

How I got here.

2020, like most, I was home experiencing the covid phenomenon. As well, the civil unrest & protests were occurring just outside my front door. News & police helicopters were flying so low the walls of my apartment shook. Living in downtown San Francisco, California, I was witnessing the array of reactions & responses to the moment. I began to develop a deep sensation in the right side of my body concentrating around my right shoulder. I did everything I could to manage it though the pain wasn't subsiding. So I turned toward my Tonglen meditation practice. Tonglen is a specific technique that has taught me pain in the body is information not being listened to. All sensation carries information and when it gets to the point of pain this often suggests something is not being recognized, heard or acknowledged. So I dropped into my practice going straight to the pain. Sitting with the discomfort, allowing it, locating the epicenter of the pain, feeling the texture, the color, the sound of it I sat & listened.

In that moment I heard a very clear voice. It said, 'Come'. My immediate response was, 'No!' I sat with it for about a month in which I heard the invitation several more times. 'Come'.

I knew what I heard. I was being called to the Big Island of Hawaii. After my initial resistance I finally let go & bought a one-way ticket. I knew nothing. I didn't know the context of travel at that time, I didn't know how long I'd be there or what I'd find.



Once I arrived I slept for a week. The clean air, surrounded only by nature, the ocean, lava rock, rainbows, butterflies & the wild jungle I was held as I needed. Waking up to my new surroundings, feeling full in the excitement of the unknown, I turned toward my practice of silence & surrender. Not needing to *know* or *do* anything I'd walk out onto the lava beds and listen. Working with my silence practice opened me to profound & abstract insights. I began to receive & take direction.

This is where it begins. Long story short I lived out my suitcase for a year while I took big risks. Following my intuition and following the guidance of consciousness I was led to an opportunity that challenged every fiber of my being. It also turned me on in every way possible. I couldn't say no. The unknown can be scary but it can also be enlivening, vivacious & rich with potential.

Acquiring Kūaloli in August of 2021 is a blessing to be shared. The land here has very little human influence allowing the potency of the geological elements to be immediately felt. Here, the abundance & love Mother Nature endlessly & unconditionally offer can't be ignored. It is not our work to do more chores, work longer hours & pay more bills but to live with more passion & purpose. Our only work is to live with desire, joy & excitement. Let us wake up to the possibility of living in harmony.

It is my hope to care for this land and open this space in such a way that it invites you back into what's really important in your life. Come and stay for a while or perhaps longer. Come sit and listen to what's begging to be heard. Compassion, Compromise, Caring & Creativity is what we are. Be daring, be bold, be wild. The world needs you.

Aloha & Welcome to Kūaloli. How may we assist in your Transformation?



*Sunrise from across the street at Kūaloli along the breathtaking Red Road, Pahoa, HI*