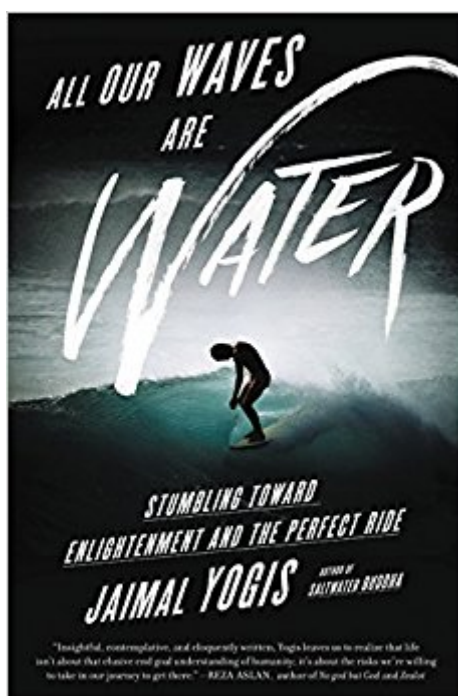


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# All Our Waves Are Water: Stumbling Toward Enlightenment And The Perfect Ride



## Synopsis

In this meditative memoir *All Our Waves Are Water*—a compelling fusion of *Barbarian Days* and the journals of Thomas Merton—the author of *Saltwater Buddha* reflects on his "failing toward enlightenment," his continued search to find meaning and a greater understanding of grace in the world's oceans as well as everyday life. Born to a family of seekers, Jaimal Yogis left home at sixteen to surf in Hawaii and join a monastery—an adventure he chronicled in *Saltwater Buddha*. Now, in his early twenties, his heart is broken and he's lost his way. Hitting the road again, he lands in a monastery in Dharamsala, where he meets Sonam, a displaced Tibetan. To help his friend, Jaimal makes a cockamamie attempt to reunite him with his family in Tibet by way of America. Though he does not succeed, witnessing Sonam's spirit in the face of failure offers Jaimal a deeper understanding of faith. When the two friends part, he cannot fathom the unlikely circumstances that will reunite them. *All Our Waves Are Water* follows Jaimal's trek from the Himalayas to Indonesia; to a Franciscan Friary in New York City to the dusty streets of Jerusalem; and finally to San Francisco's Ocean Beach. Along his journey, Jaimal prays and surfs; mourning a lost love and seeking something that keeps eluding him. The poet Rumi wrote, "We are not a drop in the ocean. We are the ocean in a drop." *All Our Waves Are Water* is Jaimal's "attempt to understand the ocean in a drop, to find that one moon shining in the water everywhere"—to find the mystery that unites us.

## Book Information

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## Customer Reviews

“Insightful, contemplative, and eloquently written, Yogis leaves us to realize that life isn’t about that elusive end goal of understanding humanity; it’s about the risks we’re willing to take in our journey to get there.” (Reza Aslan, author of No god but God and Zealot)

“Jaimal Yogis writes in a fun, engaging style, and the ideas he conveys are timeless, All Our Waves Are Water is a great pleasure.” (Sharon Salzberg, New York Times bestselling author of Lovingkindness and Real Happiness)

“I’ll follow Jaimal Yogis into any ocean, walk whichever road with him, and read everything he writes. It always leads to growth.” (Wallace J. Nichols, New York Times bestselling author of Blue Mind)

“Spiritual questing, serious surfing, a little hip-hop, and a significant dose of deep, honest humanity •another perfect Jaimal Yogis book!” (Steven Kotler, author of West Of Jesus and The Rise of Superman)

“Jamal Yogis has done it again: reminded us that our humanity depends on our connection to nature and how much we are willing to risk. It’s good to know that there is another brother like him out there in the mountains and on the waves.” (Peter Heller, author of Kook: What Surfing Taught Me about Love, Life, and Catching the Perfect Wave and Celine)

“Captivating.... Yogis finds wisdom everywhere [and] shows that the search for enlightenment, with its storms, lulls, and occasional thrills, is not much different from the search for the perfect wave.” (Publishers Weekly (starred review))

“Yogis seems to have reached as close to enlightenment as anyone ever gets... He mixes science with faith and has a great sense of humor about everything along the way.” (Surfer Magazine)

“All Our Waves Are Water is as fine a wave of candid, humble, raw, bare-it-all human wisdom as we have seen in quite some time.... Through all of the roads, waters, and mountains Jaimal has traversed on his heart’s journey, with this work of shimmering prose, he has given us an immeasurably beautiful gift.” (Eastern Surf Magazine)

“Thrust forward by a seeker’s hunger to know the force that animates everything and his place inside it, Yogis takes us on a stoked and transparent ride. His eccentric and irresistible characters’ voices linger like sages. And he does something else astonishing •he brings the holy close.” (Sarah Seidelmann, author of Swimming with Elephants)

