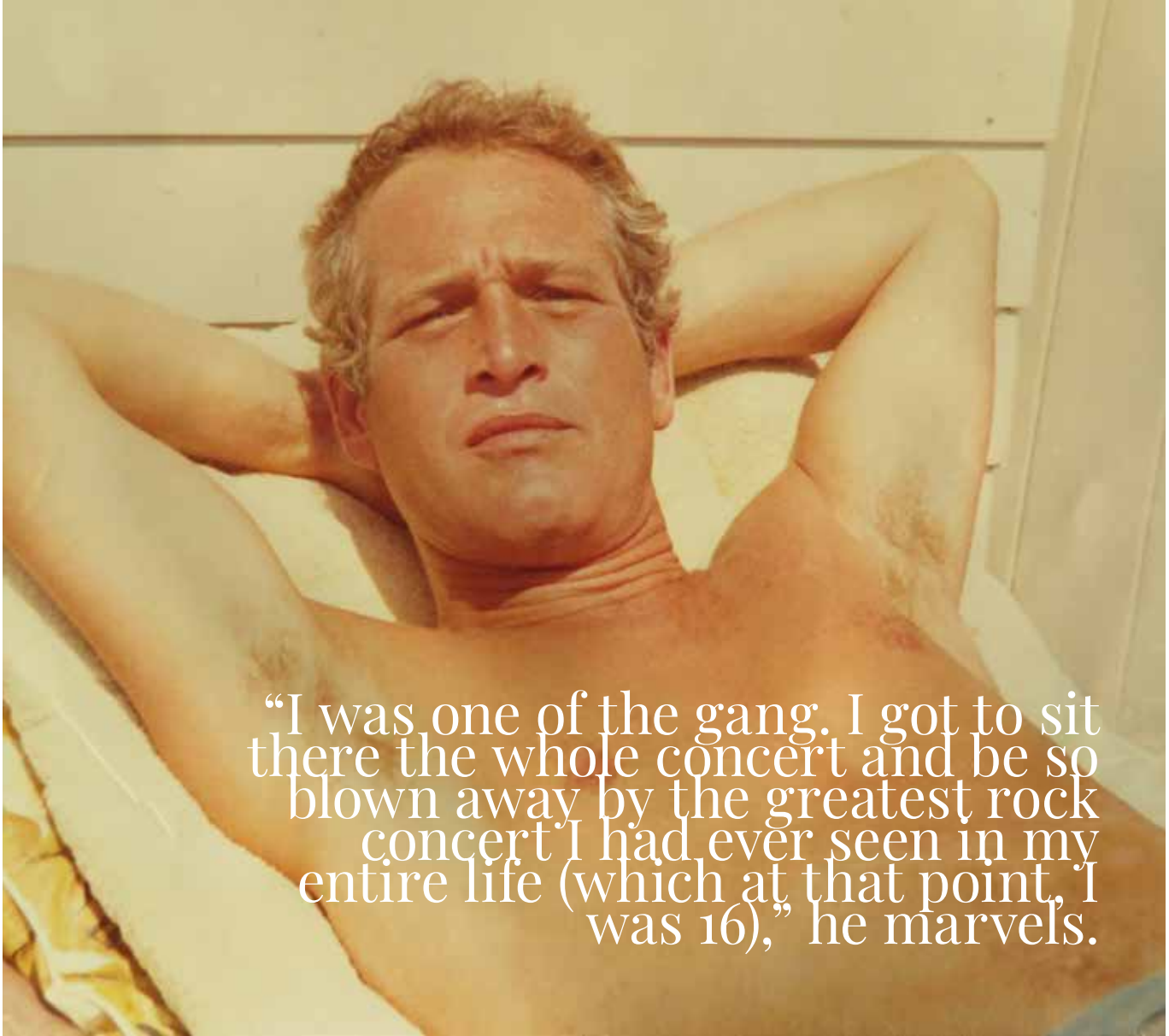


Mr. Malibu Shares a Slice of Local History

ARTICLE AND PHOTOGRAPHY CARY ONEAL

Cary O'Neal, aka "Mr. Malibu"



“I was one of the gang. I got to sit there the whole concert and be so blown away by the greatest rock concert I had ever seen in my entire life (which at that point, I was 16),” he marvels.

