my grandparents on my father's side of the family. I always enjoyed the drive from Biloxi, Mississippi to Morgan City, Louisiana where my father's family gathered on Christmas day to celebrate. We were getting ready for the drive from the pine forests of Mississippi to the swamps of Louisiana. I felt like we were going to a different country, the two places are so different. I couldn't always understand what my cajun cousins were talking about since they all spoke French with each other; still, it was a pleasure to see them as they always hugged and kissed me, and were very warm. My aunts and my grandmother always served really great food. The gumbos, cracklings, hot sausage, and crawfish that they prepared in so many different ways always filled the holiday table. Even though I thought of the good food awaiting in Morgan City I enjoyed the breakfast of buttermilk pancakes and sausage my grandmother had fixed here in Biloxi.

After eating we packed the U-Haul trailer, kissed hugged, and waved goodbye as we pulled away headed for Louisiana. It really was my best Christmas. I had more presents than ever before. We had packed one small suitcase that contained all my presents, and nothing else. I hadn't realized what it would mean when my father mentioned to my mother about his raise in salary, and I didn't know that I was on the good end of his hard work.

When we arrived in Morgan City and began unpacking I discovered that the suitcase with all my Christmas presents had fallen off the trailer. My stomach went queasy and my heart raced as my eyes swelled with tears that soon became a flood. It turned out to be my worst Christmas ever, one I'd never forget.

A few days later we returned home to Peru. I only had a couple of small presents that my cajun relatives had given me. I often daydreamed of finding the suitcase with all of my presents. In Peru, it was a very distant dream.

The next summer we moved back to the United States and stayed with my mother's parents, whose house was only a block from the beach. One day while walking on the beach I met Kevin, a kid about my age and we immediately became the best of friends. He took me to an old barn where his family lived in the hay loft. It was the first time I'd ever seen a homeless family in the United States. Having come from South America and this being the 1950's I was used to seeing poverty but this was still a shock to me. They were very poor.

When my grandmother found out who my friend was, she threatened me with a spanking if I continued to see him. She called his family white trash.

My grandparents didn't have much. I didn't understand her feelings, or lack of feelings, for someone who had less than she. I cried and tried explaining to her how much my friendship with Kevin meant to me, but she would have none of it. Christ didn't want me associating with such riff-raff she told me.

She was a devout Southern Baptist and spent a lot of time reading the Bible. I guess she justified her actions through passages in the good book.

My parents didn't mind my Kevin. They told me that it was O.K. So I began sneaking out and playing with him in places where my grandmother wouldn't find out.

One hot, humid day while my friend and I walked in the wet sand at the beach he began to tell me a story. He said that the previous Christmas had been very sad for him. It was, he said the worst Christmas in his life. He and his younger brother and sister didn't receive any presents at all. He told me that he came to the beach to walk his tears away on that Christmas day. While walking along and crying to himself he noticed a suitcase lying next to the highway that runs along the seawall. He ran over to it hoping it was undamaged and would contain something useful to his family, maybe something he could give as a present to his mother who also didn't receive anything on that Christmas. He pulled the suitcase away from the road and onto one of the steps of the sea wall near the sandy beach, where he opened it and quickly became a believer in Santa Claus again. It was full of nothing but toys. Toys for someone his age. It turned out to be the best Christmas in his life. He told me that his favorite toy in the suitcase was the little plastic battery-operated airplane.

I couldn't believe what I was hearing as he described the contents of the suitcase with all of my Christmas presents. I stood on the beach in shock. My

mind was racing with thoughts of the toy airplane and other things that had belonged to me. I looked at his face, I looked into his eyes. I decided not to tell him. He would have given everything back, even if I insisted he keeps it all.

We moved to Louisiana a few days later and I never saw Kevin again, or the Christmas toys that were his.

John Franklin Fletcher

His music spans many genres of musical expression. There are influences from electronic, blues, rock and roll, reggae, country, gospel, spiritual, gregorian, new age, classical, opera, and more in his songs. He believes a lot of his songs would be very suitable for the big screen as it fits his writing signature and style.

John is not a trained musician or vocalist but has a very solid intuitive feeling for musical energy patterns. He writes for his own enjoyment, personal expression, and joy. He experiences deep focus and connectedness when composing his music.

[John's music site](#)

[Songs](#)

[One God](#)

[Cosmic Travelers](#)

[Never Give Up Hope](#)

[Nobody Truly Wins a War](#)

[Visitor](#)

[Timeless](#)

[Being Old](#)

[I Feel So Good When I Feel Love](#)

[Angels Fallen From Heaven](#)

[In a Day of Lovers](#)

[Sea of Mercy](#)

[Rumi I am the Soul](#)

[If Superman Was A Man](#)

Richard Fletcher

Richard loves life. His passions are meditations, surfing, cooking, and Family & friends. My twin brother John did the background music for these projects. My friend Donn Rochlin did two of the albums which you will see in the next chapter.

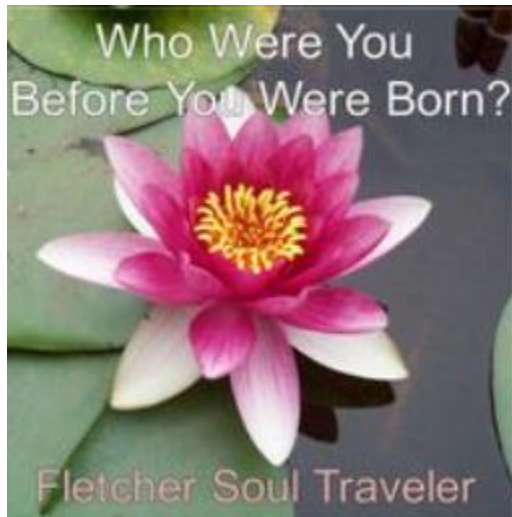
The Fletcher Soul Traveler Collaboration Project is between my twin brother Richard and myself. His poetry along with my music compositions will take you along a cosmic ride! I hope you enjoy your journey!

John Franklin Fletcher & Richard Fletcher

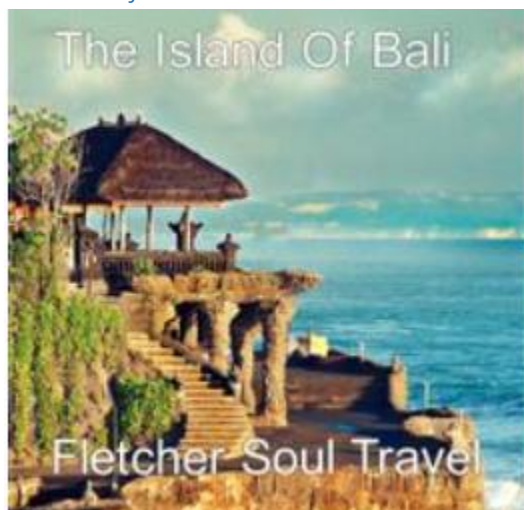
Dragon Tales



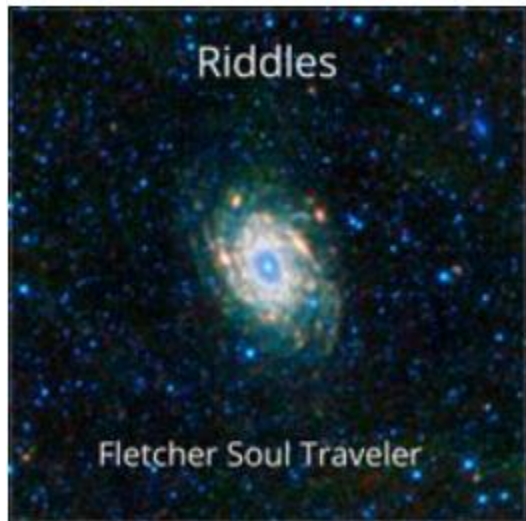
2017 Albums



2018 Project



2019 Project



Project 2020



Here are over 50 years of unique recipes from around the world. Many thanks to my family and friends who helped out on this grand adventure. I started seriously collecting recipes around 1971. I took a cooking class in high school. See chapter on Julie Smart. Here's a link to the pdf for the recipes. Each recipe was interfaced with the USDA database.

Our goal is to provide you with quick and easy tools to assist you in all areas of cooking. Each recipe has a nutritional label that you can use for a healthy and tasty recipe. Using your smartphone you can have a shopping list for each recipe on hand while shopping at the store. While you are making the recipe your

smartphone will help you prepare your meal by easy-to-use directions. Most of the recipes take less than 30 minutes. It's a great and easy way to share and discover new recipes.

[What's cooking treasure recipes](#)



Donn and Richard

Donn and Richard worked on these two albums together.



[How Can A Fish Drown In Water?](#)

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

[The World Is A Drama](#)

Guru Nanak once said
The world is a drama, staged in a dream.
Mystics throughout the ages have pondered this over.
We are living in drama, staged in a dream.
Is our dream real?
What is considered a dream?
We come and go from this world.
Is this a dream or where we come from a dream?
We live our lives in so much drama.
We react to the beatings of life.
Is there a way to solve this puzzle?
It seems very complicated.
One layer over another.
Yet the answer is simple.
Open the door within.

Sailing

I'm sailing home to my beloved.
The winds of grace have filled the sails.
The tiller is on remote control.
Can you feel the fresh wind upon your face?
The ocean at times is calm.
At times it is stormy, yet I have faith.
Huge waves of change cover my boat.
The storm ends and there's calm.
At times the journey hits the doldrums.
Not a bit of wind in sight.
My mind is restless.
I'm so bored.
Suddenly a dolphin splashes me and grins with delight.
I forget my boredom.
At times my journey is dangerous, with sharks all around.
At times the journey feels like a walk in the park.
Sitting on the deck with a beer in my hand.
I'm relaxing with sunglasses on my face.
At times the journey feels like America's cup.
Racing towards the cup.

I gotta make that buck.
At times my boat is going down the drain.
My life is in constant pain.
I realize that I'm dreaming.
I'm in my bath watching the toy boat go down the drain.
This vessel of life is incredible.
At times this journey is like the Love Boat.
You're in love and nothing else matters.
Until the wind goes out of your sails.
This journey is incredible.
I'm sailing home to my beloved.

Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of?

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

[He Who Says Doesn't Know](#)

He who says doesn't know.

He who knows doesn't say.

The truth is not the book.

The book is not the truth.

The truth lies inside the book, yet is not the book.

The book contains truth, yet is not the absolute truth.

Truth is, was, and will always be.

A book is simply words that try to describe the truth

Truth can never be described.

How can the finite mind understand the infinite?

A book only talks about the fruit but is not the fruit.

Only by eating the fruit can you understand.

[A Man Of Forty](#)

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

In the midst of our business negotiations have we ever stopped and said, "WOW
I'm alive"

We go on in our petty life with so much detail.

We place such importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

We promised our generation we would never be like our parents but look at
ourselves in the mirror.

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Now is the time to wake up and change our life.

Stairway Of Life

Man climbs the stairway of life and gets very frustrated.

He looks for satisfaction but never quite finds it.

Man is tired but can't find sleep.

Alone at night, he prays for answers.

There is an elevator within that man can take.

It doesn't stop until a man reaches his true home.

Stop and enjoy the ride.

The whole universe is spinning right between your eyes.

The secret of life lies within.

The mystery of this riddle lies in your heart.

Be like a child and discover your youth.

Your true father and mother are keeping you alive.

Relax and enjoy the sweetness of breath.

Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's really difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which really hurts.

If you don't paddle fast enough you won't catch the wave.

What really hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Some things take longer than others.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

In that state, they haven't anything to prove.

They will act like a child.

If someone tells them they're wrong, they will just smile.

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

Serenity

Serenity is the state of being calm, peaceful, and untroubled.

Think of life as a video game.

In a video game once you master a level you go to another level.

People love the challenge of playing the game.

Now imagine playing the video game of life.

Which by the way you are.

Have you read the instruction manual?

Do you know even if there is one?

Are we on auto-pilot in this life?

Anyway here's a few suggestions on playing the complex game.

Imagine you're playing this video game.

It's old and new at the same time.

The purpose of this game as you know is to go through the various levels.

Step 1.

Life throws you a curveball.

How do you react?

If you can be in a state of being calm, peaceful, and untroubled you go to the next level.

Otherwise, life throws you a curveball and you try again.

Now if you pass level 1 be ready for the next step.

Life throws you a curveball.

How do you react?

Serenity is a state of mind where you go through and learn how to react to life.

Been there done that.

It's learning the video game of life consciously not in a stupor.

Every step of the way is a practical learning experience.

Each time a curveball is thrown remember you can hit a home run.

[Forgive](#)

I love the definition of forgiving.
Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.
Imagine a person does you wrong.
You have every right to be angry.
Time passes and the person who wronged you has forgotten the situation.
But you haven't.
The anger is still festering within.
The poison left by the arrow lies inside of you.
The moment you truly forgive yourself and the other person true alchemy occurs.
True healing can take place.
This is the law of forgiveness.
It doesn't say you must forget the experience.
The law says to forgive.
Big difference.
Like the world, we would truly be more content if we forgive ourselves and others.
Learn from your mistakes.
Forgive yourselves and others along this journey of life.

Nothing To Prove

I'm sure by now you know that the sun in the sky has nothing to prove.

The sun just shines.

The moon at night doesn't say "hey look at me".

The wind doesn't whisper in your ear "I can blow you away".

The wind just is.

It doesn't have anything to prove.

A dog just loves his master.

A dog has nothing to prove.

A dog just loves you.

The creator has nothing to prove.

The creator is infinite love.

The creator doesn't judge you.

The creator just loves you.

Are we the only creatures on earth that have something to prove?

Where did we get that from?

What are we missing in life that we have to continually prove ourselves to others?"

A wise man has nothing to prove.

He just smiles.

3 Blind Men And The Elephant

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, while the last touched the tusk.

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

Maybe it's about time to be open to something new.

Your enemy is talking about the same thing you are.

He just has a different piece, a different point of view.

In the end, the essence is the same.

Brad Schultz



My brother and I had great memories of the Schultz family. During my senior years Brad, John, and I decided to hike into the Bixby ranch. To make a long story short I broke my arm in the process. During my high school years, we developed a great friendship. I still have a place in my heart with Brad and his family.



On Tuesday of this week, I was visiting my Mom and my brother David's family. I was driving with my Mom and my wife Barbara.

We took the ferry from the peninsula to Balboa Island. Every time I go to Newport Beach I try to stop at Sugar and Spice for a frozen

banana. It was crowded on the island. It was spring break yet synchronicity came our way. There was a parking space right in front of the building. We got

out of the car and order our stuff. I told the person who was serving us that many moons ago I worked there. She wasn't interested in the slightest. We sat down on the bench and began to eat our dessert.

I see this picture on the store window saying taken in the '60s. I look at it closely and said that it looks like Brad Schultz. At the same time, my wife said "Brad Schultz" is in the picture.

She read this from the sign.

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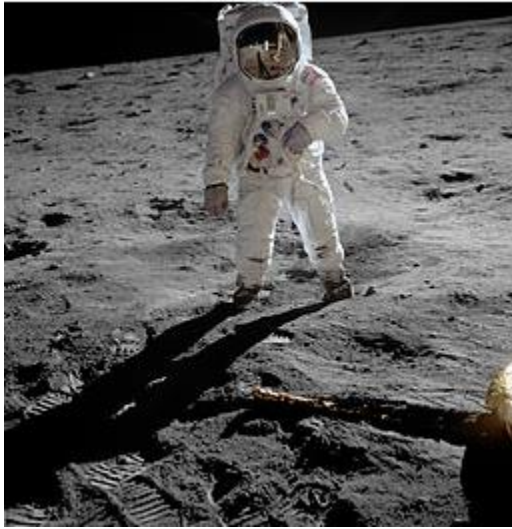
Dot & Bob's was sold in 1945 and became Sugar 'n Spice. They began to also sell blocks of vanilla ice cream with a tongue depressor wedged inside, dunked in melted chocolate, and then covered with a topping – thus the Balboa Bar was born.

Brad Schultz (second from the left in the banana yellow uniform) worked at Sugar 'n Spice in the 1960s when Bob Fitch was the owner. Crates of bananas were delivered in the back alley each week and sorted by size. They were peeled, stuck with a stick and frozen for 24 hours.

There was a vat of melted milk chocolate at each window so customers could watch their bananas being dipped and rolled in their choice of toppings – chopped peanuts, crumbled butter brickle, rainbow sprinkles or chocolate sprinkles (jimmies).

In 1995, Helen Connolly bought the business from a woman named Bettie Banto who taught her how to make the perfect Balboa Bar.

I'm hoping that Brad will recognize the rest of the young men in the picture. I think Steve LaMontange(a good surfing buddy of mine is in the picture). What a small world.



While I was working there on July 20, 1969, the first man walked on the moon. I will never forget that day.

Just imagine that your cell phone has more power than the computers that were on board. The technology at the time was highly advanced yet today it's primitive.

Science was highly regarded at that time and place. Unfortunately today we have a wave of people who totally disagree with the finding of

our scientific people.

It's amazing how we can see images from the past in the future. While I was eating my dessert a flood of memories came to the surface. What an incredible life we have. I don't even think that Brad knows about this. I hope you enjoy this Brad. Gary Dahl worked there for a few years.

A few months ago I asked Brad how his Mom is doing. She is in her early nineties. I asked if he had done anything with her history, and Brad responded that he is doing a project on the little ted house, In this youtube video Brad interviews, his Mom and she tells the story.

There are tons of pictures. I was highly impressed. It was very touching and heartfelt. It captured the human spirit. Click in the image below to see this heartwarming story.

[The Little Red House](#)



All is One

There's a power
Surging through this universe
That makes us one

And like the flower
To this Earth, we do unfold
Before the sun

Chorus 1

From the smallest piece of matter
To the power of ten thousand suns
We all are made of stardust
Connected in the end
And all is one

She's a dancer
Blowing softly 'cross the floor
Like the wind

And when you're dancing
She'll be with you in mirror
If you look within

Chorus 2

From the blood that courses through us
To the oceans and the seas
The blood the sweat the tears
The same salinity
For we are one

And when we gather

To share all our memories
We are one

It doesn't matter
Our religious philosophies
For we are one

Chorus 1

From the smallest piece of matter
To the power of ten thousand suns
We all are made of stardust
Connected in the end
And all is one

There's a power
Surging through this universe
That makes us one

And like the flower
She bloomed briefly on this Earth
And touched everyone

Chorus 1

From the smallest piece of matter
To the power of ten thousand suns
We all are made of stardust
Connected in the end
And all is one
We are one
All is one...

Kim Margolis



Singer-songwriter Kim Margolis is a singer /songwriter producer from London, England. At the age of 16, he left school with a passion for the music industry, where he found work as an assistant engineer/tape operator for Dick James music (Northern Songs).

He worked with Reggie Dwight (aka Elton John), Steven Demetre Georgiou (aka Cat Stevens), and other up-and-coming artists recording mostly early demos. He was then hired by the Decca company to work in their copyright dept and swiftly moved up to staff record producer.

He worked on tracks for David Bowie (The World of David Bowie) and produced various new artists including the classic folk album "Every time You Move" by Hunter Muskett.

After being disillusioned by the record business in 1969 he "dropped out" and went to live on a hippie commune in the Welsh mountains. Always passionate about songwriting and music production, he continued to write and play solo and in various bands and continues to this day to perform and record in the San Francisco Bay Area.

[Under the blazing sky](#)



Extraordinary Times



Like Electric Blue



Particles...



Place of love...



It's a new day...



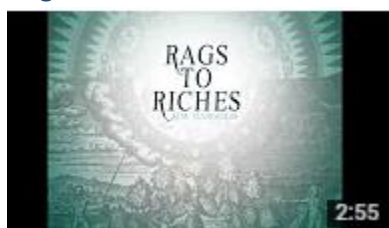
Song of Love



The Frozen from the Album The Tide



Rags To Riches



Steven Soffer



I once went to Steve's house for dinner in 1978. I still remember clear as day after dining Steve and I go into the kitchen and he makes a smoothie out of soybean ice cream.

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



About a year ago Steve got sick. It was a blessing in disguise. Out of nowhere, Steve started writing these incredible poems. Steve shared these poems on Facebook. My brother John and I were completely blown away. When I started

this project I had Steve in mind. We connect through the phone. Mind you it's been over forty years yet that same connection was there. Nothing was lost. I helped Steve to get the software install for the recordings of his poems.


He did a quick test to see if it was up and running. Then Steve started to record his first poem. He started to playback his recording. It was crystal clear. I got goosebumps listening to it.

In my eyes, there is a huge difference between reading a poem and listening to a poem. It's like trading the words of the song imagine by John Lenon and then listening to the song. Difference between night and day. Thanks, Steve for contributing to this project.

[when is one plus one only one?](#)

when is one plus one only one?
 when you merge yourself in HIM.
 go to the school of true knowledge
 this is the only math you need.
 addition by subtraction
 .take your self away and what is left is nothing.
 do you know the value of zero?
 do not worry, you will not disappear.
 your heart and soul will blossom.
 and grow and explode with love and joy.
 more is less and less is more.
 there are no worries here.
 half of what you worry about never happens.
 and the other half is only half as bad.
 student..do the only true math.
 you then become the teacher of Him!!

[love is like a fox](#)

love is like a fox.....quietly it stalks its prey....but when it strikes...IT MAKES ITS PRESENCE
 KNOWN! .

have you had an accident?

have you had an accident?
 it can happen many ways.
 when our hands come off the wheel
 it can put us in a daze.
 we must pay diligent attention,
 we must focus when we look.
 if we become distracted,
 thoughts steal it like a crook.
 we sense where we are going,
 when we use HIS GPS.
 our journey and arrival,
 are then guaranteed success.
 just keep the eyes one pointed,
 and always steer the wheel.
 we will travel safely
 through all traffic jams,
 pay attention to what you feel.
 you will know upon arrival,
 with clarity you will see.
 you can never lose HIS license,
 or ability to be.
 do you know whats best about this?
 we can travel near or far,
 the magic is in getting there.
 we dont even need a car.
 remember.....
 there is never anything new!!
 just what we forget.....
 SO KEEP YOUR HANDS ON THE WHEEL,
 we will never have regret!💖.

do you know HIS number?

do you know HIS number?

does HE call you on your phone?

when you want and need

to speak with HIM,you never are alone.

HE calls us every morning,

HE speaks with us at night.

HE answers us at hyper speed,

HES faster then the light!

do you hear HIS ringtone?

is it music to your ears?

when by grace we speak with HIM,

HE rids us of our fears.

do you use HIS magic smart phone?

did you sign up with HIS plan?

HIS phone comes free when joining,

its inside every man.

just dont forget HIS number,

and may we please remember HIS name,

and when by grace we speak with HIM,

we always play HIS game.

are you an Active member?

of HIS eternal cosmic plan?

then recognize HIS ring tone,

your devotion it will fan.

gopi- lover... just remember this!

when HE calls us... ANSWER THE PHONE!

does HE talk to you?

does HE talk to you?

do you listen when HE speaks?

do HIS thoughts come waffing
through your head and heart?

HE is the craftiest of sneaks.

does HE act as guide

to what you sometimes do?

and sometimes what you think?

have you felt HIS magic

in your breath?

HIS holiest of links.

does that bell ring true

when you hear HIS voice?

wonderful!! i am so glad to hear

i thought i was going crazy!!💖💖.

have you been struck by cupid's arrows?

have you been struck by cupid's arrows?
he works for HIM you know.
their tips are drenched in passion,
HE is everywhere we go.
HE penetrates our heart strings,
HE shoots straight through our soul,
and every time i try to run,
to capture me HIS goal.
do not fear of being hunted,
HE finds us just the same.
HE knows where we are hiding,
devotion is his aim.
please.. hunt me down and shoot me,
with your arrows dipped in joy,
i try to run and hide from you,
attempting to be coy.
sometimes i even see you,
at times the wait is long.
sometimes i get to listen,
and hear your eternal song.
i always get to feel you,
and sense that you are near.
please annihilate my ego,
and take away my fear.
may i always be your hunted,
and ready for your kill.
and when your arrows pierce my heart,
i live to feel that thrill. ❤️❤️
p.s. HIS love is like a fox,
quietly it stalks its prey.
yet when HE strikes,
HE makes HIS presence KNOWN!!!

have you flown His magic carpet?

have you flown His magic carpet?
what?... you did not know that it could fly?
have you seen His stars at midnight?
in the darkness of the sky.
do you feel His breeze each morning?
or sleep the day away?
He visits us with every breath
may we welcome him to stay.
let us ride His magic carpet,
where it flies is so sublime.
instructions are on the inside
on how to take the ride.
do you know of flying carpets?
or seeing in the dark?
or do you join Him sitting
when you visit heavens park?
HE always wants to join us, have i always time for Him?
or am i sometimes busy,
doubting i can swim.
lets dive in holy water,
only egos ever drown
when swimming with our lover,
smiles change from frown.
when next you see His carpet,
just know that you can fly.
it is Knowledge how to fly it,
that lets our ego die.💞💞.

its so easy to fall in love

its so easy to fall in love

not so easy to rise in love.

have the burning flames of desire

lit your travel bug?

does your every breath dare to know its source?

is your vessel worthy?

does it sink or sail?

we are sailing on the river of HIS eternal love.

one needs not aim its rudder,

just follow all the stars at night.

effort and grace will take us there,

to a world beyond

both comprehension and belief.

lets sail with HIM,

on the river of every breath.

it is the greatest journey one can ever take.

the joy is in the journey,

as well as the destination.

the itinerary is beyond belief.

heaven is its port of call.

let HIM be your captain and mine.

all we need is to enjoy the ride.

are you afraid of sailing?

no one here ever ever drowns,

except into the sea of HIS eternal love.

on his vessel all travel well.

the secret is to learn to ride the waves.

you will not get seasick!

just dont ever leave HIS ship.

your travel agent awaits your call,

do you know the number?

then book your travel now!

why..because as HE has said

tomorrow never comes!

eternity is now, in every single breath.

just a note... i have been writing some poetry this week. it all has come surprisingly out of somewhere, nowhere..i am really not certain. just to be clear..these poems are written by me for me.i do enjoy sharing them...but just to be very clear. i am not trying to portray myself as anything . clearly i am very far from being an enlightened soul. i am like all of us taking this journey on the path. if these musing inspire you..that is so wonderful. clearly they are inspiring me. if not that is great as well. life is all about choice.. actually i have been very ill for a few weeks and housebound. it all started happening(the poetry) out of the blue. i too am just sailing on his path like the rest of us.i call these poems" wisdom of the idiot" i do hope you still enjoy them .i am having a wonderful experience in writing them.💖.

listen. do you want to know a secret?

listen. do you want to know a secret?

do you promise not to tell?

closer...let me whisper in your ear

say the WORD you want to hear,

YES..I AM IN LOVE WITH YOU!

this is not john or paul nor ringo singing

this is your captain and pilot speaking!

do you want to fly with me?

let me take you to heavens gate.

come with me to the land beyond time and space.

the ticket is free.

all that is required is your willingness to fly!

come with me through my starry endless sky.

put on your wings and rise!

you are already there

and I am always with you.

let me show you who you truly are.

be the butterfly!

student, remember this....

ONLY THE BUTTERFLY KNOWS WHY THE CATERPILLAR CAN FLY!💖

Are you finally ready to play divine hide and seek?

Are you finally ready to play divine hide and seek?

then you must commit to its only rule.

you must seek only with your heart.

and play completely in the dark.

the path is lit by fire.

burning desire guides your every single step.

have you firewalked??

do not worry...your feet wont burn or even touch the ground.

your heart WILL with desire.

and its flames will guide you.

come and play and join in this eternal dance!

between heart and soul,

between every single breath.

nothing is REALLY hidden.

it is just that the blind cannot see.

student...the time is now!!!!

PUT ON YOUR GLASSES!!!💖💖💖💖.

do you want to go to eternities garden?

i have been really enjoying my new found love of writing poetry. this is my third poem. any feedback really helps and is greatly appreciated. " do you want to go to eternities garden? it is truly an amazing place. admission is always free and the secret space is ALWAYS open. Finding it is the key. it is off the beaten trail. it takes KNOWING where to go. a simple but not easy task.many have come close but never enter through its heavenly gates. do you HEAR ITS WHISPER? does it call to your heart? it lies between your heart and soul. time is endless there. the vistas are incredible. much more than mere words can describe. the sweetest fruits are growing there, with the most heavenly of nectars. do you want to come in? if so then follow your every breath...the most ancient GPS. upon arrival just breathe the password. no words are spoken here. in this silence all things flourish and grow. just LISTEN TO YOUR HEARTBEAT. every beat says enter. just DO NOT THINK ABOUT IT! understanding is the booby prize!!💎💎💎.

i hear thunder

i received so much positive feedback on my first written poem yesterday that i did another one today. let me know what you think.....i hear thunder...i see lightning, as the sun darts in and out between the clouds. do you pay attention to the rain??? the winds of grace can carry you..lift your sails and catch the wind! it WILL take you where you truly want to go. the rain both in and out refreshes you as you go deep to catch its every drop. student.. do you want to sail on the vessel to eternity?? then trust the divine will take you there. watch the stars twinkle inside your very head. let the light of love and kindness guide your way. perfect god, perfect man, perfect being, perfect life the life of god is my life now. it is all in there, inside of you, complete and waiting for your call. waiting for you to say "who is there"? and of course..PLEASE COME IN. ❤️❤️

a flute divine plays within

i wrote this earlier today while feeling inspired. "a flute divine plays within. with every breath i take. spirit dances invisibly within my very chest. i ride on a swing which never ever stops. the sun,moon and stars shine brightly- even behind the clouds. do you know who you are?? do you know why you are here?? the ladder to climb to heaven is tall and steep. its rungs are rickety and difficult to stand on and climb. all the riches of the earth, gold and silver precious gems cannot take you there. do you want to fly?? the journey lies within.all you need to know you already know . student and teacher alike all must go within to find the true gift. it lies right between your every breath."❤️❤️

Kathy Sisler Soffer



I first heard of Kathy through her music. I don't recall the name of the film yet Kathy sang this incredible song about Prem's newborn daughter. It was like an angel singing.

Kathy, as you can tell, is married to Steve. I remember their son Alex when he was a newborn. They called him pumpkin. Today he is grown up and has a family of his own. I haven't seen him since.

[Kathy Sisler Soffer Spotify](#)

Ruthie Cisse



I loved Ruthie and her parents. Ruthie had a zest for life. She made these incredible custom mandalas. She was a great artist, and dancer, and loved to practice yoga. My wife and I loved to be in her presence.

Here's a poem that she wrote about mandalas. She has been making mandalas ever since I first met her.

