

## *Surfing The Himalayas A Spiritual Adventure Frederick Lenz*

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Lenz wrote he first went into samadhi, or a state of spiritual absorption, at the age of 19. In his books Surfing the Himalayas and Snowboarding to Nirvana he stated that traveling to sacred locations heightened his experiences in meditation.

**Frederick Lenz - Wikipedia**

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That's why surfing is such an introspective experience. It questions our own identity and transports into more or less spiritual states, depending on how much faith we put in it. The religion of stoke is what you make of it. Just enjoy it, live it, embrace it, and remember to, as a devoted priest, spread the aloha in every break you surf.

**Why surfing is a religion - surfertoday.com**

Kristi has been surfing these waves for many years now, and she draws on all sorts of tools she has acquired along the way. Meditation is her first source, then her psychic and mediumship abilities, astrology and astronomy, and her daily communions with God and all sorts of spiritual beings with bodies and without.

**Surfing the Psychic Waves — InFlowRadio**

Surfing on a Banana Peel is the comprehensive and easy to follow "missing link" of spiritual books. The author shows how only by combining physical and spiritual health can one achieve spiritual evolution.

**Surfing on a Banana Peel | Spiritual Books by Brona Fanelle**

The sport is known as tow-in surfing, as the big-wave riders are towed, like water skiers, into the massive 40-foot (12-metre) waves that break on Hawaii's outer reefs. While Hawaii remains the spiritual home of surfing, surfers appear wherever waves break, from Norway to the Antarctic, from the Mediterranean Sea to Lake Michigan.

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