CARY ONEAL, AKA “MR. MALIBU,” WAS FORTUNATE TO BE BORN AND RAISED IN THE WORLD FAMOUS MALIBU COLONY. His high profile events and celebrity interviews have reached over 22 million on television, 500,000 via social media and nearly 4 million on YouTube.

Here, O'Neal shares stories about global celebrities living in Malibu and happenings he experienced through the years growing up in the 'Bu. This article is the first in a series of iconic Malibu Colony recollections.

EARLY YEARS IN THE COLONY

Three-year-old Cary O'Neal would run up to Cary Grant's Rolls Royce with the other neighborhood kids and mess around with the superstar, chatting and laughing. Back then, the younger Cary had

no clue the older Cary had a giant global impact. When O'Neal was about 10, he met another Cary, the son of TV director Tom Gries ("The Rat Patrol"). One day Cary Gries invited Cary O'Neal to drive with "the most beautiful actress in the world" (Dyan Cannon) to Cary Grant's Beverly Hills home for breakfast—it was a trio of Carys!

Baby Cary lived on the beach in Malibu Colony, next door to Tom Hank's current home. Cary's father purchased the home for about \$22,000 in 1955; today it still has the original A-frame structure. As far back as Cary can remember, movies and TV shows were always being filmed in the neighborhood. As a child, he figured it was normal, until later in life when he realized the stars, movies and TV shows had massive global exposure.

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MR. MALIBU SHARES A SLICE OF LOCAL HISTORY (CONTINUED)

In fifth grade, Cary fell in love with Dinah Manoff, the daughter of actress Lee Grant. Cary asked Dinah “to go steady”—a fad long gone. At the time, Grant had been leasing a home owned by Cary’s father in the Colony. Cary recalls “making out” with Dinah on the roof of the garage overlooking the swimming pool.

Cary’s photography skills began at age 10 when his sister, who had a crush on Paul Newman, discovered Newman laying out in the sun in his front yard. Although she had a high-quality Nikon camera, she was too scared to go and take a photo of Newman, so she asked Cary if he would do it. A Leo with six planets in Leo, Cary was always fearless about walking up to anyone, regardless of their position in life, and start talking to them. He walked right up onto Newman’s deck and looked over the glass wall which was about 3 or 4 feet high and saw him laying back in a chaise lounge.

“Excuse me? My sister is too chicken to take a picture of you so she asked me if I would do it. Is it okay?” Cary blurted out with great joy and excitement. Looking at the 10-year-old kid with the expensive camera, Newman agreed.

“Sure, no problem. Are you sure you know how to use that thing?” Newman asked. Cary snapped the photo and his sister blew it up to poster size and put it on her wall.

Another event in the Colony when Cary was around 10 or so was a 4th of July birthday party for Jane Fonda. Cary was sitting 2 feet behind the drummer of The Byrds who played at the party. The vibrational impact of such an exhilarating experience for Cary played out six years later on a far grander scale.

Cary’s best friend in his early teenage years was Brian Goff, the son of Ivan Goff, creator of “Charlie’s Angels.” Cary began playing the drums in fourth grade and by age 13 was in a rock band with Brian. Cary practically lived at Brian’s Malibu Colony home, often sleeping overnight and surfing all day with Brian and the other Colony Cool Cats. People from “Charlie’s Angels,” including Farah Fawcett and stunt men, were frequently at the house. Cary and Brian had a sacred pact, sworn to be bigger than The Beatles and were planning on calling their band Pink, 10 years before the singer Pink was born. (Many years later, Cary would be hanging out with Pink at the Malibu Performing Arts Center where she was recording.)

One day, Cary, who was adept at pencil sketching, spent a couple of days drawing a picture of Jimmy Page, the guitarist for Led Zeppelin. Brian called and told Cary that his (Brian’s) father had found out that Led Zeppelin was staying at the Hyatt on Sunset Boulevard and asked if he wanted to drive over and see if they could meet them. Cary readily agreed.

“I’ll bring my sketch of Jimmy Page. Maybe we can give it to him,” Cary said. Borrowing Ivan’s car, they drove to the Hyatt and waited in the lobby. As they sat there, a blond British guy walked by, introducing himself as “Cracky.” He was the road manager for John Paul Jones, Led Zeppelin’s base and keyboard player.