[Energetic Imprint](#)

Energetic Imprint

A full circle
 Arms that embrace
 An immense love
 That holds a devotional
 Sacred space
 Filled with emptiness
 A vast expanse of no end and no beginning
 A mother's embrace

Embracing self
 Embracing body
 Embracing life
 With eternal twists and turns

To see a view from above
 A strong mandala
 of shadows and lights
 Linked like cells in an
 Interconnected web of humanity
 Spiraling into
 Protecting space within
 Moment by moment
 Breath fills and lets go
 Waves rise and fall
 A seed is planted
 patterns emerge
 Energetic Imprint

Who do you love immensely?
 Who has left an imprint
 on your heart
 And you on theirs

-by Ruthie Cisse
 NYC Fine Artist/Dancer/Yogi

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ruthiecisse "The raven grasped the sun in its beak and brought light to the entire Universe." —Totem Stories "Let my heart be still a moment and this mystery explore..." —'The Raven' by Edgar Allen Poe

I came across this poem written on cobblestone under my feet at the park yesterday! Today, I found this mandala I drew many years ago of the raven, in the style of Northwest Coast Native Art, a beautifully graphic, intricate design that holds mysterious, fluid shapes and totem animals within the main totem animal. I'm sure it's no accident that raven appeared yesterday and today, because the meaning aligns perfectly with the current state of things:

Childhood (House Of The Future)



My brother and I were born on December 24, 1952, in Pasadena Calif. We had an incredible childhood. My Dad and Grandfather owned an aerospace company.

The first house I remembered was near an orange grove. My brother and I would sneak through the fence and walk in the orange grove.

There was a tree house and we would climb up in it. We were probably three years old. Our house was years ahead of its time. My father and grandfather were both inventors.

They developed a house where you could walk in the house clap your hands and the lights would come on.

The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.



Move lamp an where and it would light up. 1



Windows would close when it rained. 1



Move watching us on TV 1

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

fifties..



Steering wheels for kids 1





Floating frying pan 1

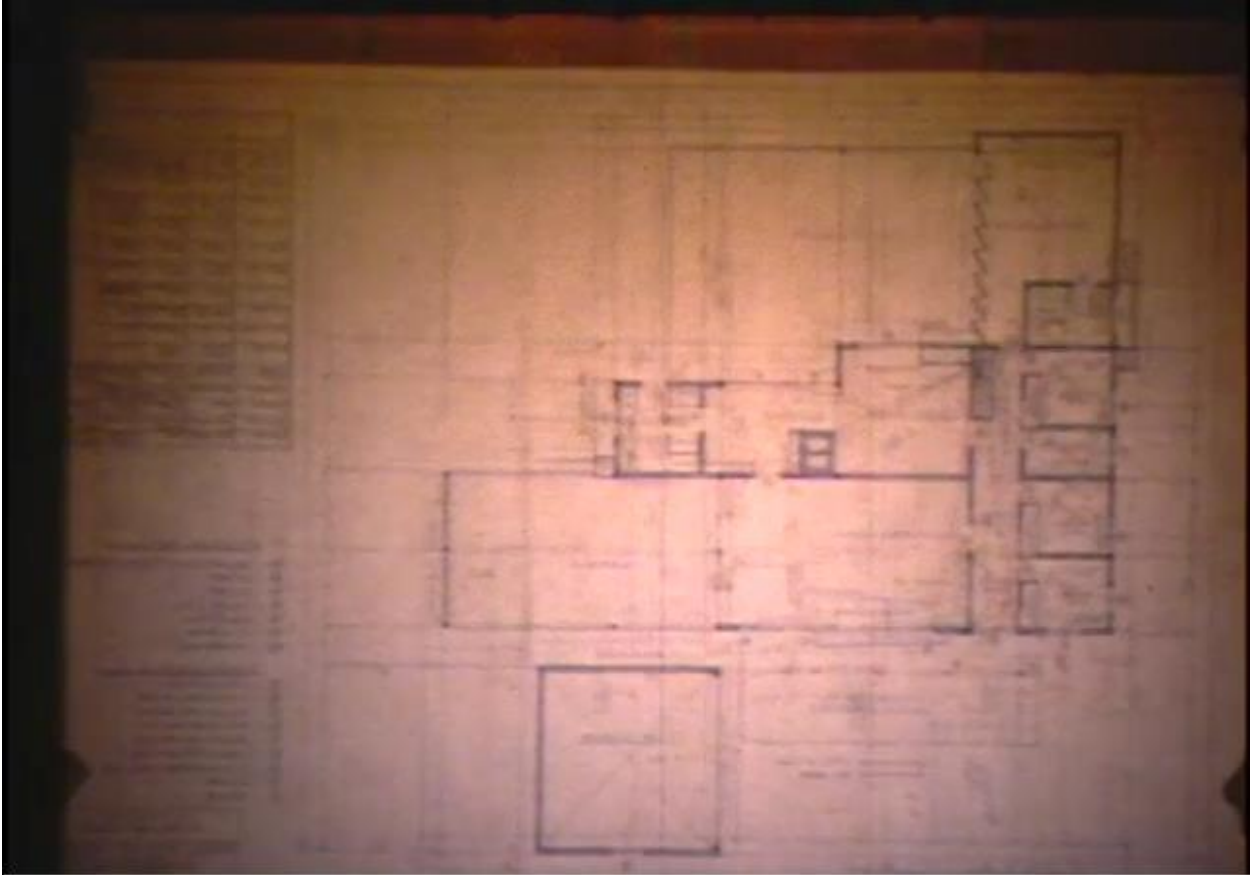
In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)



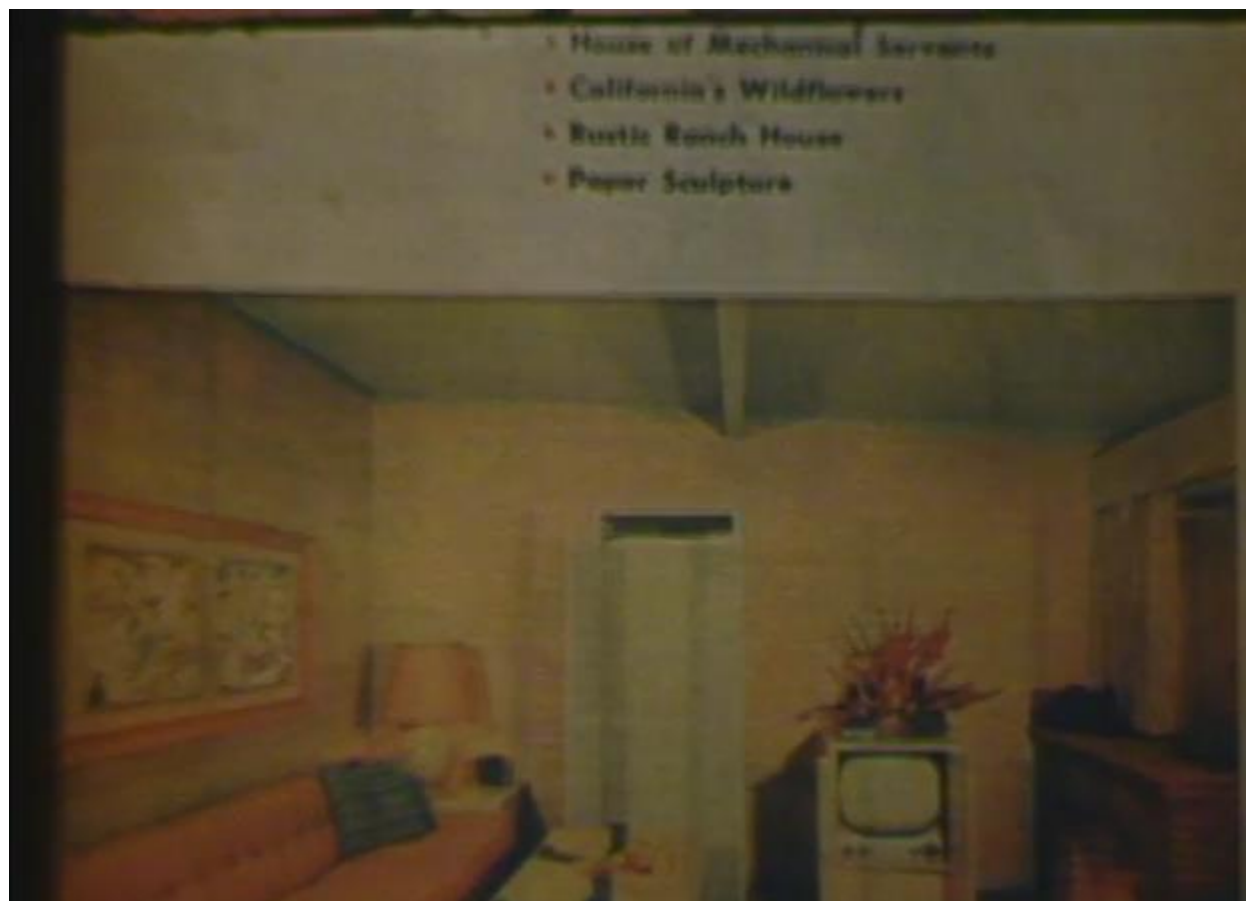
Control room 1



Designing house 1

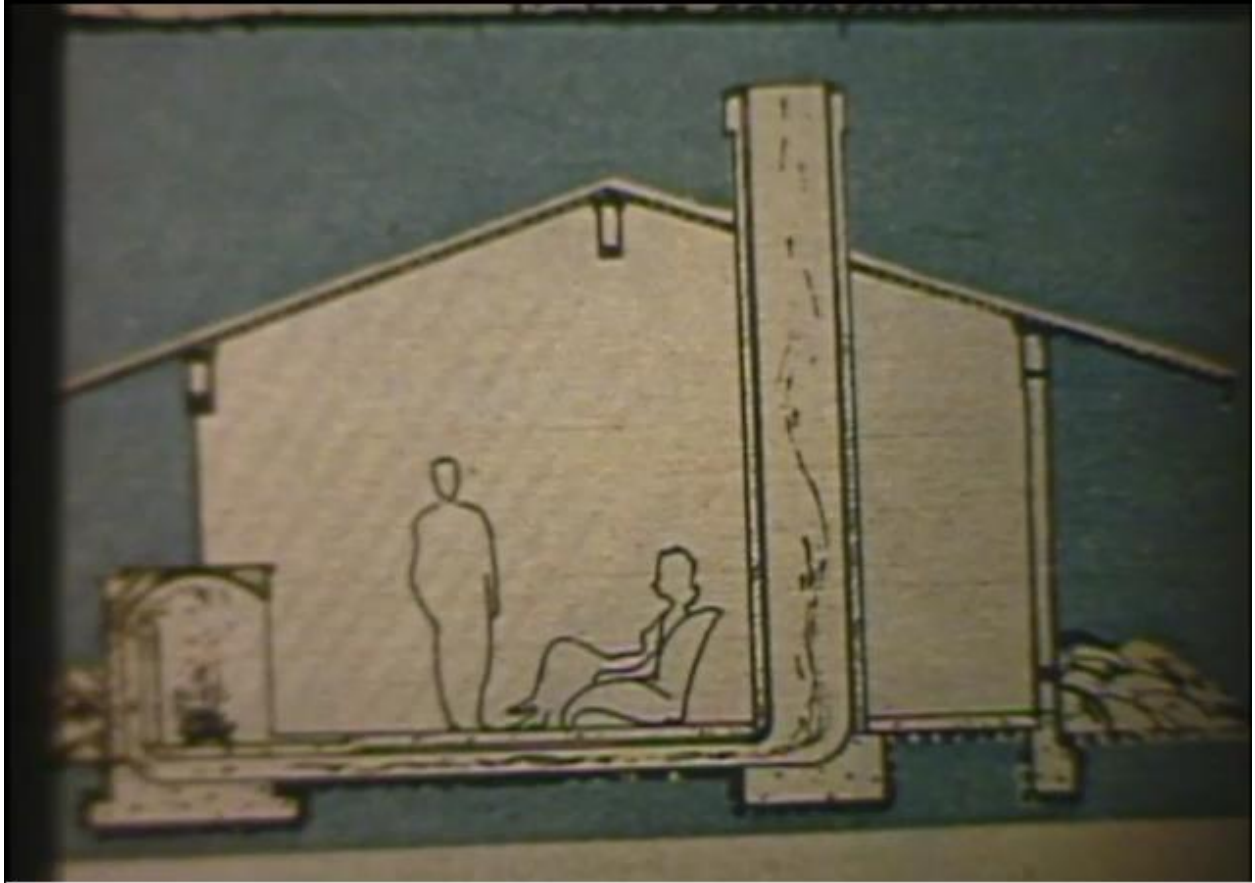


Plans 1



LA Times House section 1





chimney underneath floor. 1

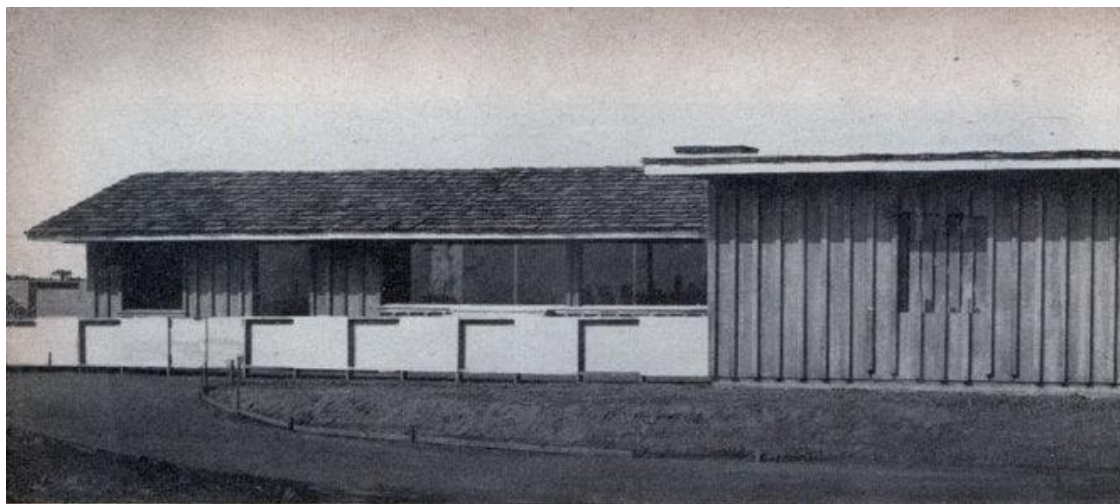




Lights turn on and off by waving hand. 1



Could see out but not in. 1



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

Built for Modern Living

A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

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

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

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

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

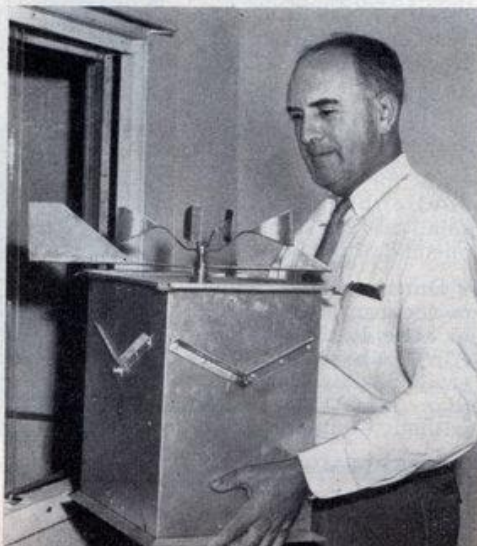
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

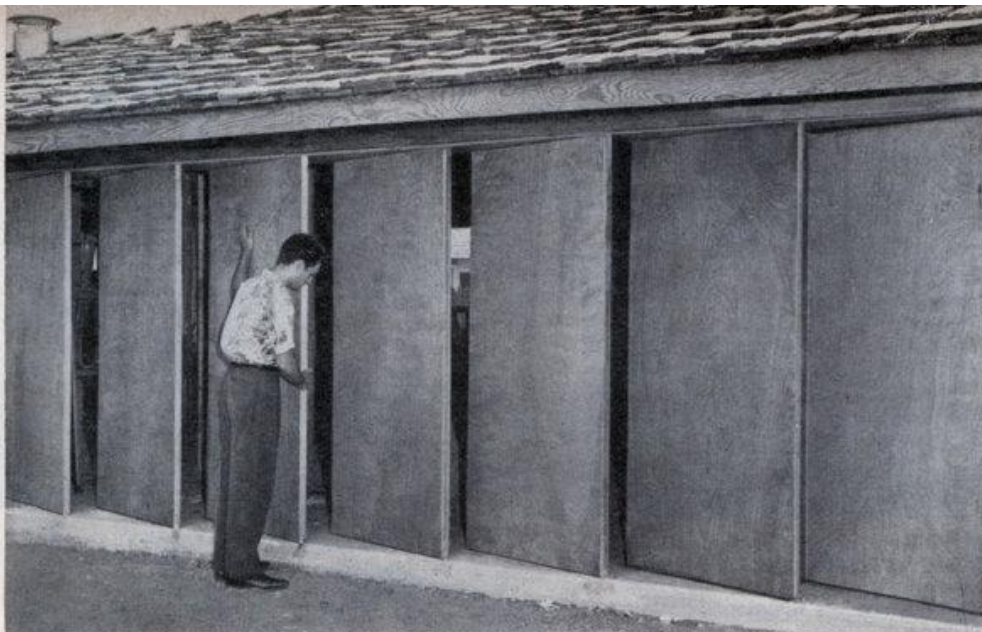
enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

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

One of the fantastic features of Fletcher's

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





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

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

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

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

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

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

removed when winter sunlight is desired.

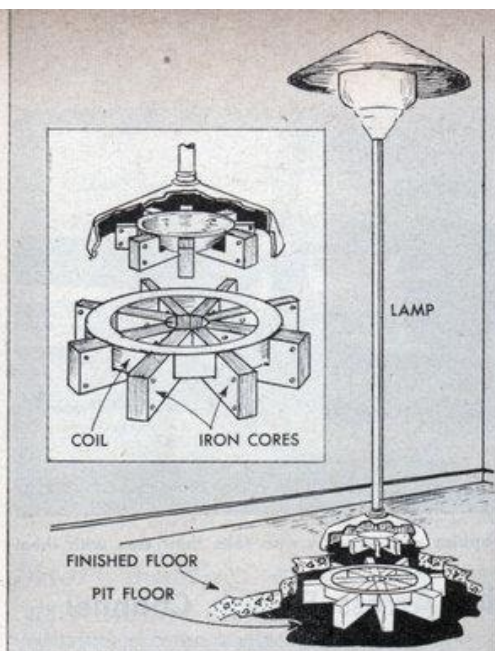
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate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

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

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



POPULAR MECHANICS



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

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

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

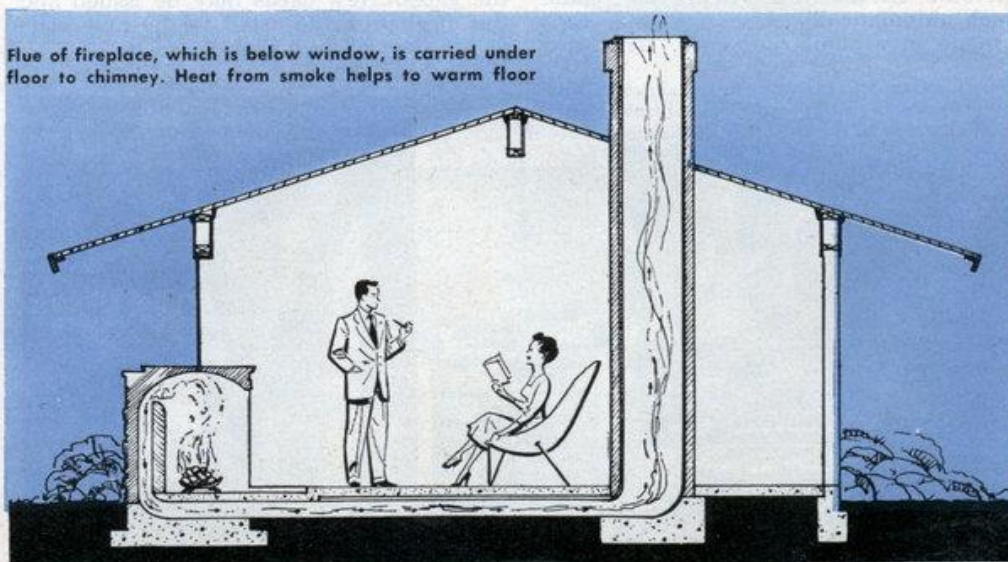
The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate



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

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

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



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

At that same period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep.

They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall. If you don't have inside connections with the government you could have a futuristic jeep and nobody would care.

During this time they came up with a way to make houses that would cost 1/10 of the present-day house. It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this.

Consequently, it was never marketed. I guess those early years had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present. One of my first was multimedia.

Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market.

You could put in a search for a house and all of the houses which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house.

This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo database programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



Our great Dane Carmel 1



One of my first impressions, when I was young, was that when my brother and I were born that I said to him you go first and check it out.

My brother remembers going down a long bright tunnel in ecstasy and then told me to come down. I remember it was a rush and both of us laughed inside.

When we were young my brother and I had our own telepathic communication with each other. A lot of people thought we had communication problems because we didn't talk English very well. I remember our state of communication was non-verbal but with thoughts, pictures, emotions, and experiences.

It was like if you wanted to know about an apple and you have never seen one talking was one way to explain about the apple. A way was to graphically send the experience of an apple.

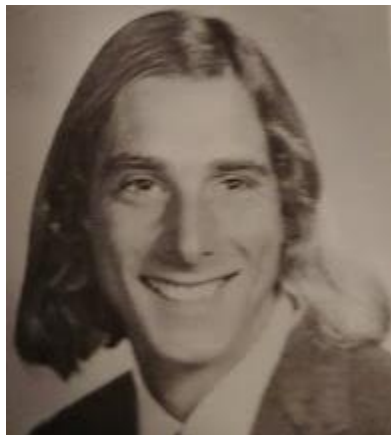
I remember hearing stories about tribes in the South Pacific Islands who would communicate with their loved ones telepathically. Today we use telephones. Our sense of communication is more physical.

It's kind of funny that people think it is mystical when it is probably very natural. We have simply not used this communication so we forget we ever had this ability.

So now we scoff at the idea that man can communicate in ways that we don't imagine.

Nick Roth

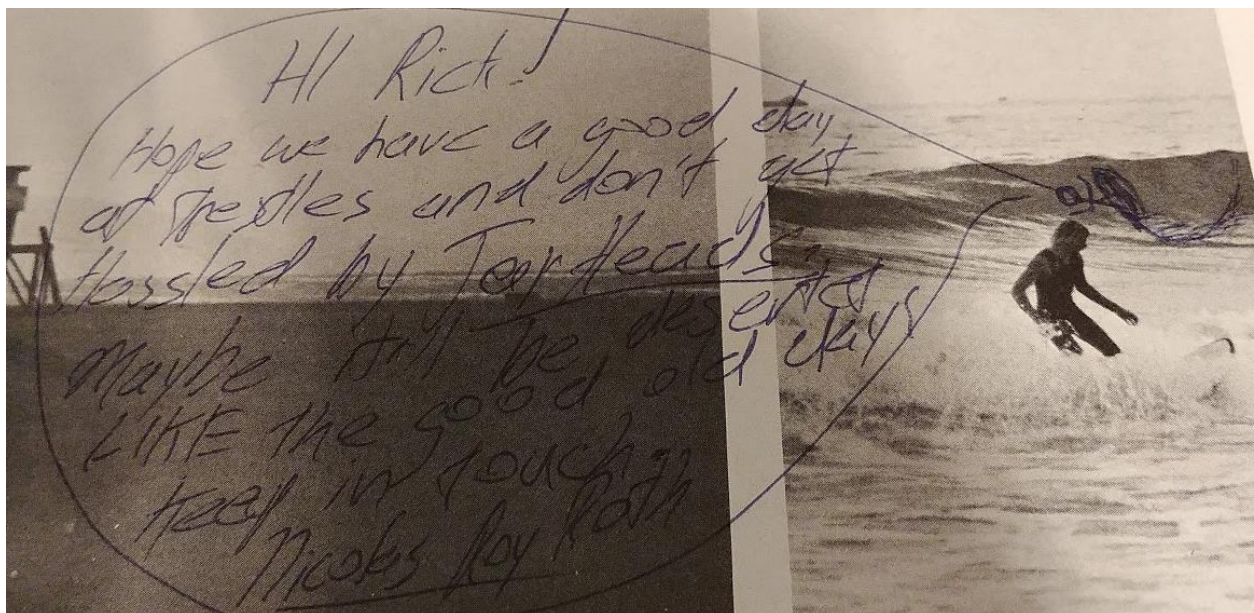
Nick is another extremely creative person. He was one of the best surfers of the day. He was quite humble and never boast about his achievements. His mother was a famous artist. She was well known in the art field. Yet I didn't know this until recently. Nick and I had a great chuckle because back then we couldn't see the forest from the trees. Surfing is another incredible expression in life.



I have known Nick since junior high school. We went on many surfing adventures in High School.

Nick is one of those guys that whatever he touches turns to gold. He was good at whatever sport he played yet at surfing he seemed he was destined to be a surfer.

If Nick was young today he would be in my eyes one of the best surfers in the world. He would have tons of money.



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

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

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

Nick moved from Orange County to Depoe Bay Oregon about 10 years ago. He still surfs at 64 years old. I saw him for the first time in years and we connected that time is endless.

It seemed just like yesterday we saw each other. In fact, it was over 30 years ago.

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





Nick's Moms paintings

These are three of my favorites that we kept, my mom was very generous and gave away lots of her stuff to relatives that liked her art. It's scattered all over the country and it's cool to see them in their homes when we visit.

1, oil painting. 2, print from metal etching (Hana Maui beach scene.) 3, watercolor, my personal favorite titled "Aura.) Nick



Figure 1 Oil painting



Figure 2 print from metal etching (Hana Maui beach scene)

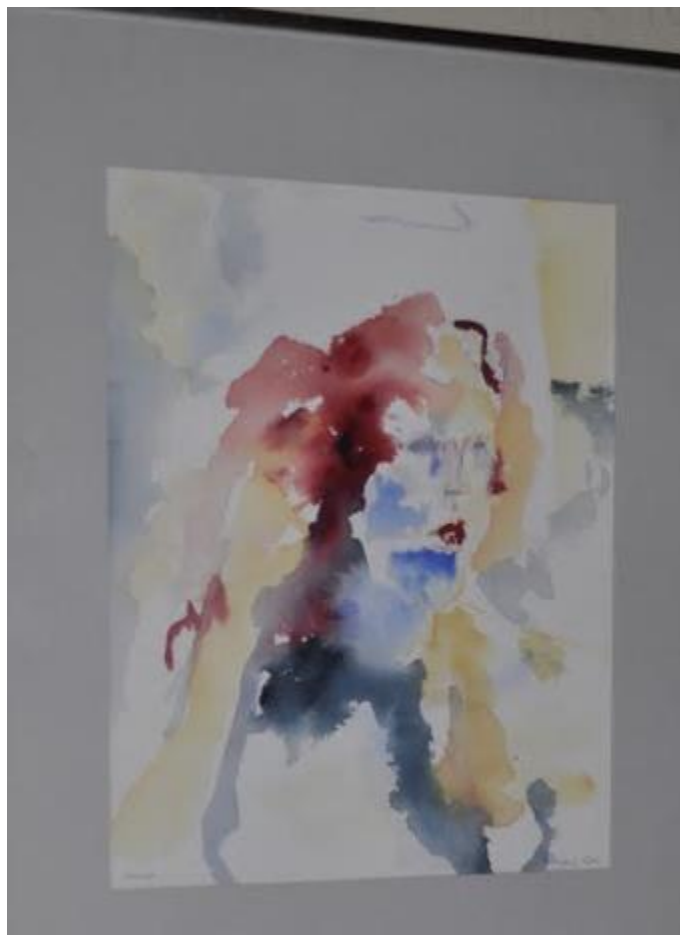


Figure 3 my personal favorite titled "Aura"

Nick ripping

Hi Rick,

Was great talking with you today, I always thought we had a great rapport and could talk on a deeper level than something like, "How bout them Dodgers!" LOL!!

I have to send two emails to send six pictures, they should be a good resolution. This has the surf shots, 1, cutback on a Jon Ashton single fin 1975, 2, backside turn at the point probably 1980, Russell gun that your' brother broke in half. 3, Slow shutter speed cutback also 1980, 56th street Russell single fin. Nick



Figure 4 cutback on a Jon Ashton singe fin 1975



Figure 5 backside turn at the point probably 1980, Russell gun that your' brother broke in half



Figure 6 Slow shutter speed cutback also 1980, 56th street Russell single fin

[Nick story moving from Anaheim to Newport Beach](#)

The saying "timing is everything" certainly applies to most people who found themselves growing up in Newport Beach when Rick and I did. Growing up in Anaheim was great when I was age three to age ten, lots of orange groves, not many people, it was still rural living and one traffic light and one-stop sign between our house and the beach. I had three friends (brothers) that lived next door and we had a great early childhood with a lot of freedom to roam and play. By the time I was ten suburban sprawl had claimed most of the orange groves and tract homes were there instead, my friends had moved away, and even at ten, the future looked boring. Most of the older guys were into fast cars or being on the football team, I didn't care about either and didn't like school to boot. I was an unhappy kid sitting in class at Walt Disney elementary school when a kid knocked on the classroom door. "I need to talk to Nick, his house is on fire." Our house was right across the street and was a total loss, my mom was a great artist and lost a lot of her work. My dad was making good money by then, he had a machine shop that had a lot of aerospace contracts, so the decision was made to move to

Newport Beach. Talk about "every cloud has a silver lining" this cloud had a gold lining, the year was 1963.

My parents bought an old house with a view of the harbor and ocean for half the price of a new truck today, and the opportunities for someone my age quickly expanded. I met some friends that lived nearby and all the fun activities revolved around the ocean, bodysurfing, skim boarding, kneeboarding, surfing, sailing, fishing, diving, etc. The people that gravitated to the beach lifestyle had a different attitude than what I was used to, a more vibrant enthusiastic mentality with more emphasis on enjoying life and taking advantage of the gifts the beach life offers. It also attracted successful and talented people in other fields, lots of creative types gravitated to the coast. It was still low-key and uncrowded, the landscape still had a lot of open spaces and most people weren't there to show off, we were lucky to be there at that place in time and I'm grateful for it.

