

HAWAII-WHALES-R-US

DEDICATED TO LIVING IN BALANCE WITH OUR MARINE ENVIRONMENT

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Established 1975

The Year 2023 Newsletter

ALOHA

"Time waits for No One" The Rolling Stones

77 years old, I look back on this life, and ask myself, why have I been so blessed in my Journey of Life? And I ask "Where did the time Go?"

My life with the sea, sailing, surfing, days and nights spent from my Eskimo Expedition kayak--under the light of a full Moon, North Pacific Humpback whales breathe, sing, and rise by my side.

My time spent with nature has out weighed my time spent with my own species. Living with nature – living in the moment – created a very fragile life existence for me while here on Planet Earth.

The Whale—rises by my side –I reach out to touch the two layers of skin covering the blubber, and the skin wrinkles. The sense of touch – a true indication of the fragility and sensitivity of such a large species- and all life on Planet Earth.

Planet Earth as fragile as this glass ball. I recently read that we have overdeveloped our world to a point of Destruction..

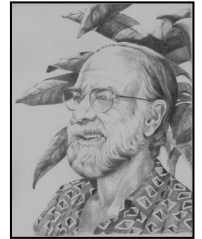
I and friends feel blessed to be of our present age, in feeling (we have seen the last of the best of living on Planet Earth) Our generation was the last generation to live – eye to eye contact, a written letter, time for a hand shake, hug, uninterrupted conversation or as we say here in Hawaii "Time to talk story", AND more waves than surfers. Then Technology, where I recently read "If each person had radar like eyes and ears, nobody would have any peace! The thoughts and actions of others thousands of miles away would be impinging on our minds, and there would be no freedom or privacy for anyone."

I remember nights sailing in the South Pacific, huge open-ocean ground swells create enough energy to keep the sails taught. All is silent.

Sailing the open seas I look out into the universe alive with so many stars, light could barely pass between them – all is silent. Thousands of miles from land silence is broken by a flock of birds flying just above the surface of the sea and into the darkness of the infinite and I am once again alone in silence but never alone.

Early morning at 5AM I retreat to my meditation studio. Afterwards – coffee, fruit and I read from the Bhagavad Gita (the Hindu/Buddhist Bible, or writings from Yogananda and other spiritual readings. The Bhagavad Gita quotes many verses from the Saint James Bible. A peaceful way in which to begin my day.

(I practice the Buddhist faith because it honors ALL FAITHS, ALL PEOPLES, ALL LIFE – it's called living in moderation/harmony with each breath)



Then I'm off to the beach for my morning mile long swim. (My article of Meditative Swimming) can be found on my website under "It's all about the Journey Part III" At the end of this article a short film of my morning swims taken by surprise by a lady friend from her Drone.



Afterwards I sit under a palm tree, read and look out across the Blue Pacific. Followed by going home where I usually have one house project, then reading, writing and enjoying Moments of Silence.

Peaceful evenings with light classical music coming from my bedroom I lie in my hammock with a glass of red wine, looking out into the Universe with the moon overhead. And I ask "Why have I been so blessed"? Having surfed some of the most beautiful waves in the world, sailed the open seas, along with decades of being in the presence of North Pacific Humpback whales from my Eskimo Sea Kayak. I have presented more than 1000 presentations here on Maui along with presentations as far as South Africa. And I think of the 1000's of people I have met – And I wonder? "Where did the time go?"



Later in the evening –(reading "my favorite pastime) from my extensive library of fiction & non-fiction I occasionally turn off my reading light in my front room -- with only incense & candle-- silence prevails – another moment of peace.

"Around the World through Books" which is the title of the last chapter in my self-published book consisting of excerpts from my many books I have read. Reading takes me to places I may never visit and introduces me to people I will never meet. Books are my friends.

It's been over 3 years since my last presentation. However on March 17th I broke the ice and presented a lecture to a group of Realtors & friends.

My future? I want to give back to Maui for this blessed life and will introduce the availability of my presentations to non-profit organizations, where all admission fees goes to the non-profit organization. In turn I can sell my writings and will give a percentage of my sales to the non-profits. Information as to my self published books/manuscripts can be found on my website. In being my own representative – please keep my writings in mind as gifts. www.hawaiwhalesrus.com

*Walden Pond – by Henry David Thoreau –1817-1862
Woodswoman/Woodswoman II – by Anne LaBastille – 1935-2011*

Why am I so attached to these two people?

Walden & LaBastille living alone in their respected log Cabins that they built. Henry David Thoreau built his cabin close to Walden Pond, Mass in the 1800's. Ann LaBastille built her cabin within the Adirondack Mountains by Black Bear Lake in the 1960's. Both alone with only the surrounding presence and sounds of Nature. Where truly you are never alone.