“Jaimal’s journey speaks to all our sojourns through loss, self-discovery, and earnest attempts to awaken. It’s a privileged view into the life of a true seeker, a contemporary bodhisattva living and loving in the world; it’s an ode to water, to the primal and playful art of surfing.” (Arnie Kozak, author of Mindfulness A to Z and 108 Metaphors for Mindfulness)

“Yogis takes us on a humorous, insightful, vulnerable, and ultimately relatable journey to inner peace. This is a spiritual book about a real person dealing

with real world issues, one that can benefit us all in understanding how to surf the waves of everyday life with compassion and contentment. — (MeiMei Fox, New York Times bestselling author of *Fortytude and Bend, Not Break*) — “In this deeply wise memoir of an already remarkable life, Jaimal Yogis takes us on a good ride through India, surfing, ancient wisdom and modern physics, and many practical insights about the waves of life. Authentic, direct, and powerful, this is a beautiful book. — (Rick Hanson, Ph.D., author of *Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*) — “Jaimal Yogis has spent a lot of time traveling the world seeking solitary meditation, and *All Our Waves Are Water* is his third, charming chronicle of his adventurous discovery of himself. He continues to excel in the areas where he always has as a writer: gorgeous prose on surfing and nature; accessible, insightful interpretations of spiritual texts and teachers; light-hearted self-deprecation where you least expect it. But what sets his newest book apart, and makes it his most rewarding, is the deep focus on relationships, an unexpected twist for a guy who ran away from home in his teens. — (Mark Lukach, author of *My Lovely Wife in the Psych Ward*) — “Jaimal takes us on a raw, real and sublime ride through essays of his life journey around the world to understand the ocean in a drop through the story of his teachers in human and wave form to find what unites us. — (Shiva Rea, surfing yogini and author of *Tending the Heart Fire: Living in Rhythm with the Pulse of Life*) — “For fellow seekers, Buddha-nature on a surfboard. — (Kirkus) — “All Our Waves Are Water seeks profound lessons in the ocean. — (New York Times Book Review) — “With stirring honesty... [Yogis] skillfully chronicles a journey that took him from India and Jerusalem to the sandy beaches of Indonesia and Mexico... Surfers are sure to enjoy the author’s ode to the perfect ride, but it’s the personal reflections that will draw readers. — (Booklist) — “[A] disarming memoir [that] seeks the stillness inside the chaos, the union inside duality. — (BBC) — “Jaimal Yogis’s new memoir will take you on a journey of surfing and spiritual growth... If you’ve been dreaming of the sand and surf ever since finishing *Barbarian Days*, or if you like books that take on subjects of faith and spirituality, then *All Our Waves Are Water* will have you thinking — Cowabunga! — (Bookish) — “With equal doses of humor, self-deprecation and well-rendered storytelling, Yogis does a great job making these heady themes accessible and entertaining through personal experiences. — (North Bay Bohemian) — “To each locale, Yogis brings a journalist’s eye for detail, depicting the world around him in an evocative and unpretentious style. In a book ostensibly dedicated to internal states, this is no small feat | Narrating it all with a wry but engaged hindsight, Yogis is candid about his doubts and failures. It’s hard not to root for him as he stumbles toward

enlightenment. (San Francisco Chronicle) “Engaging... As he draws wisdom from Tibetan monks, fellow surfers, and a beloved journalism professor, Yogis infuses *All Our Waves* with a rich mix of spiritual quest and down-to-earth adventurism. (The Mercury News)

In this humorous, meditative memoir—a fusion of *Barbarian Days* and the journals of Thomas Merton—the author of *Saltwater Buddha* reflects on “stumbling toward enlightenment, his continued search to find meaning in the world’s oceans as well as in the highs and lows of everyday life. For Jaimal Yogis, the path to enlightenment is surfing. Whether riding grisly waves in the Pacific or navigating the waves of the heart and the mind, Yogis discovers that it is between water and air, between control and surrender, between the tangible and the intangible, where grace can be found. Born to a family of seekers, he left home at sixteen to surf in Hawaii and join a monastery—an adventure he chronicled in *Saltwater Buddha*. Now he’s in his early twenties, his heart is broken, and he’s lost his way. Hitting the road again, he lands in a monastery in Dharamsala, where he meets Sonam, a displaced Tibetan. To help his friend, Jaimal makes a cockamamie attempt to reunite him with his family in Tibet by way of America. Though he does not succeed, witnessing Sonam’s indomitable spirit in the face of failure offers Jaimal a deeper understanding of faith. When the two friends part, he cannot fathom the unlikely circumstances that will reunite them. *All Our Waves Are Water* follows Jaimal’s trek from the Himalayas to Indonesia; from a Franciscan friary in New York City to the dusty streets of Jerusalem; and finally to San Francisco’s Ocean Beach. Along the way, Jaimal prays and surfs while trying to stay afloat through grad school and journalism jobs, mourning a lost love and seeking something that keeps eluding him, until he ultimately finds what he’s been looking for—that the perfect ride may well be the one we are on right now.