Betty Topalion

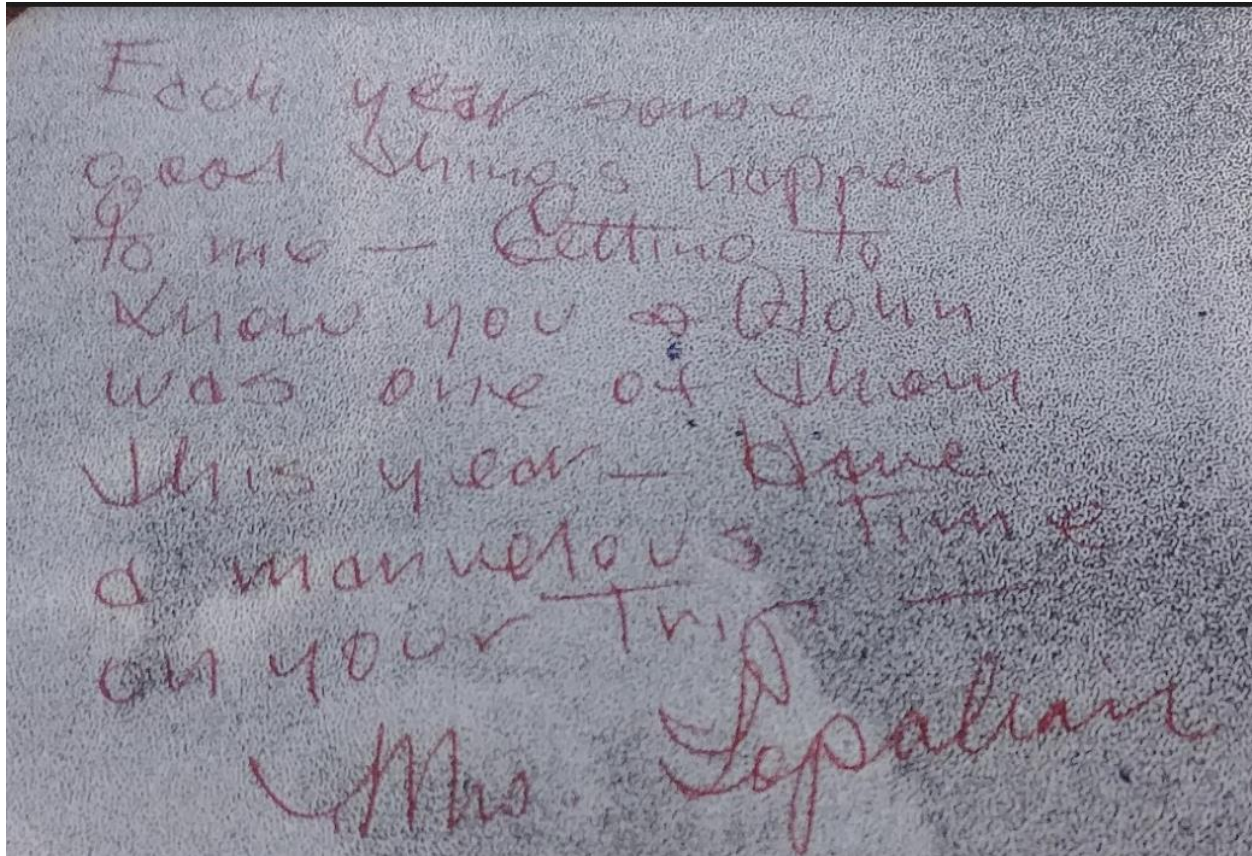


Mrs. Topalion was my poetry teacher in my senior year. She taught me a love of poetry. I remember one day we had an assignment to read a poem.

I found a spiritual poem and read it to the class. She asked me what it means and I said it was self-explanatory.

To be honest I had no clue. She knew that and was kind not to go further. She inspired me to look at ways that are different from society.

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



My High School Poetry Teacher

When I was in high school, I took poetry.

I had an incredible teacher.

She inspired me.

We read from many different poets.

I learned about the power of words.

The poetic reflects human life.

His soul is on fire.

Life is passionate.

The poet's words have meanings.

The poet teaches us how to listen.

The poet says we are all poets.

We have simply forgotten.

We speak at a surface level.

Throughout time the poets have been here.

They reflect our needs.

Betty Topalion Poetry Assignment

I remember one day Mrs. Topalion gave us an assignment. We were to find a poem that we like and had to read it to the class. I just started to learn how to meditate. I choose this incredible eastern poem.

I don't remember the name of it. Somehow I gravitated to it. I didn't know its meaning. Anyway, all the students gave their readings. It was my turn to read the poem. I read the poem and my teacher asked me if could I critique the poem. I said it was self-explanatory.

To be honest it was at such a deep level I didn't have the life experience to say anything. She has such compassion. She didn't press me on it. Most teachers wouldn't let you get away so easily.

Yet a seed was planted and she didn't crush the seed. Years later I love to ponder life and its meanings. I often wondered how my life would be if she was a typical teacher who had her rules. If you don't follow them exactly you will feel the consequences.

To this day I am grateful she had great intuition and saw my struggle. She gave me the inspiration to follow my dreams. That is what a teacher is all about. I'm still learning the power of words in my everyday life. I feel so honored to have such a teacher.

Julia Smart



Julia was my culinary arts teacher. Wow, what can I say? She taught me by following a recipe you could make anything you want.

This opened up to the world of cooking. I never took two and two together. Since then my passion for ethnic food cooking has skyrocketed.

It has opened up so many new doors. My cooking partner was Scott Adams a neighbor for many years. We had a lot of fun cooking together. I still remember the good times.

David Humphrey



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

There is where the thread of life ties us tougher. A year later I introduce my brother John to

David. They become instant friends. Many people think that all of us are brothers. David has carried on the tradition of being a world-class jeweler.

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

Years ago, before he had a store front, Humphrey quietly sold ancient treasures and select gemstones to a few chosen customers in Los Angeles. During this time, he would visit Richard T. Liddicoat, chairman of the Gemological Institute of America and a friend, mentor, and inspiration.

GIA staffers recall looking forward to Humphrey's visits and the treasures that would tumble from his pockets one by one: an Art Deco cat's-eye pin, a magnificent Paraiba tourmaline. His store today captures that same sense of mystery and wonder.

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

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

Flamboyance is not something David Humphrey is comfortable with. Yet his jewelry has

graced actresses and music superstars at such high-profile events as the Academy Awards.

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



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

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

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

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



Some people loved resorts to chill out. Jerry was renting a resort. For around a thousand a month he got an incredible deal to rent this gorgeous house and property.

Imagine on his property was two pools. A saltwater pool and a freshwater pool.



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

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

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



Jerry and his family took us twice to the Waipio valley. To get to the valley you had to take an extremely steep road down to the valley. It was one of the steepest roads I have ever seen. Here's an excerpt from the web site of the most



dangerous roads in America.

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

It is the steepest road of its length in the United States.

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

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

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

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

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

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

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

John Slowsky



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

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

At that time the real estate market was quite archaic. They said we take all our clients to search for a house by car. We said this tool can save you and your clients time by narrowing down the search.

We told them that in the future everyone including your Grand Ma would be using this tool. Voila, the entire world real estate market has tools just like this.

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

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

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

For example, I took photos of the towns in Maui. John then stitched together the photos. Back then VRML(virtual reality markup language) was just taking off. By the way, it didn't make it.

We created virtual walkthroughs of these towns. You could stroll down the street and go into surfboard shops and art galleries. You could even buy things.

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



[Our favorite Sites](#)

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

John was also a surfer. John also loved to meditate. John loved to be creative. What else can I say? We were both peas in a pod. I have known John since 1972. He was a great friend of my brother John. I haven't seen John in many moons. He is still dear to my heart.

We all have such incredible friends on this journey of life. I feel so fortunate to have met John.

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.

Lauren Nagaryu Rubin



Lauren was Barbara's and my teacher for learning how to play the didgeridoo. I first hear about the didgeridoo in Peter's Weir movie the last wave in the late seventies. Something in it totally resonated with my soul. Lauren was a very patient and considerate teacher. We had a lot of fun taking her classes. This was the first instrument I learned how to play.

Andrea Garfield



My wife and I love and adore dragons. Andrea loves and adores dragons. We spend much of our time talking about dragons.

Here's a link for my love of dragons. I wrote this both in audio and written form.

<https://johnfranklinfletcher.com/kids-dragon-tales>



Andrea thank you for the friendship.
Both Barbara and I love you.

Allan Thomas



My brother John and I have known Alan since the early seventies. Alan is an incredible singer and musician. He has been playing since he was born<grin>. He lives in Kauai. Alan loves to meditate, windsurf, and surf. My kind of guy. Aloha to you Alan. It's been many moons since we have seen each other. [Allan's Music Site](#)

Mark Fraser



Wow, Mark thinks outside of the box.

Here's a quote from Mark on Facebook.

I am known for teaching
Astronomy at CNM,
Judo at Sandia Judo Club,
and the beautiful game of Go.

I would also add he loves to meditate.

Louise Innes



Louise has been involved in the movie and TV industry for many years. She is extremely creative. I had many interesting conversations with her. Besides she loves to meditate.

Jozef Dominguez



Once upon a time many moons ago Josef gave a very unique kind of seminar. We all sat in a circle holding hands and the room began to spin. My friend Mike Mann a highly successful businessman said that after this experience he had a hard time finding his hotel room. Once he found it he said he had a hard time opening the door. I will always remember the time I cooked Indian food for you and the gang in Penn valley. I will always treasure that in my heart.

Tom Kuzma and Alani Galbraith



As you know I love the ocean. Here am I in Utah attending a seminar. Tom and Alani have studied the Lomilomi massage for many years. What an incredible experience. It brought me right back to Maui. It was a spiritual and physical experience. The way they cracked the sheets sounded like waves breaking in the distance. Words truly can't describe the experience. All I can say is to try it out.

Tim Gallwey



Here's what an article describes Tim Gallwey.

The Inner Game Of Everything: Why Is A Four-Decade-Old Tennis Book Still A Self-Help Sensation?

A Harvard English major wrote The Inner Game of Tennis in 1972. A million copies later, its ideas are still some of the most influential in sports — and beyond, taken seriously by actors, politicians, and even sex researchers. What's its secret? Maybe that there is no secret.

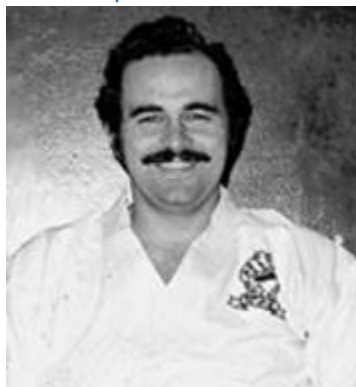
I first met Tim in India in 1971. I was 18 years old. Just a kid. With his meditation practice, Tim has the insight to write this book and launch him into a highly successful career. In the seventies, I spent some time with Tim. He was always an inspiration to be around.

David Andersen



David used to play this one song that would send shivers down my brother John's and my back. I don't remember the name of the song. It was over forty years ago. David can tap deep within his soul and create such beautiful music.

Joe Lopez



I first met Joe in India. Joe at the time was the owner of a dojo in New York City. He started this school in the sixties. Joe and his students provided security for Maharaj Ji at the festival in Montrose.

I was always impressed by Joe's demeanor. Here he was an incredible martial artist and he had a heart of gold. He was kind and considerate towards others. He embodied the spirit of martial artists throughout history.



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

One day he meets a Tai Chi master in the early seventies. The master says "hit me in the stomach as hard as you can". Joe says "I won't do that I could kill you". The Master says "no you won't".

So Joe hit the master and nothing happens. The master says now it's my turn. The master doesn't even touch Joe but with his hands sends energy through them and sends Joe crashing into a wall.

That's how Joe gets introduced to Tai Chi and Qigong. He has been practicing ever since.

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

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

Here's a description of his classes.

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

Katharita Parsons Lamoza



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



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

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



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



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

mentor.

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

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

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

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

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

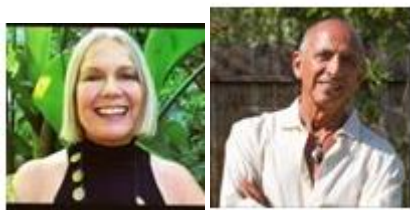


About the Rainbow Gypsies

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

[Read More](#)

Lothar and Ricardo Delgado



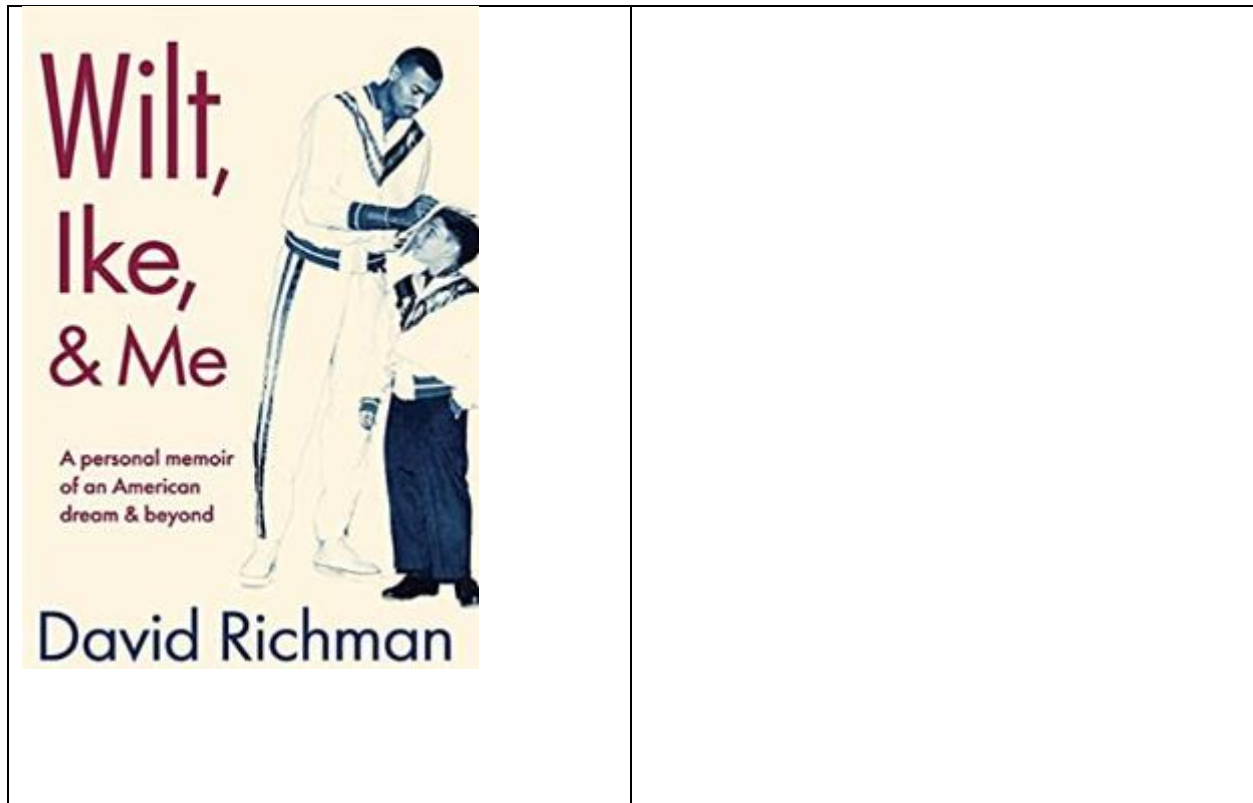
I first met Lothar and Ricardo in India in 1971. They were part of the Rainbow Gypsies. They were incredible dancers and danced around the world. Both of them learned how to meditate and still practice today. I have many fond memories of them. They were older than I was. I remember a great party I attended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




David Richman





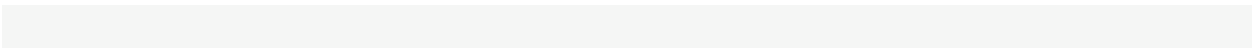
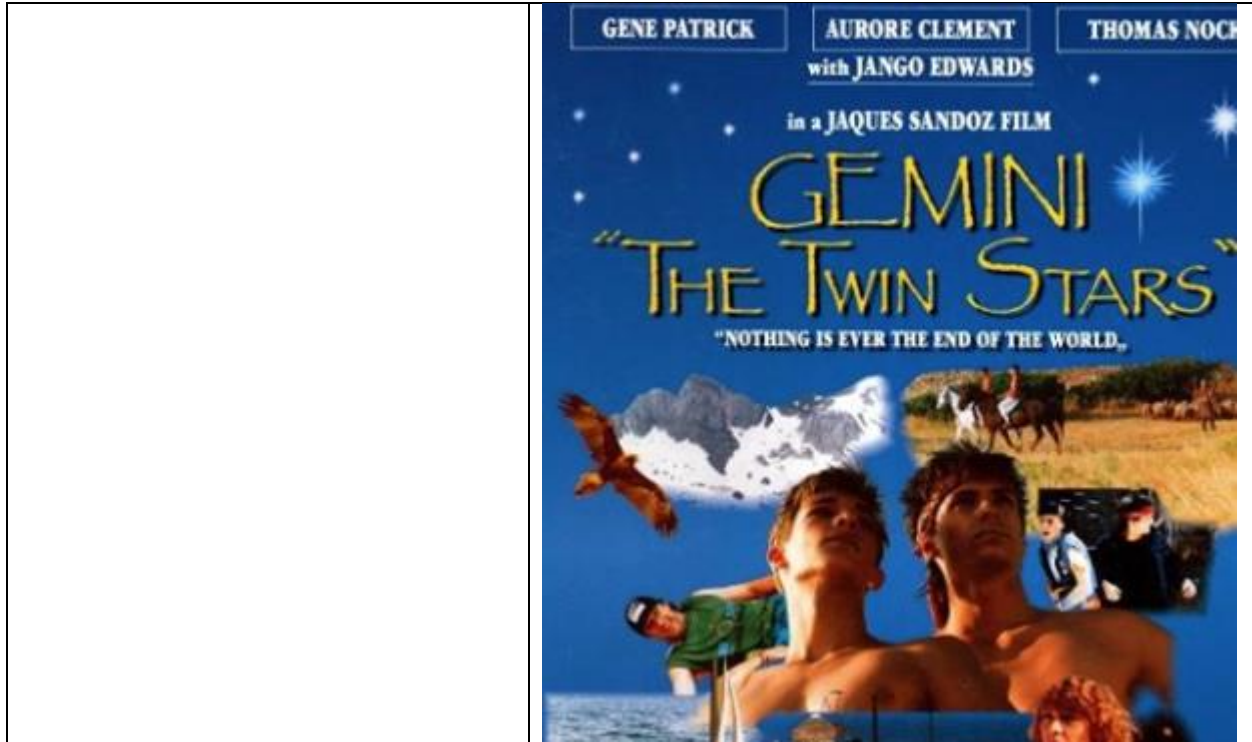
David recently wrote a book on Wilt Chamberlin. When he was around 10 years old he stayed in his house for a year. David wrote an exceptional and wise book about him. I never knew the depth of Wilt's wisdom. David and I had a great friend in common Richie Ingui. Sending my love to the Richman family. It's been many moons since I have seen you.



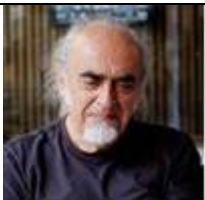
Yoram Weis	
	
<p>I have known Yoram for many years. He is very inspirational to me. Each year on my birthday he would message me a birthday greeting. Here's an example of the latest one.</p> <p>Happy Birthday dear Richard, There is a synchronicity in this universe – with each cycle around the sun your heart rises with more beauty, deeper wisdom</p>	

and ever sweeter love. May the richness of your heart expand every space in your life, and light them all up with the abundance of your gifts and your kindness.
Happy Holidays to you 🍷
Yoram

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



Tugomir Matic



Tugomir originally came from Russia many moons ago. He was an incredible concert pianist. As I remember he defected while on tour. Turgomir loves to meditate. Fast forward forty years and I'm seeing his life once again on Facebook.

Mickey Cottrell



Mickey was definitely was a character. He had a heart of gold. I have many fond memories of him. He worked in the film industry for many years. He loves to meditate. Fast forward forty years and I'm reading his Facebook post. Great person to know.

Larry Lustbader



The more I know Larry the more I can see the genius in him. I first met Larry in New York City. He invited me to stay at his house. I had another offer. Fast forward forty years and I'm reading his Facebook posts. He loves to meditate. Larry truly enjoys life. He has a thirst to discover his true nature. Keep on laughing Larry.

Tom Gannon



Tom and I lived in the same house for a while. He was an incredible guitar player and singer. He has a heart of gold. When I read his Facebook posts I can tell he has a deep love for all. Great person. Great-heart. Yes, he loves to meditate.

A. Jeffrey Herrmann



I have known Jeffrey since the seventies. Jeffrey could sing solo without any instruments being played and totally fill the room with his vocals. Great guy. I loved his passion for life. I have many great memories of spending time together. For a while we were roommates.

Jan Ealy



Jan was soft-spoken yet he had the spirit of a wild horse. Which means he did things the average person wouldn't do. For example, walking the entire Pacific coast trail from the border of Mexico to Canada. Jan would update his posts on Facebook along the way. It wasn't an easy journey but he made it. Jan thanks for being a part of my life.



David Andersen



David used to play this one song that would send shivers down my brother John's and my back. I don't remember the name of the song. It was over forty years ago. David can tap deep within his soul and create such beautiful music.

Billy Riggs



I loved Billy. He was a great tennis player. His Dad was the famous Bobby Riggs. Billy practiced Tai Chi for many years with Joe Lopez. I remember Billy was close friends with Paul McClain in the seventies. There was a short time where we were all roommates. I still talk to Billy today. He still loves to meditate.

Randy Barringer

I first met Randy in India. It was 1971. She was an incredible dancer. I remember her dancing in Krishna Lilia. I met some incredible friends through her. I remember one of her friends was dancing with Alvin Ailey a world-famous dance troupe. Randy was a delight to be around. She has a kind heart and a sweet personality.

Alan Roettinger



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



Richie Ingui



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



Memory of our beloved, Richie Ingui...

John Baier



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

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

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

were exercise partners.

We ran usually at night along the beach and then dive into the ocean. We loved to try different things. One day I saw an article in Omni magazine about the Monroe institute and decided to check it out.

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

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

John has been a practitioner of Rolfing for many years.

This is from his website.



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

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

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

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

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

I have worked with John for over ten years, and have done Dr. Ida Rolf's full "ten series" with John several times. This progressive and powerful method of sequentially freeing up the fascial layers in the body truly creates results every session and genuine lasting change over time. Dr. Ida Rolf once said that her work is something that two people do together. It is hard to understand till you have had Rolf's manual therapy, the active role the receiver has. I have come to this awareness with John's Structural Integration bodywork: John is a facilitator in my health, and I am an equally integral part of in charge of my healing process. As an adult living with HIV, John keeps me deeply in tune with the state of body, mind, and spirit that I require, and aspire to. Being HIV positive, and now in my 50s, I intend to



always maintain the same very active lifestyle I always have had. John has, and continues to aid me in that goal through his work. John's bodywork is the best gift you can give yourself. John is terrific, dedicated, and unique in his approach. Thank you, John, as a friend and teacher. Namaste.

-Greg Louganis, Olympic Diver

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

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

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

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

David Schweizer



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

synchronicity!

I've known David since I lived in New York City. He lived in Hartford Connecticut. During the eighties, we both moved to South Miami. At some point, he starts making pyramid kits.

Around the same time, my wife starts building pyramid kits. They didn't know each other. Both of them at the time were studying with Ramtha. Only two individuals were building these kits.

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



Now David Schweizer, John Baier, and Harry Bartz introduced me to Mafu's tapes. My dear friend Catherine who I met at the Monroe Institute got a job working for Shirley MacLaine.

Shirley was going on a nationwide tour and giving seminars. Well, they needed a computer programmer and I get the job.

I take a plane from Miami to Los Angeles. Then I got a ride to the office. I spent the day working and after work, they said we are going to a Mafu event. Do you want to come?

The rest is history. Isn't it amazing that in my channeling readings I was told that I would meet Mafu before Manu was on the scene?

Now David was visiting California for a while. 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 this Barbara?

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



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

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

Paul McClain Thinking Outside Of the box



In the fall of 1982, I went to New York City on a business trip. I stayed at a friend's house. While I was there I heard about a good friend of mine Paul McClain who was channeling people's guides.

I stayed at one of my best friend's houses Mark and Geraldine. They told me how Paul McClain had these incredible experiences over a year and a half.

At first, I was skeptical and had no clue about what they were talking about. I could care less about talking with some person who had been on earth, left his body, and communicated from the other side. But I learned there was a lot more than that.

Since Paul and I were friends I wanted to check it out. I wanted to be open. Maybe something greater would come my way. I met with Paul and he told me that for a year and a half he would leave his body.

In this state, strange things would happen to him. He would hear voices and talk to guides from another dimension. He thought he was going crazy.

Over time he learned more about these experiences and came to terms with this experience. He could channel a person's guides. At this particular time in my development, I was aware only of my experience as God as a form of infinite energy.

God was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.

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

His whole being would change. His voice would change to male or female depending on the guide who was present. I was completely blown away.

The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal.

Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life.

One of them was about how soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female.

I was directed to move to Calif. This indeed did come true. This experience came at a time when Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience.

Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible.

I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions.



A lot of people in mental hospitals aren't crazy. 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 psychoanalysis sessions. I learned how to begin to deal more directly with my life. I took the reins of my life and began to direct it more directly.

I became my teacher. I put more faith and trust inside of myself. In the past, I would look at teachers for my guidance. I began to look at myself for my inner guidance.

I learned that God helps those who first help themselves. Below is a small excerpt of my first meeting with Paul.

There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and good will and an open heart will find there is no end to the workings of the Almighty.

There is never a time when your amazement will cease at the wonder of the Almighty. Always there will be new and uncharted borders old things will fall away and new and brighter greater things will come to pass.

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 felt much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a

time for one who is of good heart and open heart and goodwill when love for this creator will cease.

There will be times when you wish to thank and times when you wish to hate and times you wish to cease your existence for the pain of longing and times when would wish your existence to go on forever and times you feel neglected and times you feel the favorite son of the almighty.

The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this death for beyond this death of the sort is always new life as you have learned many times to this point.

At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't make any step without the sense of grace behind even the smallest of things that you do.

There will be times which come which you will ask yourself where have my step arrived. And at these times you must remember you have been guided precisely to the point where you have found yourself by the workings of the almighty divine father.

Your faith is strong for you are of goodwill and a good heart and open heart.

You are this way because the Lord has given this to you. And yet it is time as it is always is time for an ever-strengthening bond an ever greater love, an ever fervent desire going more in each period of more and more feverish love which enabled you to carry and be about the service of the father.

For in all your doings you must request not simply know but request that you may serve that your life may be of service that your life may be given purpose in each moment the service of the almighty.

And in each moment you must ask for knowledge that you are not alone for it is not enough to know it but it is more to ask

And having asked to thank and having thanked to asked again and to offer yourself in that way which the Lord would have yourself serve.

Your will and the Lords will be of the same intent. For it is of the Lord's mercy that you are allowed and all are allowed to be fulfilled in any way which they choose so long as the love between the two remains the important thing.

But those are truly blessed who find it within themselves to have this request of service in the way the Lord would have you serve. This is truly a blessed thing. For even to come to this understanding is no small thing.

This is perhaps the greatest level of human existence. For when the almighty has given all free will to embark upon any road that they so choose and one with their will by the grace finds it within themselves to surrender their will to that of the almighty regardless of the consequences for in the surrender is the fulfillment.

This is no minor thing nor may all even do this thing. But those indeed are fortunate who have such a blessing to find themselves in this position.

My child, you are in such a blessed state. You must always remember to be humble before God, humble before the master, and humble before the servants of the Lord's will.

Giving always from your heart, from the desire to be one with the greatest thing. I am Richard who has been called the lionhearted. And you and I are part of each other.

Indeed it may be said that you and I are the same indeed it may be said that at one time we were not apart but at one time we were the same being but as time continues the soul finds in its multiple parts different aspirations.

Your aspiration has its duty here while mine has my duty elsewhere. We serve in our ways as the Lord would have us serve. I here and you here.



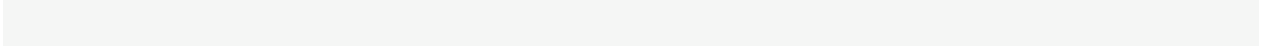
Phil Collins - In The Air Tonight LIVE HD




114M views • 12 years ago



Hard Force

Phil Collins - In The Air Tonight LIVE HD (I don't know what's wrong, the video used to be 1080P, it now only has 720p, sorry for ...)



Annie McPherson	Sushil Rao
	
<p>I liked Annie. Once upon a time my wife Linda and I would go to the Seller's house and play games. We always had an incredible time. Once they invited us to the Alexandria hotel in Miami Beach. It was a very elegant hotel. They were staying there for a few days. I had a wonderful time with them. Annie has a tremendous heart. As you can see she loves to play music.</p>	<p>I first met Sushil in India during the early seventies. He was from India. Years later he lived in Miami Beach. I remember his passion was writing and poetry. I loved that. Recently I have been searching for poems by Brahmanand. I learned that Sushil wrote a book called The Inner Staircase: Poems of Brahmanand. It's a small world. I haven't seen Sushil in over thirty years. Keep on writing.</p> 

Ancestors



We are all shaped by our family. I feel so fortunate to be blessed to be born into this family line. My parents and grandparents raised me to where my life is today.

I was nurtured in love and consideration of others. I learned how to respect life and respect all human beings. The sense of adventure and the sense of learning with joy were instilled in me. Life was incredible.

At a young age, I was introduced to seeing the future and bringing ideas to the present. I was only 2 years old when my Dad and Grandfather built the house of the future.

At me young age my Mom and Dad introduced me to ethnic cuisine from around the world. To this day I love trying out different and new cuisines.

My Mom gave me the sense of travel. She loved to travel and that was instilled in me. I learned how to appreciate different customs, ways of seeing things, and being open to life.

Life taught me to appreciate each country and value its essence. My Grandmother Josie taught me the love of God.

She would always say that God loves you. Her mother was friends with Mary Baker Eddy the founder of Christian Science. My brother and I loved being in her company.

She was a joy to be around. She played the piano and sang many wonderful songs to us. During the winter she would go to the Palm desert and bring back pine nuts and fresh dates.



She had a juicer that was handed down to my brother after many years of use. My Grandfather Cliff's hobby was rock collecting. When they came to visit he would do a slide show of his current trip. My wife Barbara would have been great friends if he was still alive.



Rose Parade Queen 1

As a family, we would love to visit my grandmother and grandfather in Santa Barbara. I remember going to horse shows and going to the Elvis Presley movies.

My grandfather would make the world's best enchiladas. I have the recipe on my cooking site.

This dish is over 60 years old. I had many incredible times being with them. During the holiday both sides of my grandparents would come and visit. I loved the sense of family in the air.



Mom and Dad. House of the future. 1

My brother and I will always remember the times my Dad would drive us to go surfing. We would get to the ocean very early in the morning.

My Dad would drive us to Big Corona and we would surf until noon and then we would paddle through the harbor for an hour.

My Dad suffered a stroke and was in a coma for a month. When he came out of the coma he was changed completely. For the first time, I saw that he knew it was a miracle to be alive. His entire outlook on life changed.

He realized that life is precious. He lived another 10 years after that. He saw that he had a golden opportunity to experience life to its fullest.

My Mom has taught me to see the bright side of life. If you are down in the dumps she taught me that only you can pull yourself up.

Attitude is everything. She taught me to enjoy the adventure of life. I gained so much from her and her way of thinking.