Excerpts from Walden Pond by Henry David Thoreau

"I have never felt lonesome, or in the least oppressed by a sense of solitude"

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."

"To anticipate, not the sunrise and the dawn merely, but, if possible, Nature herself".

"For a man is rich in proportion to the number of things which he can afford to let alone".

"I went to the woods because I wished to live deliberately, to front only the essential facts of life".

"I find it wholesome to be alone the greater part of the time. I love to be alone. I never found the companion that was as companionable as solitude. The pace of people's lives was accelerating, and that such acceleration had its costs. Let us settle ourselves".

"I had three chairs in my cabin; one for solitude, two for friendship, and three for society".

"Sky, water, it needs no fence".

"Nature puts no question and answers none which we mortals ask. She has long ago taken her resolution".

"In the morning I bathe my intellect in the stupendous and cosmogonical philosophy of the Bhagavad Gita, since whose composition years of the gods have elapsed, and in comparison with which our modern world and its literature seem puny and trivial."

"A single gentle rain makes the grass many shades greener. So our prospects brighten on the influx of better thoughts".

Excerpts from Woodswoman by Anne LaBastille

"The freeze-up is an event as important in nature as it affects the living patterns of many fish and wildlife species. And it dramatically changes my life-style on this Adirondack Lake where I live alone in the log cabin I built myself."

"An enormous pride grew in me as I fashioned my own home on land never before occupied in the history of red or white men."

"Just a step beyond my backdoor, stretched my "backyard" 3 million acres of untouched forest".

"During those first weeks and months at the cabin my close and constant companions were trees."

"Our home is where our packs are. Nature makes me feel what it is to have all creation under my feet".



"I had come to know the land, trees, water, and wildlife intimately. Here was my home".

Now 77 years of age I have lived alone in my plantation cottage for nearly 50 years. My lake is the Pacific Ocean which encompasses over 64 million square miles. You can fly over this body of water for 12 hours and still be over the Pacific Ocean. I feel I'm as close as I'll get to my Walden Pond or a cabin in the Adirondack Mountains. I don't have the complete solitude or open space as I would like-however I'm as close as I will get-- in this lifetime. BUT I CAN IMAGINE IT...



"Thousands of miles from land; open ocean ground swells move silently, without interruption-without destination-with virtually no boundaries, they circle the globe of Planet Earth on an infinite journey.

The Sea's constant movement, unending energy, strength, calmness, spaciousness and secrets of the abyss are mystifying – A time in which the mind wonders, allowing peace & stillness within.

Gazing upon the horizon, sea and heavens come together on a never-ending journey. My thoughts go far beyond, and I too, long for that feeling of infinite, as the universe-there is no-end. Richard Craig Roshon



Excerpt from the Bhagavad Gita "There are countless inhabited planets in the material universe. People are by no means limited to reincarnating on Earth. As mankind advances into higher ages, those souls who reincarnated here in darker times may be attracted to more or less enlightened civilizations on other planets, where the level of advancement is more compatible with their own actual state of refinement". I personally believe there are many Planet Earth's with trees, rivers, streams, oceans, perhaps in different periods of time. "It's a positive thought".

I often think that this has not been my first journey upon Planet Earth. I came to Hawaii in 1963 by the sea. My first glance at the island of Oahu, I remember viewing a valley that seemed so familiar to me.

Where did I come from? Where or what life did I lead which created this existence which began on Nov. 2, 1945. And where do I go from here? "I wonder?"

I pray my next journey will be to a more peaceful world, where people share their differences through conversation, discussion, compromise – not through harsh words, wars. I know there is such a place. Living alone I think of these things, perhaps too much.



I feel what I have accomplished in this life as a freelance writer/author/lecture was a foundation perhaps created from another time. The words of "Cause & Effect". All moments I believe are built on a foundation.

Through the years of my lecture presentations I have been approached by people from India who have told me my last name "Roshon" means to enlighten. Recently the postman delivered a package to me and mentioned that in Hebrew my last name means "Messenger". Occasionally I hear from people that have attended my presentations from Europe, Africa, Asia, etc. as far back as 20 plus years ago. They ask how I am doing and how I changed their manner of living, in taking time out for "themselves. Taking time out for nature, for "If you listen – You will see" "I am humbled".

I still write personal letters, which I feel is a foundation of being a human being. Unfortunately today--the letter, a thing of the past. Now it is called texting. No feeling, just words. Such is life.