Cracky looked at Cary’s sketch. “How would you guys like to come up and meet Jimmy and the gang, and you can give him this drawing?” Brian and Cary about dropped to the floor in amazement,

feeling pure electricity at maximum wattage—pure adrenaline! They were going to personally meet Led Zeppelin! They went up to the ninth floor, entered the room and there was Jimmy Page! Cary handed him the sketch, and Page was really friendly and thanked him. Then they met Robert Plant. There were half-naked girls running around and plenty of drugs lying on the tables everywhere. It was a very party-type atmosphere, if not complete chaos. Then Cracky invited Brian and Cary to drive to the Forum and help set up their equipment for the concert that night. They were in absolute heaven. This was at the very peak of Zeppelin’s success.

Cary met Mick Hinton who was John Bonham’s (“Bonzo’s”) road manager and got to help set up his drums.

“He let me thrash away as loud as I wanted in the giant empty Forum with 20,000 empty seats,” Cary recalls. “There was such a buzz with that whole experience; it was really ‘other worldly.’”

That night, Cary stood at the bottom of the stairs to the stage wearing a “Zoso” sweatshirt when Mick told him to start sanding Bonzo’s sticks with coarse sandpaper. He wanted the varnish removed because his hands would get sweaty, and he wanted to have traction grip. By this time, the Forum was jam-packed with fans and the lights were turned down low. Then Mick told Cary to run up and put the sticks where they belong on the side of the floor toms. Without thinking anything of it, he ran up onto the stage with the sticks, and suddenly the entire audience exploded into a roar, thinking he was one of the band members.

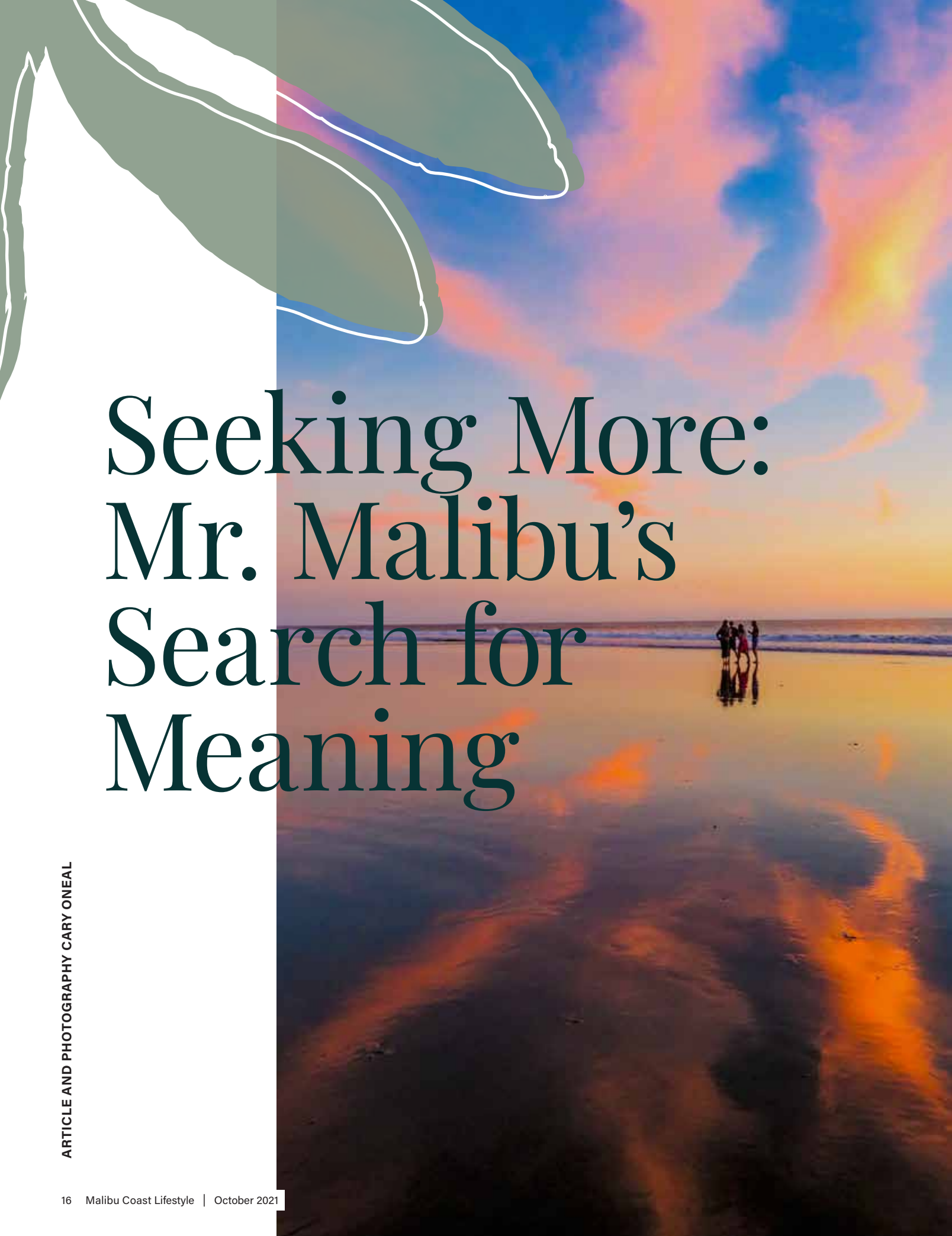
“I suddenly felt like 200,000 watts of electricity were going through my body and I experienced firsthand what excitement they (Led Zeppelin) got to feel every night performing in front of that mass attention,” Cary says.

