

Meeting the Movement

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Santa Barbara Zen Center

I was living in what had been the Santa Barbara Zen Center. How I got there is another story. One morning I received a letter from a girl I had met at Baba Hari Das' Yoga workshop. She said, "You need to go to San Francisco and meet Swami Muktananda, he is a very high spirit."

Not long before receiving this letter I had made a commitment to myself to not have any more "I wish I had" or "I should have."

So, for some reason, ancestors, spirit world, Holy Spirit, something was telling me you need to go to San Francisco. I called my boss, a house painter, and let him know I was going to

San Francisco; he said to have a nice trip or something like that. A few items were loaded into my backpack, picked up my guitar and headed down State Street to Highway 101 and stuck out my thumb.

Journal Entry Tuesday July 8, 1975

I have so much catching up to do in this journal. I'm going to have to just start and keep writing until I'm satisfied with what I put down.

It started back in Berkley when I met Joel Larson on the bus in Oakland and he told me about the Creative Community Project. Then I met Trisa and Mark from the same organization. I went over to their house for a while and grabbed some info and banana bread and split. This was on Thursday.

Then on Friday, I was at the Bart Station going to S.F. when I met Anny and she invited me for dinner. (I informed her I was a vegetarian and she replied we are having brown rice and vegetable tonight.) I said I was eating in China Town. Then I saw Trisa and Lee. Trisa rode with me on the BART for a ways, but the sparkle in Lee's eyes also caught my attention. I went to Chinatown and walked around, but soon got tired of being alone, so I decided to eat dinner at the Dana St. house. The food was great.

[Side story not in the journal . . . When I got to Chinatown, all the restaurants were closed until five o'clock, so I sat down in a little park with a statue of Dr. Sun Yat Sen and started to meditate. I was suddenly immersed in the thoughts, "why didn't you go to dinner with those nice girls," and "if you don't go to their dinner, later you will feel, I should have gone." I jumped up from my meditation and ran to the BART Station and boarded the train to Oakland.]

Then they gave me a lecture of which I remember very little of now, but I know that it awakened something inside of me and I decided to spend the weekend up on their farm, the Ideal City Project.

The Ideal City is based on giving of your love, that only by giving can we have joy in life which is our purpose . . . to be joyful and happy.

At the end of the weekend, I felt enlightened and stuffed full of new ideas and was ready to go back to S.B., but Jeremiah, my group leader had different ideas. He convinced me that I should stay for a weeklong seminar. He's a very stubborn person, so amid much confusion and anxiety, I decided to star.

That week I learned so much about loving, history of man, giving, and the Divine Principle which this community is based on. Last weekend we had a really great group, especially Alan and Phil and Wolfgang. Then on Sunday, my prayers for a sign as to whether or not I should stay were answered. I started crying in the song practice. I felt that all of the love in the room was suddenly transferred onto me and I could not and didn't want to hold it back. Michelle, my group leader has been great, and I want to thank her. [Actually, when I was arguing with Jeremiah about staying for the seminar, Michelle was the one who grabbed me by the arm and said come along, you can be in my group which melted my frustration and allowed me to stay.]

So . . . I'm here for another week at least to buckle down and learn more about the Principle. It wasn't hard to decide to stay even though my brother and 4 Rolling Stones tickets are expecting me in Santa Barbara.

I have grown so much since I got here. The atmosphere is really conducive to spiritual and heartistic growth and at this point I can't think of anywhere that I can grow more, faster. I have passed that first plateau of the formation stage of spiritual growth where I had to re-evaluate my whole previous life and throw all my concepts out the window. Now I feel ready for rapid growth.