



Contents

Cosmic Surfer	3
Farouk and his Mom	4
Aloha.....	5
Riptides	6
How To Survive A Wipeout	7
Is This From A Mystic Or A Scientist?	8
Paddle Out.....	9
Focus	10
The Surfboard	12
Aloha 2.....	13
Be In The Moment	15
Confident Man	17
Day Of Grace	19
I Feel So Much Love.....	21
If Death Approaches You	23
Life Is So Beautiful	25
So Many Flavors	27
That Ultimate Feeling	29
The Best Is Yet To Come.....	31
The Island Of Bali.....	33
The Lyrics Of The Song	34
The Perils Of Being Young.....	36

Cosmic Surfer

The wise men of the past were the original cosmic surfers.
Somehow they discovered behind their breath lies the infinite ocean of love.
Light waves break in the infinite ocean.
Each wave was alive and conscious.
It would almost be singing a song yet no words were spoken.
Nobody knows who rode the first wave.
That was eons before our universe was created.
But what a ride that was.
You see we are created to ride the infinite wave inside of us.
It never gets crowded.
There are no angry locals.
Nobody will take off in front of you.
One who learns to surf the inner wave eventually becomes that wave.
We come from the ocean of life.
Someday when we die we return to the ocean of life.
It's as simple as that.
This life is an incredible journey.
It's all about discovering your true nature.
You are magnificent.
There are just clouds that cover your true nature.

Farouk and his Mom



I first met Farouk in India many moons ago.
It will be fifty years this year.
One of my favorite memory is in the early seventies he invited me over for dinner.
He is originally from Lebanon.
Anybody who knows me knows that I love ethnic food.
This was the first time I ever had it.
I still remember we had a dish called Feta.
Feta is garbanzo beans and green peas in a yogurt butter sauce.
It was out of this world.
We also had homemade hummus and baba ganoush.
Farouk gave me the recipes and I have used them for over forty years.
It's grand seeing and feeling the thread of love tying us all together.
I loved Farouk's Facebook posts on his Mom.
I never met her but I could see the sparkles of light in her eyes.
She had a zest for life.
Even in her golden years, she kept her youthfulness alive.
His Mom passed away a few days ago.
Sometimes when someone dies for some reason they come to me and give a simple
message.
Hers was quite simple.
Give my love to my family and friends.
I'm always with you.
I'm just living in a different room in the mansion of life.

Aloha

The definition of Aloha is as follows.

Aloha is the essence of being: love, peace, compassion, and a mutual
understanding of respect.
Aloha means living in harmony with the people and land around you with mercy,
sympathy, grace, and kindness.
We all come from stardust.
Aloha is the essence of our being.
It's our true nature.
We must cultivate Aloha in our lives.
Especially during these chaotic times.
Daily we must pull our weeds and take care of our inner garden.
The world is caught up in anger.
Yet millions of people are waking up from their slumber.
The Aloha spirit is alive.
It is calling you to transform.
You are magnificent.
You are a miracle.
Behind your breath lies the mana of life.

Riptides

The ocean is a powerful thing.
A surfer loves the rip tides.
The common person might drown in one.
It's a matter of perspective.
For a surfer, the riptide means he can use the ocean current to paddle out to the lineup.
A person who is oblivious to the power of the ocean gets caught in the riptide.
Hopefully, a lifeguard can save him.
For the surfer, he gets the ride of his life.
The other person gets into a scary situation and is fighting for his life.
A wise man is a surfer who understands the inner wave within.
He knows the connection between the mind, body, and soul.
Meditation shows him where to paddle out.
He uses the riptides of the mind to paddle out to the lineup.
Once there he waits in silence to catch the wave of life.
True harmony exists.
The surfer and the ocean are the same.
Some of humanity is caught in the riptides of anger.
They will go to extremes.
They can't see the forest from the trees.
Even after storming the capitol building, they believe it was the right thing to do.
There is a huge difference between being caught in the riptide of anger and the ocean itself.
Only through silence can one understand.

How To Survive A Wipeout

How to survive a wipeout.
If you want to survive a wipeout on a huge day you should do the following.
Take one last breath and hold it.
Consciously relax your whole body.
The more you struggle the more oxygen you will use.
Remember the ocean will let you know when you can swim to the surface.
Don't panic.
At times that is hard to do.
Especially if you are held under for two waves.
As a nation, we just experienced a huge wipeout at the capital building.
The last time this happened was during the war of 1812.
As a nation, we must unify.
Time is of the utmost.
Due to anger, our whole congress could have been killed including the vice
president.
We must listen to and respect each other.
Our daily news must do this.
We almost jumped off the cliff into the ocean.
Our democracy is at state.
We must return to kindness.
Our nation has been putting gasoline on fire.
The same principles of surviving a wipeout are for our nation to survive.
We must take a deep breath.
Relax.
Don't fight.
Appreciate that we are Americans.
Forgive all.
Change your mindset.
There are no enemies.
We just create them.
We all want the same things.
We just have a different way of seeing it.
Both ways are correct.
Imagine the good if both parties and Americans did this.
We could see then a better picture.
Otherwise, we get stuck in our ways and nothing ever gets done.
There is a golden opportunity at hand.
I have faith in my fellow Americans.

Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?
Kabir a mystic from the 15 century said the following.
All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.
Now that is profound.
A modern-day Einstein might have said that today.
The entire universe exists inside of us.
We are a part of the universe.
Is this a paradox?
We are beyond time and space.
There are billions of universes.
Inside our, DNA is a part that is not material.
It is spiritual.
No instrument known to man can detect this yet.
Yet the mystics have said all along.
You are hard-wired for this experience.
Ponder this message.
The divine words from Kabir are alive.

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.

Focus

Whatever you focus on you eventually become.

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

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

I wouldn't advise it.

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

Timing is everything.

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

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

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

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

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

Nothing doesn't come overnight.

Some take 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.

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 wave.
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?

Aloha 2

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 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.
In 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.
In the center it s 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 wonders here and there.
You will never be able to 100% to completely tame your mind.
But you can learn to tame your mind.
You can learn to have your mind as your friend.
In the midst of 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 really 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 curve ball 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 sand castles 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 our grateful in our own 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 stuff 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 will truly embrace and discover 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.
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 in the midst of a poor neighborhood 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 in fact 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 rip tides 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 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.

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 race car 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 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.
One of my challenges in life is 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 a 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 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 signpost 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 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 really 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?