She taught me not to hold onto the past and to forgive what others have done to me. She has a great sense of humor which I love.

What can I say about my twin brother John? We came into this world together and are such good friends. We have the same path of self-discovery.

Both of us have been meditating for over 45 years. He has discovered a passion for writing music. In the past 4 years, he has created over 1000 songs.

He creates songs about life and the incredible journey of life.

My daughter Aleia has really become an incredible person. She is kind, full of wisdom, and loves to help people. She is deeply spiritual without any pretense.

She has a great heart. I'm tremendously proud of her.

My daughter Leilani has bloomed in the last 10 years. She got married to a wonderful man named Lowie. He is from Egypt.

They have 3 beautiful children. I love their family. They are an inspiration to me. Family truly is the backbone of life.



Figure 7 My Das's painting



Figure 8 Granmother Josie seascape

Leilani And Family



I'm very proud of my daughter Leilani. She has blossomed into an incredible flower. She is married to Lowie who is from Egypt.

Last summer I met Lowie's Mom, Dad, and his sister Afnan. We had so many interesting conversations. Leilani's family is Muslim.

The Muslims have such a strong sense of family and community. I'm very proud to see this sense of unity and love in her family.

Each time my wife and I get on the phone with her we all laugh on the journeys of life. We all have curveballs thrown our way. Recently I had some thrown my way and we laughed so hard. Laughter is medicine to the soul.

Leilani has three incredible kids Farida, Samira, and Tala. They call us Grandpa Rick and Auntie Barbara. We love to play with them. They are showered with love wherever they go.

I loved to spend time with Lowie's side of the family. I really got to know them and appreciate them. Afnan is on the same wavelength when it comes to my spiritual practice. It was nice to talk to her and her father on so many interesting topics.

Leilani and her family have great harmony together. Leilani is also an incredible cook. She learned how to enjoy ethnic cuisine since she was born. It must run in the family. We love to talk about food. When we talk together on the phone I

would always ask what's for dinner. She would tell me and I would go yum I wish I was there. She would ask me and she would say the same thing.

Lowie is a delight to be around. He truly supports Leilani and the family. I would see him pitch in and do whatever needs to get done. Sometimes I see him wash dishes late at night. It seems their love is flowing in all areas of their life. This is a practical journey and they are always expanding and growing.

As I said I'm proud of her and what she has become.

My Sister Jane



My sister Jane has been a great friend in my life. She is a delight to be around. She is an exceptionally creative person. Jane says that her art is a form of meditation for her.

Quite frankly I believe it. Look at all the incredible art pieces that artists have created and you see an endless well of creative ideas flowing out. Jane has been this way ever since her childhood. She has a great heart.

My wife and I have great phone conversations with my sister. She is always being creative. Also, she loves ethnic foods which are my passion. We talk about new restaurants and new recipes that we have discovered. Let's put it this way we never get bored talking to one another.

Our family always loved trying out new foods. It was instilled by our parents. I remember that when we were young our parents would take us to a museum and they would say "if you are good we will take you out to a new restaurant we discovered.

Of course, we were good. This led us to be open to new ideas and discoveries. It's amazing how some simple words from your parents can encourage you in ways you never thought about.

Our entire family is always exploring and thinking about new ideas and ways to express them. Jane has done this all her life. She has great humor and uses it when life throws her a curveball. I like that in her. Every one of us gets curveballs thrown at us. That's part of life. Yet we can just smile and hit the ball out of the park.

I admire that with my sister. I consider her one of my best friends. We can talk about anything.





My Brother David And His Family



My brother David is a delight to be around. He has a keen sense of humor. He is married to Tami. They have been married for many moons. I love to see the love that they have for one another. My wife Barbara always has a get time when we get together. They can talk forever.

Their son Jason is an incredible artist. I remember when he showed me he would make purses out of old albums. Now that was an incredible idea. That's a Fletcher thinking outside of the box.

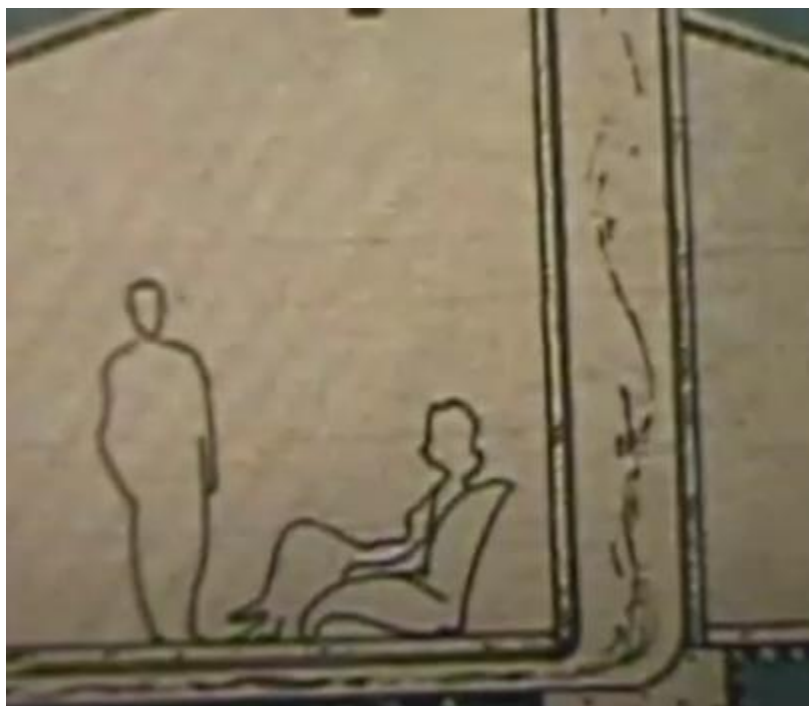


Jason's wife Erin's profession is old-style book bindings. She is extremely creative in what she does. Both of them live in Boston.

Jason was instrumental in converting 60 years old film from the House of the Future to an mp4 format. Our family had these old new reels which we never saw. Jason did an incredible job of converting them.

[House Of The Future 1](#)

We had a chimney system where the smoke would go underneath the floors. To keep the floor heated during winter. This principle feature came from ancient Chinese culture.



[House Of The Future 2](#)

Here's my Dad at his drawing table.



[House Of The Future 3](#)

Here's is my Mom cooking in 1954. Note the frying pan is floating. It used induction energy. As kids, my brother and I were two years old. I remember touching the stove numerous times and not getting burned. I love the floating frying pan. Just think this was over sixty years ago. We don't even have anything like this today.



He also produced and created the Great Calculator video. My friend Donn Rochlin did the music. I did the poetry and Jason did the incredible graphics. Imagine seeing the galaxies whizzing by.

Jason is currently a Science Visualizer at the Charles Hayden Planetarium.

The Great Calculator



Lauren and her husband Josiah are also creative individuals. They are owners of the “the burlap bag”. They sell high quality homemade goods. They also created a line of unique candles which are sold nationwide. Here’s an example unicorn puke. As you can imagine they are thinking outside of the box. I like this one.

mermaid magic 9oz soy candle

16.00

Mystical, magical mermaids - this candle is scented like sea salt and driftwood. It's a perfect beachy smell for all those ocean dreams of being a mermaid.

Each candle is in a 9oz amber glass jar with a black metal lid. They have a 70+ hour burn time and are made from all natural US soy beans. They are hand poured in Austin, Texas in small batches to ensure quality.

As you can see David's family is thinking outside of the box. I always enjoy seeing the different Facebook post that they all have. Life is an incredible journey and David's family truly show it.

My Twin Brother



My twin brother John.

John is my best friend.

He has always been there for me.

In the thick and thin.

We are on the same path in this journey of life.

We have spent most of our life going within.

We have our struggles in life.

Life is not easy.

I'm sure you will say the same thing.

Yet with all this pounding we take we come out to the other side.

We know the God within.

Not the complete picture yet we have a beautiful experience.

My brother taught me patience in so many different ways.

His yearning for God is endless.

He has a great love for humanity.

Inside he knows humans have a great heart.

The mirror is just full of dust.

My Twin Brother John And His Family

I mentioned Hanalee in my book about dragons. I have known her since the early 1970s. She loved to meditate. This is an insert of what I said.



Hanalee was another female dragon. She and little Johnny became great friends. Later in life they even became mates. There was a famous folk song in the sixties that talked about Puff the magic dragon.

They are mentioned in the land of Hanalee. Hanalee became a famous dragon and was well known throughout the land.

Hanalee has a great sense of humor. I remember she has a keen sense of making curveballs in life laughable. That takes a quite serious emotional being to make that happen. So many people get miserable when life throws them a curveball.

Hanalee did an incredible job of raising her girls Sheila and Ariana. There was a time in the early 2000s that Ariana worked for Charles Schwab. We would get together and have lunch or dinner.

We always had a great time together. We loved to find great restaurants. Ariana became a great vegetarian cook. It seems like that runs in the family. For a while, she lived in Australia. She worked for the Bank Of New York. On the side, she sold Mexican Salsas. She brought her unique twist to this endeavor.

Hanalee Mom was one of the members of the famous Von trop family.

I gathered this information from their website celebritylegacy.com.

Johanna is a 2x-great-granddaughter of Robert Whitehead, inventor of the torpedo. She is also a granddaughter of Agathe Whitehead and Baron Georg von

Trapp, whose children were portrayed in *The Sound of Music*. Johanna's mother, Baroness Johanna von Trapp, sang with the Trapp Family Singers, and was depicted as 'Marta', in the movie.



SHELA GOBERTINA VON TRAPP

Shela is a 10x-great-granddaughter of the 17th century Croatian and Hungarian freedom fighter, Princess Illona Zrinyi. She is also a great-granddaughter of Baron Georg von Trapp and Agathe Gobertina Whitehead, whose children were portrayed in *The Sound of Music*. Her 3x-great-grandfather is Robert Whitehead, inventor of the torpedo.

Shela founded Celebrity Legacy and the Georg & Agathe Foundation.

Ariana is a granddaughter of Johanna von Trapp, who was portrayed as 'Marta' in *The Sound of Music*. Johanna spent over a decade singing with the Trapp Family Singers. She was also a talented cook preparing family meals during their tour years, as well as for guests at their summer music camps. Johanna passed down a love of cooking to her family which Ariana carries on to this today.



Ariana is the President of Invisible Structures, Inc.

I have many incredible memories of watching the children grow up. They have become incredible human beings. I wish them well in this creative endeavor.

I remember one time when my Grandmother Thais died. I was living in Maui. I flew to California and spent a week at my brother John's house. I made a huge Thai vegetarian feast for John's family. We had a great time together. I made a coconut soup that was out of this world.

Matt Kinoshita



Boy, could he ever surf? He had it in his veins. I went on a surfing trip to Tavarua with him. I never saw such incredible surfing. Matt is a humble soul. He doesn't say much. He lets his actions describe him. Matt has been making surfboards for many years. He has been a great mentor for the younger generation. Great person. Great-heart. He carries the aloha spirit with him.





Richard Grossman



My brother John and Hanalee were great friends. Richard thinks and lives outside of the box. I like that. He has been a Shaman for over forty years. He also is an acupuncturist. I have great memories of Richard.



Sue and Pat Smith



I first met Sue and her husband Pat in Mexico City. They were playing in a philharmonic orchestra in another city. I think it was Tampico. Both of them were incredible people. I love the depth of the talent that they had. They knew how to enjoy life. Years later when I was living in South Florida they would invite me over for dinner. Mary Higgins was a great friend of theirs.

Pat died a few years ago. I miss him.

Glen & Elaine



Read this story. This is my eyes is the essence of creativity. Both of them are incredible artists. They start, play and the notes end in eternity.



05-18-2020 Elaine Boorstein
Fletcher Soul Traveler

Hello, my name is Richard and I'll be delivering the service for Elaine Boorstein. The service will be as if Elaine herself was talking". Please imagine that as I'm talking that it's actually Elaine talking.

Albert Einstein once said in his famous quote Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.

Well here is a stretch of the imagination. As you know my entire life has been for the love of music. Music is creativity at its deepest core. It helps us when we are happy and when we are sad. Everyone loves music. Glen's friend Richard asked if Glen and I had any music we recorded together. Glen said that they didn't do that

ever. We start to play, we play and then the notes disappear into eternity. We play solely for the love of it. No more no less.

Before I passed over Glen was playing our favorite songs. When he stopped playing I was carried away from the last ending notes.

It's like fall winds blowing the leaves to the earth. It is a natural process. Everything is created and yet everything has its life span even the universe. So please don't mourn me but celebrate the joy of my life. Death is but an illusion. It's just I'm in a different room than you in the mansion of life. Yet it's one mansion called life. Life is eternal but we can't see outside of our little boxes.

I will miss my adventures in Disney World with my family. We went probably twenty times or more. Most of the time we traveled by car. It was so interesting being in motion and looking out at the beauty of nature and the ever-changing landscape. The drive was 2000 miles to get there. Yet we did it year after year.

When we weren't traveling, we were homebodies. As Glen said one extreme to another. Yet there was a balance between the two.

A different type of ride I loved was roller coasters. While most people would scream during the rides I would laugh with delight. Nothing like being just at the crest of the mountains and swooping down like a bird in the wind.

Glen wrote the following.

Our first trip together was a long weekend where we drive to Mount Rushmore. It was here where Elaine discovered that she liked really long drives. Rushmore was

kind of boring, but we were there for a couple of days, so we did some side trips. We saw the devil's tower in Wyoming. We also did two long drives where the point was to get to Montana in one and North Dakota in the other. She started calling me "Rain man" because it was my idea to do these types of trips just to get to more states in the US.

Later we did a similar pointless trip where we drove from Denver out to Utah and back in one day, over 600 miles of driving, just to say we did it.

Over the years we had similar trips where the goal was to drive to new states. but just drive through them. We would stop in places you wouldn't expect. Like Carhenge in Nebraska. Or little towns in Canada north of Michigan where the owner of the small store would wash your windshield just because there were bugs stuck to it - no charge either.

I totally enjoyed my life and family. Life is a mystery. We never know when it's time to go. You are living in interesting times. There is a global shutdown. Just think you are having a virtual funeral.

Imagine just a few months ago who would have imagined that the entire world would be shut down. Mother Nature sent all of humanity to their rooms and think things over.

This had huge repercussions around the world. As so here we are having a virtual funeral. Yet don't cry, be happy. I'm in such an incredible place. Just think when you die you are scattered through the universe. You never die. That one drop of water merges with the immense ocean of life.

So you are not alone. Your family and friends who have passed away are still with you. Unfortunately, we are human beings yet we are beings who must always be in a state of doing. We do, do, and do and we get bored if we stop and just be. I

exist in the being of life. The only way to feel me is to stop and enter into the silence. I'm always with you.

It's funny the human body is wired for this connection yet we are not aware of this. I certainly wasn't aware of this when I was alive. Glen had his calling to try to comprehend the mysteries of life.

I had my passions in music and cooking. I loved playing music with the orchestra. It was so beautiful to play a masterpiece and the harmony between the conductor and the players. Everyone was a piece of the puzzle. They weren't the puzzle itself.

Here's what I wrote on Facebook

Hey, music fans! I wanted to let you know that the next concert Lone Tree Symphony will be performing will be our first family/children's concert. And although all our concerts are very family-friendly, this one is truly designed with children in mind.

We will be performing the William Tell Overture (the well-known "Lone Ranger" part), Beethoven's Symphony No. 5 (the well-known first movement), Peter and the Wolf, and Star Wars. If you have little ones, please consider this as an excellent opportunity to expose them to a lot of fun music!

This was my life. I was a stay-at-home Mom. Many people would ask me what do you do. I would say I'm a stay-at-home Mom. You could see their eyes change to disapproval.

Our society thinks that stay-at-home moms don't do anything. Well during this global shutdown I'm sure that many people don't see it that way anymore. Probably one of the most active people is the stay-at-home Moms. It's a twenty-four-hour career.

Most people put in their work hours on the job and come home to relax. Our job is around the clock. Yet I wouldn't have traded it for anything.

You have been listening to Smetana's Moldau. This is one of my favorite compositions of all time. Music is in my blood.

The Moldau, Czech Vltava, symphonic poem by Bohemian composer Bedřich Smetana that evokes the flow of the Vltava River—or, in German, the Moldau—from its source in the mountains of the Bohemian Forest, through the Czech countryside, to the city of Prague where it ultimately joins the Danau, or Danube River.

We all are on this incredible river of life. My family and friends my journey has ended on this earthly river yet I'm sailing on the ocean of the universe. Someday we shall meet again.

Rick Chatillion



Rick and I go back to junior high. We ran track and cross country together. Both of us are surfers. Rick is still surfing in his late sixties. Rick is an incredible storyteller. I love storytelling.

Some many surfers have caught there last waves in life. Yet they continue to surf on the other side. Probably the majority of them their stories were never captured and are dust in the wind. Rick is telling stories about surfers generations ago. Rick thanks for the incredible storetelling and keeping them alive.



This is an article by *Lynn Selich*.

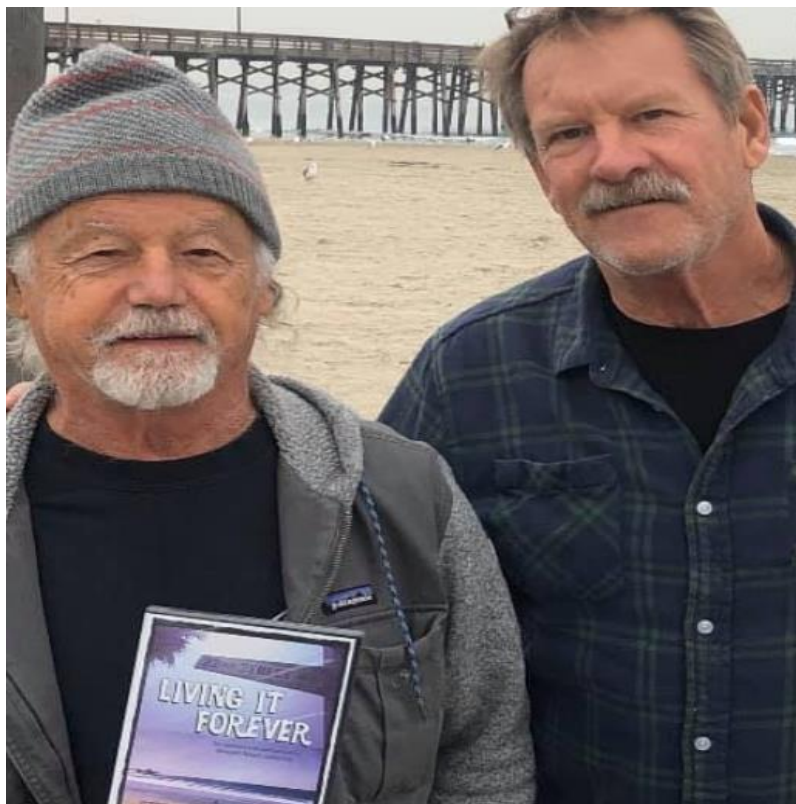
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Nearly 20 years ago, Newport Beach resident Rick Chatillon was working at Newport Photographics when fellow local Ralph Meyers, Rick's long time 22nd Street surfing buddy, came in to have his collection of old 16mm reels

¹ <https://www.newportbeachindy.com/they%E2%80%99re-%E2%80%98living-forever%E2%80%99/>

converted to video. Ralph, along with friend Tom Jewell, shot the movies during surfing's golden era.

As Rick worked converting the archival footage taken in the 1950s and '60s, he watched in amazement as the epic, early days of surfboard riding in Newport Beach unfolded before him. Rick couldn't keep his eyes off the screen, and instinctively knew the tapes held something special; they captured a magical, transformational time in Southern California history that has molded our American culture, continues to influence fashion and sports, and ultimately has emerged to become a multi-billion dollar industry.



Click in the picture to see the trailer.

"When I first started watching the old reels that Ralph brought in, I felt like I had discovered buried treasure," says Rick. "

I literally could not get them out of my mind. Over the years I began to obsess about making a documentary depicting the evolution of surfing in Newport and what it was like more than 50 years ago when this sport and lifestyle centered

on surfing began to take hold."

So in 2008, with Tom and Ralph's blessing, Rick and his wife, Ann, who also grew up in Newport Beach, began a quest to track down and interview all the talented surfers featured in the historic footage. The journey took them from Aspen to Maui to Malibu among other locations, and Rick's dream started to become a reality.

Ann worked tirelessly compiling numerous vintage archival film and photography featuring Newport Beach. She methodically searched through the historic collections of varied resources including Sherman Library, First

American Title, Newport Harbor Nautical Museum, Newport Beach Historical Society and the Balboa Historical Society. But mostly, Ann gathered stories, photos and movie clips from personal collections of longtime Newport Beach residents, including her parents and their friends, as well as those of the many interviewees.

Ann and Rick spent hundreds of hours combing through all of the content, painstakingly pulling together the inspirational story of the evolution of surf culture in Newport Beach.

They collaborated with Grammy award-winning music composer and avid surfer himself, Philip Marshall, as well as Orange County Register surf columnist Jeff Malanca, a popular surf report radio personality and voice-over artist.

The result is a film that is a masterful compilation of the rare home movies, still photos and unscripted raw footage intertwined with interviews of legendary surfers including T.K. Brimer, Bobby Russell Brown, Don Craig, Ed Hardy, Ilima Kalama (1962 USA Champion), Ricky Lowe, Greg MacGillivray, David Nuuhiwa (1968 and 1970 USA Champion), John Peck, Ron Sizemore (1961 Champion), Eric and John Vallely, Walter Viszelay, and a host of pioneering surfers who first called Newport's famous 22nd Street their home turf, living the dream every day.

Through it all, surfing's influence on fashion is readily apparent, and the clothes seen in the movie could be the same kids are wearing today. Bermuda shorts were the fashion statement of the '50s, the only difference is trunks were made then by talented moms with sewing machines. As Ann pointed out during our interview, "fashion doesn't evolve, it revolves – you can really see it in the movie."

In fact, some of the most recognized surf brands in the world started near 22nd Street Newport Beach. Bob Hurley of Hurley International was a premiere board shaper in the day and got his start there, as did Bob McNight, founder of Quiksilver USA. Think of OP, Hang Ten, Katin, Reef, Rip Curl, Billabong, O'Neill, Oakley, RVCA, Volcom, etc.... all have made a profound impact on the fashion industry.

Fast forward to the 2010 Newport Beach Film Festival where "Living It Forever" made its world premier to a sold out crowd at Newport's landmark Lido Theater. By the end of the festival, their documentary would become one of the most popular films of the event – with festival producers adding two additional screenings to meet demand. The Chatillons would take home the Film Festival's 2010 Orange County Filmmaker Award. Later that year, they also won the History/Archival Award at the California Surf Festival in Oceanside.

Even for those who know nothing about surfing or have never even heard of Newport Beach, "Living It Forever" unfolds in a way that has audiences yearning for carefree days, when hitting the beach and being with friends was all that mattered. More importantly, it brings full circle a time in history – that rare "tipping point" – when the obscure lifestyle of the surfer first began to influence mainstream America, ultimately becoming the legendary inspiration it is today.

On Thursday, Sept. 8, Ann and Rick Chatillon will be honored again, this time during a private opening reception of the "Living It Forever" exhibit that will be on display at Bloomingdale's Newport Fashion Island kicking off at the evening's "Fashion's Night Out."

The display, complete with vintage photos and surfboards featured in the film will remain on display at Bloomingdale's on the Men's Main Level through September 18. For more information, log on to www.livingitforeverthemovie.com or call 949-230-1557.

Lynn Selich resides in Newport Beach and can be reached at LynnSelich@yahoo.com.

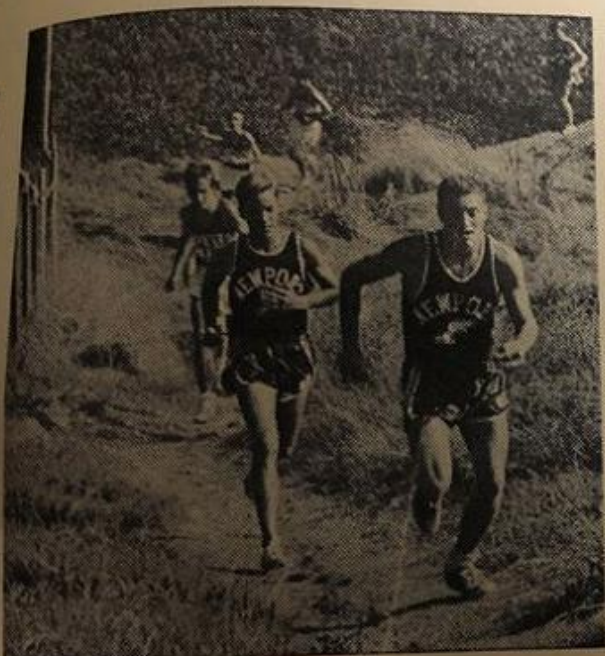


Rick Chatillon ▸ **Richard Fletcher**

November 15, 2019 · 🧑🏻

Scrap book find.....we were fast hahahahahahha — with P Maestro Marshall and Richard Fletcher.

Join Running Ranks, Help Team Win
Cross Country



After trophy-winning performances in last Saturday's Westminster Invitational, Mr. Robert Donald's cross country forces travel to Irvine Park today for the Sunset League Finals.

In last week's action at Westminster, Dick Jaffe paced Newport runners to a third place team trophy by placing sixth in 10:12. He was followed by Tim Owens (10) in 10:21, Dan Mooney (16) in 10:28, Kevin Butler, Rick Pierce, John Thomas, and Don Meuse. The squad missed second place by a scant 7 seconds and first by only 15.

The JV squad was led to its third place trophy by Bruce Corzine, who placed second in 10:56. Other Tars were Bob Adams (14), Mike Flamm (19), Gary France (23), and Bill Becker (25).

The Soph squad placed fifth on the strength of performances by Phil Marshall (6) in 10:34, Rick Chatillon, and Bob Vogel. The Frosh were led by John Fletcher (16) in 11:39, Tom Schick, and Rick Fletcher.

HILLCLIMBING—Basketball player turned cross country runner Dale Reece leads the pack through the gulley in a recent meet. Phil Marshall is second.
(Beacon Photo by Dave Riley)

Fuzzbee Morse



Fuzzbee was born with a guitar in his hand. He is a musical genius. On top of that he loves to meditate. What a great combination? I haven't been in contact with him in many years yet I read his Facebook posts. Fuzzbee is still having the time of his life.

From Wikipedia, the free encyclopedia ²

Fuzzbee Morse

Fuzzbee Morse 2019 by Glenn Francis.jpg

Morse arrives for the California Saga 2 Charity Concert in Los Angeles California on July 3, 2019

Known for multi-instrumentalist

Fuzzbee Morse

Fuzzbee Morse is an American composer for films, as well as a performer, singer/songwriter, multi-instrumentalist and music producer.

He is known for his command of a variety of instruments, including guitar, keyboards, bass, flute, soprano saxophone, mandolin, alto flute and many others. As a player, primarily on guitar, Fuzzbee has played with such notable musicians as: Bono, Peter Gabriel, Lou Reed, Frank Zappa, Aaron Neville, Wasis Diop, Jaco Pastorius, Third World, Karla Bonoff, Richie Havens, Pino Palladino, Alex Band (The Calling), Jean-Luc Ponty, Ric Ocasek, Joan Baez, Cyril Neville, Axl Rose, Chambers Brothers, Manu Katché, Nick Jameson, Robert Wyatt, Greg Hawkes, Paul Allen, Pink, Dave Grohl, Larry Mullen, Jr., The Soul Survivors, Daniel Lanois, Donovan, Anne McCue, Jerry Marotta, Tony Levin, Derek Trucks, Julian Lennon, Vernon Reid, Rufus Wainwright, Robert Randolph, Steve Ferrone, Kenny Edwards, John Sebastian, Bernard Fowler, Andy Pratt, David Sancious, Jesse Colin Young,

² https://en.wikipedia.org/wiki/Fuzzbee_Morse

Natalie Cole, Lee Sklar, Ben Orr, Nick Mason, Russ Kunkel, Phil Upchurch, The Security Project, Dan Aykroyd, Trey Gunn, Harry Dean Stanton and many more.

His first album, *Dreams and Other Living Things*, featuring Jerry Marotta, Tony Levin, David Sancious, Lisa Frazier, Daya Rawat and Chambers Brothers was released in 2015. Paul Zollo, Senior Editor of *American Songwriter* reviewed it as, "An absolute masterpiece. An album for the ages."

His film career began in 1987 with the Stuart Gordon film, *Dolls*,^[1] and he is still active in the industry today. He has worked on films with people such as Philip Haas, Damian Lewis, Stuart Gordon, John Slattery, Will Gluck, Richard Band, Charles Band, Chris Bauer, Tom Stern, Pam Brady, Dyan Cannon, Currie Graham, Sasha Jenson, Michael Couto and Kyle McCulloch. Morse, despite having many titles to his name, is often credited alongside others such as Richard Band, etc. and therefore hasn't always had as much attention from the media as his collaborators. *Dolls* is known for having sparked off several 'Killer Doll' franchises (collections of films such as *Chucky* and the *Puppetmaster* series with their many sequels), along with *Ghoulies II*, the second in a series of four films about wild, little demons conjured with black magic. Fuzzbee Morse is still working in music, film and television and performs often around Los Angeles.

