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## Intro



We are all surfers in the ocean of life. Each of us is riding the waves in our own unique way. This book *Surfing tales* is my own journey in learning how to surf with life. In this book,

I'm going to talk about many different experiences. I will pay tribute to my fellow surfers who are no longer with us. I will talk about my journeys both outward and inner.

I feel so fortunate to be alive. This life is an incredible blessing. This book talks about my major joys in life. They are surfing and meditation. These are hobbies for me.

I hope you enjoy this book. Some will probably like it while others may ho-hum it. We are all so different yet we are the same. That's a paradox. Yes, life is a paradox. The older I get I see that our intelligence will never go far. It's only when we combine intelligence and the heart can we understand the secrets of life.

So I hope you enjoy riding this wave.

## Surfing



I remember one event which changed my life. In 6 grade my brother and I had a paper route. My brother wanted to buy a surfboard.

My parents said save your money and you can. At that time I didn't care one way or the other. On Christmas day in seventh grade, my parents gave us money for a brand new surfboard.

From that moment on something clicked in my

consciousness. It took us only three months to buy our new boards. We bought a Gordie surfboard in Huntington Beach.

Mark McClellan's Dad knew Gordie. Mark has been a friend for around 60 years. We both got surfboards and started to learn how to surf together.

These boards were priceless for my brother and me. My father would take us after school and on weekends. My life from then on was the sea. I felt totally at home.

All of my problems would disappear into the ocean. My happiest moments in junior high school and high school revolved around the ocean.





It's hard to explain the excitement of riding a wave. Such joy and happiness come from this experience.

As a child surfing was a form of meditation for me. I would like to wake up early in the morning and my Dad would drive us to the beach. I loved the early mornings.

It was a spiritual experience to be in the ocean and experience the harmony of nature. During my summer of seventh grade, my brother and I would be dropped off at a

beach called Big Corona.

We would surf for 5 hours and then we would paddle home about 4 miles. Sometimes our dear friend Mark would come with us.

We would arrive home exhausted and my Dad sometimes made homemade pizza for lunch. We had a great summer.

Surfing taught me to leave all of my troubles on land and be in the majesty of the ocean. The ocean was a great place for healing. It was alive.

I will never forget my first wave riding a surfboard. My Dad gave my brother and me a surf lesson from a famous surfer of the time Mickey Munoz.



We got out of school early one day and drove 45 minutes south to a beach named Doheny.

We waxed our boards and paddled out to the waves. I remember when it was my turn Mickey Munoz gently

pushed me into a small wave.

It was probably one foot. But this one-foot wave gave me such exhilaration. I felt I was riding a 10-foot wave. Inside I was screaming "Yes Yes Yes". There were so much joy and bliss that I knew I was hooked.

Surfing from that moment on became part of my life. Years later I felt so grateful for my connection with surfing and the sea.

It saved my life. It was my home and refuge. It was a place on earth where I could go and be alone with myself.

I developed such a strong bond with the sea. Surfing at the time represented our primordial roots in life.

All of life is based upon water. Without water, our whole world would die. How incredible that human beings can ride the waves of life.

We take it so much for granted. I felt that without surfing I probably never would have survived my teenage years. Surfing was a vehicle to experience something far greater than I learned in school.

It touched the very source of life itself. I needed in my life practical ways to experience the glories of life and surfing provide me with that experience.

I knew as a youth that we were all going through the motions of life. We were taught to memorize and not to question our existence. So many times the dreamers would get scolded that how it is.

Don't ask questions. Just carry on. Surfing allowed me to ask questions and experience the wonders of life. I knew I was protected and my life was on track.

Years later I realized that surfing brought me in contact with GAIA the mother earth. I could go surfing and all the troubles of life would go away. The planet is alive and conscious.

I learned this at a young age. Surfing brought me the experience that the ocean is alive. It communicates to you by the power of love. Talk to any surfer and they will say the same thing.

Maybe they can't put words to it but they will agree that the ocean is a marvelous place.



## Europe In Grade School



When I was in fifth grade my parents took us to Europe. It was so incredible to see the countries that I learned about in school. We saw the ancient coliseum, the Forum, the Vatican, and the catacombs in Rome.

In Paris the Eiffel Tower. We went to French, Italy, and Switzerland. I have incredible memories of that trip. My love for different cultures began to blossom.

Each country was so different and unique. I loved the smells, the food, and the different customs. Europe was so different than life in the states. I loved to see the vast differences.

This impression carries with me today. I love the diversity of life. I love meeting new people, cultures, and different lifestyles. We are all so different yet at the same time, our essence is the same.

Untimely we are the same. We came from the same creator.



*St Mark's square Venice 1*

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

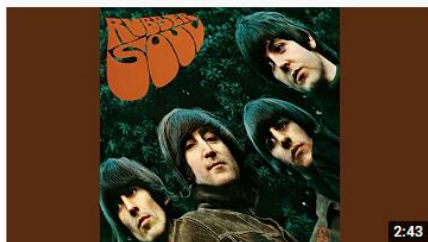


### The Beatles Lady Madonna

625K views • 12 years ago



TheVanucci



### Michelle (Remastered 2009)

25M views

Beatus The Beatles

Provided to YouTube by Universal Music Group Michelle (Remastered 2009) · The Beatles Rubber Soul © 2009 Calderstone ...



*Passport photo 1*



### Blinded By The Light (Single edit)

102K views



Manfred Mann's Earth Band - Topic

Provided to YouTube by Virtual Label LLC **Blinded By The Light (Single edit)** - Manfred Mann's Earth Band The Roaring Silence ...

3:49

## My Father Teaching Us Exercises



I remember in the sixth grade my brother and I received a series of exercises from my father. My Dad drew each exercise on a brown piece of paper. It was enclosed in a brown folder.

At that time my Dad said these exercises came from the Air Force. I practiced these exercises for many years. When I began to study yoga I found out that exercises were yoga postures.

It wasn't until 20 years later that my Dad told me that he had a Yoga teacher in the early sixties. Those exercises came from my Dad's teacher.

It was kind of funny for years my Dad couldn't understand my brother and me. When he found out that both of us were on the same wavelength we both laughed.

It was kind of funny that years later I realized that the exercises my dad taught me were the foundation of the exercises I do today. Even back then I was guided in learning about ancient postures which create good health for the body.

I did not have any formal teachers but my brother and I did these exercises every day. To this day it is a foundation for my physical health.

I was lucky as a child my parents were conscious of the foods we ate. We weren't vegetarian but our diet was excellent. Our diet consisted of vegetables, grains, fruits, and poultry.

We only had soda pop for Christmas and Easter. We had some junk food but fortunately, it was controlled. My body thrived on good wholesome food. These habits were easily incorporated into my life later on.

As a child, my brother and I would go to bed between 7:30 and 8:00 every night.

Our bodies naturally followed the rhythms of life. Consequently we hardly ever got sick. I probably was out sick for a week total for my whole 12 years in school.

Subconsciously my life was directed to a healthy lifestyle. My Mom said you can go to bed as late as you want knowing that we would be so tired around 8:00 and we would just fall asleep.

I remember my Mom kissing us good night and we would fall asleep before she got out of the door.

I believe that everything is contained in our DNA. I feel at a young age I tapped into the past where I had this spiritual upbringing where the human body is divine.

At this time none of my friends could relate to this. This is another factor that we can listen to and find guidance from within. We are never alone.



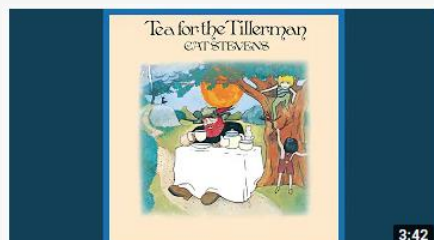
Deva Premal & Miten with Manose: Gayatri Mantra 2009, In Concert

11M views • 12 years ago



Deva Premal & Miten

Deva Premal & Miten with special guest Manose, (and a tuned in audience) sing the Gayatri Mantra. This is an excerpt from their ...



Father And Son

2M views



Yusuf / Cat Stevens

Provided to YouTube by Universal Music Group Father And Son · Cat Stevens Tea For The Tillerman © 2020 Island Records, ...





## High School



Newport Harbor Choir 2008 Group Song 1

457 views • 14 years ago



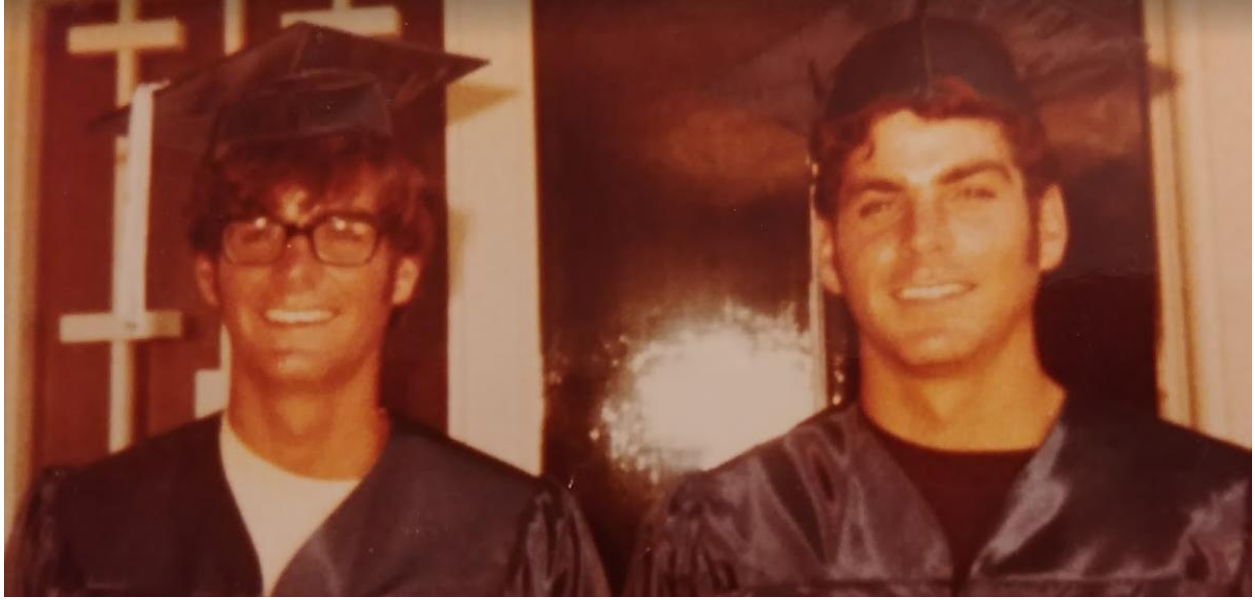
Ryan Panella

The last performance of the 2007-2008 year by the Newport Harbor High Choir.



