



What one surfer dude can teach us all!

by Eric Stephenson, LMT, NCTMB

Nothing eclipses my fear of the ocean at night. That is why this surfer from Australia is one of my new heroes.

In the early hours of the morning on January 20th 2011, Mark Visser was towed on a jet ski to the notorious Hawaii surf site (known as Jaws because of the size of the swells it produces) about to take in a groundbreaking ride that lasted for about 20 seconds. Oh yeah, one catch: it was done in complete darkness!

"It wasn't until I saw the pictures [that] I realized how big it was," Visser said. "This was the scariest, but most exciting thing I have ever done. Riding in complete darkness meant I had to go off feeling. I had to zone out from how you normally ride and be part of the wave."

"I am so pumped to achieve something that no one thought possible and that I was told couldn't be done."

Although Mark made his stunt look simple, he faced the extreme danger of predatory sharks, whose threat is more active at night, and the possibility of a wipe-out, where a breaking wave could push him down 50ft below the surface.

This dude got me thinking... what is possible? Do I believe I could zone out from how I normally approach challenges and go purely off of feeling, riding only my intuition?

I have an idea and 2012 will be the perfect time to try. Stay tuned.

How about you? Is there a "wave" in your own life you're waiting to catch? I'd love to hear from you: eric@imassageinc.com.