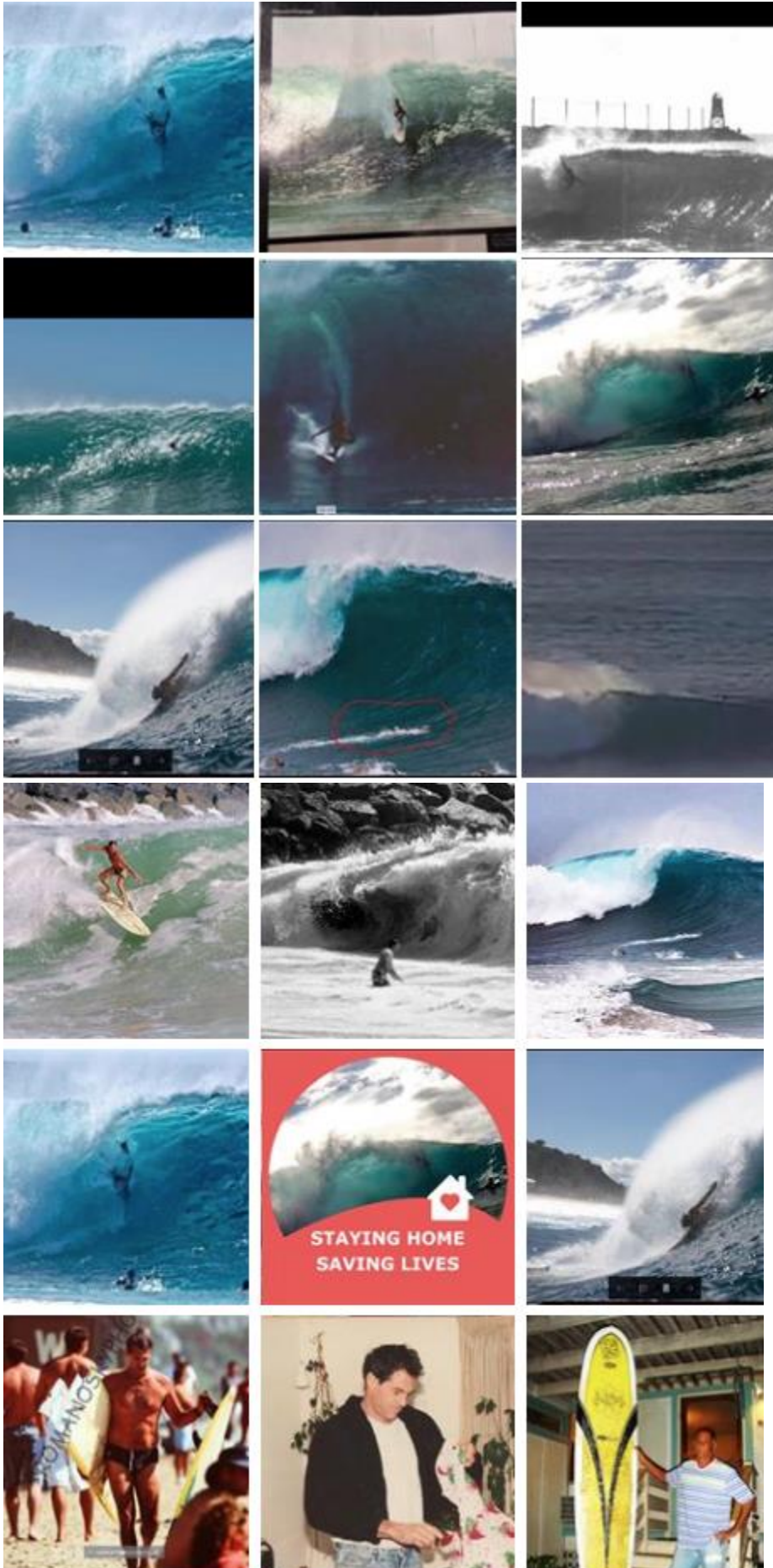
Click picture to hear song.



Jeff Daly



What can I say about Jeff? We went to the same high school together. Just think he is still surfing and bodysurfing at places like the famous wedge in Newport Beach and the Pipeline in Hawaii. Hey, all you kids out there he is in his late sixties and still ripping. Probably less than one percent of the surfing world would even attempt to go out at the wedge and pipeline bodysurfing on a huge day. Talk about creativity. He is painting in motion and being in harmony with the wave. Most people would be scared out of their wits. I know I never could do that.



Monroe Institute



When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties.

One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor.

He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience.

He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all.

The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves? After years of research, He learned to utilize sound waves.

He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc.

The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land.

We were oriented on what days were to be. They took away our watches so we had no idea what time it was. This was not an ordinary course.

Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit.

There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no light could come in.

Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes.

After each tape, we would go to a conference room and talk about our experiences. We would do this throughout the day. We would have lunch and breaks throughout the day.

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



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other.

I remember some experiences being completed taken out of my body and being bath in light.

There were talks with angels. I call the Monroe Institute the Disneyland of spiritual. It was amazing to go to a

place and see modern scientific equipment being used for self-discovery.

So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences.

I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life.

It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

Intro.

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



Energy-bar tool

My experience was building the energy bar was going to take some time to get into it. To develop it It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time.

But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side.

It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from

other things it looks like an all-versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form.

I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body.

I used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious.

From there it turned my dark subconscious into the light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body.

This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

Liftoff

This is the lift-off tape. In this tape, I lifted myself through the roof, through the clouds, and past the moon. I lifted myself and then lowered myself down.

I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself.

I was just trying to accept my hesitation. Hesitations are your friend. Just go inside and enjoy the experience just like a

child.

In the focus 12 state, it was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child.

A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend.

It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience.

Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me of its own accord. I know what I'm looking for and I know it's happening moment by moment.

It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way.

I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?"

I had this one vision of walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools.

Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accepting it. It will come in due time.

Most of all just being patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest.

This was the question I put out and I waited and this was the answer that I got. I'm just learning how to visualize, see images, and accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.

Free flow 12



The name of this tape is free flow 12. My main objective was to explore this state of consciousness.

I just let go and just enjoyed this state of consciousness. It was a very beautiful experience that I had. I was just bathing in the light.

I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named Catherine who was here. I was just experiencing her inner beauty and her happiness.

I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences.

I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience.

It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

Free Movement



The name of this tape is free movement. There are different positions to leave the body.

This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself.

The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want.

I see that it is happening. In the long road, I will have that experience.

Five Questions



This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian saint in the 1800s. My name was M. I wrote the Gospel of Ramakrishna.

That's what I read in the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child.

My next question is what is my purpose here? My purpose here on earth is to expand and become completely one with the Lord and to express his knowledge and love.

Also to establish the kind of communication a human being can have with his creator.

The message that I was told to do was to keep on trucking. Keep on going and I will be led to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time.

All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things.

The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with

Lord Jesus on it.

The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy.

My whole body was sweating and tears of joy were streaming down my face.

Now I know the experience of NVC. It's such an incredible place and experience.

This is the type of communication that human beings are meant to have.

I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this.

This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

Introduction to Focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time.

There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future.

It's wonderful to know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness.

It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us.

I just completely want to dive into that experience. I know I have met her before but I don't remember where. (See Maldek experience.).My daughter was there and her

daughter was there.

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

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes.

I brought myself into 10 then 12 then 15. In all of these states, I experience inner NVC communication.

I just rode this inner wave that kept on getting faster, faster, and faster.

I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 states I just explored that state.

It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle.

It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening.

What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message.

The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy.

The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers.

They can in this state teach you and communicate with you. They communicate not so much with words but with images.

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

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago.

It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans.

I tried to do the tape but some of the techniques I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

Relation Galaxy



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

At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration.

I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere.

That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces.

My whole body was contorted. I am still not out of that place. I just want to live there and dwell there.

5 Messages



The name of this experience was 5 messages.

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

The number one message was devotion to the lord. I should be an example of this. The Lord wants love.

Number two was that everything I ever desired will come true. All of my dreams will be satisfied.

Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people for who they are and loving them without conditions.

I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level.

I just got in tune with the frequency level. I just went higher and higher and higher and higher.

Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

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

I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe.

There was laughter in the background. The rest of the people were discussing their experiences.

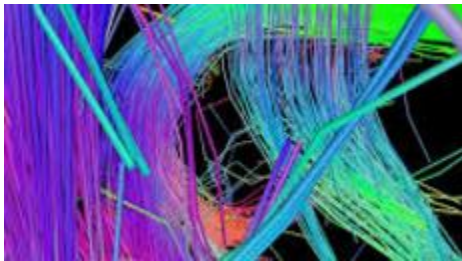
Side Two



During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji.

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC

experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause)
15 to 20



The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple.

It will take me time to know what this experience means. Slowly I will begin to

understand all of this. (Long Pause)
Music is playing in the background.

One one patterning



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

By putting it in my subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life.

I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around.

I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing.

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside.

I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

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

It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness.

I was inside of her and just riding the wave of love. Both of us were in tuned and in synchronization and experience the oneness of each other.

Coming from her breast was this liquid light was I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other.

We were all laughing and dancing and singing. It was like a family of love, beings of love. At another point, after this self-expression, Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love.

We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out.

I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

Introduction to Focus 21



The introduction to focus 21 was a completely mind-blowing experience.

As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans.

There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states of consciousness.

I went from 10 to 12 to 15 in different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience".

There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey.

Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence.

Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free.

I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there.

From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape.

The sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy.

I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light.

My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that.

It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty.

I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang.

I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant.

What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her.

She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me.

I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other.

There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience.

At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok.

Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides named Running Water.

I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together.

It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love.

That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week

PDF



Books 2022- Monroe Institute

Fletcher Soul Traveler

Updated today



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

[Notes from the New Land \(pg 40\)](#)

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

35 years later

My twin brother John last week sent me the links to these two YouTube videos. These videos contained once classified information from the CIA in the 1980s. They were changed from classified to unclassified in the early 2000s.

These documents were about Robert Monroe and their Monroe institute. They were about the gateway program that was highly known during its day. I watched these two videos 35 years later. They are just as relevant. today as 35 years ago.

Robert Monroe was an absolute genius. I thought so back then. Today I even have more respect for the man. He died in the 1990s. In these CIA videos, they went over the one-week Gateway program that I attended years ago.

I found it quite fascinating that the same tools used during the Gateway program were the foundation of the CIA's development tools. In plain English, they described many of the tools we learn and experience during our week-long program. Maybe it's just 35 years later but I was blown away by the description of the tools.

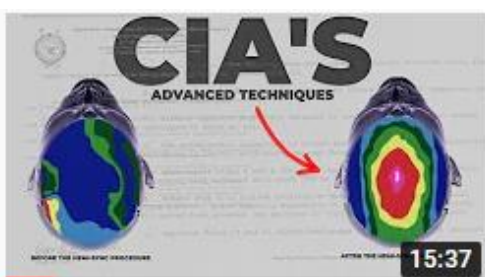
Back then I didn't have the maturity or understanding of the preciousness of these tools. Mind you this was probably one of the most memorable weeks of my life. One does not become an adult overnight. A young child doesn't have the maturity of an adult.

After meditating for over 50 years and listening to these videos I saw the brilliance of Robert Monroe. Not too many people knew of him. His voice was mesmerizing. I don't think I have ever heard a voice so brilliantly before. In each of the tapes, we listen to during our retreat he would be leading us.

His voice was the perfect magnet to resonate this experience with us. I would love to experience these original tapes once more. It would be an entirely different experience. My understanding from this course has been integrated into me.

Many of my doubts have disappeared years ago. These tapes are incredible training wheels that humanity can use. With training wheels, once you get the confidence you can take them off. Even if you never take off the training wheels, there are endless journeys to embark on within.

Both science and the world of mystics are coming together. He was at the forefront of this Hemi-Sync technology since the 1950s. We are just at the beginning of a new mankind which he talked about in his books.



Brain Enhancement Techniques Listed In a CIA Document

Video Advice ✓ 936K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> The report entitled Analysis and Assessment of The Gateway Process was penned in...



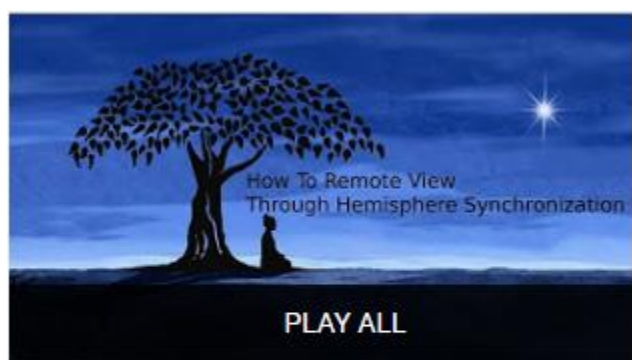
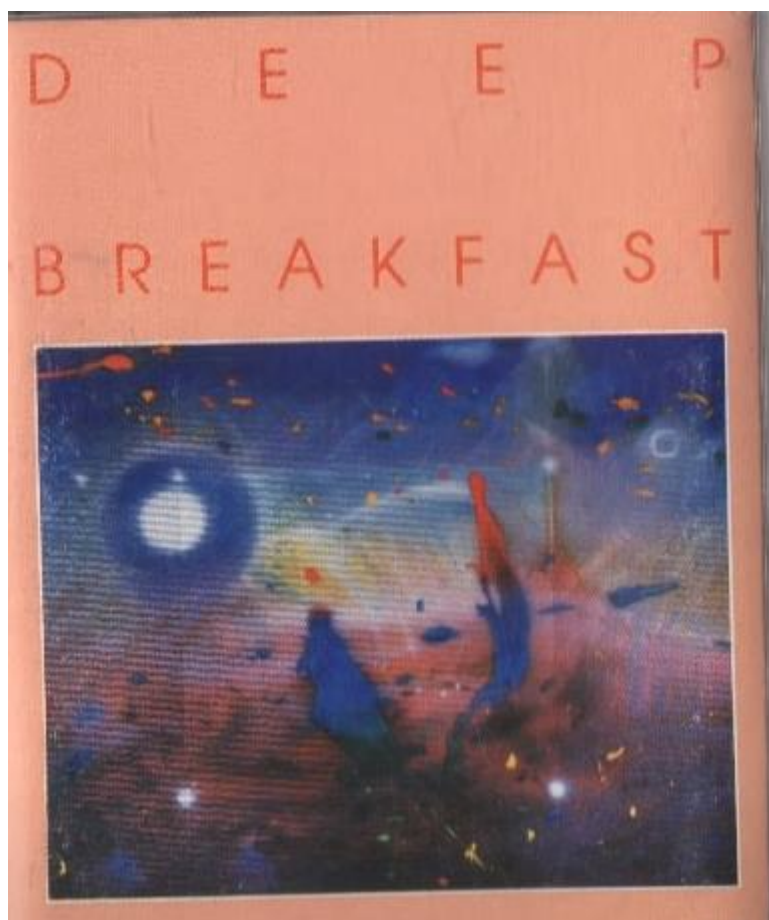
"Focus 21: The Future" | CIA's Advanced Techniques

Video Advice ✓ 166K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> Back in 1983, the CIA wrote an obscure report on the "Gateway Experience," claiming that...

[Ray Lynch - Deep Breakfast](#)

The first time O hear this was at the Monroe Institute in 1985. It was a week-long seminar.



THE GATEWAY TAPES (C.I.A DECLASSIFIED)

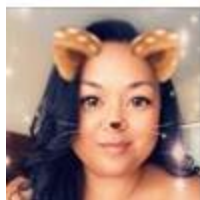
Laurie Secrist



What can I say about Laurie? She is probably one of the great channels I have ever met. She can simply close her eyes and be in the state to receive wisdom and information. Of course, that took time and effort to achieve.

Laurie is an inspiration to me. One course I will always remember is called Gifts of the Spirit. It was a practical guided meditation into different dimensions. For the first time, I saw the inner worlds in a way I never saw before. It was a mixture of inner light and subtle realms of existence.

Jennifer de Dios & Maddi



I used to work with Jen at Charles Schwab. We became good friends. I love earing the adventure of her family. It is never boring. Over the years I've been watching Jen posting videos of her daughter. She is extremely creative.

Maddie got her aerial today... and I wasn't there to see it... but thank you to one my fav dance moms [Ting](#) caught it on video... I am so excited for her 😊:) Thank you Ms. [Kelly Conaway](#) for believing in her and giving her the strength to nail it... woo hoo!!



John Burton



John has been playing music ever since I have known him since high school.

Harp Inn



Campus Jax



We got some great videos from our show at Campus Jax with [Michael Mills](#) on March 1, and this might be my favorite. I had an idea right before we went on and asked [Madeleine Colliere](#) if she would sing on Riot with us. She

wasn't sure but the next thing I knew there she was and obviously she added a lot! Also starring [Ky Michael](#) on lead guitar; [John Burton](#) on second guitar and

vocals; [Rick Rolfes](#) on bass and vocals; [Ron Ravicchio](#) on drums and yours truly [Jon C. Garner](#) on lead vocal and harmonica.

Here's Scott Holt singing with the band. I've known Scott since first grade.

[Scott Holt](#)



More fun from our March 1 show at Campus Jax. [Ron Ravicchio](#) really gets a workout on drums. Hope you watch this video along with Wine from the same show. In addition to Ron, Scott Holt handled the vocals, [Jon C. Garner](#) played harmonica; [John Burton](#) and [Ky Michael](#), guitars, and [Rick Rolfes](#), bass. A lot of humor and tight playing here.

Jim Cokas



Chris Dahl once took me to Jim's house. We were standing around the kitchen talking. I saw for the first time a Scientific American magazine. I never knew it even existed. I love being introduced to new things. Jim is an incredible poet. I enjoy reading his poems.

Well, I tried to get another poetry video up while we were still in the month of April (National Poetry Month and all) but better late than never is my motto now. I'm posting a YouTube video of myself reading a poem I wrote about the Upper Newport Bay, taken from a series of poems I wrote on that subject titled Ascension. This type of presentation is still pretty new to me. Hope you enjoy it!



YOUTUBE.COM

i

Lenny Foster



I first met Lenny when he was in fifth grade. Even back then he was an incredible surfer. Johnny Coontz introduced my brother and me to him. Lenny and Johnny Coontz were years ahead of their time. The last time I talked to Lenny was in Hawaii twenty years ago. He was living in Kauai. I would love to talk to him again someday.

Lenny Foster, Newport Point ~ early 70's

Photo: Brad Dawber Photography



The original Russell shop ..Lenny Foster, Don Craig, and my mentor Ed Farwell. ~~he~~ he always said if you don't go you'll never know ..I think that was the 60s kind of fussy as I'm old dam



Craig Perkins



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

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

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

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



Tiny Tim - Tiptoe Through The Tulips

31M views • 11 years ago



Michel Sartre Sastre

The great Tiny Tim.

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

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



I heard he is living in Mexico. My brother bumped into him in San Diego in the late nineties. He was in a fast-food restaurant and John heard Craig's voice. That was a giveaway. That was the last time we heard from him.

PAUL SIDES



When I first moved to Hawaii I heard that an old junior high friend was living in Maui. I hadn't spoken to him in probably 20 years. Paul was a twin too so we had a lot in common.

Both of us were surfers. When I met him after twenty years I was impressed by him. He was truly a genuine human being.

He carried that aloha spirit. He was a genuine human being. He was full of love and compassion. He had a lot of friends on this island and introduce me to him.

I didn't pick up any ego from him at all. We became greater friends. I would meet him very early in the morning at the beach. He taught me the ropes about surfing in Hawaii. He had a great sense of humor.

Both of us were involved in our quest to find God. We shared a lot of love and brotherhood. I found out that he was dying from cancer. He had cancer for five years.

It would come and go. Paul never complained about it. When I was in his presence I felt gratitude that I knew a human being like this. In the end, Paul died. Hundreds of surfers came to a huge party at the beach.

This is what Paul wanted. He wanted each one of us to cherish life. Even amidst his death, his presence was there. Paul where ever you all love you. Aloha.....



Elvis Presley - An American Trilogy (Aloha From Hawaii, Live in Honolulu, 1973)

14M views • 3 years ago



Elvis Presley

Elvis Presley made television and entertainment history with his Elvis, Aloha from Hawaii concert, performed at the Honolulu ...

Robert Stivers



My brother John and I were good friends with Bob in high school. My brother John introduced me to him. Fast forward 49 years. I just found him on FaceBook.

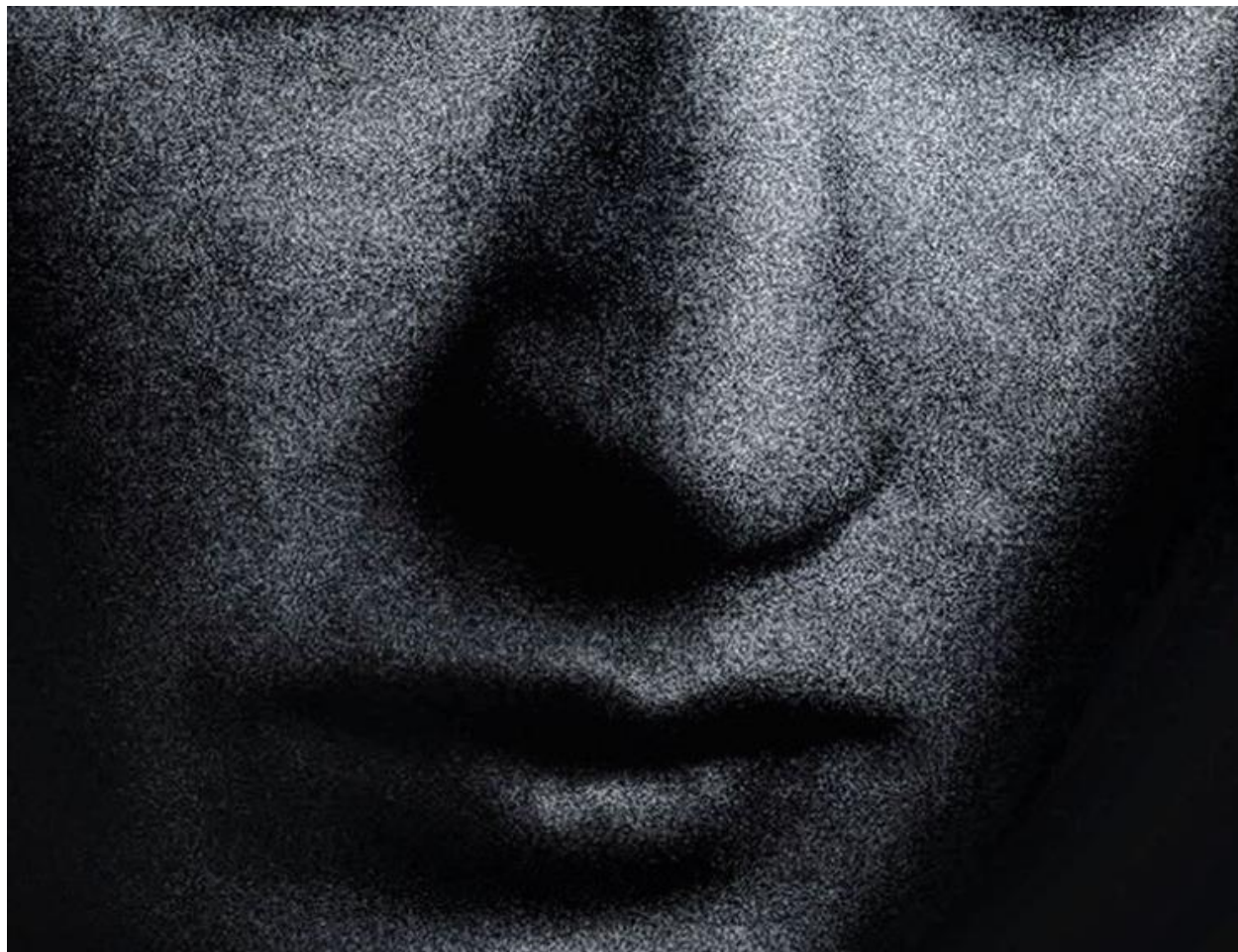
I'm completely blown away by Bob's artistic ability. To me, this is a genius in action. Every photo is so different and unique.

During this worldwide shutdown, artists are striving. They can't promote their work. In Germany, the government has set up a fund for the artist, during this time we need the arts more than ever.

<https://www.facebook.com/robert.stivers.944>



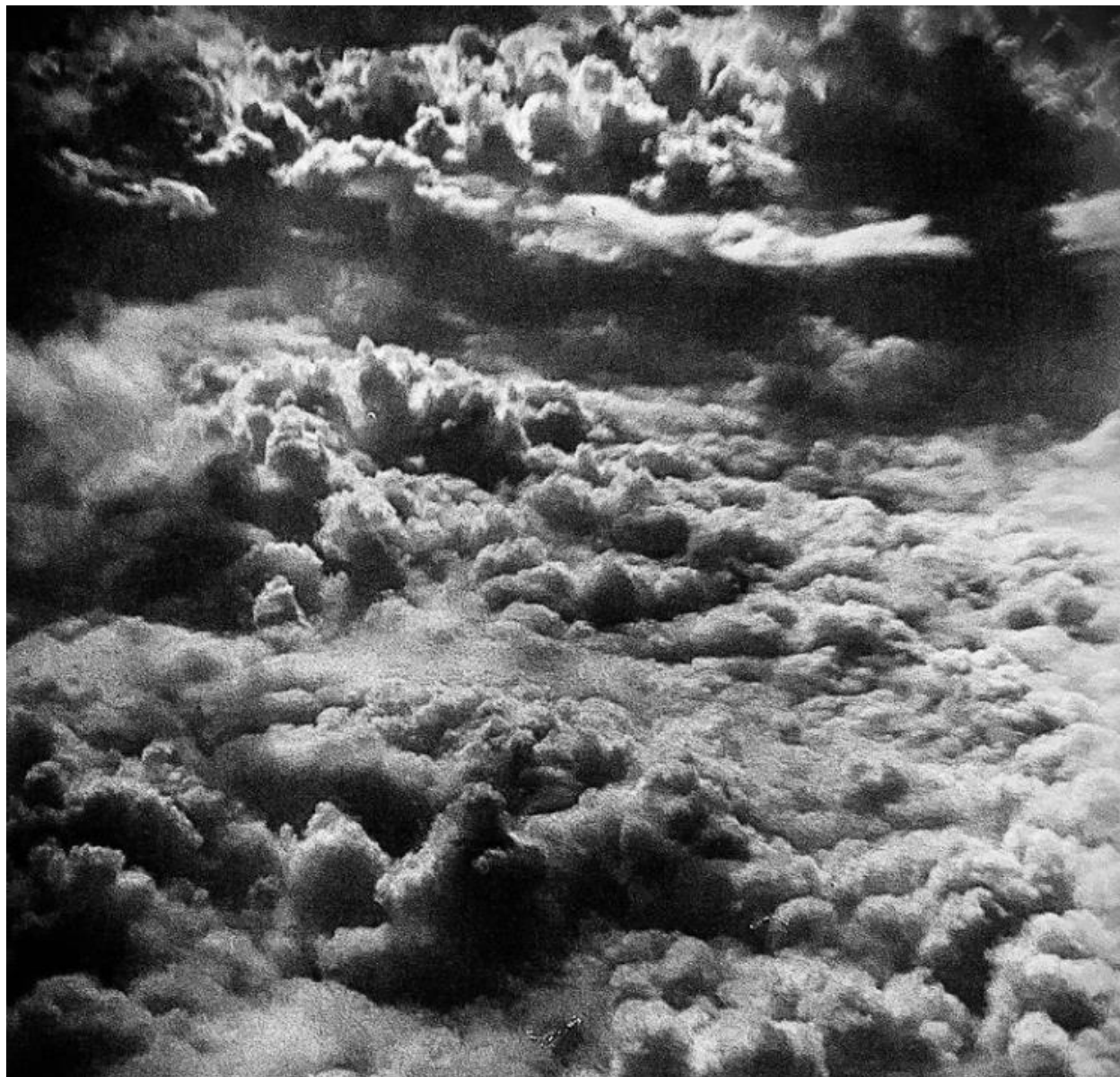
portrait of s. this is a personal favorite. gelatin silver print.



fishnet stockings



Clouds



recently, I've been looking at my self-portraits. they go back quite a few years now. this one was taken in the fall of 1991. I had recently arrived in Santa Fe, nm. I was working on my "clay series". the house I was staying in was either in deconstruction or reconstruction... not quite sure. nevertheless, it provided a great location. here I am seated at the front door. I was covered in dry clay, so I looked much older... gelatin silver print.

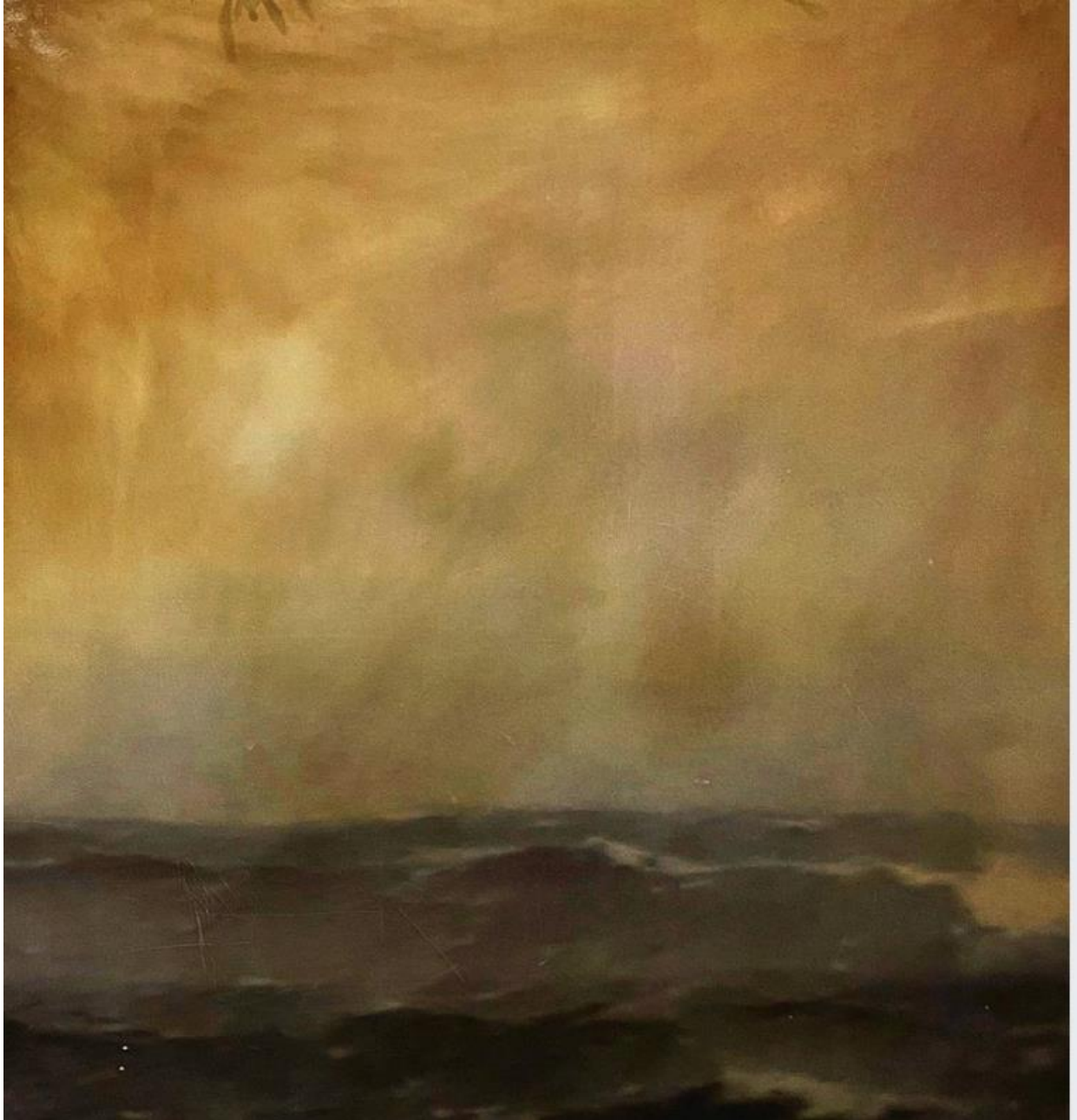
Self Portrait



[return to "0"/ sphere series](#)



new ocean series



grid of nine flowers



two palms



ocean series.