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

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



*Graduation day 1*



**NEIL  
DIAMOND  
THE BEST OF**

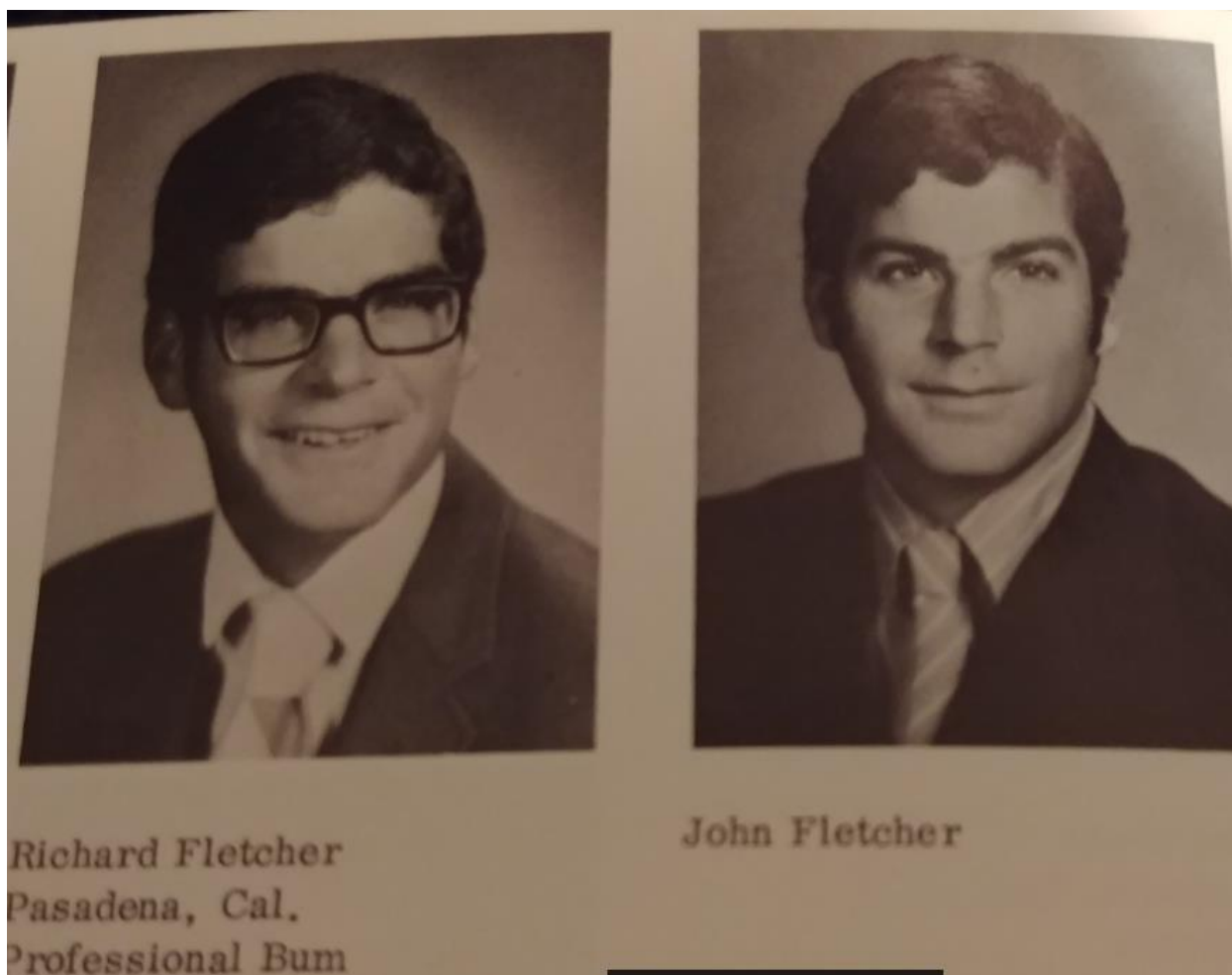
3:26

### Neil Diamond - Brother Love's Travelling Salvation Show

5M views • 12 years ago

 NeilDiamondUK

Neil Diamond - Brother Love's Travelling Salvation Show.



*Year book photos 1*

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

## For All-County Clash

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

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

### Toughest Challenge

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

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

New Frosh D-

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



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



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

Steve Devier (880), Ken Hurst (1320).  
Newport Harbor — Brad Schultz (220), Kirk Chatillon (1320), Rich Fletcher (1320), Court Reeser (120 LH), Terry Allbritton (SP), 880 relay.

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

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



### The Turtles - Happy Together - 1967

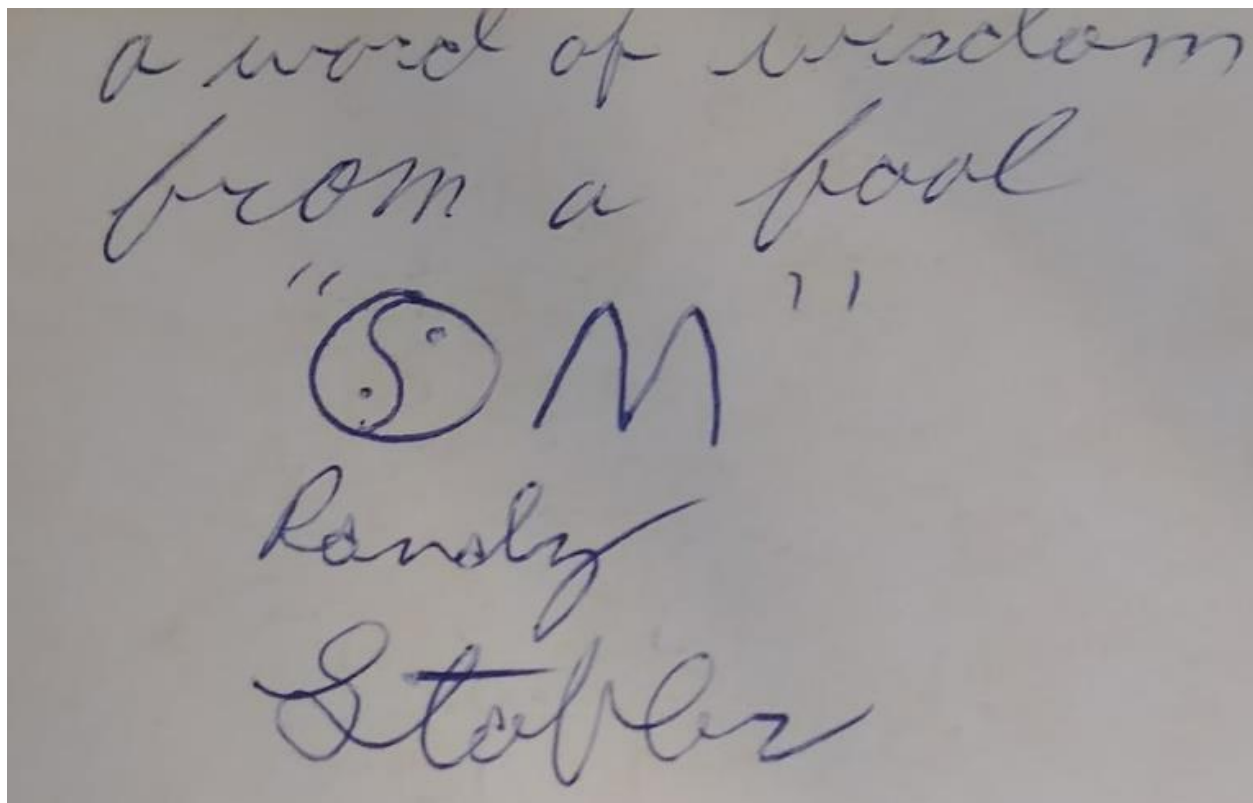
24M views • 10 years ago



Turtleshappytogether

2:48





That summer I got involved in surfing. When the school year began I decided not to go out for track and cross country.

My cross country coach came to my house to try to change my mind but my mind was changed. My love was surfing.

It was kind of funny how leaving Cross Country and Track my relationship with these two coaches changed. I knew they were disappointed.

I was so-called blacklisted by them. I never had the communication we once had. It's amazing how as humans we make decisions and if we don't agree with our superiors that they withdraw and no more take interest in us. I still have fond memories of these coaches. I chose on

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

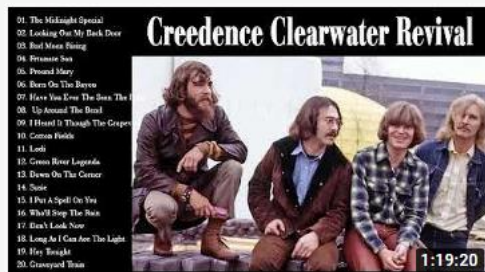
my own with pressure coming from parents and coaches. Surfing was a great part of my life.

One of my fondest memories in high school was each year we would have exchange students from Argentina come and leave in the student's home for a month.

Each day there would be an after-school activity. We had for three years students from Argentina and one year a student from

Ecuador for one year.

I remember such a great social get-together. There were no drugs or alcohol. Just good music and dancing. It was a great way for different cultures to get together.



CCR Greatest Hits Full Album - The Best of CCR - CCR Love Songs Ever HQ  
 1.5M views • 5 months ago

Classic Rock

CCR Greatest Hits Full Album - The Best of CCR - CCR Love Songs Ever HQ CCR Greatest Hits Full Album - The Best of CCR ...

I have fond memories of getting to know members of the group. Upon leaving we would always write.

I remember one girl named Graciela Di Iorio. She was an Italian girl. I met her in ninth grade. She was three years older than me.

It was amazing how mature she was. In our society, a junior would never talk and be social with a ninth-grader.

She became a good member of our family. My sister Jane went and spent some time with her. I went three years later. I appreciated the manners the Argentines had. They were representatives of their country and culture.

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



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

The only way to get in was by boat. One

of my brother and my childhood friends was Joyce Caldwell. Her father was president of the Macco Corporation which owned the place. Her father would give us passes to go there.

This place was one of the most beautiful places in the world.

Wildflowers were all over the place. At this time no development was on this property. It was so beautiful driving in there.

The waves were so incredible. My brother and I spent three years going there. The ranch was every surfer's dream in California. I'll never forget my first trip there.

My brother and I drove from Newport Beach to Santa Barbara. We stayed with our Grandparents overnight. The following day we drove north forty-five minutes to the entrance of the Hollister Ranch.



The drive into the ranch was probably one of the most scenic drives I have ever seen. It was a one-lane road going through the incredible countryside. The hills were green with incredible wildflowers everywhere. The road passed

through beach breaks, point breaks, and reef breaks. This was one of the last uncontaminated frontiers in Calif. My brother and I were overwhelmed by the beauty.



The waves were incredible. My brother and I were the only ones out. We could pick any break we desired. My favorite break was a sport called Rights and lefts.

This wave was perfect. As soon as you took off the wave lined up perfectly. It broke on a reef with a rocky shelf. The wave was perfect for tube riding. My brother and I were in heaven.

We felt so fortunate. Here we were all alone in one of the best surf spots in California. Years later at my high school reunion, I saw Joyce and told her my best experience in high school was surfing the ranch. I told Joyce to be sure to thank her Dad on behalf of my brother and me.



*The Ranch Cojo Point 1*

My twin brother and I were very close. My brother was more than a brother he was my friend. It was a blessing growing up with him.

We had such incredible times. Both of us realized our life was special. I owe a lot to my family. Both my mom and dad supported us. I have a younger brother and an older sister. I felt we were a close-knit family.

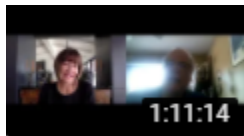
We all had our share of good times. The highlights as a kid were going to Disneyland. We would probably go twice a year throughout my childhood.



Disneyland represented to me, heaven on earth. The place was spotless. I have fond memories of our family outings. I loved when we would go to the beach and have picnics.

My Dad was an incredible cook and so was my mom. We had a lot of ethnic foods. We would always try out new restaurants. All our family loved trying out new cuisines. My Dad worked at home for the majority of my childhood.

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.



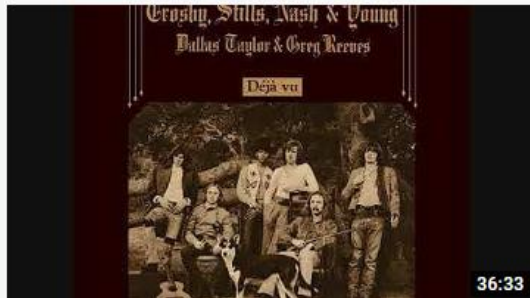
### Crosby, Stills & Nash - Crosby, Stills & Nash (Full Album)

313K views • 7 months ago



A Simple Man From 80s 2

Crosby, Stills & Nash is the debut studio album by Crosby, Stills & Nash (CSN), released in 1969 on the Atlantic Records label.