*All Our Waves Are Water* is such a wonderful book. I have read it through more than once already. I loved Jaimal’s first two books so much, but this one is different. I could feel that he wrote from a deeper, wiser place while still sharing his adventures in a humble, often innocent voice. Perhaps viewing his early adult life and precocious radar for self-discovery through older eyes lends even greater insights and wisdom to his words. Jaimal is still so young but has seen and experienced so much. I believe that I and other readers have much to learn from the tales of his journey. He also shares accessible information about meditation and Buddhism in a straightforward, modern and

often humorous way. I found this to be an enjoyable memoir and a practical guide for living in the modern world as a fellow surfer, an adult looking for meaning in often bittersweet or painful life experiences, and a person with an interest in living a kinder, more compassionate life. I must add that the passages about being beaten up by the surf at San Francisco's Ocean Beach, being one with the energy of the ocean and keeping a good attitude in the line-up really resonated. His loyal, insightful, longtime friendships with unlikely characters also really struck a chord. This is the stuff of real life and good people. I wouldn't know what to do without books like this on my shelf.

Thrust forward by a seeker's hunger to know the force that animates everything and his place inside it, Yogis takes us on a stoked and transparent ride. His eccentric and irresistible characters' voices linger like sages. And he does something else astonishing—he brings the holy close.

Absolutely love this book! Jaimal Yogis has written a compelling, wise, spirit-filled memoir that will appeal broadly and across generations; to adventure seekers, spiritual seekers, wisdom seekers, lovers of exotic travel, the broken-hearted, the lost, the found, and, of course, surfers and water lovers. I will be gifting this book to friends and family, too. Thank you Jaimal, for this gem of a book.

All Our Waves Are Water is an exceptional read. You don't have to be a surfer or live near the ocean to enjoy the book, because it's about much more than surfing. The author touches on themes that impact us all. He crafts colorful portraits of characters he's met and translates weighty spiritual topics into something that's fun to read. Yogis' writing is entertaining, honest, compelling, inspiring and insightful.

I loved this book for its truths; its universality. You don't have to be a surfer, a Buddhist, or a yogi to receive its message- just a spirit in a body.

One of my new favorites and I don't even surf. Integrates science, spirituality, and philosophy without being preachy or heavy handed. Laughed my way through.

Well written. Wraps succinct and relevant teachings in awesome life stories. Love the section on Bali in particular! Highly recommend

For those of us who read (and lent to everyone we know) the first book by Jaimal Yogis, "Saltwater Buddha," ordering this newest volume of his memoirs was a no brainer. His subtitle here, "Stumbling toward Enlightenment" is apt: Jaimal (somehow his authorial voice begs for the familiarity of his first name) isn't a perfect guy. He does stumble. He gets dumped by his first great love. He gets angry and sometimes rash. And he frequently runs away in frustration. But he has a strong need to understand the infinite, to become enlightened, to return to the path even when it hurts. But unlike so many teachers of enlightenment, he has his feet firmly planted in the real world -- and often that real world is on water, for surfing takes a central role for his quest -- and as a metaphor for our place in the universe. No jargon (but some technical words), no airy language that gestures at meaning, nothing that separates us from his quest. We encounter his mentors -- and they show up in all forms from monks to the Queen of Ocean Beach -- and we get to know them as real people, often hilarious but always fundamentally sound as spiritual mentors, not just as lesson givers. One of the great strengths of his writing is his ability to place us in vivid situations in many different locations: India, Bali, Jerusalem, NY City, Ocean Beach, etc. There is a section near the end of the book when he surfs near a reef. Fair warning: Buckle your seatbelt and pull your feet off the floor, because it is harrowing. Jaimal is a young man, and a young father of three boys, a husband, a serious and talented writer, but writing a memoir so early should present problems: what is there to write about? what wisdom can he impart? Is this a lesson in arrogance we're about to read? He objects to his own choice of memoir early in the book and then shows us the proof that he has plenty to write about, and his wisdom is about process, not about arriving at the state of enlightenment. He's not there yet, and I doubt many of us are, but the adventure (spiritual and physical) is exciting. I am a college professor, and I have lent out his previous book to several searching young teens, and his quest has rubbed off on them, shown them a way to be authentic when society doesn't really honor or encourage authenticity. This one will be making the rounds, too.

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