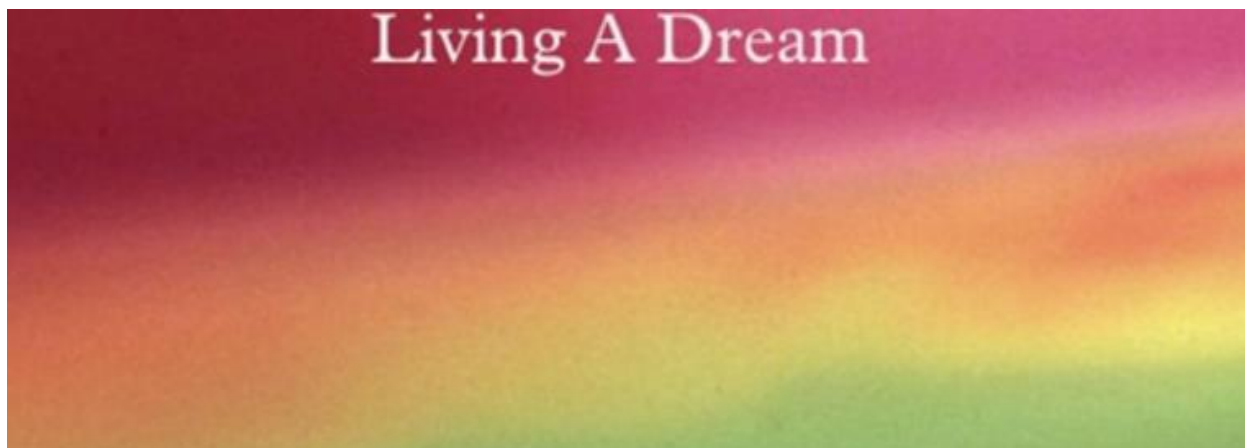


Jim Gallagher

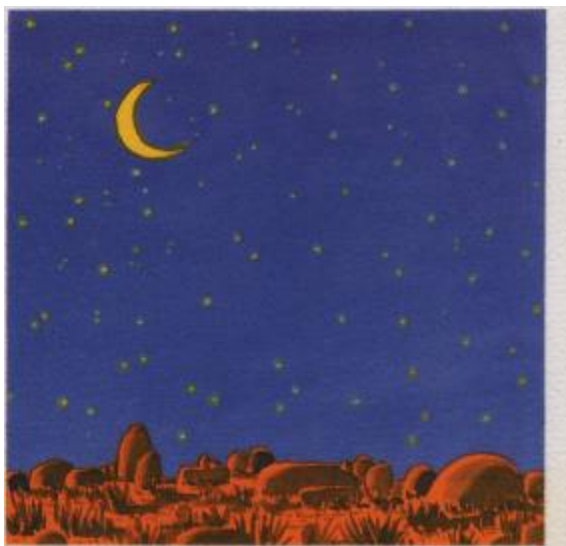


t's a small world. I knew Jim when he was living in Florida. My twin brother John knew him in California. Jim is a talented singer and songwriter. Keep on creating Jim. We love it.

Living the dream



Empty canvas open sky



Essence



The World



The World is a beautiful place



Johnny Cootnz



Johnny was my brother and me, my first surf partner. We had many incredible surfing sessions with him. RIP Johnny. Johnny was probably one of the best surfers back then. He could nose ride like no one else. When the short boards came along Johnny adjusted his style and ripped.



A photo book made by one of Jonathan "Johnny" Coontz's sisters is on display at the home of Gary Robertson, a childhood friend of Coontz who grew up four doors down. (BRADLEY ZINT, Daily Pilot)

3

By BRADLEY ZINT

FEB. 2, 2013

8:53 PM

They came back to their hometown on Saturday afternoon to remember the good days when Jonathan "Johnny" Coontz was just another blond-haired Newport kid who had throngs of loyal friends, loved the ocean and surfed like a pro.

Those were the care-free days near the sea, they said, before Coontz's life turned for the worse, before he succumbed to forces that left him — once a universally renowned, "top 5" of Newport surfer — among the Orange County homeless.

Coontz, a 58-year-old Newport Harbor High alumnus, died Dec. 28 at a Santa Ana hospital after being hit by a cyclist near where the Santa Ana River trail meets Atlanta

³ <https://www.latimes.com/socal/daily-pilot/news/tn-dpt-0203-coontz-memorial-20130202-story.html>

Avenue in Huntington Beach. His family told the Daily Pilot that details of the incident remain unclear to them, and the county coroner hasn't finished its investigation that may indicate if Coontz, who had several convictions for drinking in public, had alcohol in his system when he died.

Friends and Coontz's three sisters gathered at the Newport Harbor home of Gary Robertson on Saturday to reminisce about what made their friend special and [how he seemed to "march to a different drummer."](#)

Robertson, who lives in Beacon Bay, grew up just four doors down from the Coontz family in the Westcliff area of Newport. He expressed excitement to talk with old friends, many of whom hadn't seen each other in decades, and gather in memory of Coontz.

"They just all were inspired by what a good surfer he was and what a great guy he was," Robertson said. "All these memories are coming out. These were the best surfers in Newport Beach in the '70s."

Those were the "old Newport" days, Robertson said, when it was "a small beach town and everybody knew everybody." He remembers days on the beach with Coontz, how he got him into all the best high school parties, and there was once an epic swell off 56th Street with 15-footers.

"We all were normal teenagers," he said. "Nobody knew who was gonna be a zillionaire. Nobody knew who was gonna live on the bayfront. Nobody knew any of that stuff. Everybody's taken their different directions, but all of a sudden, we're all together. And we're all the same."

"Coontz just had this natural talent," Robertson added. "He was a great personality and he was so full of life ... but he just went into a hole."

Janet Stoneman, one of Coontz's sisters, made a book that contained photographs of her young brother growing up. On Saturday, they were focusing on fond memories when he had "a wonderful spirit."

But, she said, "it was hard to relate to him as he changed. We knew him through the good years."

Denise Ogle, another of Coontz's sisters, said her younger brother always did his own thing. Sometimes, though, she got a little jealous of that.

"I was very disciplined and had to be doing my homework. And he got to go surfing!" Ogle said with a laugh.

She was pleased to see so many come to his memorial. It showed how much he meant to people, she said.

"He was a cool guy," Ogle said. "That part of him I didn't know, because I didn't know the impact he had on his friends. For me, it's neat to know how much he meant to his friends."

Jeff Harris recalled Coontz's sheer athleticism.

"He just ripped. He was so good," Harris said. "It's just tragic the way his life evolved ... but what I remember about Johnny is a magnificently coordinated, gifted athlete."

bradley.zint@latimes.com

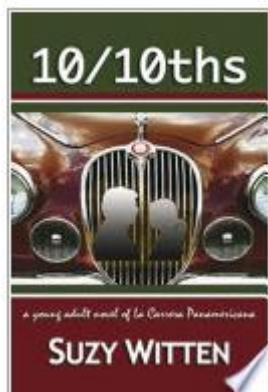
Suzy Witten



I haven't spoken to Suzy in many years. Many of my close friends are good friends of hers. I remember she had a great singing voice. I always loved her sense of humor.

Suzy Witten's career spans over twenty-five years in the entertainment industry as a filmmaker, screenwriter, story analyst, and editor for film and television. As a filmmaker, she was nominated for a Lillian Gish filmmaking award by Women In Film. ... [Google Books](#)

Books: [10/10ths: A Young Adult Novel of La Carrera Panamericana](#)



14-year-old Andi Gazek, a lifelong car nut, mini-MacGyver, and expert strategizer (i.e., fibber) from Montana, hits the road one abandoned summer in search of the racer father she never knew.

Finding him is not enough. Now she wants him to drive the world famous 2,500-mile vintage car rally race--*La Carrera Panamericana*--with her in Mexico... and she expects him to teach her.

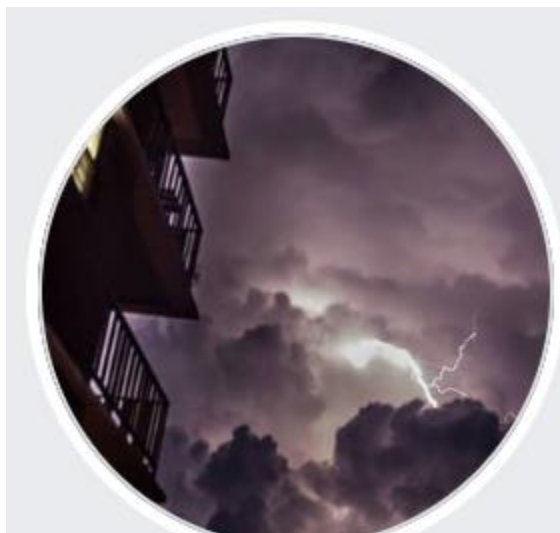
What she learns, and what he learns, in their wills-clashing, car-crashing process is miles beyond any road map. *10/10ths* is a lesson charged, richly peopled, coming-of-age action adventure set in a contemporary car racing world full of high-speed hairpin curves and misdirection. For a Young Adult reader, it's a page turning dented ride to what being "family" means. (*Pre-teen to Adult*)

Thomas Donley



Thomas is an incredible photographer. We met him through Christine Parinii. I will always remember the Italian fest I cooked for the gang. That was a great time. Love those Facebook post. I love hearing about your life. [Tom's Facebook](#)







Scott Price



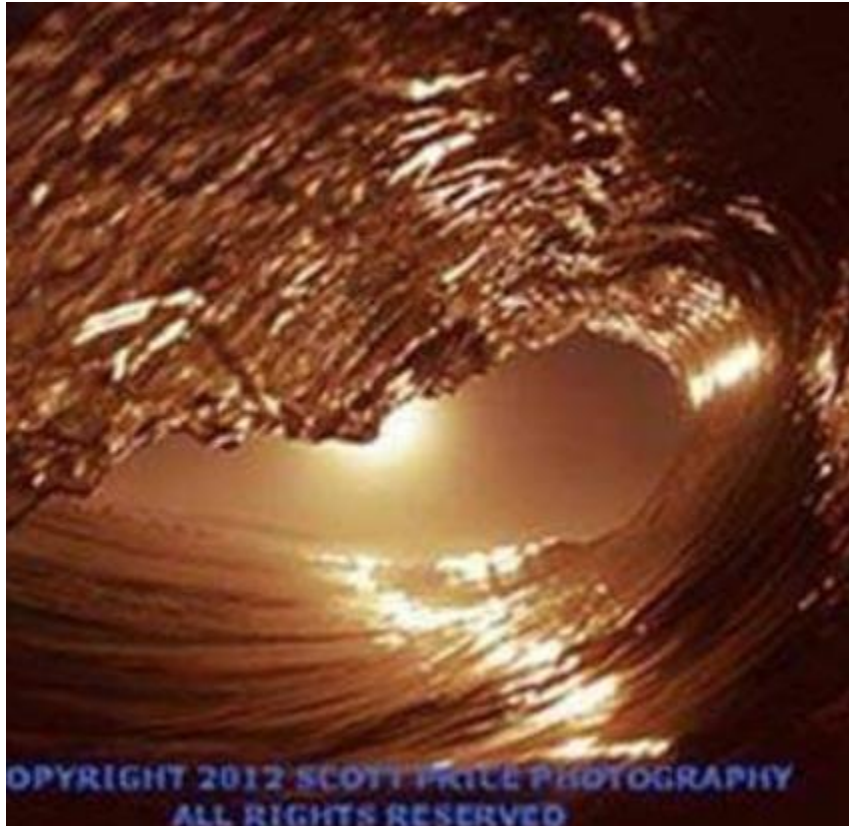
I have always admired Scott's work. He was an incredible surfer and photographer. We had many mutual friends. He is definitely a creative person.

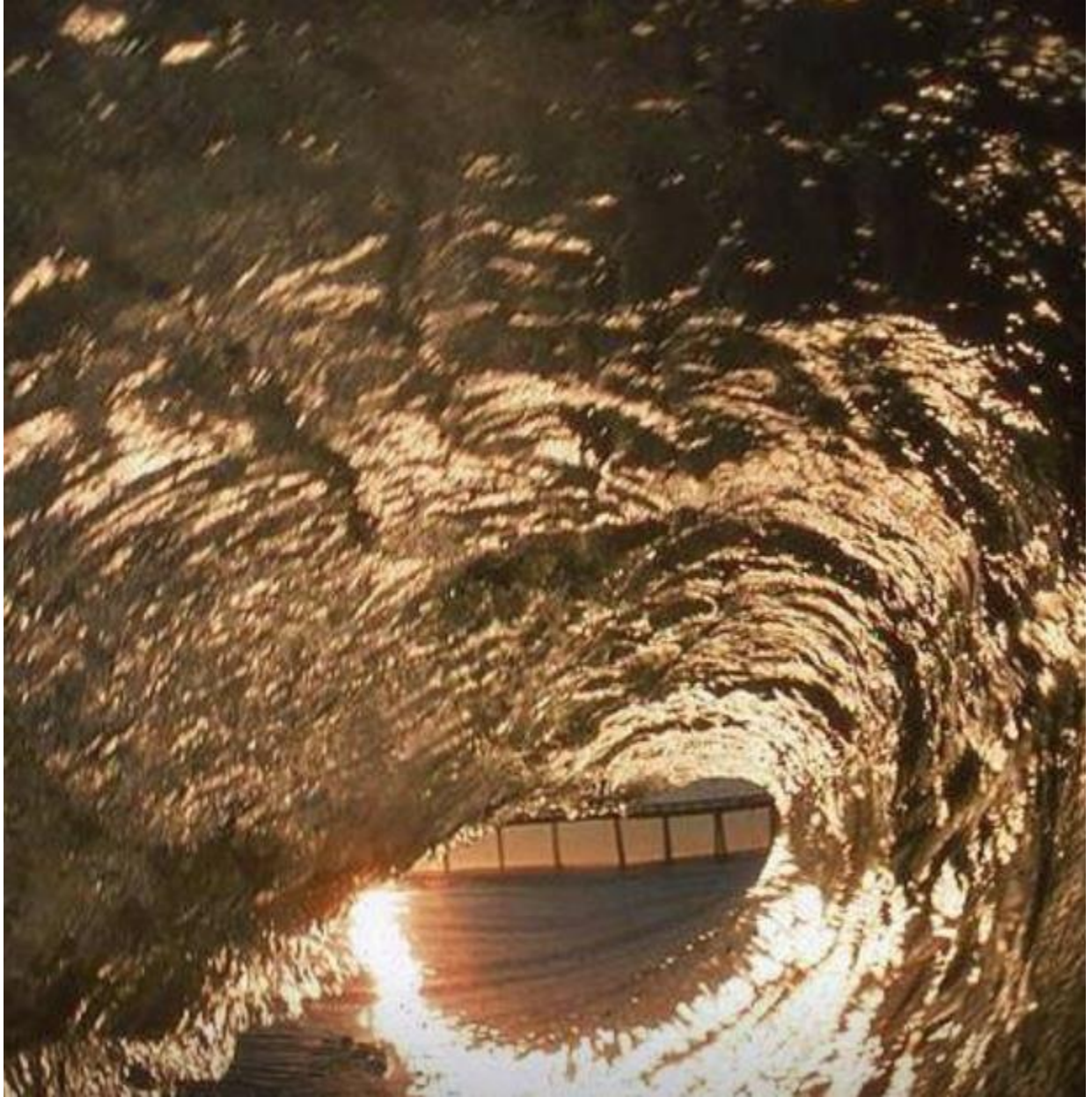












Scott Schaefer Mom and Dad

When I first started this project I thought about Scott's Dad. He had an extremely creative job. I didn't know much about what he did. My brother and I loved the Schaefer family. Here is the story told by Scott.



R-L: Lassie, Bob Schaefer, (sitting) Lassie's owner Rudd Weatherwax, my dad's writing partner, Eric Freiwald.

My Dad, Bob Schaefer, would do whatever was necessary to make sure me and my brother Ricks's life were full of unique experiences that seemed to ultimately, upon reflection, to have some sort of life lesson tied to it.

He wasn't one to blow his own horn. Back in the elementary school days at Mariners, I would often ask him to come to talk to my class about what he did for a living, because, let's face it, he had a pretty cool job as a television writer and I was very proud of that. No matter how many times I asked, he would always beg off. I really think it was because he didn't want to appear boastful about how he

made his living. He did have access to Lassie shows on film that I would bring to class and show on the projector during “show and tell” time. That went over pretty well with the kids in class! It wasn’t until my son Cameron was in elementary school in Arizona that we finally convinced Dad to speak in front of Cameron’s class about his television writing career. It was a struggle to have him do it, but he finally conceded and the kids loved it!

Dad was a bit of a kid himself. I remember when we moved into the Terrapin house in 1959. Our neighbors directly behind us were the Curry’s. Now, I don’t want to say Jim and Bob Curry were hooligans, but, does anyone remember Eddie Haskell on “Leave it to Beaver”? His character was written with the Curry boys in mind. Now, the Curry boys were an athletic bunch, and one day, they had Rick and I pinned down during a dirt clod fight along the side of our houses. We were doing our best but we were outnumbered because brother Bill Curry was also participating. Dad and, I think his writing partner Eric too, came out, saw what was going on and, instead of putting a stop to it, proceeded to begin firing dirt clods back at the Curry’s because he swore it was those kids who had been throwing dirt clods over the fence into our pool! Well, we kicked their butts! Over the years Jim and Bob have disputed that claim but, trust me, we did.

Another example of the kid in Dad is captured in the true story about our drive over to Phoenix to visit one of his lifelong friends, Jim Bryan. I was about 7-8 and Rick was about 10-11 I guess. Now, you have to understand that Rick and I were not big hypodermic needle fans due to our family doctor who would stick you if you had a hangnail. As we’re driving over, getting closer and closer to the Arizona border, Dad casually mentioned we had to get shots to get into Arizona. “Shots!” we said. “Yeah, shots, but it’s no big deal”, Dad said. “It’s real simple. All you have to do is roll down the window, drop your pants, stick your butt out the window and they’ll poke you at the border as you drive by.” There was a silence in the back of the car like you wouldn’t believe! Rick and I bought it hook, line and sinker. Thankfully, Dad & Mom broke out in laughter before the two of us starting the pants-dropping process.

Dad meant so much to us. I don't have the time or ability to put into words all the many ways he influenced me. One would be to always respect and love your wife. Mom & Dad shared 59 years of marriage and overall, they knew each other for 68 years. They first met when they were 12 years old. They married in 1947 when they both were 21, one year after Dad had returned from overseas in WWII. They got married two days after Dad turned 21 because he wanted to be the same age as Mom when they married. It's my opinion that Mom & Dad wrote the script for love affairs. Dad adored Mom. I remember it wasn't until I was about 14-15 years old that I ever heard them argue. They were in the other room having a minor disagreement and the sound I heard was so foreign. I walked into the room and asked "Are you guys arguing??" I had truly never heard them argue before. Mom & Dad both started cracking up as they realized we had never been exposed to them disagreeing before. It was Ozzie & Harriet all the way.



The family was extremely important to Dad. He didn't have a lot as a kid growing up. Grandma Gwen, Dad's Mom, did her best in raising Dad under difficult life circumstances. She did have the support and help of her sister, Dad's Aunt Amy. Aunt Amy and Dad had a special relationship up until the very end. Aunt Amy held a special place in Dad's heart.

Dad made life so comfortable for all of us. He gave up a lot by having to commute into Culver City every day in order for us to grow up in Orange County, but he did it. Every week, he and Eric would trek up to the studio where they worked. They would usually stay a couple of nights in the apartment they had up there as the travel was too tough to make the trip every day. I tell you what though, I really don't think he ever missed a sporting event that Rick and I participated in. We were his priority and he was always there to support us.

We had a great life growing up. Mom and Dad were the reason. We used to regularly visit the Lassie set and watch them film, wander the backlots and see where they filmed “The Andy Griffith Show” and others. Dad would bring home mementos like a Lone Ranger silver bullet, pictures, autographs, and many other tidbits. New Year’s Eve at the Disneyland Hotel, unlimited trips to Disneyland, family golf trips up the coast, playing Pebble Beach, trips back east to North Carolina and Williamsburg. All of these are special times etched in my mind.

He loved his golf. We played countless rounds of golf together.

Dad was quite a competitor up until he had to give the game up 15 years ago or so. He felt golf was a game that taught you a lot about life. Things like respect for competition, confidence, and self-control. I never once beat Dad in a round of golf. The reason I know is that I once asked “Dad, I forget. Did I ever beat you in a round of golf?” I swear, before I got the question out of my mouth, he almost screamed “No!” As I said, he was quite the competitor.

His grandkids were very special to him. Jennifer, Sarah, Nick, Cameron & Kaity meant the world to him. He was so proud of all their accomplishments. He would always ask for or give an update on how things were going with the grandkids. “How’s Jennifer’s new job @ Tiffany? Let me tell you about the latest with Sarah and the boys. Did you hear about the fire Nick fought? How’s Cameron doing @ Cal Poly? What’s up with Kaity’s college search? All of the updates were passed on to anyone within earshot.

Another influence of Dad’s that touched me was the connection of lifelong friends. Dad had a core group of friends that were very special. Jim Bryan, who passed away way too young, Dr. Jack and Frank Smith were friends forever. I may have the years off a bit but those 4 and were best friends from the time they were around 12 years old. They NEVER lost contact with one another. Those long-term friendships resonated with me. You see it with our group of friends who made sure they came to honor Dad at his Celebration of Life; Scott Holt, Jim Curry, Bob Curry, Stu Weedn, Jon Wild, Steve Gordon, Anne Gordon, Rocky Dixon, Buddy

Owen, Jon Garner, Bruce Martin, Bobby Retmier. All of this group have been friends of ours minimally since high school, many from elementary school. Their friendships mean a lot to us and I think somehow, it's all tied to that "friendship connection" Dad instilled in us. I know he was smiling seeing all of them in attendance at his Celebration.

My message today is to simply give thanks to the Lord for giving us Dad. Proverbs 13:1 says "A wise son heeds his father's instruction". He was a wonderful father, a devoted husband, a mentor, and a best friend who is the reason I'm the man I am today because of his instruction. He had a lot of the same influence on a lot of people in his life and is sorely missed.

Our Mom, Jane Schaefer, was also a special person. She passed away 18 months after Dad as it seems that was about as long as she wanted to hang around without Dad.

While I wrote a lot about our Dad earlier, simply put, Mom was the rock of the family. While Dad was working hard and staying up in town many nights, she was always there for us as we headed off to school, always there when we returned, welcoming us home, asking how our day was, and making us a snack. There was a comfort in that that I don't think we fully realized at the time, kind of like it was expected and no big thing. Looking back brings a different perspective. It was a strategic decision made by Mom and Dad. Of course, it was a big thing that took a lot of work and allowed Rick and I to just be kids.

Carrying on the "kids" theme, at her Life Celebration, there were a bunch of "kids" (Scott, Steve, JW, Rocky, Buddy, Drew, Jon, Bobby) who were lucky enough

to experience the welcoming way of Mom. Mom loved having all of our friends around the house as much as possible.

There was also a very impressive list of lifelong family and friends of Moms at her Celebration. Family and friends were an important part of Mom's life and each of those friends has their own memories of Mom that are special to them. Keep those memories close to your heart.

Mom was a great athlete. From her bowling teams where she would regularly have 200+ games, to her golf where she had a hole in one, (something that Dad never did, to his frustration), to ping pong, where she regularly beat up Rick and I until we were way older than we would like to admit, she was one of a kind. I really believe she attended every extra-curricular activity that I was involved in whether it was sports or anything else.

Mom was about as tough a character as there was. Over the last dozen or so years of her life, she was in extreme pain with her arthritis and assorted other maladies, but you wouldn't know it. The thing was if you asked her how she was doing, how her health was, she would say she was doing fine. In conversations with a handful of folks that were at her Celebration who spoke with her within a few days before her passing, those were the exact responses you heard from her. She just didn't want to be a complainer or a burden to anyone.

Rick and Pam had Mom spend the last four months of her life in their home. We moved Mom there after it became apparent she could no longer take care of herself. During those last four months, Mom was surrounded by her kids, grandkids, and great grandkids, looking out in the backyard at the birds, watching the different flowers and fruits begin to bloom, and of course, not missing one golf tournament on the tube! Attending to Mom during this time was a big

commitment from Rick and Pam and no doubt challenging at times. Mom couldn't have been in a more loving and comfortable environment, and she loved being here.

In closing, Mom engaged in my life at a level that allowed me to grow up being; confident, challenged, supported, respectful, appreciated, and most importantly, loved. Ephesians 6:2 says; "Honor your Father and Mother – that it may go well with you and that you may enjoy long life on earth". Mom, you are honored today and always. Because of you and your unconditional love, I am the person I am today. You were a special person who left a mark on everyone who attended your Celebration. I know you're no longer in pain and you're enjoying yourself with Dad, Richie, Opal, and Tady. I miss you tremendously; think of you always and you will be in my heart forever.

Michael Nouri



I first met Michael's Mom and his brother in India. The year was 1972. I was 18 years old. In 1972 I met Michael in Los Angeles. He was auditioning for some soap opera.

Michael Nouri is an American television and film actor. His father, Edmond Nouri was born in Iraq. He may be best known for his role as Nick Hurley in the 1983 film Flashdance. [Wikipedia](#)

Born: December 9, 1945 (age 74 years), [Washington, D.C.](#)

Height: 6' 3"

Nationality: American

TV shows: [The Gangster Chronicles](#), [NCIS](#), [Changes](#), [Damages](#),

Jump to [Television](#) - He may be best known for his role as Nick Hurley in the 1983 film Flashdance. He has had recurring roles in numerous **television series**, including NCIS as Eli David, the father of Mossad officer (later Special Agent) Ziva David, The O.C. as Dr. Neil Roberts, and Damages as Phil Grey.



Flashdance



The Hidden



The Proposal



A Dark Plan





YOUTUBE.COM

Michael Nouri Actor and Humanitarian

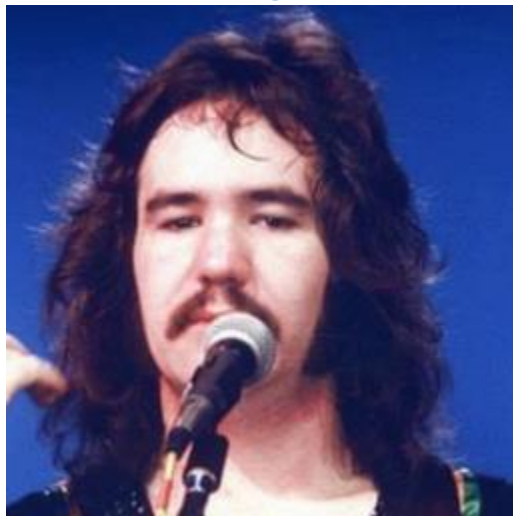
UN International Peace Day

Rocky Dixon



Good old Rocky. My brother and I really like the guy. He was a year older than us. He had something in his aura that made people really like this guy. His woodwork is out of this world. You can see he put's everything into his work.

Michael Lanning



Michael was a member of the band called Jiva. George Harrison singed them up under the Dark Horse label. They were one of my favorite bands.s My brother John knew Michael better than I did.

Genre: [Folk](#)

Albums: [Tantric Progression](#), [Words Should Mean Something: Live At the Bitter End](#), [Modern Sounds in Love and Cynicism!](#)

Record labels: [Michael Lanning](#), [Toes in the Sand Recordings](#), [Bel-Lan Records](#)

Songs

You Just Go Away

Modern Sounds in Love and Cynicism! · 2016

Bound for Ascension

Bound for Ascension · 2004

Tantric Progression

Tantric Progression · 2005



1. SOMETHING'S GOING ON INSIDE L.A.

Someone's sitting down and justified to laze the day it all away
 Notices that something's wrong and something's going on inside LA
 He picks up on the outer someone'S walking thinking nothing is true
 He says something cosmic's going on while Ringo sings this song just for you
 The other three magicians realise the mystery tour is just a game
 While hearing truth is licking wounds trying to comprehend a shipwrecked fame
 Lovers of the truth remark what the hell they're gonna do
 They say something cosmic's going on while Ringo ends this song just for only
 you
 Now in case you didn't hear it
 You can't be any nearer to it
 Something's going on inside LA
 Something's going on inside LA

Someone's laying money down that can't undo the chain inside his heart
 And sometime's that can ??? because of some else's sad remark

The money goes to people into arguing that heaven isn't here
 While all the time ignoring that perfection which the lovers see so clear
 The pawnshop dealer deals inside has no direction ??? ??
 He has always had a fear of whirling dervishes that knock him off his feet
 Now I'm just talking about an ordinary man that ties a ball inside his life
 Who is hung up and brought down and cannot seem to get along without his
 wife
 Now in case you didn't hear it
 You can't be any nearer to it
 Something's going on inside LA
 Something's going on inside LA

2. THE CLOSER I GET

You might think me absent minded,
 If your Name I sometimes forget.
 And at times I may seem blinded,
 Because your love blows my mind,
 The closer I get.

You could say I've got a problem,
 You could say I'm in a jam,
 But my eyes just ache for the sight
 Of the one who made me what I am.
 Oh, how can I ever say, how can I even try?
 Without the help of anything in this world
 You've taken me beyond the sky,
 Which is the roof of my limitation,
 As far as I can go by myself.
 You could say I got a problem,
 Yes, I guess so.
 But if loving you is a problem,
 I want everyone in the world to know
 I want the world to know!

3. LOVE IS A TREASURE

Hello my friend let's go for a ride
 And talk about something that I feel
 It's probably nothing but you see there's a ??? (Can you feel it?)
 You know it could turn into something real
 I've been hoping it's true
 I've been feeling my heart sing
 Flying 40,000 feet up off the ground in love

It takes a dreamer to make a dream come true
 Hey my friend are you dreaming too?
 As we talk now I feel it grow inside (Feel it growing)
 You know I'm just beginning to realise

chorus:

Can you feel it? The realness?
 You have taken the first step
 Love is a treasure that can open a heart of stone
 Love is a treasure that can open a heart alone
 Love is a treasure that can open a heart to home
 Why don't you try and see?