### Crosby Stills Nash & Young 1970 Deja Vu

778K views • 10 months ago



ROCKcity 3000

For any concern, comments / suggestions & support, you can send your message at: [rock.city3000@gmail.com](mailto:rock.city3000@gmail.com) Thank you very ...

## The Boat And The Whale



One incident that remains to this day is the following. One day, while we were in high school my dear friend Mark Blackburn and his Uncle Carl, took my brother on a boat ride.

It takes probably half an hour to reach the ocean from where we took off in the harbor. When we got off the harbor we moved left to where we were directly off Big Corona where my brother and I surfed as a kid.

We are sitting there when all of a sudden we feel this tremendous rush of energy with thousands of bubbles underneath the boat. It was kind of scary.

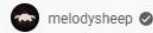
Finally, these huge whales emerge to the surface probably ten feet away. When I saw its eyes it was such an incredible sight. Pure wisdom, kindness, compassion, and supreme intelligence. Today this day probably 46 years later I can still visualize this in my mind's eye.

I have always been in love with dolphins and whales but to see one in the wild like this was truly a gift. I could sense and see the magnificence of such a beautiful creature of God. If he wanted to he could have destroyed the boat but that's not its nature. We need to learn from the dolphins and whales in our lives. They have so much we can learn from.



### Carl Sagan - 'A Glorious Dawn' ft Stephen Hawking (Symphony of Science)

12M views · 12 years ago



My own musical tribute to two great men of science. Carl Sagan and his cosmologist companion Stephen Hawking present: A

CC



### Symphony of Science -

'We Are All Connecte...

melodysheep

## Drugs And Alcohol



I was fortunate enough to avoid drugs and alcohol in high school. All my friends were totally into it. I drank probably 2 beers and tried pot a few times. My life addiction was the ocean. The ocean taught me a lot about living.

My best state was in harmony with nature. I didn't need some artificial high. I still blended in with my friends but I wouldn't compromise my values. In my senior year of high school, I became a vegetarian. Our high school had a 10-week elective course on Yoga which I took. I loved practicing yoga.

Yoga and surfing were so closely tied together. I would wake up around 4:30 in the morning and do my exercises, meditate and then go surfing. In high school, I hardly went to parties. I would go to bed early and wake up early.

## South American Travels

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



Our first stop was in Brazil. A good surfing friend Steve Lemontange had a roommate in college. He was Chinese and lived in Brazil.

John invited us to visit him and his family in Rio de Janeiro. His family owned a Chinese restaurant. This was the first time I ever lived in a Chinese household.

Every morning we would have a delicious bowl of soup. This was standard for breakfast. My brother and I loved the Brazilian culture.

We went to the Christ the Redeemer atop Mount Corcovado and were captured by the incredible view of Copacabana and Ipanema. We saw the dire poverty of the shanty towns.

I don't think you ever get over when you see poverty of this kind. Human beings for thousands of years had to live in such an existence.

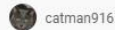
My brother and I visited Cabo Frio a small beach town about 3 to 4 hours from Rio. It was off-season. We met a beautiful Portuguese family and they showed us around this town. It was wintertime in Brazil and it was probably in the low sixties (cold for Brazil).





"The Girl from Ipanema" Astrud Gilberto, João Gilberto and Stan Getz

17M views · 12 years ago



"The Girl from Ipanema" ("Garota de Ipanema") written in 1962 by Antonio Carlos Jobim with lyrics in Portuguese by Vinicius de ...



We stayed a month in Argentina. There was a small group from our high school who were exchange students. I stayed with Pedro Vascena and his family.

Pedro stayed with us two years before. In Argentina, they have café con Leche (coffee and milk) and croissants for breakfast. This was the first time I ever tried coffee.

The croissants were served with butter and jam. The Argentine family was nice and treated me like a member of their family.



Meat is king in Argentina. I was amazed to see that street cart vendors would serve steak sandwiches.

You have better be adventuresome if you go to a BBQ. I visited a family that took me to their ranch in the Pampas.

The cowboys provided an authentic Argentine BBQ. In Argentina, they eat parts of the cow that Americans would never eat.



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

to translate it into English.

We entered this one room and saw a window and two people were playing chess. One of the players was Bobby Fischer (one of the greatest players in the world).

We stayed for only one moment and the tour then continued. I think back now and laugh. There was a historical moment in chess history and we nonchalantly nod our heads and go along our merry way.

The Argentines drive like crazy. I thought I drove radical. They would drive fast and furious. Imagine driving down a city street at 90 miles per hour and not stopping at stop signs or street lights.

If you got a ticket they would give a bribe to the officer.



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



The Best of Tango

2.3M views · 2 years ago



Cordless Music

The tango is probably the most passionate musical and dancing style in the world – enjoy this electrifying selection of the most ...



Jose Basso - La Cumparsita | Sexteto Mayor - El Choclo | Hector Varela - De Vuelta Y Media | Anibal... 20 chapters ▾

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

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



I stayed with Graciela Di Irio a friend of our family. Mar de Plata is a seaside resort. There is a grand casino overlooking the Atlantic Ocean.



### Creedence Clearwater Revival: Have You Ever Seen The Rain?

248M views • 14 years ago



masterofadcsuckaS

Creedence Clearwater Revival Have You Ever Seen The Rain? Pendulum Lyrics: Someone told me long ago There's a calm ...



We spent about 4 days there. Surfing was a new sport there. I never had the opportunity to go. When I was there it was freezing.

We parted ways with our friends and took a plane to Ecuador. We



stayed with Eduardo Pena and his family. Eduardo stayed with us for 1 year. He was an exchange student. As you can probably see I love different kinds of ethnic foods.

Eduardo had a housekeeper who made the best batidos in the world (smoothies). She made all sorts of exotic fruits into a delicious drink. Mangos, bananas, papayas, and many others I can't recall. I remember eating fried plantains with rice.

Eduardo's family had a friend named Victorio Piscado (a famous Spanish bullfighter) who was a surfer. He would take my brother and me to surf trips to Playas.

It was about a 2-hour journey from Guayaquil. Playas was a sleepy beach town. They had this small but long wave that broke along the point. My brother and I could see its potential. The





beach town resort was known for its fresh fish. It was a delightful time spending time with Victorio and his family. We went several times with him to Playas.

Eduardo took my brother and me to Quito and Cuenca. In Cuenca, we stayed at his grandmother's house. It

was a beautiful place.

We were there during winter and there was no heating. Burr, it was cold. Cuenca is a city in the southern Andes Mountains. Temperatures are around 58 degrees year-round. Lately, a lot of Americans have moved there to take advantage of the great standard of living.



*Quinca Ecuador 1*

While in Ecuador we heard the Ecuadorian Navy allowed tourists to go on tour with them to the Galapagos Islands. We called our parents a few days before school was to start.



My parents said it would be OK but they had to talk to our teacher and principal. We received a phone call a few hours later saying it was all right.

Our principal said we would learn more about traveling than in school. We came back to school three weeks late.



The Galapagos Islands was a trip of a lifetime. We went on this old US Navy (WW2) ship. At this time there was a tuna boat war between Ecuador and the United States.

The Ecuadorian navy was looking for US tuna boats. We visited Santiago, San Cristobal, Isabel, Fernandina and Espanola islands. While there I could see why Darwin came up with his theory of evolution.

The Galapagos Islands at that time weren't a tourist destination. They contain one of the only giant tortoise populations in the world. My brother and I were amazed by the size and age of these incredible creatures.

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

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



The first time my brother and I saw iguanas we were standing at the same spot looking at the waves and we sensed something was looking at us.

We looked around and there were hundreds of iguanas were looking at us.

They were completely camouflaged. The Navy personnel was very kind to us.

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



## 05-02-2021 One Thing Leads To Another



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

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

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

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

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

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



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

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

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

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

Click on the link for the Youtube video.

[I Will Sing Thy Name](#)

Paramahansa Yogananda chant.

Om guru Om guru Om guru Om

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



I will Sing Thy Name-Om Guru

605K views • 9 years ago



Swami Hanuman Das

Beautiful song calling upon Sri Guru to come to us. Sung by Self-Realization Fellowship monks and nuns.

11:16





## 18 Travel Around The World



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

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

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

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

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

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



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

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

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

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



#### Chanting with Swami Kriyananda

Ananda Sangha Worldwide

Invocation to the Guru (Chanted by Swami Kriyananda) • 2:45

Polestar of My Life (Swami Kriyananda Chants Paramhansa Yogananda) • 3:40

[VIEW FULL PLAYLIST](#)

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

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

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

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



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

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

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

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

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

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



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

France were friendly.



French Music | Popular French Songs | French Music Mix | Best of French Songs  
2021 | French Mix

326K views • 10 months ago

 French Cafe

Top Hits French | Playlist French Songs 2021 | Best French Music 2021 Here you will get the best and trending french songs and ...

Craig Perkins

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

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

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

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



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.

Surfing Experience In France Something Will Happen In India



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

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

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

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

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

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

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

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



#### Five Summer Stories Soundtrack

18K views • 3 years ago



Stratovision Media

Five Summer Stories Soundtrack by Honk.



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

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

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

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



John Mayall - Room to Move (The Turning Point, 1970)

634K views • 8 years ago



May seem peculiar How I think o'you If you want me, darlin' Here's what you must do You gotta give me 'cause I can't give the best ...



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

We sold our car and took an airplane to Turkey. When we landed in Istanbul I knew this is where east meets west. This city was so different.

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

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

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

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



### Jethro Tull - Aqualung (Official Music Video)

1.8M views • 1 year ago



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



### Jethro Tull: Bourée

8M views • 12 years ago



AVO Session 2008, Basel Jethro Tull: <http://www.jethrotull.com> AVO Session Basel: <http://www.avo.ch>.



### The Sufi Whirling Dervishes - Istanbul, Turkey

1.7M views • 8 years ago



David's Been Here is in Istanbul, Turkey, exploring all the top sites and cultural attractions of the city. In this video, David presents ...



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



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

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

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

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

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

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





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

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



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

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

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



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

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

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

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

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

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



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

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



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

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

Afghanistan was.

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

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

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



### Afghanistan Traditional Music

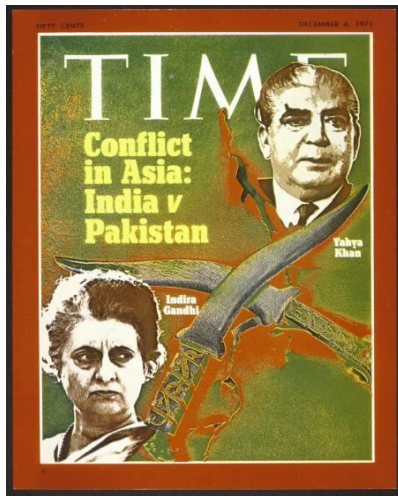
260K views • 4 years ago



UN approved music

Traditional music from a war-torn country.

## Indian Pakistan War

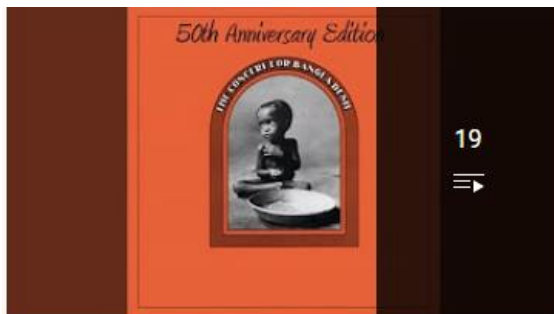


Well, we finally made it to Pakistan. Lahore was a busy city. We only stayed for a few days.

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

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

The following day the border was closed for 5 years.



The Concert For Bangladesh 50th Anniversary Edition  
The Video and Music preserver

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

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

[VIEW FULL PLAYLIST](#)

## First Day In India



My first day in India was incredible. I remember crossing the border. At this time there was a two-mile walk to reach the border check for India.

