

work and day I had. "If this is how I can be after work, there is a lot I can do about improving my life," was my last thought before leaving the office.



The next day when I reached the beach there was a group of people already sitting on the sand. My new friend was one of them.

"Hello!" I said when I got near them.

"Hello!" answered everyone.

"Sit down, make yourself at home," my friend said.

I sat between a man and a woman. There were about eight or nine of us, and at that moment they were all talking in pairs. As I sat the lady beside me turned to me smiling.

"Hi, my name is Stella," she started. Her voice was warm and welcoming.

"Hi, I'm Jake," I smiled.

"How long have you known Tao-Sun?" she continued.

"You mean..." I said pointing with my eyes in the direction of my friend.

"Yes, the instructor..." she explained. His name was like his face, a synthesis of many things.

"I only met him yesterday. He was here and I started talking with him."

"Well, that's interesting..." she said mysteriously.

"Why, what makes it so?" I asked, eager to know.

"You know, things happen for a reason... no coincidences."

"You mean I was supposed to come across you all?"

"Let's say you were probably looking for something and you found us." She smiled with mischief.

I smiled amused. I looked at her. She had the most beautiful eyes. An amazing light came out of them, and while I looked at them I felt comfortable and at ease, as if bathed in some magical spell. As we

looked into each other's eyes for some moments I noticed how much she communicated with them. No words, just energy. Good vibrations and love came out of them like a laser beam.

"How about you, how long have you all been getting together here?" I asked.

"We have been learning together for about four months. We used to meet at my house in the evenings and have just started meeting here. It is the beginning a new phase."

"What have you done so far?"

"We have learned to develop our inner awareness. How energies work in ourselves, understanding them. We also learned how to tune into them. Now we are starting a deeper aspect of it all."

"All with Tao-Sun?"

"Yeah, he is well-versed in the arts and secrets of life," she said with intent and a smile. Her comment was obviously a big truth, from what I read in her inviting but deep and wise expression. I could sense in her words a taste of what was to come.

"Today we are getting to know each other," she continued. "There are some new people and some that worked with us some time ago, and want to update their knowledge with the practice."

"And the day I saw you all? Two days ago I saw a group of people; I guess it was all of you."

"We were making arrangements for the programs and sorting out the details to start the practices. Also, we took the chance to do some attention focusing, which is probably what you saw."

"Yes, that's right."

Tao-Sun was approaching us.

"How is it going?... Jake, isn't it? I think I heard your name mentioned earlier."

"Fine. Stella is filling me in with the details."

"I suppose you might be concerned about starting at this point, but do not worry about joining us now. You will be able to follow things without any problem. I am sure this is not entirely new to you."

I don't know how he knew but that was true, apart from martial arts I did some yoga and meditation years before. One felt, being with him, that he understood human nature. There were no barriers. He

could have easily been my best friend; that was the way his attitude made one feel. He was totally relaxed and natural, as if we had been talking about things for years. His attention was total when talking with anyone. He lived in the moment completely. I could really tell that.

“We will start next week, and then meet every morning here at this time,” he explained. “The practice will involve understanding the mind and body connection and how they affect each other. Becoming aware of what is happening in both of them, when it is happening. Getting ready for developing and expanding our awareness of ourselves, life and the world. All that related to energies and attitudes, and how the quality of these rule our lives. And then we’ll see if we can work some magic...”

In those few words the whole reality of the practice was contained. But I had no idea then what I was in for. I would not have imagined how in the real practice things would develop. As often in life when we have a preconceived idea of something, we miss it... even when it is before our very eyes. He smiled and moved on to talk to some other people in the group. Stella and I continued our conversation on a more mundane level about our own personal lives. What we both did and how we spent our time. I was really impressed by her. I could see she was very in tune with herself and the people around her. I sensed there was true understanding in her heart, and after my experience with Tao-Sun, I knew there was a lot I could learn there. I thought about Stella’s words... nothing is a coincidence, just what Mike and I had been talking about two days before. It was certainly true for they were the kind of people I was looking for. We all left in our own time. We had the details we needed to meet for the practices from the following week. Stella and I got up and after saying good-bye to the group, walked towards the street.

“Well it has been great meeting you, Jake. I will be very happy to be in the group with you.”

“I will too. I am sure we will enjoy working together... No coincidences, right?” I added with complicity and impressed by this encounter.

“Not a single one...” she said with mystery and smiled reassuringly.

“See you next week,” she said and left.

I went the opposite direction. As I moved along the promenade I put my hands in my pockets and noticed a small card which I took out. It was one of my business cards: “Jake Sailor, Marketing Director.” I looked at it with a smile on my face feeling I had little to do with all that. I tore the card to pieces. “Good-bye...” I said aloud, and opening my hand I let the bits scatter in the wind.



I was at the office the following day. Like all that week, I was very busy finishing things and getting everything ready before leaving the company. I had a thought, and suddenly I knew the reason why Mike and I had met.

“Mike?” I called him at his office.

“What’s up Jake?” his voice answered.

“Listen, I have come across something I know you are going to be interested in.”

“What’s that?”

“I have just met a group of people who are going to start a kind of self-knowledge practice with an instructor.”

“Really? What are they going to do?”

“I met the instructor the other day, let’s say by chance, and he invited me to meditate with him for a while. I felt really great. He has that light in his eyes that tells you he knows something you want to know, and he is really at peace with himself. He radiates that.”

“That is the kind of knowledge we want, right?”

“Yes. I also met some of the people in the group, and I tell you they are great. They are different, Mike. I am going to join them. Why don’t you come with me?”

“I will. This might be the opportunity we were looking for. When are they starting?”

“In a week.”

“Where is it going to be?”

“At the beach”

“At the beach?”

“Yes, it seems it is the right place, at seven in the morning.”

“I’ll be there. Why not, the beach is a great place for that.”

“If you go to the big tree on the cliff, you will see the group down at the beach on the left of it. Monday morning.”

“Good. Thank you, Jake. This could probably be the reason why we met.”

“Have no doubt, Mike. This is it. I’ll see you there.”

I put the phone down feeling I was going for it. The decision had been taken. I had spent enough time sitting on the fence of my inner life without venturing really far inside. I had done almost everything I had set out to do in my life, and I knew there was something else waiting for me; something more important and precious than anything else. Finding that out was going to be my priority in life from then on.

I thought how the external appearances of life had taken me subtly away from even my best intentions of looking behind the veil of daily existence. With charm and seduction had got into my head. With sweet words, beautiful colors, glitter and promises of paradises... lost and empty, had bewitched my senses to eventually take possession of the power inside me, to steer me away from my original aim: understanding the true purpose of my life. Before I knew it, I was somewhere totally different from where I had wanted to be, and had forgotten the starting point, the motivating force that had started it all. Now it was the time to go back to that power, back to my source.