

## Ralf Marzen Appreciation

Hello dear friends! Lovely to be with you all. It's late here and I'm tired, but I'm going to do my best to share a little bit about the incredible impact that you two have had on my life. I think of a whole bunch of superlatives I could throw at you. It's been beyond life-changing.

I used to be a relentless spiritual seeker. Joel, you mentioned 25, I'm like about 30, 30 years of very committed seeking in all kinds of directions. And ultimately, when I look back, it was mainly a seeking to — how to put this? — to manage to find a relationship to a deep pain that had always been there.

And in the seeking there was this focus on trying to transcend it, as in get away from it. Somehow, now, a little bit more than a year after meeting you both, that's no longer there, that seeking energy has dropped. So I don't consider myself a seeker any more, but more a finder.

That process I went through is so profound, with you guys. I could speak for hours about so many details, but I think I want to speak just about that one key term you have for your work, that revolves around "Second Birth" awakening. For me it's been I think a little bit less than a year that Linda [held] my official "Second Birth interview." [*Laughs*] I don't think there's a day that ever passes by without me consciously acknowledging that and feeling so much gratitude for it.

Because it just makes so much sense, the term "Second Birth" and "Second Life." I feel very confidently rooted in my Second Life now. It's distinctly different from the first life. Like, first life is over. This is the Second Life.

And the human life still unfolds here with all its complexity and challenges, raw humanness and everything, and at the same time — and there's the key thing — and at the same time there's this, again, Linda, to use your terminology, there's this unshakable trust in Being, that unshakable realization of the other part of the simultaneity, which is embodied being. And it's just phenomenal.

It's so integrated, the type of awakening that I've gotten through you. It's only retrospectively that I've noticed, this is actually what I've been looking for. Not really have I been looking for transcendence only. Really what I've been looking for is the simultaneity, the living paradox you guys call it "wound/wellness paradox."

That's now become my day to day life. It's effortless. It's just how it is. It's a game-changer. There's so much more freedom from — paradoxically, in the midst, maybe even more than ever in the midst of the complexity and the difficulty, but at the same time so much freedom from it. It's so human, this way of living, and at the same time so not-human, I don't know how to put it.

So, yeah...I'm eternally grateful. When I visited you two, Saniel and Linda, in your beautiful home that you're now speaking from, I remember saying to you I'll

always be at your feet for the rest of my life, and that's a way of expressing in words the level of gratitude I feel toward you both. I could say "you have given me" — I don't know how that really works, we're talking about transmission, maybe it's personalizing something that's ultimately mysterious, but on some level I could say "you have given me" [*makes a quotation marks signal with both hands*] my second life, and that's the biggest gift that can be given in in the life. So I'll be eternally grateful.

What else can I say? This is totally unprepared. I haven't had time to make a little speech. But I think that cuts nicely to the heart of what this represents. [*Laughs*] Yeah, I'm just feeling a wave of profound joy and gratitude. Living in gratitude now mostly, within the complexity of the human life...who would've thought? It's just totally awesome.

And I've recommended a couple of people your way since then, and — I mean if, with what I share here, even one more soul can find their way to you, I'll be so happy.