There were parrots and wild birds everywhere. I felt such a strong spiritual experience. I was home. It's hard to put in words what I was feeling.



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

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

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

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

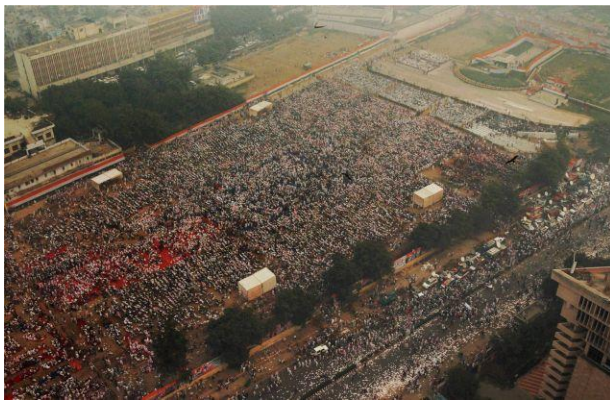
I went to this huge Sikhs temple. I asked can I stay here overnight. The man said no but there is a huge festival going on down the block.



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



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



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

The next thing I knew a young Indian boy walked on the stage wearing a Krishna outfit. He was

wearing a gold crown with jewels and a gold outfit. I was laughing and crying at the same time.

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



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

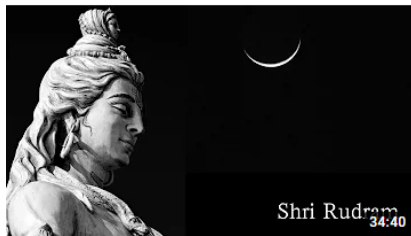
What this young Indian boy said made sense.

He said seeing is believing. If I told you an ant was 10 feet tall, would you believe me? But if I showed you seeing is believing.

He said don't believe in my words. Take my experience. See for yourself. If you suites your practice if not go on your way.

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

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



Shri Rudram, an ancient Vedic Hymn by Music for Deep Meditation, Vidura Barrios

4.6M views • 8 years ago



Music for Deep Meditation

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



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

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

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

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

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

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



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

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

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

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



Tommy Emmanuel - Initiation

465K views • 15 years ago



D. Kelly

Another from the Sierra Nevada Centre Stage show in early-mid 2002. Great version this one! Still amazes me what Tommy can

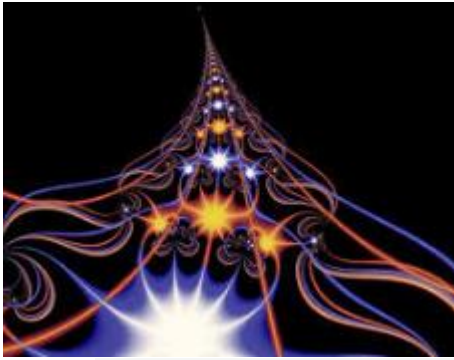




I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge.

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

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



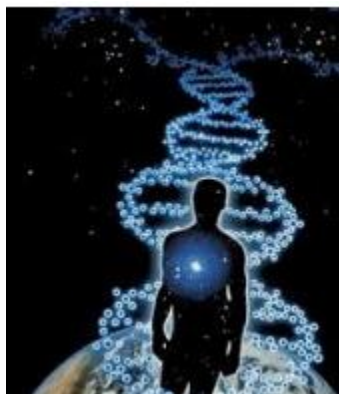
The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

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

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

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

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



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

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

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

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

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

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

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

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

## *inner music*

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

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

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



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

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

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

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

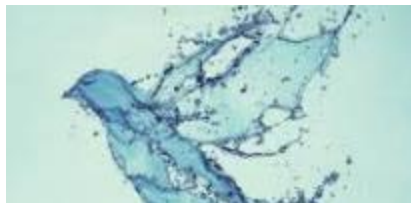
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

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

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

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

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



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

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

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

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

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

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

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

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



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



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

11M views • 9 years ago



V.A. HOSS

Don't forget to rate and subscribe...

## Mediation Ganges



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

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

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



Castle in the air - Don McLean Original

4M views • 13 years ago



keyoshei morinaka

This song is my favorite since childhood... [http://www.4shared.com/audio/FuRrNjDs/02\\_-\\_Castles\\_In\\_The\\_Air\\_-\\_Don\\_.html](http://www.4shared.com/audio/FuRrNjDs/02_-_Castles_In_The_Air_-_Don_.html)

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

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

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



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

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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



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

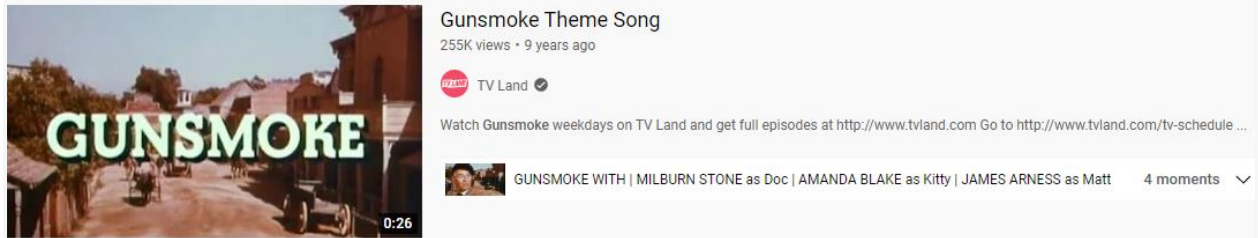


There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town. The Indian food was great.

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



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



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

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

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

## Finding Bombay Ashram



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

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

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

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

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



Jefferson Starship - Miracles (Official Audio)

11M views • 5 years ago

 RHINO 

You're listening to the official audio for "Miracles" by Jefferson Starship from the album 'Red Octopus' (1975) Subscribe to the ...

## Asokananda Incident

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



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

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

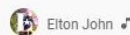
Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed.

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



Elton John - Electricity

1.2M views · 11 years ago



"Electricity", from Billy Elliot The Musical, became Elton John's 63rd UK Top 40 hit. The video features Liam Mower in the role of ...

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



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

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

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

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

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

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



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

24M views • 9 years ago



Simon & Garfunkel

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





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

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

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

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



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

In Tanzania, the Chinese were building a railroad.

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

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



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



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

The air was so thick of mosquitoes that mosquitoes were falling into my soup. It was quite the scene. It was super humid and hot. I was lucky not to get malaria.



The Doors-No me moleste mosquito

1.5M views • 15 years ago



Manczarekfan

A post-Morrison Song.

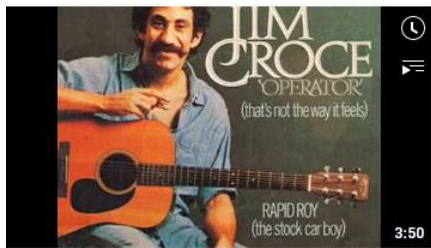
## Seeing Maharaj Ji On Telephone Wires



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

We awoke and found ourselves sleeping in a sea of mud. Quite the experience. I

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



Operator - Jim Croce

6.2M views • 12 years ago

piano084

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

## Zambia



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

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

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

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

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

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

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

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

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



National anthem of Zambia (English lyrics)

153K views • 4 years ago



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



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

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





## Original Swaminarayan Aarti with Lyrics, by Muktanand Swami

18M views • 3 years ago



Shree HariKrishna ✓

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





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

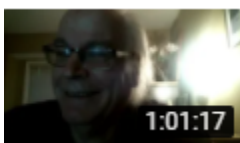
I spent about two weeks in Johannesburg resting up and living in the Indian community. There were a lot of westerners, black and Indians interested. I

was sent to Cape Town to prepare for Maharaj Ji's visit.

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

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

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



Talk Story with Nigel Fairhead  
Fletcher Soul Traveler

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



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

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

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

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





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



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



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

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

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



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

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

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

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

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

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

The following are people I remember in South Africa.

Milky

Gary Girad

Bruce Sirota





Kali Rodriguez



Kathleen Cook



Sandy Collier



### Paul Simon, Graceland: The African Concert

Pedro Ramos

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

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

[VIEW FULL PLAYLIST](#)

Larry Rosenfeld



Nadine Sirota



Robin Heslop



Chris Parker



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

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

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

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

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



Cat Stevens - Tea For the Tillerman  
moonlitknight009

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

Cat Stevens - Hard Headed Woman • 3:48

[VIEW FULL PLAYLIST](#)



## Layla

29M views



Derek & The Dominos - Topic

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

7:04



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

55M views · 13 years ago



badasttank

Complete with unaltered audio. It describes it self.

8:01

J



## Endless Summer



Every surfer's dream is would have the chance to surf at spots around the world. I have been fortunate I have been able to do that. I have surfed from California, Mexico, Hawaii, Peru, Brazil, Ecuador,



France, Fiji, Spain, and South Africa. Probably one of the best waves I ever surfed was in Peru.

When I was in high school I went to a good friend's house name Nick Roth. Well, Nick had this surfing magazine and both of us saw this picture of Chicama Peru.

In this picture was a left point break with about 10 waves breaking on this huge point. The picture was so awesome that my dream was someday I would be able to go there. Well, years later I made

it there. The place is called Chicama. It is located in a small fishing about 10 hours north of Lima the capital. Chicama on a good day is one of God's wonders to the world.

The ride on a good day is probably one mile. It breaks on a sandy bottom. The wind is always offshore.

When I was there on a crowded day was four people in the water. I meet this Argentine surfer and we became good friends. I stayed at this funky hotel-like shack for two weeks.



The entire time it cost me thirty dollars. The people were extremely friendly. I'll never forget surfing this place with my Argentine friend. We would wake up early in the morning and just catch wave after wave. The water was like California water on a summer day. Cold but just right. At lunch every day I would have rice, vegetables and of course fresh fish. Peru reminded me of California in the mid-fifties. The coastline was still very remote.

Surfing me has always been a wonderful experience. I feel completely at home in the water. Surfers all over the world have a common bond. Words just can't describe it.

I come from a generation where surfing is more like a spiritual experience. I remember days with my brother when after each wave you would be so happy you could hardly paddle back out.

There is nothing like being on a wave when the wave just tubes over you, all you can see is a small light at the end of the tunnel. The sound inside is so serene. Then you come gushing out. Talk about joy. I feel surfing allows me to be in harmony with nature. Living in Hawaii I am at



the door before sunrise so I can be the first one out in the water. It's such a glorious feeling to be out there riding alone.

The sunrises are very special. You're out in the water seeing God's paintbrush in the sky. A few of your friends paddle out and you're in bliss. We know that we are fortunate.

A few times in my life I have the opportunity to surf the wave inside of me. I remember riding a rainbow color wave that was alive.

This wave was joy itself. It carried me with so much love. I remembered closing my eyes when I was taken to another dimension. I was in this cosmic sea.

It was like water but it wasn't. You could call it a light essence. Anyway, I had this golden surfboard. I remembered taking off on waves and riding for infinity. The joy and sensation were incredible.



As the wave was breaking this incredible music came out. You could get locked in for minutes on end. Inside you felt one with the wave. The wave was conscious and so were you. I never forget that experience. It happened probably three or four times.

I'll probably surf the rest of my life. I'm over forty and yet I can still be in the water for 6 to 8 hours straight.

The only reason I don't stay more is that I have also a family. Surfing has been good for me. It kept me out of a lot of trouble in high school. While my friends were partying I was out in the ocean.



## The Ventures - Wipe Out

27M views • 14 years ago



コテツマサ

Wipe Out Guest / Max Weinberg.