I'm beginning to see things I thought were true are illusion
 What I feel I can see in you
 And don't you know it? Things will always change (for the better)
 And we will find what we really need

chorus

Now I've been hoping it's true
 I've been feeling my heart sing
 Flying 40,000 feet up off the ground in love

4. Take My Love

Open the door that turns the key to your heart
 You're something special you've a load to uncart
 What do you know about lying
 What do you know about dying
 What do you say we start trying
 To unwind the sign of the times
 It's not hard it starts in your own yard

Chorus:

Take my love
 Wear it well
 All right take my love
 It's too soon to tell how far we can go with love

I know it's old and that you've heard it before
 I know it's also something you can't ignore
 What do you know about living
 What do you know about giving
 What do you say we start living
 For the day when sins wash away
 When hate is no more just open your door

chorus

Take my love (repeat and ad lib)

5. Hey Brother

Hey brother can you feel it in the air
 You know that something is changing
 And I know you might not care
 Now if there's any reason for you to feel at all
 You should feel that you're part of it although you may feel small
 When you know that the power of love is coming
 Are you just going to turn and run

Hey brother do the best that you can do
 There's a million head trips but only one you
 Don't deny the love in your soul till you're old and grey
 Because your life's unfolding brother don't waste another day
 When you realise that the power of love is in you
 You are going to want to come

Now stop where you are now
 You've got a chance to see
 Through your ideas of what life must be
 When the mind is concentrating all that I feel
 There's a power of love growing
 Making time stand still
 When you feel the love going through you
 All your other trips are dying
 When you feel the love going through you
 All your other trips are dying

6. World Of Love

Such a wonderful world of love
 Such unlimited love that we can find
 And it's part of the real world of such unlimited love
 That's deep inside

And this is love I always felt inside my heart
 Until I fell in love with You
 And then the power of your Word tore me apart
 And I saw your love come shining through

And from the first time that I felt this love inside
 I knew this love would grow and grow
 And now this feeling is getting hard to hide
 You're making it easy to let go
 Oh your love's completely filling me
 Oh filling me up, filling me up
 Oh loving you is so easy for me

7. WHAT YOU'RE WAITING FOR

If you could park inside a dream that you completely understand
 You would find and realise that everything you planned
 If you could reach inside the time and pull out every last day
 Mix it with the company you would find a way

If you could minimise your fear and figure out what you need to know
 You would finally understand just where you need to go
 If you know what you feel inside is more than just a state of mind
 Measure it with tenderness you seek to leave behind

What you're waiting for is the chance to see just what you've got together (in your life)
 Open up the door and you'll find out what you need to get untethered (in your mind)
 repeat

8. IT'S TIME YOU KNOW *(lyrics are a bit iffy)*

You don't know what you're after
 But knowing you better start
 You're faking much too dreaming
 You're feeling the song of your heart
 And you know that you are given
 Yes given is the gift
 It's time for you to remember
 The one who has given you this
 And you know what soul soul soul

Nothing you've done has fulfilled you
 If you die
 But you know that's just a crime
 Man's master plan can kill you
 And the song you're singing with the rhyme

Now again and take a listen
 Cause it's the only thing that's true
 Man you don't know what you're missing
 Hey but it's really all up to you
 It's time you know
 Wait wait a little bit longer
 It's time you know
 Can we bring you a little bit closer
 It's time you know
 How to fly

9. DON'T BE SAD

Wrapped up in the corner of your mind
 Is the place that you've been saving
 Now the time to open up your heart has come
 To satisfy that craving
 But how can you open up your heart?
 The time has come but you're still feeling sad
 Don't be sad

Long ago I felt like you
 Cause no-one seemed to understand the madness
 Now my time of endless searching's done
 And my heart is full of gladness
 And now you can open up your heart
 The time has come but you're still feeling sad
 Don't be sad

Lots of places brighter than the sun
 When you reach inside the laughter
 Listening to the silence in your heart
 Is realising what you're after
 And now you can open up your heart
 The time has come but you're still feeling sad
 Don't be sad

10. ALL IS WELL

All is well says something in my heart
When it's late and I'm all alone
And the doubt and worries start
There's always [a light that's shining](#)
Even in the darkest night
Shining all is well
Everything's alright

It's okay says a messenger from the day
Whispering ever so gently in my ear
And when I'm all alone
You answer my inner phone
And with a voice so clear you say
You're not alone it's okay

And you brought this to me
Without the light you showed me
I couldn't see in front of me
See things unfolding perfectly

Everything's all right
Relax and go back to bed
There's nothing in the world that can hurt ya
So don't worry your silly head
There'll be no more empty nights for you
Though that race will always run
[For you who know my Name](#)
For you the race is won

For you who know my Real True Name
For you the race is won

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Hey brother



Don't be sad



World of love



Love is a treasure



Geoff Bridgeford

This man is a genius.



Oct 22, 2016 - It was in London in 1971 that **Geoff** found international success as the drummer for The **Bee Gees** playing on songs that were released on four albums and eight singles, receiving two Gold Records for the million selling hits 'Lonely Days' and the **Bee Gees** first number one in the USA 'How Can You Mend A Broken Heart'.

Geoff and Maurice Gibb

New Bee Gee

Drummer Geoff Bridgeford (left) with singer Maurice Gibb of the Bee Gees, UK, 11th June 1971. Bridgeford briefly played drums for the Bee Gees between 1971 and 1972. (Photo by Jack Kay/Daily Express/Getty Images)



Lonely Days



How can you mend a broken heart



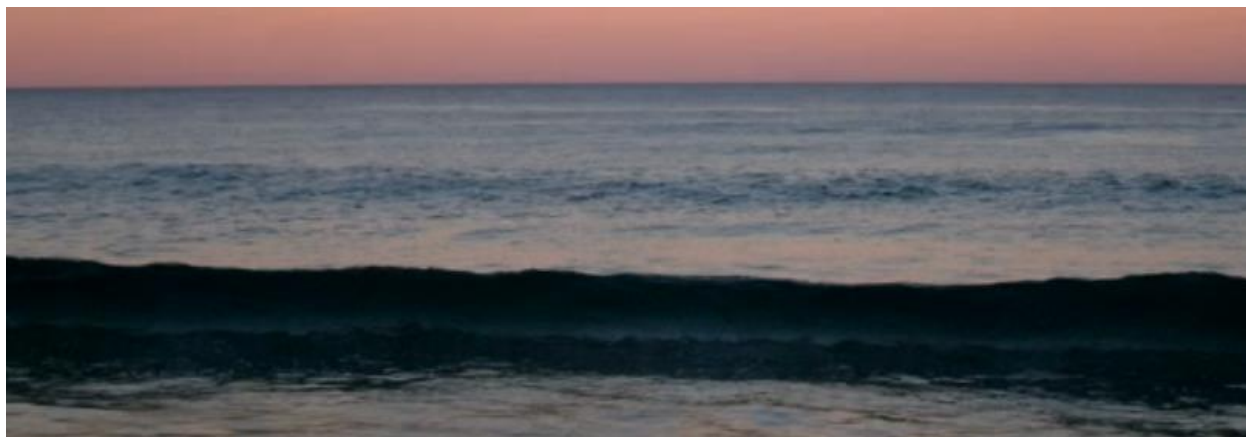
One Foundation - Dance with us Lord



The Power Of Love



Loving is where we start



Have You The Urge Too



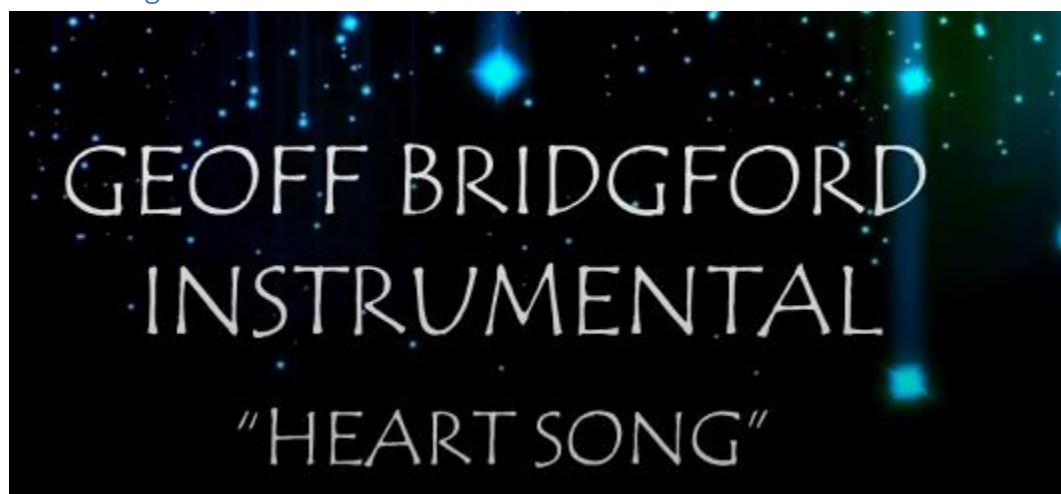
Easy To Love



Ordinary Man



Heart song



Modern Life



Plant a tree



Charles Cameron



I first met Charles in India in 1971. He was from England. He graduated from Cambridge. His passion was writing and poetry. Charles had a great sense of humor. You could say it was almost dry. British style. I have many fond memories of him. He was a great public speaker and storyteller.

One of my favorite poems of his was Christ a Rose in Jerusalem. It was a great play on words and had such deep meanings. This was almost fifty years ago. I think Charles would have been a great court jester. He could say anything he pleases and gets away with it.

Sadly, storytellers and poets struggle to make a living. They are the cornerstone of humanity. In the past, the rich would sponsor the arts. In my eyes, Charles is a genius with the spoken word.



The Below Birds' Song

Do you see the below birds that nest in the stark twigs
of the below-ground mirror image of the above ground tree,
its below branches copied in good faith and true,
its below leaves fallen -- upwards -- to nourish the above,
do you hear their song?

I mean the song of eyes blind to truth that keep looking?

I had the darshan of the Dalai Lama last night
for [Carole](#) and Michael W

.

He came to me in my dream.

I'd spoken to bookish friends of my devotion
 to Our Lady of Walsingham, which
 may have opened the avenue of his coming,
 there'd been a professorish fellow,
 and you know that was me,
 who disputed me when I suggested Freud --
 Sigmund, not Lucian --
 dealt in the layer of green sludge
 atop the mind's powerhouse unconscious,
 his work thus being literally
 superficial, while Jung
 plumbed the depths of interest,
 but my friends said they'd take me anyway,
 forget him, to Canterbury,
 somewhere east of LA, stopping
 at a fine used bookstore along the way --
 and it was there he came to me,
 entering my dream
 as from the heart of a mandala or vesica piscis,
 and I approached him,
 he came to me,
 I came to him in my dream,
 kissed his feet knowing nothing of silk scarves,
 as he said,
 "This one I have known .. long time"
 meaning, it seemed,
 since 1959 when he first escaped Chinese guns
 and the automatons carrying them,
 over the high Himalayas,
 I'd have been fifteen,
 or a few months later when the tulku Trungpa
 made a similar trek,
 that's a fine word for arduous journeys,
 then asked what my practice was,
 and was I serious about it,
 "Maharaj Ji's meditation" and "Ah.." --

which, like "Mu", means neither quite "yes" nor "no" --
then laid his arm, contrary, to the elbow,
along my arm,
with gentle and gentling look,
shook my hand, yes, shook my hand
and was not there,
leaving cloth of gold light in dream space
with blue, green, yellow, red
tiny letters,
coming and going too fast to record,
curved petals and the square corners of squares,
red and black,
as though gold was the curtain swishing closed behind him,
and no, I'd never before met him,
and yes, I knew him
and he'd known me .. long time --
oh, last night I had darshan of the Dalai Lama.

He Who Stands Firm

.

Cut me with Knives, I am quietly devastated.

He Who Stands Firm, known to me
 as Nick Shoumatoff, who in Oxford hosted my evenings
 late into the night on many consecutive
 and otherwise occasions, introducing me to
 and to me, green tea and bluegrass,
 zen and Folkways records of zen monks chanting,
 Trungpa and Akong, the Tibetan lamas
 he'd found room for upstairs,
 Steve Abrams,
 Bob Dylan, then unknown in England,
 with two records into his Nobel laureate career,
 the I Ching or Mighty Ching, depending
 on how reverent you were feeling,
 in of course the Richard Wilhelm version for me,
 though he was reading, and read, Chinese for himself
 and threw yarrow stalks -- square holed round coins for me,
 Evans-Wentz, Milarepa, The Tibetan BOTD --
 and so this little Catholic boy
 reading theology at Oxford, stretched
 into Jung and Buddhism, Nick and I took
 Trungpa down to meet the Benedictines at Prinknash,
 I think the Fugs entered that picture,
 but fog overtakes time --

Nick was magic:
 let the Knives come at me of their own Accord.

I speak with the force of the sun

.

I speak with the force of the sun, subdued
by the moon's stone face to
a contemplative quiet --
and how could it be otherwise?
The moon's light skips across the waters
like a smooth pebbled skimmed,
and without the sun,
that light would be mute, tuneless.

Listen:

the moon skips the waters
toward you --
out of silence, susurrations,
if you listen keenly --
and at last, as if breaking from code,
melodious as silk rubbed between finger and thumb,
speech:

"I have love in mind,
and do you suppose my heart any different?"

The varied duties of grasses

.

Anyone who treads the Buddhist monk's path knows
there are days the bowl is empty
before you begin to eat.

Quite how it fills up as you do so
is a secret only much contemplation
to the point of vanishing
will deliver.

The secret as I see it, and
please correct me if I'm wrong,
is to see the bowl
not as empty but void,
which is a form of invisible fullness.

Life is like that:

the monk's path is cobbled,
grasses push up between the stones,
most days there's soup;
after a while, the grasses push up
above bones.

Semblance

..

The sudden cessation of breath may resemble
putting the novel you're reading away and looking up.
A sudden cessation of breath will resemble
not even nothing, there being no resemblance in oblivion.

Grief, bleeding

.

I'm obliged to go cool into the flame,
 cool into the fiery furnace, flaming fury,
 go still into the whipped winds,
 still into the stinging, singing sands,
 I should go silent where the owls in the oaks
 let fly their ballads of doom, doom,
 like a drumbeat, da-doom,
 doom-diddy-doom doom da-doom --
 there is apocalypse in the rocks,
 do not strike them, do not above all
 speak to them, their smooth-worn weariness
 speaks for itself, and their inner meaning --
 leave it to those who know, eh?
 I must go blazing cool into paradise
 if I hope to get there, if I am not
 singed by the angel's singing, flaming
 feathers each one a symphony,
 eyes like lasers of scriptural purity,
 I should at least try to slip past near purity,
 find some back gate to the garden,
 for I have little more to offer, I
 must lay emotions like the beating hearts
 of bulls, trembling breasts of birds, open
 on the butcher's block, take violin,
 take cleaver and with surgeon's touch
 slice open grief, my gloved hands
 bloody, grief fallen half-open like a liver,
 its life blood leaking onto the block --
 best must race cool quick into the flame.

Meditation on a name

..

Quite often when I wake,
there I am, sitting up,
there with me,
like shadow, she: knowing so much.

Soo..

She was leaning back on the iron rail of the balcony,
Paris, several stories up
years back.

How can I tell you what that's like,
waking from deep sleep to acute wakefulness
on seeing her, to see her?

Of course, she's gone in an instant, a
phantasm,
off to where with luck, or
I'd call it grace, perhaps, I'll be,
up ahead, where she won't exactly
appear, but her fragrance,
a kind of music,
will haunt me --

so I tap my feet or breathe in,
deep breaths
that carry me inwards
beyond speech:
there I must report on her,
which, if I am truthful
will say nothing --
but in a tone of feeling
such as will bring her, shimmering,
up behind me.

If I could summon her now,
shimmering, I would,
but these are poor words,
and she a fine spirit.
Some other day, perhaps, I will be

speechless in her presence,
and over my shoulder,
you will see.

She was leaning back on the balcony, Paris,
figuratively speaking.
Dusk behind her.

Soo.. SooYoung -- in Korean.
Even in English it makes a lovely name.

Almost

She sits almost beside me
 on the stair of the English Department
 of a university that's persistent,
 at least in the logic of this dream,
 a stair where we've sat almost together
 before, and I'm almost
 in love with the little slip of her
 We were almost --
 then she moved off,
 later she'd fetch that book for me
 and be back,
 and she'd moved, then,
 to the corner of the stairs,
 further, your almost love,
 a little further away..

She's thin, angular,
 fits in the corner where she now sits,
 not thick as a line of prose,
 thinner than human,
 thin as a line of verse.

I break the surface of honor, writing this --
 now can I ever get back?

There was in my past, in my thirties,
 a student of English --
 irresistibly shy,
 she demands to be pried open,
 or so I suppose,
 thin as a breath.

To my dishonor and shame I betrayed her.

I figure space is a function of body --
 ahead, left, right,
 around, below, above --
 and if space, time too will be bodily,
 first breath, aka birth,

this or that age, last breath, aka death
and bodily burial.

Hence I doubt there is After,
and hope to meet her for the first time
in this dream
or that or another,
thin and sweet as a breath.

Miranda.

On the stair of an English Department.

For there are layers,
layers and folds, surely.

But then again --

almost.

Scythe poem #2

.

The scythe cuts mighty close these days --

what time is it?

Must be harvest.

What then should we do?

Bend gracefully with the wind --

wind, breath, spirit.

Being bread, after all,

might be mighty interesting.

Lincoln, a memorial

.

Lincoln has been enthroned so long
he has almost turned to marble.

Let him step down, see if he recalls
enough of his Second Inaugural
for a rewrite, take over the Speakership
of the House from Pelosi, who could
hardly refuse given the circumstance,
hand-wrestle the moral arc of the nation

away from Trump and closer to MLK --
for the sake of the Union, united,
democratic, a Republic if we keep it,
but will we? He can always go back
to his chair, disgusted, turn altogether
to marble again if we don't. So: decide.

Coronavirus meets religion #5

Coronavirus meets religion #5 – the arts and pestilence -
by Charles Cameron — what novelist, poet, painter, composer or film maker
will create the great works of our present plague?



ZENPUNDIT.COM

**zenpundit.com » Blog Archive » Coronavirus meets religion #5 –
the arts and pestilence**

Mitch Ditkoff



In the mid-seventies, I was living in New York City. I had a friend of mine name Fran. Fran was telling me about another friend she had named Mitch. Well, I never got to meet him. Fast forward 45 plus years. I see him on Facebook. He has a blog about storytelling.

You may have guessed that I love stories. That's the reason I wrote family and friends. That's the reason why I write about creative people. Each one of his storytelling is fascinating to me. He covers the good, bad, and ugly and makes me laugh at life. I love his story Guns to My Head, Two Nights in a Row in a Seedy Boston Motel. Each story has a purpose and something to learn. He also loves to meditate.

ABOUT THE BLOG

Storytelling at Work is a blog about the power of personal storytelling – *why* it matters and *what* you can do to more effectively communicate your stories – on or off the job. Inspired by the book of the same name, the blog features "moment of truth" stories by the author, Mitch Ditkoff, plus inspired rants, quotes, and guest submissions by readers.

Seeing Clearly



Mitch Ditkoff

May 21 at 9:19 PM · 🌐



I HAVE NO IDEA WHERE THIS STORY CAME FROM -- WAY BACK BACK BACK IN THE HIDDEN ARCHIVES OF WHATEVER.



IDEACHAMPIONS.COM

Storytelling at Work: On Seeing Clearly

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

I'm From Woodstock. Yes, I Am!



Mitch Ditkoff

May 20 at 10:53 PM · 🌐



WHEN YOU'RE A "CONSULTANT" FROM WOODSTOCK, SOMETIMES THE WAY YOU INTRODUCE YOURSELF AT CORPORATE COCKTAIL PARTIES CAN GET A LITTLE AWKWARD. -- or, at least that's the way it USED TO BE.



IDEACHAMPIONS.COM

Storytelling at Work: I'm From Woodstock. Yes, I Am!

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

Sheikh Waseem



Mitch Ditkoff

May 19 at 6:48 PM · 🌐

THE PLAY, DOWN UNDER, CONTINUES. (Hint: We are all each other's teachers).



IDEACHAMPIONS.COM

Storytelling at Work: Sheikh Waseem

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

[working in an Islamic school](#)

Having been in Australia, working in an Islamic school for the past three months, living with a Pakistani family, I've had a whole bunch of people ask me "how's it going" or "what's it like." I've said different things at different times, but the one thing that resonates the most for me is how I sometimes feel when I am watching a movie I totally love -- the kind of movie that absorbs me completely. At one point during the movie-watching experience, I notice myself thinking "I can't wait to watch this AGAIN", even though I am watching it NOW. That statement is not me dissociating from the moment, but more the acknowledgment of the power and the glory and the immersion of the moment -- and all I can say is that I want to STAY in that experience and, to a movie-goer, "staying" sometimes translates

as "I want to see it again." So that's my experience these days, along with long walks to the grocery store to buy hummus and sliced salmon, sardines, and rice cakes which somehow have become my favorite foods. So much good stuff happens in a day here that could easily "become a book", but I am IN the book and to write the book I would have to leave the book, which is a curious kind of yoga I'm not quite sure I've mastered. "A Thousand Muslims and a Jew" would be the title, but I have no idea if it will ever get written or if it needs to get written. Right now, I am doing my best to be a character in the book, not the character writing about the character, if you catch my drift. Bottom line, I am enjoying myself and feel blessed, guided and humbled by the outrageous play of life.



The 18th Camel



Mitch Ditkoff

May 18 at 9:24 PM · 🌐



HOW TO USE A STORY TO SOLVE A TOUGH PROBLEM: The 18th Camel -- just published in the Australasian Times.



AMUST.COM.AU

How to use a story to solve a tough problem: The 18th Camel

Once upon a time, in Egypt, there was a much beloved camel merchant...

The Dance of the Gnats



Mitch Ditkoff

May 18 at 1:10 AM · 🌐

WHAT I LEARNED FROM A SWARM OF GNATS IN A PENNSYLVANIA CORNFIELD.



IDEACHAMPIONS.COM

Storytelling at Work: The Dance of the Gnats

Storytelling at work -- How Moments of Truth on the Job Reveal the Real...

What I Learned From Listening to Ravel's Bolero for 14 Hours



Mitch Dittkoff

May 16 at 9:36 PM · 🌐

WE NOW INTERRUPT WHATEVER MIGHT BE BRINGING YOU DOWN, BUMMING YOU OUT, IRRITATING YOU, DISAPPOINTING YOU or MAKING YOU STIR CRAZY with this 3-minute story of mine -- about the time I had to listen to Ravel's Bolero, non-stop, blindfolded, in a pitch black room, for 14 hours. (Sort of prepared me for lockdown.)



IDEACHAMPIONS.COM

Storytelling at Work: What I Learned From Listening to Ravel's Bolero for 14 Hours

Storytelling at work -- How Moments of Truth on the Job Reveal the Real Business of Life

Guns to My Head, Two Nights in a Row in a Seedy Boston Motel



Mitch Ditkoff

May 14 at 11:52 PM · 🌐



VERY FEW PEOPLE HAVE HAD THE COLD BARREL OF A GUN PRESSED AGAINST THEIR HEAD BY A LATE NIGHT THIEF. IT HAPPENED TO ME TWO NIGHTS OUT OF THREE WHEN I WAS 22.



IDEACHAMPIONS.COM

Storytelling at Work: Guns to My Head, Two Nights in a Row in a Seedy Boston Motel

The Power of Presence & Curiosity



Mitch Ditkoff

May 14 at 12:46 PM · 🌐



A BIG SHOUT OUT TO THE EXTRAORDINARY ERIKA ANDERSEN -- a masterful coach, clarifier, and sweetie pie who saved my butt, big time, at a time of my life when I was way way way out to sea. Click below for the story -- a 3- minute read.



IDEACHAMPIONS.COM

Storytelling at Work: The Power of Presence & Curiosity

Storytelling at work -- How Moments of Truth on the Job Reveal the Real Business of Life



Milky Cole

I first met Milky in India in 1971. He was quite the divine character. He was brewing laughter and humor. Milky was about ten years older than me. I was just a kid 18 years old. We spent time together in Africa. A few years later Milky comes to Portland Oregon for a month. Great guy. He enjoys the adventures in life. He has a great story to tell. Milky traveled to India from England two years before me. He was one of the first westerners introduced to Prem Rawat.

I haven't seen Milky in over thirty years. I never knew he was a master gardener. Wow, love this. Your meditation paid off.





Michael Cole

July 28, 2019 · 🧑🧑

Garden still offering me great joy... 🌊 🙏 🙏 🙏





Amazing what a little devotion and sunshine Will do!!!











Charlie The Dragon

[Click to hear the story.](#)



[WHERE ARE YOU GOING song by Charlie.](#)

I wrote this for my dear friend Charlie. He has been sick for a while. He is still alive today. I wrote this to cheer him up. We have been great friends yet I haven't seen him for over thirty years.

Charlie came in contact with the dragons here 5,000 years later. Much to say our simple cave transformed quite dramatically in 5,000 years. Our simple cave was a vast underground city where around 2 million people were living here. It was the golden age of man and dragons. Our city name was Shambala.

Most have changed. Our way of life was so far more advanced than anything has been seen on earth. War was thousands of years behind us. It was a faint memory in time.

Charlie was an incredible dragon trader. He had hundreds of dragons moving exotic fruits all around the world. He studied for years with a master dragon teacher who taught him how to meditate and be one with the universe.

Both little Ricky and little Jonny became friends immediately as they met him. Charlie came from South America from the land of Peru. Both of them were on the same wavelength in life. They shared a common bond that could never be broken.

Charlie was trading the following fruits Chirimoya, Mangos, Pitahaya. Dragon Fruit, Guava, and Papaya. Both little Johnny and little Ricky never tasted anything so delicious. It became an instant hit in Shambala. Everyone was talking about it.

Charlie and the twin dragons loved to fly together and meditate. Charlie knew how to fly like he was on a super roller coaster. He knew how to use g-forces to do incredible maneuvers like upside-down loops you see in roller coasters today. He had a Latin flair to him.

Charlie came and traded with us about two times a year. He had busy trade routes he established. Charlie started the Silk Road trade route years ago and by chance discovered a conversation about the hidden city of Shambala. Most of China and Tibet hear about our hidden city but thought it was a myth.

Charlie loved adventure. He wasn't only a business dragon. He was incredible with the arts and music. He told me one adventure that left my brother and I quite memorized. You see in Peru youngsters (humans) loved to ride the ocean waves much like dragons fly in the sky.

He discovered a place in Chicama a small sleeping fishing village. Here along the beach was a vast point where you could see 10 waves breaking in the distance. The waves would follow the coastline for a mile. It was the longest wave in the world. Charlie was friends of most of the surfers. They were the farmers that grow the exotic fruit.

The surfers taught Charlie how to body surf. On huge days Charlie would swoop down from the sky and gather so much speed he could easily catch any wave. He invented modern-day jet-skiing years ahead of his time. Charlie would ride this wave for miles laughing and giggling the entire time. All the surfers would clap their hands in delight.

Charlie brought little Ricky and little Johnny to Chicama. Remember they were both around five thousand years old. But they were young at heart. Little Ricky and Little Johnny spent the entire day catching one wave after another. They would always say just one more and we will call it quits for the day.

The surfers provided a feast in honor of the twins coming to their county. Now Little Ricky loves to try anything different. The surfers provided a feast that dragons and man are still talking about today. Little Ricky still remembers it.

Charlie introduced the twins to the hidden dragon community. The dragons and man never fought with each other. They became friends from the beginning of time. Both of their cultures totally respected Mother Earth(Gaia). At the time both man and dragons would hold sacred ceremonies, prayers, and meditate together. They realized the connection between the earth and stars. You see they knew they were stardust. They came from the stars. Meditation was the doorway to the universe within.

Charlie took little Ricky and little Johnny on a tour of the Americas. They saw vast civilization in Guatemala and Mexico. They saw great pyramids all over the place. You see David had the vision of the dragon became a reality all over the world.

Charlie took them to Florida where life was so simple. The Indians loved the dragons visiting them. They went to Malibu where the Chumash Indians lived. They taught the Indians how to surf the long waves during the summertime. The natives would love to watch the dragon-riding the waves. You see they only fished along the shore. This became a hit with the young locals. People are still talking about it today.

At some point in time, Charlie moved to Canada a city called Toronto. He settled down, married, and had children. Everyone loved Charlie. He gave life to the party. He loved his children and wife. Of course, he had many friends. Boy did he have stories to tell? He could probably talk the rest of his life about his incredible journey around the world.

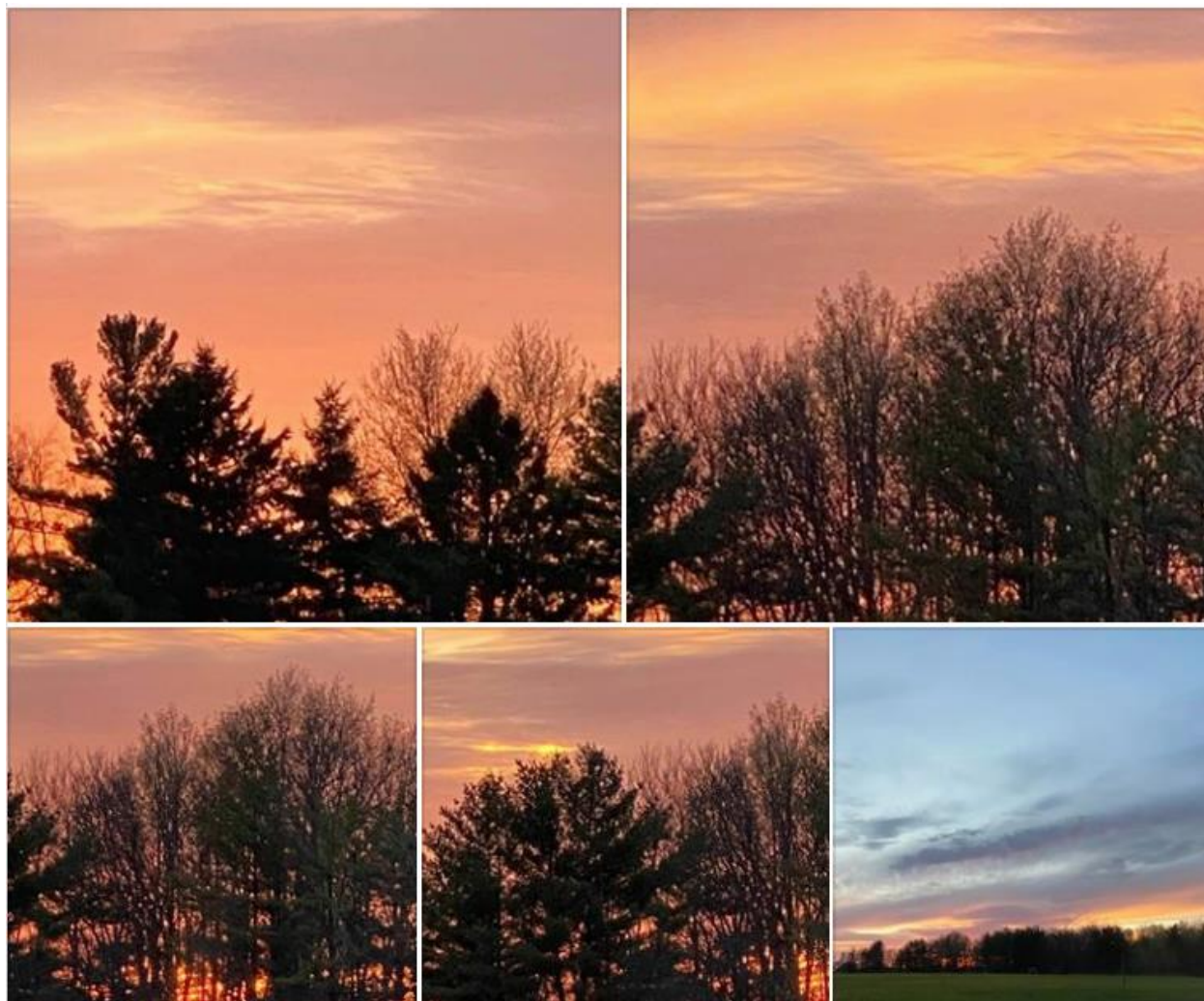
By this time Charlie became one with the sun, moon, and stars. He was still in a dragon body. You could say he was enlightened. He discovered his true nature. You see there is a point where you just simply shine. Charlie just smiled and shined like the sun.



