

THE EDEN MAGAZINE

January, 2019



Discover your Day
of Birth Number

By Tania Gabrielle

From Shame to
Self-Esteem

By Dr. Joseph Burgo

Heal

Your Family

By Magui Block

A Year of
New Beginnings

By Nancy E. Yearout

Wisdom Nuggets
from Solo Sports

By Alexia Melocchi

How to Arrive in
Old Age Skipping
not Crawling

By Stephen Fulder

The Different
sides of

HARRY
VAN
GORKUM

From Shame to
Self-Esteem

Dr. Joseph Burgo



WISDOM NUGGETS FROM SOLO SPORTS

By Alexia Melocchi

It's a New Year and I, like many of us, look at January 1st as a date for potentially a fresh start and a new and improved outlook on life.

The more people I speak to, the more it seems that we all want to have a "better" 2019 because let's face it, if not for the state that our World is in lately, it has not been all roses. I sat down this week, as I do every year, to write my New Years' resolutions, that of course, I never or rarely keep. In search for simplicity, I decided to search for some nuggets of wisdom that would help chart the course of improved thinking patterns and mental clarity and I found those nuggets of wisdom in a very unlikely place, a documentary about a solo sport – skimboarding - that is all about "zen" while experiencing the joy of riding a wave in the biggest surface of our planet, the ocean.

As the Latin phrase sums it up* *Mens sana In Corpore Sano*", meaning a sound mind in a sound body, I started to ask myself about the qualities that are inherent in those that practice solo sports and what fuels their passion about such solo experience.

What is a solo sport? Sometimes you have to make it on your own in this world, and individual sports are perfect for those times. While it is rewarding to be part of a great team, relying on nobody other than yourself can be just as powerful. Discipline, endurance, and perseverance are some of the greatest qualities people can learn from individual sports, whether it be from the greatest rock climbers or those who choose to jump on top of a board and surf the waves of an ocean. Intense vs Mellow.

I am not an intense person nor consider myself a thrill seeker, so exploring the mellow approach to solo sport, I decided to interview Tony Liuzzi, the filmmaker behind a documentary I have been involved in as an executive producer, recently released on Amazon Prime, called "Shorebreak: the evolution of skimboarding". Filled with great quotes from A-list action sports superstars like The Bryan Brothers, Brad Domke, Jamie O'Brien, and Tony Hawk who all appear in the film, and amazing visual sequences of the experience of riding 20 foot waves, the documentary tells the story of the evolution of the Sport which is similar to surfing but done with a much shorter board and where the Athlete meets the wave from the shore going in, then rides it back to shore. The sport is popular also as a hobby for people of all ages and fitness level, as long as they love the ocean.

Tony, why did you make this documentary?

I first thought of making the movie while visiting my family in our hometown of Laguna Beach. I was sitting on the beach watching the waves go by seeking inspiration for one of my newest screenplays. Looking out at the beautiful vast ocean and the peaceful surroundings is always something I have enjoyed doing to spark inspiration since I was a young boy. After doing so many documentaries with the National park service when attending Dominican University of California my Teachers always taught me to do what was feasible, calculable, and most importantly realistic. My mentors were always encouraging me to think outside the box and push limits but in a thorough and realistic manner. I have known about the sport of Skimboarding for many years now, attending my first Victoria World Skim Championships in 2003. I knew that the sport had a large following of people that seemed to not just have an obsession with the growing community of skimboarders but a genuine love and respect of the Ocean. I loved the opportunity to tell their story and help millions worldwide to connect with the beautiful culture that is Skimboarding.



What did you learn from making this documentary for your human evolution?

This movie taught me a lot about myself and other people. There are people in the world who are enjoying life because life is amazing when we do not complicate it. People sometimes choose to focus on all that is wrong and expect things in life to happen in a certain fixed way that fits their plans and timeline. We need to slow down and reconnect with others outside of the virtual world that is the web. During Hurricane Irma, the Joogsquad and I were stuck without electricity and fresh food and water other than our prepared supplies for

almost 2 weeks. In spite of it all we continuously helped others in our community that were suffering more than us at that time. We never stopped going and helped almost 500 families locate local relief shelters and hosting fundraisers for thousands of dollars used for needed supplies for dealing with the harsh times.

Also I learned how things are always possible! People just have to never stop believing in themselves and try, fail, and try again. More importantly surrounding yourself with others that believe in you and more importantly themselves in order to manifest positivity into your lives. Realizing that waking up everyday with the will to change anything you want. It may be hard to pick up that boulder, but you pick up enough pebbles over time and eventually that boulder won't seem as overwhelming. Start small with organizing a drawer or the closet you randomly shove stuff into, and then start the novel you always wanted to write, or build the business you could be your best self in; one idea at a time, One day at a time. Don't worry about organizing your plans at the get go, just get them out on paper. People struggle with organizing the 20 picture frames on the wall. I would suggest with the favourites in the middle of the wall and putting the less important others scattered outward. This applies to