3:43



## Surf Music Compilation

1.1M views • 1 year ago

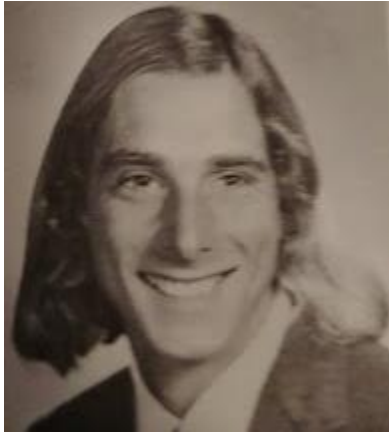


Forgotten Music Scene

Compilation of 60s Surf Music Era.

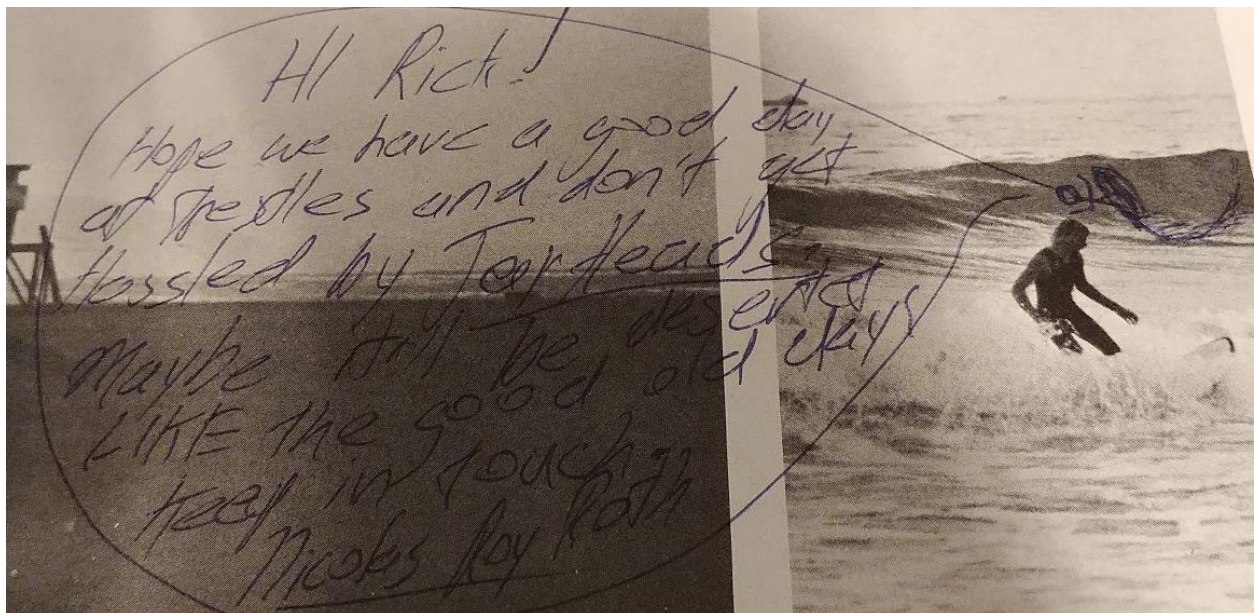
45:13

## Nick Roth



tons of money.

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



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

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



Years later I stopped and pondered what he said. It seems like his subconscious was on to something.

He was picking something up about me and couldn't quite pinpoint it. To this day he was one of the only people who picked up that I was different.

Nick moved from Orange County to Depoe Bay Oregon about 10 years ago. He still surfs at 64 years old.

I saw him for the first time in years and we connected that time is endless. It seemed just like yesterday we saw each other. It was over 30 years ago.

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



The Allman Brothers Band - Blue Sky (Eat A Peach, February 12, 1972)

8.2M views · 10 years ago



djclay33

The Allman Brothers Band Blue Sky (February 12, 1972) Eat A Peach LP Eat A Peach For Peace Dickey Betts wrote this about his ...

## Ridding The Inner Wave Dolphins



All of my life I have been fascinated by dolphins and whales. My favorite show as a kid was Flipper. All of my life I wanted to swim with dolphins.

I remember one time in Florida my ex-wife, my daughter Chanda and I had the opportunity to swim with dolphins. It truly was a dream come true.

I have pictures with my daughter on my shoulders and two dolphins are toying each around. I felt so much love and compassion from there. I once had a meditation experience where I was body surfing on this wave of joy holding on to a dolphin.

We had so much fun. There was a time in my life for about six months my family would go to Sea World in San Diego. At times I would go after work.

They had a dolphin and whale pool. After some time, the dolphins would get to know you. All of these tourists would be amazed they had the fish but there were playing with my family.

They couldn't understand that. I just smiled. I develop a great relationship with them. Whenever I came they would come up and let me stroke them and play with them.

My dream did come through. Sometimes I feel that dolphins are more in touch with themselves than human beings. Their whole life is immersed in play and harmony.

They have existed long before man. Maybe we should learn from our brother of the sea.



## Healing songs of Dolphins & Whales | Deep Meditative Music for Harmony of Inner Peace

4.8M views · 4 years ago



Meditation & Relaxation - Music channel



sounds of ocean The sounds produced by dolphins have a beneficial effect on the functioning of the immune, endocrine, ...

CC

## Sedona



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

It was so beautiful driving there. It takes about 1 1/2 hours from Phoenix. Sedona is probably one of the most beautiful places I have ever been to.

The red rocks amid the Desert Mountains are a sight to behold. We spent the day at Bell Rock a huge rock shaped like a bell. I went back to the Palisades in Calif. the next day.

A week later I get this call from my good friend David. He asked me if I wanted to move to Sedona. He was asked by Mafu to do some design work for a pyramid project.

They needed a programmer and someone who know about computers. I was on my way. I moved into a really neat trailer right by Oak Creek. This trailer park was very serene. I have never seen such a beautiful place to live.

Right in my backyard was this incredible creek that ran by. I could hear the water running while I was in my house. My days in Sedona were spent working and hiking.

Sedona was an incredible place to hike. There were plenty of trails. I remember an experience I had on Bell Rock.

I was halfway up the rock when all of a sudden I could see through to another dimension. As clear as day I saw an ocean and whales and dolphins playing in the ocean.

It was imaging. Here I was in the desert, on this huge Bell-shaped rock, and in the midst of this, I could this incredible ocean. It wasn't a hallucination.

I could see this dimension and the other dimension. I remember hearing about Stephen Hawking's theory of how there are 10 dimensions in the universe. He proves his theory mathematically. The red rock around Sedona is made up of finely crushed crystals. Crystals are made up of Silica. Our brain contains a huge amount of silica.



Could it be that this area allows a person to see dimensions that usually we can't feel?

It was so amazing to feel right at home in this ocean. I remember this huge whale came up to me and I just gently caressed it with my hands.

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

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



### Electric Light Orchestra - The Whale (Audio)

106K views • 9 years ago



Music video by Electric Light Orchestra performing The Whale (Audio). (C) 1977 Epic Records, a division of Sony Music ...



## Fire Walking



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

By walking across the fire and not getting burned has an amazing effect on human physic. We all participated in building the fire. We all gather wood.

There was a small ceremony and the fire was lit. When the coals were nice and hot the leader said a prayer and he walked across the burning coals. There were probably about forty of us.

One by one we started to walk over the coals. When it was my turn I said to myself well here goes and slowly walked over the coals. I didn't burn myself nor did anyone I know.

I was ecstatic. I walked over the coals probably five times. Each time I walked over the coals I became more confident in myself. The last time a coal ever got stuck between my toes but nothing happened.



It was an incredible experience to walk beyond your fears. Fears are meant to be embraced. We are all scared to do certain things.

We should take a look and our fears and see

that at times they are nothing. They can't harm us but they can stop us from performing some action that will help us grow. I try to see fear as my friend. I try to get to know it.

When I firsts moved to Hawaii I was scared of the big waves. These waves would have so much power. Since then I have trained myself and spent time in the water.

Now I love when the surf is overhead. It is all in facing our fears and doing practical things to overcome them. I trained myself to be in overall physical conditioning.

Then when the surf was up I was in top mental, emotional and physical health. By overcoming my fear I feel at home in the water. I can take off on large waves and experience a ride of a lifetime.

In the end, all of us have fears that we have to face. Let's face the monster after all, in the end, we will see it's not so bad after all.

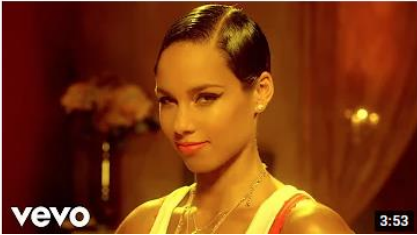


### Fire - The Crazy World Of Arthur Brown @ TOTP 1968

3M views · 11 years ago



Here is a performance of Fire by The Crazy World of Arthur Brown performed in the Top of the Pops studio in 1968. It v



### Alicia Keys - Girl on Fire (Official Video)

385M views · 9 years ago



Chorus: This girl is on fire This girl is on fire She's walking on fire This girl is on fire #AliciaKeys #GirtonFire #OfficialVideo.

CC

## San Diego



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

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



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

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



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



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



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

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

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

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

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

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

## 1 Split Second Got It Driving Car



One morning I was driving to work when I had this incredible flash that only lasted for a second. In this flash, I become one with the whole universe. I was the sun, the stars, black holes galaxies. I knew everything. I was intelligent. Here I was driving down the highway in rush hour traffic when I had this experience.

The experience only lasted one second but it had such an impact. It was like lightning striking. My whole body and being were so charged. Each one of us can have such a realization.

It goes beyond time and space. I wondered what would happen if I could tap into this 24 hours a day. Makes you kind of wonder.

## Kundalini Snake Experience



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

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



The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we are simply unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.



## Jai Uttal - Gopala

354K views • 11 years ago



Shakti Amrita



## Naval Special Warfare -Meeting Alien



I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in.

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

The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car.

I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.



To this day I wished I said something to him. I was still a little afraid not because he was an alien but 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 were going. I had a picnic lunch with me. We probably walked for about an hour. All of a sudden Zoran stopped and with a smile, he said: "Do you see anything different about this place."

I looked around and at first glance, I thought about what you are talking about. All I see is just a forest. Then I started to see what was around me. All around us were a huge circle.

Inside of this circle the leaves, grass, and trees were burnt. I have heard stories about how when a UFO lands the surrounding area is burnt. I knew this wasn't

man-made or made by nature. It was obvious some craft had landed. It was kind of strange that Zoran took us on this walk and we just happen to end up here.



## The Killers - Spaceman

42M views • 13 years ago



TheKillersMusic

#TheKillers #Remastered #Spaceman.

CC

## The nineties



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor.

The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites. One of my first

projects was a dome automation system.

Imagine at midnight we would have a dome operator which would have a switch to move the dome clockwise or counterclockwise. During the winter it would get extremely cold.

The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process.

My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with.

Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome. We had an IBM Pizza box that we used.

The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to.



At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop. We had to make fine adjustments along the way.

When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this.

The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.

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



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





I remember one day I went up to the Observatory and they were looking at a tape from the past evening. The last evening a UFO was spotted on Maui. It was reported on the evening news. Several of the people who investigate this kind of phenomenon had no clue

what the object was. They said nobody on earth makes anything like this.

I had a couple of close surfing friends who worked there. We worked 4 ten hours a day. This included drive time. The ride up the mountain was incredible.

As you drive up you can see both sides of the island. Rainbows would appear and disappear. We would drive in vans and take turns driving.

One of my bosses was a surfer so on good days we would go surfing and then drive up the mountain. Because it was an observatory no light was allowed.

Imagine coming home and seeing thousands of stars. We would listen to Hawaiian music.

My favorite singer was Israel Kamakawiwo'ole. I saw him in concert twice and listened to him on the radio. He played the ukulele and had this voice from heaven.

His medley of somewhere over the rainbow/what a wonderful world is famous worldwide. It took time to get to know the Hawaiians. As I spent time with them they would open up and become my friend.