The first pic is my friend Tato Gubbins and I in June 1969 down near Chorrillos. We were going to try his new board. Tato was Peru's National champion 3 times. He was a shaper too like his brother Guayo. We were both goofy footers. Arturo him and I were good friends.

The second pic is me one afternoon in October 1972 in Cerro Azul.

And the 2 color ones is yours truly the last time I went "surfing" in Wasaga beach Ontario (2 hours North of my house) with my new 9'6" that my USA dear friend Bill Cannel más for me and I picked up from Buffalo. I have an interesting story about that trip at the Niagara's Falls border.



My Every Day View for the 14 years I lived in the Beautiful City of Chorrillos, Lima, Peru. Ever Grateful for My Beautiful Family, Beach Life, Great Surfing, Best Friends, Happy and Healthy Life, Lots of Dreams and Hopes, Great Music, Great Food. I was Searching for the Meaning of Life, left it All to go all over the World to Help Make The World a Better Place....I actually Had it Right There, Love, Peace, Health, Music, Paradise. I just actually needed to Find Me, I Mostly Did..... It Is All In Me !!! Now Let's Take Good Care of Things, This Life Can Be Beautiful!! We Can Make It, Let's Do It !!! Great Gift, I Love Life I Love This Beautiful Planet !! Grateful to the Creator !!!



Luanne Fp is with Charles R. Beresford.



March 12 · 🧑🏻‍🤝‍🧑🏻

Charlie talked half the night and all day with his Mango Growers in Mexico and today they have already implemented this biodegradable cover! Way to literally, think outside the box Charlie! And Cudos to the Mexicans! Muchas Gracias!!! 👍🙏❤️





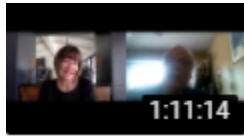
Meet One of our Mexican Ataúlfo Mango Growers in Chiapas, Mr. Francisco Fiallo, a real Mango Hero. He works day in and day out during all the phenological (development) process of the Mango Trees to Make Sure we have “The Mango Experience, The Way it Should Be, Delicious and Nutritious”.....I have a short Word to Describe the Real Experience of a Real Good Mango: Wow !!! Or Better Yet: “Orgasmic”.....!!!! U La La !!!!

When you buy our “Mariposa” brand Mangos you Also Contribute to His Socio Economic Well Being and His Family ‘s and To a Positive Environmental Impact in Chiapas, Mexico.

Thank You Very Much on Pancho’s behalf and on The Earth’s Behalf !!! For Your Support !!! 🙏🙏🙏❤️📦❤️📦❤️📦🌸



Joyce Caldwell



Talk Storey With Joyce Caldwell Ukropina
Fletcher Soul Traveler



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

probably around an hour to the boat in.

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

How kind was it for Joyce to ask her Dad? She didn’t get anything out of it. She was kind and didn’t think about herself. The same goes for Joyce’s Dad. The Macco Corporation owned the place and could have said absolutely no. You’re too young (We were 16 years old). But her



Dad was kind. I felt he included my brother and me as a part of his family. He trusted us and gave permission.

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

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



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

and choose whatever surf break we wanted.

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



Joyce Caldwell Ukropina is with Patti ODesky at Balboa Yacht Club.



July 4, 2019 · Corona del Mar, CA ·

Race night! Nothing like competing against your baby and crewing for your lifelong bestie. @ Balboa Yacht Club







Patti ODesky is with Joyce Caldwell Ukropina at [Balboa Yacht Club](#).

August 6, 2015 · Corona del Mar, CA ·

Forty years later we are still winners! Came in first in our class. Got the honor and all! Rounds of Cazadores for all! Yippee!





Patti ODesky is with Joyce Caldwell Ukropina and 2 others at Newport Beach Harbor.

September 6, 2015 · 🧑🏻‍🧑🏻‍🧑🏻

Sailing sailing over the Newport Bay!





Joyce Caldwell Ukropina is at Balboa Yacht Club.

August 13, 2015 · 

Another race day! Wasn't the big win we'd hoped for but the peanut ga was priceless!





Patti ODesky is with Joyce Caldwell Ukropina.

August 5, 2015 · 



Prepping for our first Twilight race in the Harbor 20! #jukropina



Mark Blackburn



I have known Mark since kindergarten. Mark has a place in my heart. We have been good friends for years.

He loves adventures. Mark is extremely intelligent and humorous at the same time. Good traits to have. He always has a wisecrack you can see from his mouth. He is listening to you. Another good trait.

We have been friends for so long that anything goes. We don't try to change one another. Another good trait. Both of us are in the same field of IT so we know what going on with the hiring and firing in our industry.

We both laugh and cry at the absurdities of life. We talk around four times a year. It's nice to hear about his life's adventures.

Mark just completed a childhood dream when he was 10 years old. Here's a Facebook post that Mark posted on April 19, 2017. It describes his sense of adventure in life.



Why I climbed the pyramid: The year was 1963. I was 10 years old attending Mariner's Elementary School in Newport Beach, CA. We had a school assembly.

The father of a student (that a handful of my friends might remember) gave a slide presentation in the cafeteria about their family's summer vacation trip to Mexico. Many things impressed me, but I was utterly astounded and enchanted to learn that Mexico had pyramids.

Up to that point, I thought only Egypt had pyramids. The slides clearly showed that this family was allowed to climb to the top of the pyramids. Since that instant, it has been a dream of mine to climb to the top of a pyramid.

So, yes, it took me 53 years to finally make good on that dream. The cost was minimal--\$300 RT airfare from SFO to MEX. Mexico is on sale right now. For whatever reason, the Peso is down against the Greenback. Rental cars can be had for \$4 a day, and decent hotels for \$40/night. A final inducement to go now was the fact that UNESCO is trying to make it illegal to climb all pyramids. A gringo borracho (a drunk American) fell off Chichen Itza a few years ago to his death, and it HAS been closed for climbing ever after. I wanted to go before all of them are closed.

It was a fantastic and surreal experience. I am extremely glad I went. I am now glad I was a spy for the NSA in Central America in the late 70s, and still retain much of my Spanish speaking/listening ability, which was mandatory for that job.

The classmate whose Father gave the presentation was Paul Cohen. Does anyone remember what became of him? (I suspect he went to CDM, not NHHS). Since I was sent to my reform school in Hawaii during my last 2 years of NHHS, I lost track of many folks.

That said, I must have at least 8 good FB friends who attended Mariner's with me, and might even remember that slide show. I cannot put into words how satisfying it was to be at the top of the Pyramid of the Sun on Good Friday.

Incidentally, I chose that day to go, believing I would have Teotihuacan to myself--because everyone in this Catholic nation would be at church! No, they were all at Teotihuacan!

Avoid holidays! On a normal day, the Unesco Historical Site 40 minutes north of Mexico City will have 10,000 visitors. On Good Friday there were 40,000! Bucket List item accomplished! I have 1 friend and 1 relative who has climbed these pyramids: [Les Jones](#) and my cousin [Gale Demmer Seiersen](#), both of whom climbed these over 50 years earlier. Who else has?

Paul Cohen



I believe in Synchronicity. This is from Wikipedia.

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

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

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

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



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

Like · Reply · 2 · April 19 at 1:50pm



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

Like · Reply · 1 · April 19 at 2:39pm



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

Like · Reply · 2 · April 20 at 5:53pm



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

Like · Reply · April 21 at 11:47am



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

Like · Reply · 1 · April 21 at 1:18pm



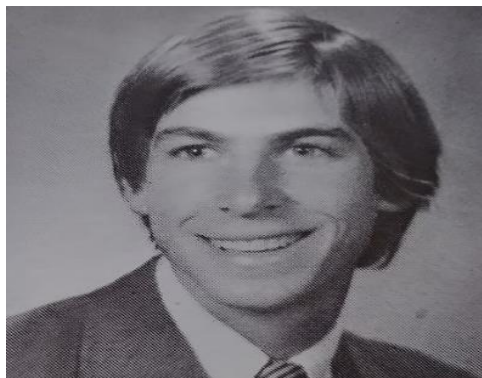
Gretchen Gribble Omg...**Paul Cohen**. FB has become "old home week" for me recently. I don't know if you remember me or not. It's fun hearing what my classmates are doing all these years later. Happy to hear tidbits about you, Mark S. Blackburn, **Mark McClellan** and others. Yeah Mariners, Ensign and/or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

Like · Reply · 2 · April 27 at 12:52am · Edited

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

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

This is from the previous chapter.



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

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

I send Paul a message.

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

Rick!!!

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

Haha

Can't believe it!

What's happening?!?

Paul

Wow

Earliest of friends!!

So then we get on the phone and start talking for a few hours. Now we haven't talked since high school but we had instant communication.

It's amazing to see how a series of events connect each one of us. If Mary Louise Piccard didn't contact Paul or Mark didn't do a post of his adventures on Facebook I wouldn't have been in contact with Paul.

I remember as a kid I was fascinated by Paul's house. It was a Japanese-style house. From what I remembered they had a courtyard with the rooms coming off from it. Instead of having ordinary doors, they had shoji doors.



Now as a kid I love anything from the Far East. I loved things outside of the box. Paul's house was stuck in a neighborhood with all the standard houses of the time. The front of the house was standard but nobody knew the jewel inside.

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

Paul and I were great friends in elementary school.

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

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



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

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

school with his niece Carol.

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

In 1919 Joseph Alen Beek obtained the rights from the city of Newport Beach to provide a ferry service across the Newport Harbor between Balboa Island and the Balboa Peninsula.

Before starting the ferry service Beek owned The Ark. The Ark consisted of a giant rowboat with a small engine which Beek used as his first ferry vessel.

The Ark carried oars in the event of engine failure. There was no regularly scheduled service and customers telephoned Beek when they needed a ride across the harbor.

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

In the 1950s Beek built three double-ended wooden boats for his ferry service: the Admiral, the Commodore, and the Captain. These three boats are still in service and have transported over two million persons.

Each ferry holds three cars and 75 people. As of 2007, the Beek family charges \$1 per adult, \$2 per vehicle, \$.50 for children ages 5–11, \$1.25 for adults on bikes, \$.75 for children on bikes, and \$1.50 for motorcycles. Children under the age of 5 are free.

The ferry boats need constant maintenance but this does not usually interrupt the ferry service. For two weeks in 2008, the ferry service shut

down for an extended period, for the first time in 50 years, to rebuild the automobile ramp leading to the boats.

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

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

pho·to·graph·ic mem·o·ry

ˌfōdəˌɡrafɪk ˈmem(ə)rē/

noun

1. the ability to remember information or visual images in great detail.

2.

3. He also loves computers. He was involved in the early days when computer science was still in its infancy. I would love to meet him someday. He seems like the character I would love to be around.



Paul said he loves to travel on the Amtrak train between Los Angeles and San Francisco.

His favorite part is when the train would pass through the Hollister ranch.

Paul said each time he would reflect that the

Fletcher brothers spent an incredible amount of time there during high school.

Paul went to the Thacher School in Ojai for two years. Paul met the family that sold the ranch to the Macco Corporation in the sixties.

I wonder how the family that sold the ranch feels today. For a surfer, it would be like selling the keys to heaven.

Paul said he would tell stories to his kids about my brother and me. Paul remembers a time in fifth grade when John and I would switch classes. Paul



Remembers that John and I would switch shirts and then go to each other class. All the students knew my brother and I were playing a joke. At some point in time, the entire class would start laughing.

Everyone except for the teacher was on to this joke. The teacher would wonder what was going on. Eventually, the teacher would catch on and we would all laugh.

These were simple times. I don't know if today the school system would appreciate this.



Bruce Charles 1

I knew Paul's brother Nat in high school. My brother and I were on the same track team and cross country team in high school.

Nat was best friends with Bruce Charles a great neighbor of ours. I remember in either fifth or sixth grade they dressed up as surfers and carried a surfboard for Halloween. I was impressed. I distinctly remembered when I said, "someday I'm going to be a surfer".



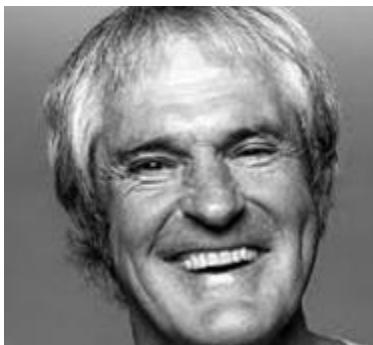
During my phone conversation with Paul, he mentioned that with my travels to India and my love for meditation did I hear about his second cousin.

He was somewhat a black sheep in the family. His name was Baba Ram Das formerly known as Richard Albert.

Did I know Ram Das?

During my late teens and early twenties, Ram Das was famous in the meditation community.

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



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

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

Ram Das wrote the book “Be here now” a popular book during the sixties and seventies. Today it is considered a modern spiritual classic.

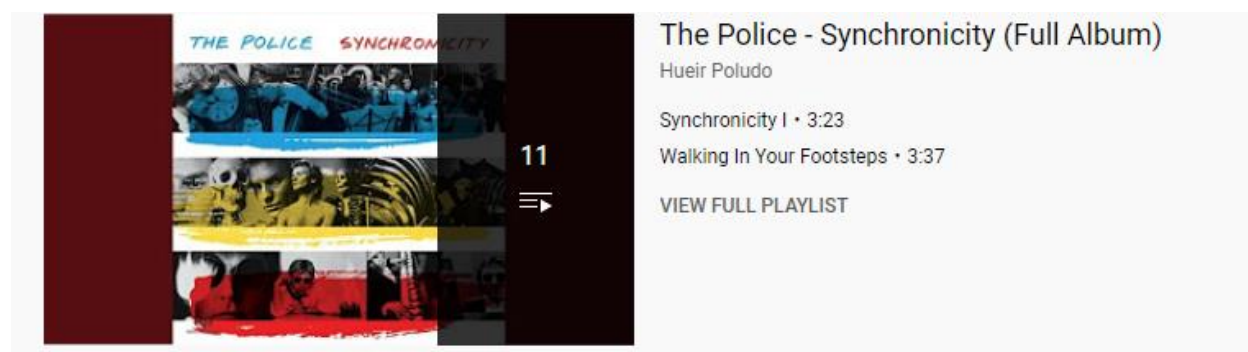


I read this book at Ananda in Nevada City before I went on my journey. To be honest, at that time I didn't understand the book. Books like these take practical experience to understand and incorporate these ideas into the book. Ram Das stopped using drugs and meditated for the rest of his life. He used to say that drugs were training wheels. At some point, you don't need them anymore. I tried LSD once and never again. The state of meditation brings one into our natural state where we don't need anything artificial to open the door within.

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

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

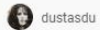
Thanks, Paul for being my lifelong friend. I'm so happy that we are connected again. We are all on an incredible journey in life.





Jefferson Airplane -White Rabbit-

66M views · 13 years ago



dustasdu

http://mx.youtube.com/view_play_list?p=3FAD6DF689FC6C23 Jefferson Airplane "White Rabbit" Live on The Smothers Brothers ...

Interesting side note



Zihuatanejo Project

During my phone conversation with Paul, He mentioned he went on vacation too. Zihuatanejo Mexico. He stayed at the Hotel California.

This is where the story gets extremely interesting. He found out that Richard Albert, the black sheep of the family used this place as a retreat center in the early '60s.

They were experimenting with psychedelic drugs. 2,000 people wanted to be in the program. Only around 20 were chosen.

After 6 weeks of being open, the Mexican authorities closed the site down.

Paul told me that there were some workers at the hotel. They still remember it to this day. Richard Albert and Timothy Larry staying there. What a coincidence and synchronicity that is!



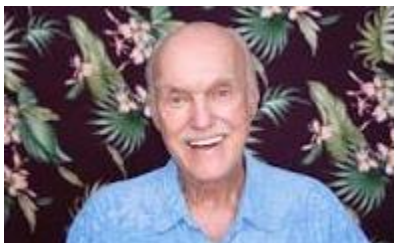
Eagles - Hotel California (Lyrics)

ALL MIXED • 16M views

Playlist-Slow Rock, Folk Rock & Country

<https://www.youtube.com/watch?...>

Ram Das



Ram Dass, also known as Baba Ram Dass, was an American spiritual teacher, psychologist, and author. His best known book, *Be Here Now*, has been described as "seminal," and helped popularize Eastern spirituality and yoga with the baby boomer generation in the West. Wikipedia

Born: April 6, 1931, Boston, MA

Died: December 22, 2019, Maui, HI

Movies: *Ram Dass*, *Fierce Grace*, *1 Giant Leap*, MORE

Education: Tufts University, The Williston Northampton School, Stanford University, Wesleyan University ⁴

[Quotes 1](#)

- The ego is frightened by death, because ego is part of the incarnation and ends with it. That is why we learn to identify with our soul, as the soul continues after death. For the soul, death is just another moment.
- Watch how your mind judges. Judgment comes, in part, out of your own fear. You judge other people because you're not comfortable in your own being. By judging, you find out where you stand in relation to other people. The judging mind is very divisive. It separates. Separation closes your heart. If you close your heart to someone, you are perpetuating your suffering and theirs. Shifting out of judgment means learning to appreciate your predicament and their predicament with an open heart instead of judging. Then you can allow yourself and others to just be, without separation.
- True compassion arises out of the plane of consciousness where I AM you.
- We're all just walking each other home.
- Souls love. That's what souls do. Egos don't, but souls do. Become a soul, look around, and you'll be amazed-all the beings around you are souls. Be one, see

⁴ https://www.azquotes.com/author/3663-Ram_Dass

one. When many people have this heart connection, then we will know that we are all one, we human beings all over the planet. We will be one. One love. And don't leave out the animals, and trees, and clouds, and galaxies-it's all one. It's one energy.

- Our journey is about being more deeply involved in life, and yet less attached to it.
- The game is not about becoming somebody, it's about becoming nobody.
- If you think you're enlightened go spend a week with your family.
- When someone we love dies, we get so busy mourning what died that we ignore what didn't.
- Ask yourself: Where am I? Answer: Here.
Ask yourself: What time is it? Answer: Now.
Say it until you can hear it.
- All you can do for another person is be an environment in which if they wanted to come up for air, they could.

[Quotes 2](#)

- The intellect is a beautiful servant but a terrible master. Intellect is the power tool of our separateness. The intuitive, compassionate heart is the doorway to our unity.
- The sooner one develops compassion in this journey, the better. Compassion lets us appreciate that each individual is doing what he or she must do, and that there is no reason to judge another person or oneself. You merely do what you can to further your own awakening.
- When you are completely identified with your thinking mind you are totally separate from everything else in the universe.
- After meditating for some years, I began to see the patterns of my own behavior. As you quiet your mind, you begin to see the nature of your own resistance more clearly, struggles, inner dialogues, the way in which you procrastinate and develop passive resistance against life. As you cultivate the witness, things change. You don't have to change them. Things just change.
- Suffering lets us see where attachments are - and that helps us get free.

- The most exquisite paradox... as soon as you give it all up, you can have it all. As long as you want power, you can't have it. The minute you don't want power, you'll have more than you ever dreamed possible.
- The heart surrenders everything to the moment. The mind judges and holds back.

In most of our human relationships, we spend much of our time reassuring one another that our costumes of identity are on straight.

When we see the Beloved in each person, it's like walking through a garden, watching flowers bloom all around us.

- I would like my life to be a statement of love and compassion--and where it isn't, that's where my work lies.
- As long as you have certain desires about how it ought to be you can't see how it is.
- Everything changes once we identify with being the witness to the story, instead of the actor in it.
- The universe is made up of experiences that are designed to burn out your attachment, your clinging, to pleasure, to pain, to fear, to all of it. And as long as there is a place where you're vulnerable, the universe will find a way to confront you with it.
- It's very hard to grow, because it's difficult to let go of the models of ourselves in which we've invested so heavily.
- Each person tells you who they think they are, and who they think you are.

Mark McClellan



Mark had a huge influence on my life. We were neighbors. He lived across the street. I spent many hours with Mark and his family.

Mark is extremely kind and loves the adventures of life. He loves to snow ski and spent many years snow skiing. Mark introduced me to many different kinds of music.

He was always sharing different points of view. People liked to be around Mark. Kevin Charles another good childhood friend said to me about a year ago "Who wouldn't like Mark?

Mark is the kindest person I have ever met." Yep, that's true. Mark has the spark of life. Maybe he gets that spark from his Dad. Spark is his Dad's name.

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

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

Mark had quite a wide spectrum of listening to music. He introduced me to Linda Ronstadt and Chad and Jeremy. Also, I remember the first time I ever heard the album sticky fingers by the stone. Mark played it for me.

Back then during our high school days, he went to a lot of concerts.



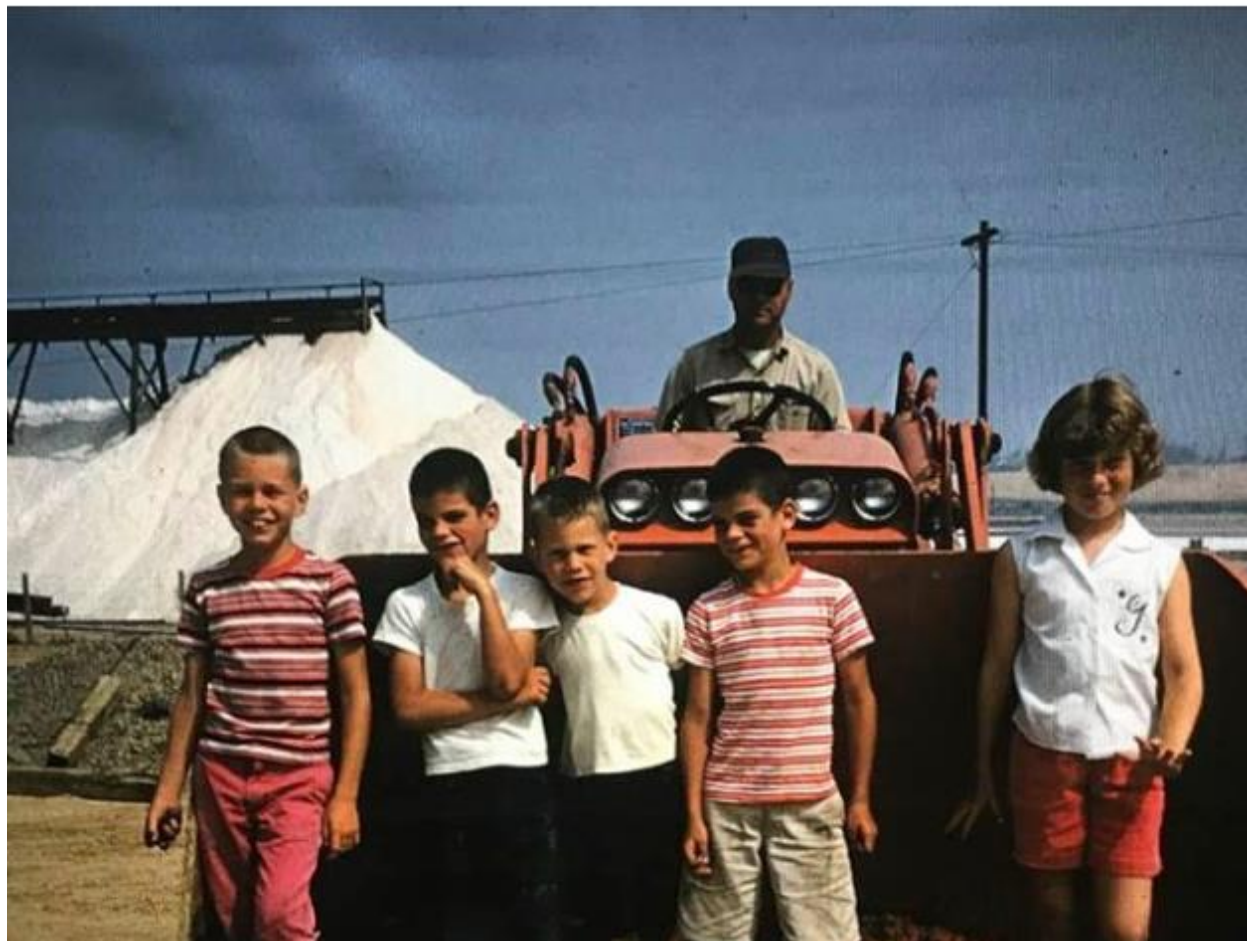
Figure 9 Chrit, Mark and Ricky



Mark McClellan

May 18 at 6:05 PM · 

John Fletcher, Richard Fletcher, My brother Crit, my sister Georgia dear old Dad. Who's still kick'n it down the road and pushing 99. Tl works across the street from his sand operation.



Michael Lawler	Gilbert Barnes
 	
<p>I love to hear Michael's adventures of sailing around the world. Michael is extremely bright and used his wit to outfox his opponents in a dangerous situation.</p> <p>This is from the Orange County Register.</p> <p>They had adventures. Heading toward Fiji, Lawler and Burdick, 53, spotted a distress flare and searched the darkness to find two fishermen in a small boat. They towed them back to Niue where they were greeted like heroes.</p> <p>"We saved their lives for sure."</p> <p>There are also stories not fit for children.</p>	<p>What can I say about Gilbert? Gilbert was friends with Johnny Coontz. When I came back from India Gilbert was one of the few who was interested in learning how to meditate. This was many moons ago. Gilbert still loves to meditate. We haven't seen each other in a long time yet we still call one another. I love his sense of humor. I consider him a great friend of mine.</p>

<p>They were concerned about pirates in the Gulf of Aden, but a British couple they met at the Maldives, Paul and Rachel Chandler, reassured them it wasn't bad.</p> <p>As the Traveler made its passage, however, they were approached by an unmarked speedboat carrying an armed man. They played dumb and never stopped.</p> <p>"We had to deal with the situation," Lawler comments. "They might have been beginner pirates."</p> <p>This is just a tip of the iceberg of their incredible journey.</p>	
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[RIP Gilbert Barnes](#)

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

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

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

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



I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in.

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

The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car.

I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.



To this day I wished I said something to him. I was still a little afraid not because he was an alien but because this incident caught me totally by surprise.

I remember looking at this alien in my car and I could see him smiling inside. He was friendly and at the same time full of wisdom. I knew I would be ok but at the same time, it was an Erie feeling that I saw an alien face to face.

It's strange in our society the vast majority of people know some beings exist from other planets or worlds and our government tries to suppress and downplay any activities about UFOs and aliens.

Some people might say it was a hallucination or a vision. I don't drink, take any drugs including medical drugs, get plenty of sleep, etc. This encounter was as real as any physical encounter with any human being I have faced. The only difference was this was an Alien.

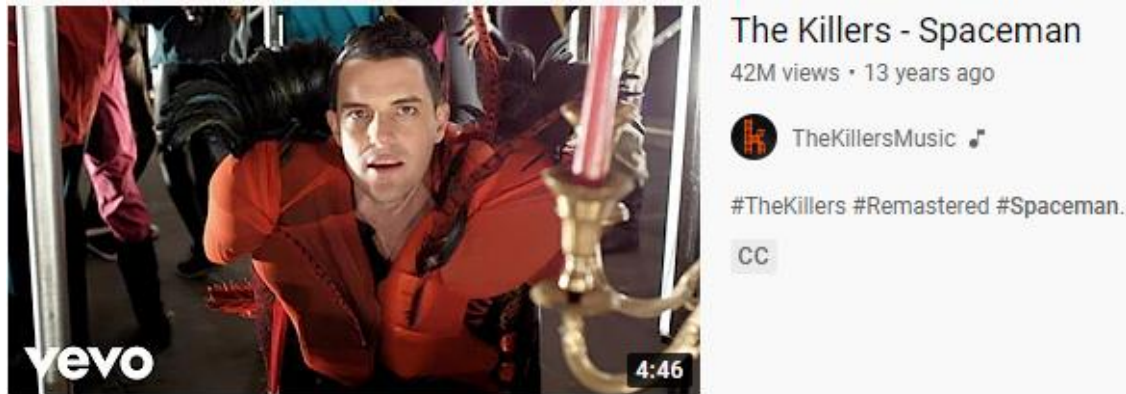
For myself, I knew I had a wonderful encounter with an Alien from a different home than earth. The next time I think I will carry on a conversation and learn more about him.

A few months later I was with Zoran who claims to have a huge mother ship within our galaxy. He was taking my family for a walk in the Laguna Mountains outside of San Diego.

I had no idea where we going. I had a picnic lunch with me. We probably walked for about an hour. All of a sudden Zoran stopped and with a smile, he said: "Do you see anything different about this place."

I looked around and at first glance, I thought about what you are talking about. All I see is just a forest. Then I started to see what was around me. All around us were a huge circle.

Inside of this circle the leaves, grass, and trees were burnt. I have heard stories about how when a UFO lands the surrounding area is burnt. I knew this wasn't man-made or made by nature. It was obvious some craft had landed. It was kind of strange that Zoran took us on this walk and we just happen to end up here.



To make a long story short Gilbert and his wife invited me and my wife to a Chinese restaurant in San Diego. Mind you this was only a few days after this incident.

Well I tell my story. It was still totally on my mind. I could see that Gilbert was fascinated by it. His wife did not. I could see it on her face. Well anyway, that was the first and last time we had dinner with Gilbert and his wife.

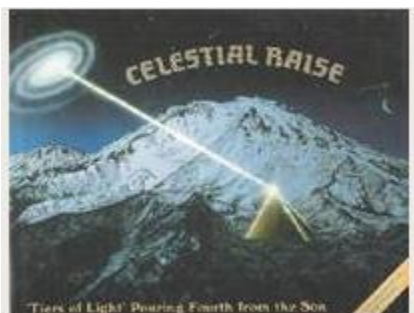
Years later Gilbert and I had a huge chuckle about this. It seems like true friends can go years without seeing each other. Last year when I talked to him on the phone it seemed just like yesterday.

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

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 we 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.



Robert Nagato-Needleman



I love to read Robert's post. They are very inspiring. At times they contain Zen wisdom. At times they contain wisdom from his Aikido lineage. Both Robert and his wife are a delight to be around. Robert has been working at the Oregon tiger sanctuary for many years.

Rob is the Director of Veterinary Services at Oregon Tiger Sanctuary, .

[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](#)