Where do I go from here? My next journey I would like to return in an earlier time, perhaps in the Discovery Age (A more reasonable period of time when people lived the heartbeat of their surroundings. The Discovery age was not an easy time but a time when each moment had a foundation. Today mankind, I feel has lost the most important thing in life "A connection from within, a connection of "Who am I".

*Why is it at times I think of loneliness?
With nature round me, with one's books
Meditation, Yoga, Peace within
Faith & Prayer
One can never be quite alone
To live alone, I am told builds Character*

Life - A Journey ---- An Evolution of the Soul

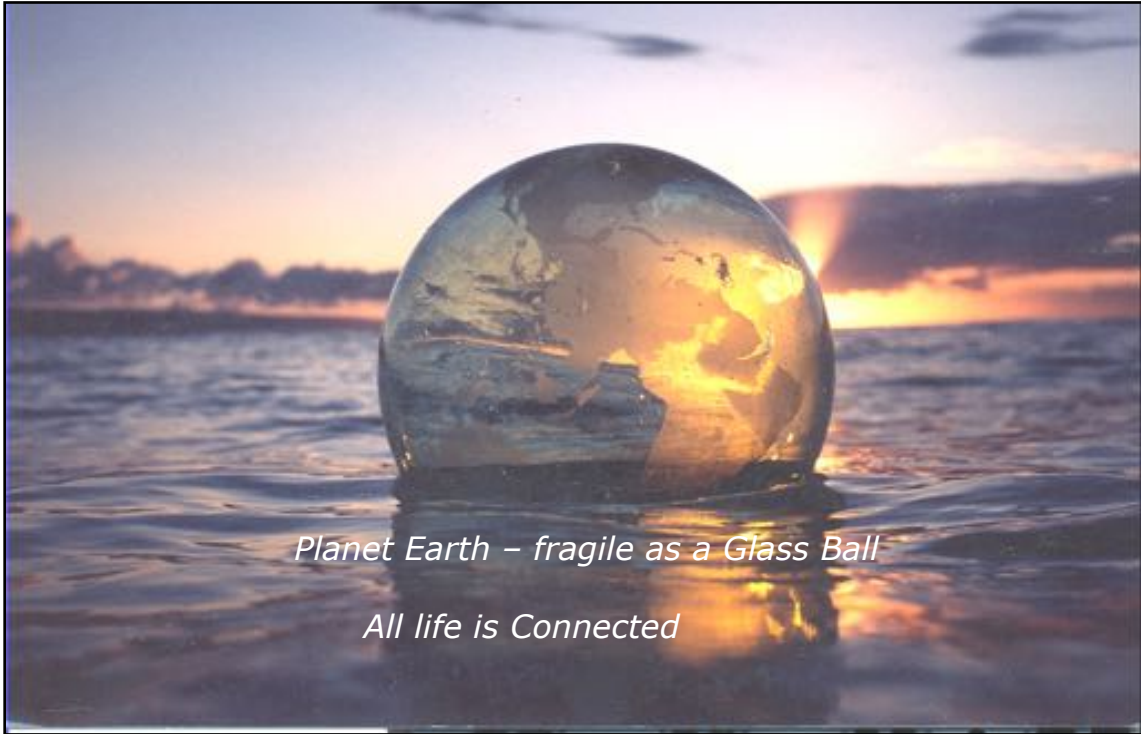


*One ship drive East
Another Drives West
With the self-same winds that blow
Tis the set of the sails
And not thee Gales
WHICH TELLS US THE WAY TO GO*

*To the more than 75 mailings of this newsletter from Maui to around the Globe
Mahalo for your Friendship*

*Me Ke Aloha Pumehana
With Warm Aloha*

*Richard Craig Roshon
www.hawaiiwhalesrus.com*



Planet Earth - fragile as a Glass Ball

All life is Connected

*The world has enough for everyone
But not enough for everyone's Greed
Mahatma Gandhi- 1869-1948*

*The World was made round
So that we would not see so far down the road
Isak Dinesen- 1885-1948 - Out of Africa*

It is in exchanging the gifts of the earth that you shall find abundance and be satisfied. Yet unless the exchange be in love and kindly justice, it will but lead some to greed and others to hunger. Kahlil Gibran-1883-1931 - The Prophet

Warned his followers of the danger of taking too much from the environment and not to pollute lakes and streams, not to hoard wealth & resources. Some 2500 years ago, monks were encouraged to give something back to nature by planting a tree each month. Siddhartha Gautama - The Buddha

*What we do to this planet - We do to ourselves
Anyone that disbelieves this is a _____
Richard Craig Roshon 1945-Still here*