Many of them seemed to not care about you but in time they open up their hearts to you. I loved the Hawaiian spirit. They are a culture of family and friends.



Somewhere Over The Rainbow\_What A Wonderful World

37M views



Israel Kamakawiwo'ole - Topic

Provided to YouTube by The Mountain Apple Company Somewhere Over The Rainbow\_What A Wonderful World - Israel ...

Surfing was a way of life for them. The ocean was in their blood. Whether people believe it or not they descended from the Lemuria which was the first ancient race.



Many of the Adam and Eve concepts come from this ancient culture. To this day the magic and mana continue. Many of the kahuna to this day believe in Lemuria and its ancient culture.

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

The Hawaiians measure the wave by the back. So a 4-foot wave to them is two feet. Anyway, the swell then went to 6-8 feet and then 10-12 feet.

The waves were so large that when they broke the ground would shake 25 feet below. I remember that one huge set came in and I was in the right place at the right time.

I paddled hard and I dropped in easily. I did a bottom turn and this huge wave tunneled over me. I was riding with pure delight. My friends were in the channel paddling and they were screaming with joy at what they



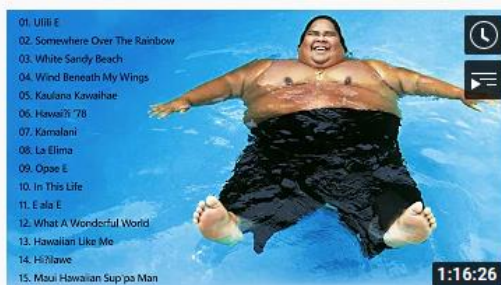
were seeing. It was probably the best wave of my life. It took a long time to make it to shore. When I did many of the surfers wanted to kiss the ground

because of how large it got in such a short period.



My family loved Maui. We lived in upcountry Makawao. You didn't need air conditioning or a heater. Where we live we had a huge avocado tree, bananas, oranges, and passion fruit.

We lived in Maui for 6 magical years.



The Very Best Of Israel Kamakawiwo'ole - Israel Kamakawiwo'ole Full Album

24K views • 11 months ago

Phedra

The Very Best Of Israel Kamakawiwo'ole - Israel Kamakawiwo'ole Full Album Tag: Israel Kamakawiwo'ole, Israel ...



## Hawai'i '78

735K views



Israel Kamakawiwo'ole - Topic

Provided to YouTube by The Mountain Apple Company Hawai'i '78 · Israel Kamakawiwo'ole Facing Future © Mountain Apple ...

## 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 ...

## Shay Clayton

I wrote this poem on 3-27-2017 for my friend Shay who passed away two years ago. Donn Rochlin did the music. Donn and Shay were tennis partners in Sedona.



*Shay and his Mom 1*

## Pleasant Surprise

My dear friend Shay passed away two years ago.

We were friends for around 28 years.

We considered each other as spiritual brothers.

We were on the same path in life.

He died without me have the opportunity to say goodbye.

Recently I discovered some tapes that were recorded many moons ago.

I was having a reading and Shay was in the house.

Shay said that he thought there were many people in the room because of such laughter he never heard before.

When the channel was over only three people walked out of the room.

As I listened to the tape Zoran who was being channeled told me that I spent time on a planet called nucleus.

Nucleus was a university where people studied God directly.

Imagine being able to be the whole universe and be aware of it.

This was the nature of the studies at nucleus.

Anyway, during my early morning meditation, I decided to go to nucleus.

I closed my eyes and went into deep meditation.

After several moments the next thing I knew I was in a cosmic soup of light, love, and sound.

To my amazement, Shay appeared in the light.

You could say he was the light.

He had a simple message to deliver.

I'm more than ok.

Please send my love to all my family and friends.

It was so great to hear from my dear old friend.

Shay was saying something dear to my heart.

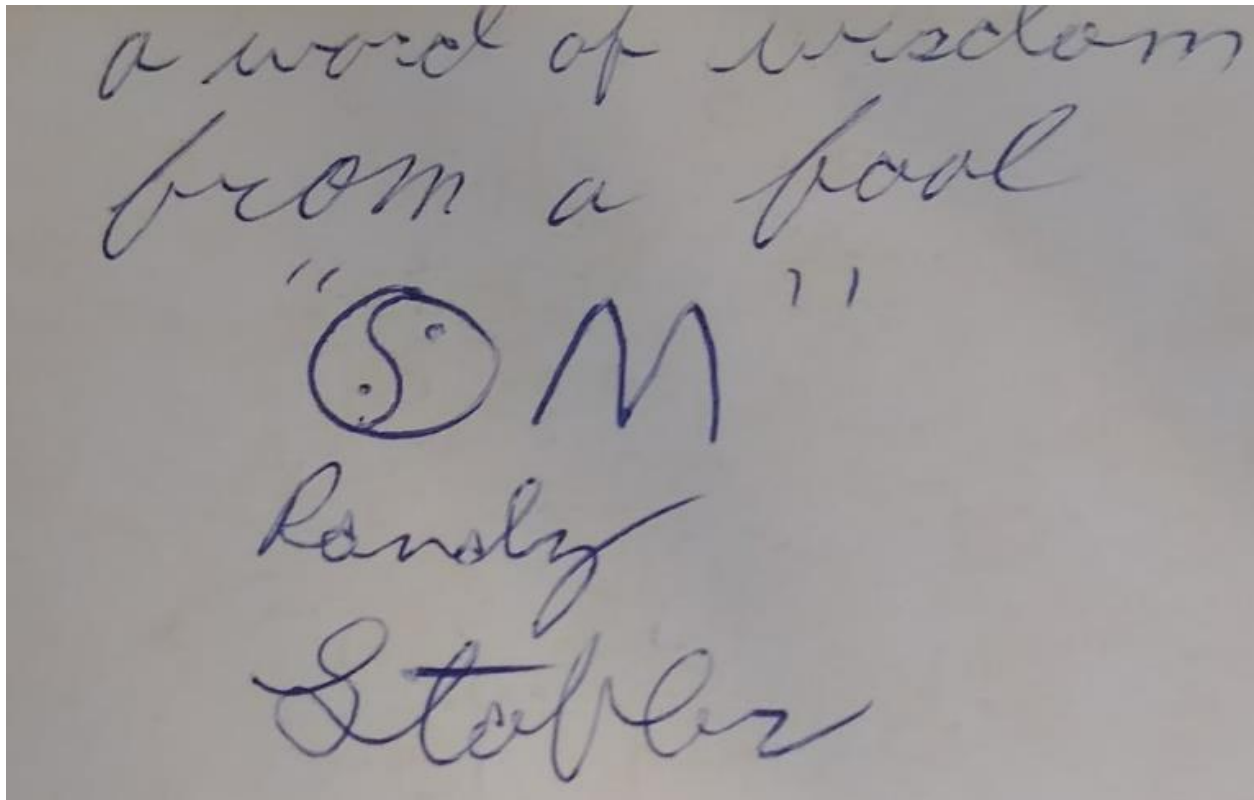
You are the universe and just don't know it.

Shay was in that state of oneness.

He was one with his creator.

He was home.

## Randy Stabler



I just learned yesterday that a dear friend of mine Randy Stabler died last Friday.

In my high school yearbook, Randy wrote the following.

A word of wisdom from a fool.

Randy's one word was OM yet he used the letter O as a ying-yang symbol.

To be honest it was quite profound for its time.

Randy had a great heart.

My twin brother and I ran cross-country and track together with Randy.

He was always a delight to be around.

I last talked to Randy only a few months back.

He talked about his kids and spending time in Iraq.

Both of us love to cook.  
We both love the ocean.  
We had so much in common.  
I would see incredible posts on Facebook with Randy and his six kids.  
They all had an incredible love for each other.  
The day he died all six kids were there.  
What a beautiful way to leave this world.  
Randy's body died yet his spirit is eternal.  
His ashes were spread across the universe.  
Randy is still alive.  
Close your eyes and go into the silence.  
You will sense Randy's presence.  
Randy lives inside of your heart.  
He is a part of you.  
So whenever you are sad about your dear Dad leaving this planet remember he is  
a part of you.  
Those glorious memories never go away.  
They are a part of you.  
Randy is riding the incredible wave of the universe.  
He is a cosmic surfer now.  
Some things never change.  
They just transform and go into another dimension.  
Love you, Randy.  
We will see your shining face again.



## Paddle Out

When I was young I paddled out on a huge day.

You always had a little fear inside.

The ocean is alive.

At times you are almost to the lineup.

A huge set appears in the sky.

Before you know it the white water throws you underneath the water.

You are thrown around like the clothes in a washing machine.

Eventually, you come up.

Your board is washed to the shore.

You go again and try again.

You finally make it out.

The wave of the day comes through.

You ride it with pure delight.

You have overcome your fear for today.

## Paradise

I lived in Hawaii for 6 years.

You would think that every moment you were in paradise.

I was a surfer and surfed every day.

Yet at times I made trouble in paradise.

Not every day was paradise.

We create our own states of mind.

You can be in paradise yet the mind can create problems for us.

There can be obstacles on the way.

I have learned that Kansas can be a paradise.

It's a state of mind.

There are no waves here.

But I found to enjoy the waves that come my way.

I've learned to balance my life.

It makes life much more precious

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

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

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

Nothing doesn't come overnight.

Something takes longer than another.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

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

They will act like a child.

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

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

## Adventure

The definition of adventure is the following.

Engage in a hazardous and exciting activity, especially the exploration of unknown territory.

I remember as a kid I took a yoga class.

At the time yoga was unknown in America.

Yoga was around during the late 1800s yet the majority of the population thought it was on the fringe.

It was definitely an unknown territory.

This love for adventure took me all over the world.

With a surfboard in my hand, a backpack on my back, and a yearning to discover my true nature I was off.

I had quite the adventure.

I learned the greatest adventure lay inside.

This is truly unknown territory.

You can live anywhere and have a simple life but exploring your true nature is the adventure of a lifetime.

Lock a person up and put them in solitary confinement and see what happens.

The greatest adventure is to tame your mind.

That is probably the most difficult thing to do.

Mystics have talked about this for thousands of years.

Today yoga is mainstream.

Millions of people practice it.

Maybe something is going on.

We are slowly learning more about life.



## The Thrill Of Surfing

Is surfing like a drug?

I often wonder.

When I first learned how to surf a famed surfer pushed me into a one-foot wave.

I was hooked.

My entire life changed.

The adrenaline of life began.

Surfing took me all around the world.

I remember as kids my brother and I always paddle out.

No matter the size.

Is the high from surfing created by the union of the ocean and man?

The Hawaiian would say so.

For them relax have a good time.

They watched the ones from the mainland get greedy for catching waves.

Surfing was teaching you about life.

You can be just like a drug addict with your next fix.

Or you can be in complete harmony with the wave of life.

The choice is up to you.

How will you live this life?

## The Surfboard

The surfboard is the vehicle to ride the ocean waves.  
You can take this board around the world and ride the magnificent waves.

You paddle out.

You encounter obstacles along the way.

When the waves are big you are panting for breath.

I made it out.

Now, what do I do?

You wait for a wave to come.

Ah, look at that one.

I'm in a perfect position.

You either catch the wave or you don't.

The wave doesn't wait for you.

You stand up and you made the drop.

Your mind is totally at peace.

You are in the zone.

You made the wave.

Or

I'm paddling for the wave.

I think I got it.

Oh my God, I'm going over the falls.

It seems like years I'm underwater.

Yet only a few seconds go by.

The wise man was surfers of their day.

They discovered the waves of light.  
There is an ocean within just waiting to be discovered.  
Did you know you are a surfer?

## Surfer Lost At Sea

Yesterday a surfer was lost at sea.

He was trying to paddle in.