Just a few minutes before they came on stage, Cary had climbed up the light tower and sat about 10 or 15 feet from where Jimmy Page would be standing. No one said a thing.

“I was one of the gang. I got to sit there the whole concert and be so blown away by the greatest rock concert I had ever seen in my entire life (which at that point, I was 16),” he marvels.

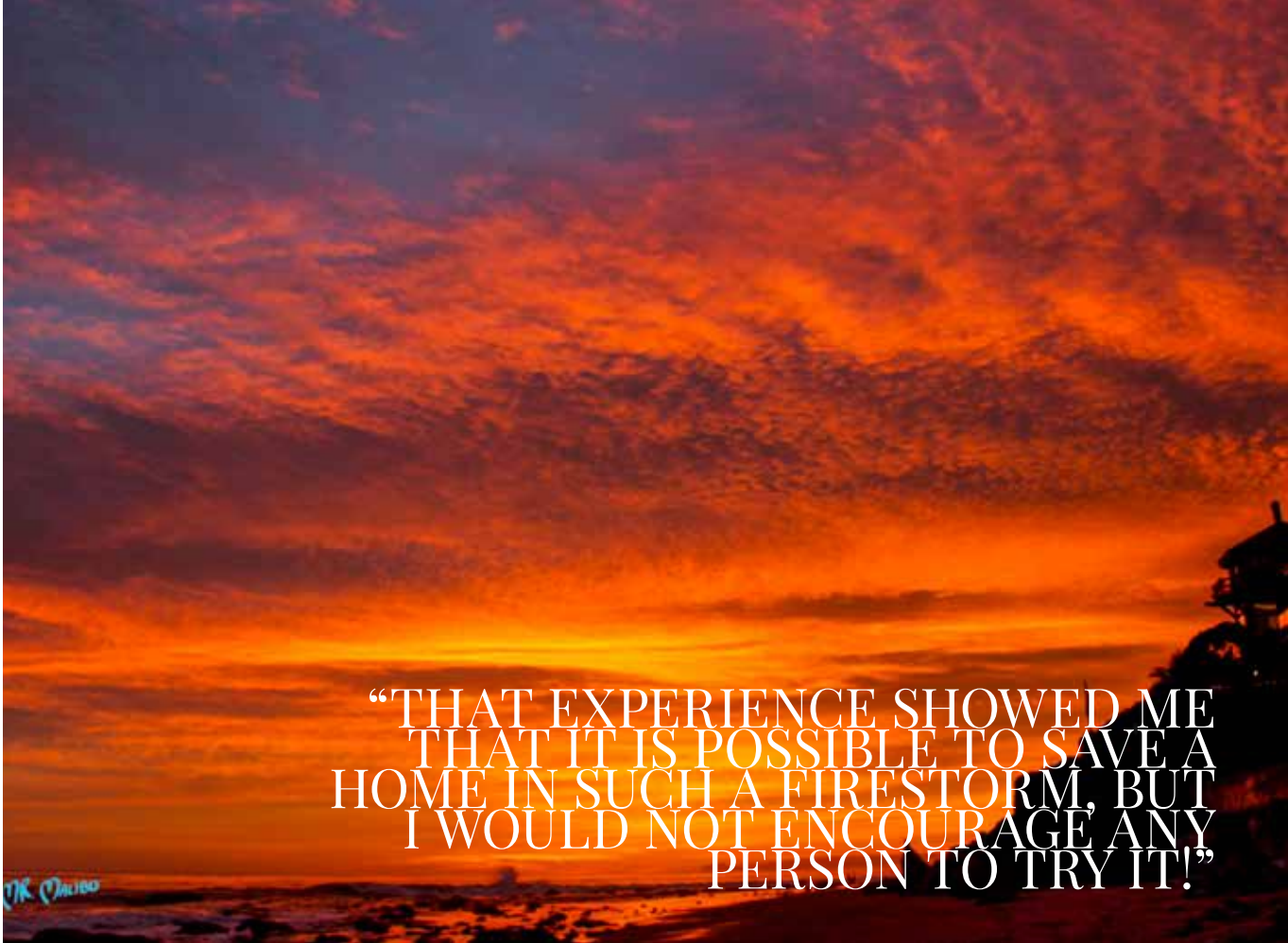
Stay tuned for more Mr. Malibu adventures in an upcoming issue. To learn more about Mr. Malibu, visit MalibuHD.com and HeatAscent.com.