The waves were huge and it was very windy.

This was just before dark.

Three other surfers called the coast guard.

Unfortunately, by then it was dark.

This morning the coast guard will be out.

Hold on my friend, help is on the way.

Don't try to paddle in.

Regain your strength

Try to be calm.

May God be with you?

We are.

## Aloha

I lived in the land of Aloha for six glorious years.

What can I say about paradise?

I heard stories about how the locals really didn't like the foreigners in their land.

Yet can you blame them?

We pointed cannons at their palace during the late 1800s.

We said either give up your land or we will blow your queen's palace away.

Mind you this was Christian ministers behind this call.

At first, the Hawaiians were somewhat standoffish.

Yet once the ice melted you could see they have hearts of gold.

The ocean is their life.

Everything revolves around the sea.

They laugh when they see surfers coming from afar.

These surfers are so competitive.

They have lost the sense of the aloha spirit.

Waves are meant to be conquered.

Somehow the wild west is still going on.

The Hawaiians have learned to be in harmony with nature.

They learned to slow down and appreciate life.

The ocean will do that to you over time.

Because these are islands the waves rock them to sleep.

Just the sound of the ocean will slowly calm down the mind.

You have to listen carefully.

Unfortunately, with cell phones in hand, the majority miss out.  
Isn't it amazing even in paradise we can't see the forest for the trees?

The Hawaiians use their garage for social gatherings.  
They usually have a large picnic table in the center of the garage.

Family and friends are cornerstones in their life.

They know how precious life is.

Their culture goes way back.

It's a lot older than we thought.

Some say it came from the stars.

Isn't it amazing that most indigenous people say the same thing?

Where did you come from they will point towards the sky.

Have we lost such sacred knowledge?

Have we lost our connection to this earth?

I have hope for humanity.

The aloha spirit lives inside a man.

Open up your heart and discover this essence inside.

Aloha.



## Be In The Moment

When I was young I read the book “Be here now” by Baba Ram Das.

Its central theme was to be in the moment.

To be honest I really didn’t understand this concept.

I just started my meditation practice and everything was so new.

There was an entire universe to discover inside.

Many moons later I have a more personal experience of this.

Imagine the difference between sitting on the beach and watching the waves.

Now imagine you are a surfer riding the waves.

Big difference.

To be in the moment one needs to be engulfed in the wave of life.

Something is keeping you alive.

There is a power, a force of love filling the entire universe.

One learns over time how subtle this experience is.

Our human bodies are hardwired for this experience.

Yet we can’t have an experience greater than what the nervous system can handle.

This is why slow and easy wins the race.

By meditating over time you are slowly building up a vessel that can understand God.

To be in the moment is when you close your eyes and the experience is just there.

At the beginning of my journey, it took probably an hour to settle my mind.

Now the mind is my friend.

It can still be a brat yet I'm truly learning how to tame it.  
I think that by sitting on the beach you can have a concept and at times glimpses  
of this experience.

Runnings get runner high.

In the sixties hippies used drugs.

We all get glimpses of this experience.

The universe places signposts along the way.

This is our true nature.

In actuality, we don't have to do anything to be in this state.

In this reality, we have forgotten our true nature.

This is why all the great masters have said "discover your true nature".

Can you imagine being inside the center of the hurricane of the mind?

In the center is absolute peace,

In the center is calm.

The center is serene.

In the center are love and compassion for all.

In the center are patience and kindness.

Yet mankind exists in the winds of the hurricane.

Our minds are restless.

We may think that is not so.

Yet close your eyes and watch your breath.

It seems so easy and it is.

Yet tell me the mind wanders here and there.

You will never be able to 100% completely tame your mind.

But you can learn to tame your mind.

You can learn to have your mind as your friend.

Amid life, you can learn to be in the moment.

This moment is kind.

This moment is filled with love and compassion.

This moment is patience.

This is your true nature.

Be in the moment.

## Confident Man

True confidence stems from the heart.  
When you combine the mind and heart true confidence arises.  
It's like the cream rising to the top in a good old bottle of milk.  
Confidence can not be faked.  
People can smell fakeness.  
People know when a smile is not genuine.  
Personally, I think all the great masters were confident.  
They didn't have anything to prove.  
They weren't trying to convince you or convert you.  
They were humble in their ways.  
A wise man simply smiles.  
He will not shout at you or get angry when you have a different point of view.  
His confidence is just like water.  
It is flowing downstream.  
Now you may say water isn't powerful.  
Well just ask a surfer riding a fifty-foot wave.  
When your life is based upon discovering the truth you develop confidence.  
When you begin to tame your mind you develop confidence.  
Confidence can be cultivated.  
Plant the seed in your heart.  
Pull the inner weeds.  
Water the soil.

Over time the seed will grow.  
A confident man must be kind.  
If you are confident and aren't kind I don't call that confidence.  
That's a negative ego out of control.  
I will not name the person but we know one today who is like that.  
He pretends to be confident but unfortunately, he has lost his way.  
Humility is a great sign of confidence.  
When you understand that the universe is your partner you gain confidence.  
You have no special privileges.  
You are no better or worse than anyone.  
All are the same in the eyes of God.  
When you see the oneness of all your heart changes.  
A person in this state is truly concerned about his fellow man.  
He understands the miracle of life and the opportunity of helping mankind along  
the way.  
There are many different ways to serve.  
The confident man pursues the way that presents itself to him.  
Life may throw a curveball but a confident man will say been there done that.  
He may not like the obstacle but he is confident there is a solution.  
Does this make sense to you?  
What I'm trying to see the deeper you understand life the more confident you will  
be.  
True confidence comes from inside of you.  
There is a well within that is flowing with confidence.  
Ponder this over.

Maybe this spiritual thing might be more practical than you realize.



## Day Of Grace

This is a day of grace.

I'm grateful to be alive.

Wow, another day on this precious earth.

What kind of mischief can I get in?

What adventure can I go on today?

I hope it's still raining.

I want to jump in the water puddles.

I want to create sandcastles and watch them disappear.

A surfer would say "I hope there are good waves today".

Furthermore, I hope it's not crowded.

A snowboarder might see wow it snowed last night.

We all are grateful in our ways.

Life gives each one of us precious opportunities.

The shower of grace is raining all over us.

I hope that curiosity about life is still with you as you get older.

Curiosity in life will keep you young at heart.

Don't get stiff as a board with your outlook on life.

Be flexible.

Be like the wind.

Flow in all directions.

Don't become a stagnant pond.

Be like a river flowing downstream.

If you tap into grace you will always see the beauty in life.  
You will always see life as an adventure.  
You will never truly know what will happen to you in this life.  
You may have predictions.  
But life always will surprise you.  
Life is not boring.  
Life is constantly in change.  
Our life at times may seem boring.  
We just have a boring minds.  
You can change that.  
Boredom is a state of mind.  
A bored person hasn't begun to find the jewel inside.  
When one begins to tap into the source of life you can never get bored.  
Inside of you is true excitement.  
Inside of you lies the vast universe.  
Inside of you lies the kingdom of heaven.  
How can boredom exist?  
Your mind is bored because it's tired of the same old thing.  
I have to get up either to go to school, work, or take care of the household.  
When I'm on vacation I spend time by the pool with a cocktail in my hand.  
Did you know you can get bored in paradise?  
You can get bored even in heaven.  
Boredom is a state of mind.  
Boredom and grace don't mix.

It's like darkness and light.

Darkness is the absence of light.

Turn on the light switch and darkness disappears.

It's as simple as that.

Turn on grace in your life and boredom will disappear.

How about that?

You can change your own destiny.

Only you can make yourself happy.

Is the glass half empty or half full?

Your attitude towards life drives the quality of your life.

Did you know that?

Nobody can truly make you sad except for yourself.

They may provide circumstances to you to get sad or angry.

Yet only you can accept the gift.

If someone is making you angry don't accept it.

It's not yours.

It's theirs.

You don't need more trash in your house.

You are trying to get rid of yours.

Ponder over this.

Does this make sense?

Maybe there is a different point of view.

Maybe you can change this broken record where people either make you happy  
or sad.

You can learn how to not get into and accept the negativity of others.

You can learn how.  
Discover the grace inside of you.  
Your life will change forever.

## I Feel So Much Love

I feel so much love.

The universe is saturated with love.

Every speck is filled with the love of God.

Your DNA is love manifest.

You are a blueprint of God.

You are created by God.

You are an image of God.

God does not have a human form.

Yet you were created in his image.

God does not have a gender.

The image of God can't be seen externally.

It only lies within.

That's why all the great masters have said to find the precious jewel within.

There you will discover your true nature.

Surfers ride the ocean waves.

Mystics ride the waves of love.

Both of them get incredible rides.

I'm both a surfer and a mystic.

I'm having the ride of my life.

Love truly is the essence of life.

We are all looking for it.

The world desperately needs it.

We have been fighting for so long.  
We have spent sixteen years in Afghanistan and we will never win that war.

War is obsolete.

Love is truly the answer.

When humanity truly embraces and discovers love within, the world will be at  
peace.

Love is practical.

It serves a purpose.

War is not practical.

Not unless you think to bring young boys back in a box.

I'm all for being a patriot of your country.

Yet this war machine has got to stop.

War is the absence of love.

War only divides man.

Love unites.

Even when the entire world discovers its true nature.

There will be conflicts.

Yet these will be peaceful conflicts.

They will be solved by compromise.

Swords will never be drawn.

The politicians will be skilled with words.

They will know how to communicate from deep within.

They won't be like some today who speak what comes to their minds.

Big difference.

Love will show the way.



I feel so much love.  
The universe is keeping me alive.  
Ponder this over.  
You are a piece of this puzzle.

## If Death Approaches You

If death approaches you what do you do?

Now good old Bugs Bunny might say don't take life so seriously.

You will never get out of it alive.

It's not a question of if but when.

We roll the dice in our life.

I remember being young and riding a razor's edge when surfing a huge wave.

If you feel you were in for your worst nightmare.

Imagine being held underwater for what seems to be an eternity.

At times you may be held down for two waves.

At that time you really are aware of how precious your breath is.

You mustn't panic.

You must let go and totally relax.

I think that surfing and meditation teach one about death.

All surfers at one time or another get into a circumstance bordering between life  
and death.

It could go either way.

Yet the surfer keeps on surfing.

Not all.

In the sixties, a famous surfer named Greg Noll took off on a wave that nobody  
should ever take off on.

It was the wave of the century.

He didn't make the wave but he made the drop.

He got obliterated.

Greg made it to shore and gave up surfing.  
I probably would have too.  
He escaped the lion's den.  
Surfing brings one to the borderline of life and death.  
If you're not a surfer it's hard to describe.  
Your awareness changes over time.  
Meditation is just like surfing.  
Only you catch the wave inside.  
Meditation brings one to the same state of being borderline between life and death.  
Life and death are only one breath away.  
Life and death are intertwined.  
Ask a surfer and a mediator.  
They will tell you there almost one and the same.  
In reality, we never die.  
The body does.  
Yet our soul is eternal and timeless.  
You are the universe.  
Death unites you back to your true state.  
This is your true nature.  
A surfer rides the wave and feels the harmony of the universe.  
He can't truly express it.  
Yet he goes on surfing forever.  
I have been meditating for many moons.  
Surfing and meditating are both ways to truly capture the wave of life.

Your respect for life is enhanced.

When you are brought to a life-and-death situation your perspective changes.

Somehow you can see how precious life is.

Maybe that's what it is all about.

The gratitude of being alive fuses into your being.

Wow, I'm alive.

## Life Is So Beautiful

Life is so beautiful.  
Look at the sun, moon, and stars.  
Beauty is everywhere in nature.  
Man has been looking at the stars for eternity.  
Nature is blooming all around us.  
A flower blooms whether we see it or not.  
Its nature is to bloom and the petals eventually go back to the ground.  
Look at the diversity of life.  
Life on earth holds a myriad of incredible creations.  
Each one is different and unique.  
All were created by a creative force.  
We need to see the miracle of life on this planet.  
At times we get so caught up in our 9 to 5 existence.  
We wear tinted glasses so we don't truly see the beauty in front of us.  
I love watching geese fly in the sky.  
Where I live so many people consider geese a hassle.  
They don't marvel at the many different formations they have in the sky.  
I love the sounds they make honking in the sky.  
Their sounds are so sweet compared to the honking in a traffic jam.  
No sounds of anger or frustration.  
They honk with pure delight.  
When I was young I was a surfer.

I love the early mornings watching the sunrise while I was catching a wave.

The colors were out of this world.

I would always stop for a moment and witness the beauty of life.\

God was painting colors into the sky.

Beauty is all around us.

Even amid poor neighborhoods flowers grow in the cracks of a broken lot.

This world would totally change if we had gratitude toward life.

Imagine in each and every moment we experienced the source of life.

Our entire system of placing values would change.

The money wouldn't be the total object we spend so much time acquiring.

We would walk around in a state of gratitude.

We would see the beauty in life.

You could truly see that your enemies are your friends.

Now that would change this world.

When you truly see the beauty in the life you become more kind.

You become more loving and compassionate.

You become more patient and tolerant.

This is your true nature.

As I said before there is dust on your inner mirror.

Just wipe off the dust and over time you will see your true nature.

Life is so beautiful

Know why you are alive.



## So Many Flavors

There are so many flavors in life.  
Look at all the different kinds of flowers.  
There are too many different kinds to count.  
Look at the stars in the sky.  
We hardly see anything.  
Recently the Hubble telescope pointer towards the blank sky.  
They thought nothing would be there.  
To their amazement, billions of stars appeared.  
The pictures sent back were amazing.  
A part of the universe we never saw before appeared.  
Where we thought there were no stars billions appeared.  
This creation has so many flavors.  
I love to go to the arboretum where I live.  
Each season has so many different shades of the color spectrum.  
During autumn there are different shades of red and orange.  
You can set on a bench overlooking a pond and get memorized by nature.  
Nature is the most incredible artist.  
In each and every moment magic is in the air.  
The earth talks to us.  
We just need to listen.  
I spent many moons surfing.  
Each surf break has its different colors.  
The way the waves break.

Where you paddle out.  
Where the riptides are.  
Each break has its own custom flavors.  
As a kid, I would get to the beach before dawn.  
I would paddle out and watch the sunrise over the land.  
The colors of the sunrise were different each time.  
God was painting incredible colors in the sky.  
The universe was in harmony.  
I personally think the universe was telling me something.  
Stop and enjoy life.  
The signpost of God is everywhere.  
Learn how to balance your life so you can see them.  
Explore your inner and outer worlds.  
Each world is united by the thread of love.  
This life is a mystery to be solved.  
The wise man learns to see the many different flavors of life.  
His life is never boring.  
Ponder this over.  
You can solve this mystery.

## Steve Hudson RIP

Steve Hudson rest in peace.

Steve was a good childhood friend.

He was a surfer and loved the ocean.

We were in with a great group of friends.

All of us loved the ocean.

The ocean was a part of our life.

I always remembered Steve's smile.

It lit up his face.

Steve had a great sense of humor.

His mind had a lot of wits.

I only saw Steve two times since high school.

We were both living in Hawaii.

Steve lived on the Big Island and I lived on Maui.

We had a great time reconnecting.

It seemed just like yesterday that we played in the ocean.

Steve now has kids.

The circle of life goes on.

I will miss Steve but I know that he is still alive.

You see the body dies but the soul lives forever.

The essence of Steve lives forever.

Sure I miss the physical.

That's only natural.

Yet death is like a butterfly flying into the night.

Death is returning home.  
Everyone gets applauded on the other side.  
You see we are eternal.  
That essence of Steve lives in our hearts.  
Isn't that amazing that when a person dies they merge with the universe?  
Their true essence never dies.  
To realize this our perception of death changes.  
Sure we will still have the pain but it will be less.  
Can you imagine dying and becoming one with the universe?  
Wow.  
Every single one of us will return home someday.  
I will miss Steve.  
Yet a part of Steve exists inside of me.  
I can still see his smile.  
Steve rest in peace.  
It was an honor to know you.

## That Ultimate Feeling

What is the ultimate feeling?

Where does it reside?

You may be a surfer and ride a hundred-foot wave and survive.

The surfer would say nothing can match that.

A snowboarder might say how about snowboarding down a virgin mountain with only you and your gang.

A racecar driver would say “how about driving a car at 220 miles per hour?

Now, that's a rush.

A climber might say climbing Mt. Everest without any oxygen.

Each of these had an incredible feeling of being alive.

Yet these feelings were sparked from the outside.

We only think the ultimate feeling comes from outside of ourselves.

No wonder we get hooked.

We need something outside of ourselves to feel complete.

Unfortunately today there is a major opioid epidemic.

Thousands of people are dying a month.

They are trying to find the ultimate feeling and are dying in the process.

How sad!

The great masters of the past have said that the ultimate feeling exists inside of you.

You are the universe.

You just don't know it.

How about that?

The jewel of life exists inside of you.  
This jewel is meant to be discovered.  
You have free will.  
Nobody is trying to convince you.  
There is no organization to belong to.  
Nobody is trying to convert you.  
The truth needs no converting.  
The simple fact is that God lies inside of you.  
You can open the door within.  
Better yet you can dissolve the walls between you and God.  
Your true nature is eternal.  
You exist beyond time and space.  
It's funny we think we are so limited while in fact, we are infinite.  
We hold the keys to the universe yet we don't unlock the door.  
Now that's kinda sad.  
Are we so stubborn?  
Our attitude is don't tell me what to do.  
Ponder this over.  
You can solve this riddle.



## The Best Is Yet To Come

The Best Is Yet To Come

This is one of my favorite motos.

The best is yet to come.

On this journey of life, we learn to love each and every step.

Our life is ever so precious.

Day by day, year after year life carries us downstream.

At times we may feel we are swimming upstream with constant struggles.

Yet the stream is slowly taking us downstream.

Most of my challenges in life are to let go.

Don't worry about the future.

Do your best and then let the rest take over.

Many times I see that what you want you don't need.

What you need you don't want.

My current job came in a way out of the left field.

I had to wait for the synchronicity of events to occur.

Granted it took time but the universe did arrange events to occur so I got this job.

I think personally the more I understand the universe and myself life seems to work more efficiently.

Yes, the best is yet to come.

When we begin to be conscious we can see more visible the signpost of God everywhere.

Recently I heard a great phrase and I loved it.

It said that God is biased in love.

If you have love in your heart and direct it toward God.

Then God is biased towards you.

You are using your free will and God responds.

There is something to that statement.

It's like the winds are blowing behind you.

They are gently blowing your ship back home,

The amazing thing is that you are aware of it.

That's another way the best is yet to come.

I'm reaching retirement age but my outlook on life is young.

I'm more aware of nature than ever before.

When I was young my parents took me to Yosemite.

Truthfully I didn't have a good time.

I wanted to be on the ocean.

A few days ago I told this story to my daughter and we both cracked up.

Here I was visiting the most beautiful place on earth and I was miserable.

Why?

My mind wanted to be somewhere else.

I now live in Kansa.

Thousands of miles from the ocean.

Yet the ocean of life exists inside of me.

I'm surfing the wave of life.

Ponder this over.

The best has yet to come.

## The Island Of Bali

### The Island Of Bali

This is dedicated to my brother John.

My brother has a love affair with the people of Bali.

He has been there numerous times.

My brother is a surfer.

Yet it admits he has hardly surfed in Bali.

My brother is captivated by the beauty of the environment and the people.

People make the environment special

Imagine going surfing in a place where war is taking place.

You would be scared.

You wouldn't have a good time.

Bali is a place where people are happy with life.

People are content.

Their society has changed ever so much since the seventies.

Back then it was a small and sleepy country.

Today high rises are everywhere.

Yet the people remain the same.

I see there is a volcano ready to erupt.

I pray that people will get out of harm's way.

The volcanos are ways for Mother Earth to let go of the pressure.

It's like a man screaming at the top of his lungs for emotional release.

Anyway, let's get back to Bali.

My brother loves this country.  
You could say it's his second home.  
Now my brother loves to meditate.  
What a beautiful place to meditate in.  
He loves to write music.  
In fact, this song playing in the background is John's.  
We love the collaboration between us.  
There is a thread of love tying us together.  
We have been meditating combined for 92 years.  
Meditating is a hobby for us.  
We love it.  
We have been around the block many times when it comes to meditation.  
Hope you can feel the love of the music and words.  
Both of us try to tap into the source and bring the waters of life out.  
I have always wanted to go to Bali.  
In some way I have.

## The Lyrics Of The Song

The lyrics of the song.

My brother John and I collaborate to make these music/sayings.

I'm not sure what to call them.

Around seventeen years ago I went to a Poetry convention where a member of the Doors gave a poetry reading.

It wasn't an ordinary reading.

It combined music and poetry.

I never heard anything quite like that.

I was mesmerized.

A few years later a friend send me a Cd of poems by Rumi

Each poem had a different famous person reading the poetry and the music behind it.

To make a long story short my brother starts to create music almost out of nowhere.

Now at that time, we were in the early sixties.

Yet both of s learned that we had something special.

Now you may not think so.

Beauty lies in the eye of the beholder.

Yet we have both been meditating combined for 92 years.

We have been around the block a few times.

We love to meditate.

Many people don't.

From the beginning we loved it.

Meditation was our hobby.

Both of us try .to go deep inside and the creativity comes out.

It's kind of like surfing.

One sits in the ocean and all of a sudden a wave comes in.

You catch the wave and have the ride of your life.

In the same way, you sit still and listen.

The wave of life comes in and you ride it.

Now we aren't professionals.

Yet we are amateurs.

An amateur loves what he is doing.

We may break many rules when it comes to this.

Yet day by day we are learning.

We love what we do.

Our audience is small.

We don't actively promote ourselves.

We just feel to be compelled to do this.

You see we are beginning to see signposts of god everywhere.

Our message is hope during these crazy times.

We love humanity.

## The Perils Of Being Young

The perils of being young.

Yesterday I talked to my Mom.

We had a conversation about the perils of being young.

When you are young I thought I knew all the answers.

I thought I was really mature.

In fact, I was sour grapes.

I had no clue about life.

I was a ship without a rudder.

It takes time to develop a bottle of fine wine.

A great transformation had to happen.

I'm glad about how I turned out.

The journey in life is definitely not smooth.

It is well worth it.

I've spent most of my life trying to improve in all areas of my life.

I lead my life where my actions allow me to sleep soundly.

No wonder the President tweets in the early mornings he can't sleep.

When you are young you have no benchmarks in life.

Even when you are walking on this path it's not obvious.

Yet signpost is everywhere.

The older I get the more I'm aware of the effect of my actions.

I'm constantly fine-tuning the guitar of life.

I understand the trigger point in my life and know what to do if they get triggered.

The wise men in the past could simply smile and laugh in the face of adversity.



I'm getting there but not all the time.

I guess that's why I love life.

There are so many ways to improve yourself.

There will never be a moment where you clap your hands and say I've learned everything.

I have been a software engineer for many moons.

Every day there is new technology to learn.

You can never rest on your laurels.

It teaches me that life is constantly an adventure and a mystery.

It changes moment by moment.

When you are young you get lost in the moment.

We haven't figured anything out.

Most of the things we know have been taught by our teachers and elders.

We have our friends but probably never have any serious discussions on life.

Quite frankly we are skimming the surface of life and yet we think we know the depths of the ocean.

Ponder this over.

What would you say about the perils of being young?