Seeking More: Mr. Malibu's Search for Meaning

ARTICLE AND PHOTOGRAPHY CARY ONEAL



“THAT EXPERIENCE SHOWED ME THAT IT IS POSSIBLE TO SAVE A HOME IN SUCH A FIRESTORM, BUT I WOULD NOT ENCOURAGE ANY PERSON TO TRY IT!”

PART 2 IN A SERIES FEATURING MR. MALIBU'S ICONIC STORIES ABOUT GROWING UP IN THE MALIBU COLONY, THIS ARTICLE PICKS UP WITH CARY ONEAL AT AGE 16.

Shortly after witnessing Led Zeppelin perform live on stage while perched on a light tower above them and being “blown away by the greatest rock concert I had ever seen,” Cary experienced another hair-raising event.

On September 26, 1970, a huge fire raging down Malibu Canyon caused Cary and his classmates to be sent home from Santa Monica High School (Malibu High did not yet exist).

“As the school bus drove up the Coast Highway, we saw an ominous black cloud of smoke with fierce Santa Ana winds blowing out to sea,” he remembers. Running home, Cary met up with his lifelong Colony friend Mark Pierson (who later married Cassandra Peterson and helped create and produce “Elvira Mistress of the Dark”). They decided to go to Cross Creek to see if they could help, wearing wet t-shirts over their faces to endure the smoke.

They began their venture feeling ready for anything, but they were soon startled by the vast and powerful raging flames. Continuing

further, “it became clear we could be in real danger. Big trees were literally exploding with huge billowing clouds of burning cinders, sparks and flaming branches flying down in the swirling gale force winds. It was absolute mayhem with houses, cars and telephone poles ablaze and fire trucks screaming around, until they finally left to get out of harm’s way,” Cary recalls.

Returning to Cross Creek Lane to help some family friends, Cary and Mark made it to the Hopkins’ house and climbed up onto the roof with a garden hose and began watering. They witnessed big explosions next door and a Rolls Royce literally melting in the firestorm heat and becoming an incendiary bomb. Dousing flaming branches as they crashed onto the roof, the boys saw houses in flames all around them.

“Through sheer determination to fight as best as we could,” they somehow saved the home, despite houses on both sides burning to the ground. Cary recalls hearing how the Hopkins family burst into tears of gratitude when they found their house still standing—even 20 years later, Roger Hopkins told Cary that they would often tell the story of how the boys saved their home during holiday dinners.

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SEEKING MORE: MR. MALIBU'S SEARCH FOR MEANING (CONTINUED)

"That experience showed me that it is possible to save a home in such a firestorm, but I would not encourage any person to try it!" says Cary.

Fast forward 23 years to Cary again fighting fires in the same location—this time to save George C. Scott and Michael King's home after the entire neighborhood, including the Fire Department, had "scrammed for their lives."

"As I was in the backyard, suddenly an eerie calm took over and a slight breeze began blowing back toward the 30- to 40-foot-high flames coming down the mountain toward the house," Cary recalls. "The fire was sucking in its own air to further fuel itself." Suddenly, the whole house was surrounded by giant flames and Cary ran into the living room for cover.

Firestorms behind him, he hopes, Cary reflects again on his younger years, at age 18 during a paradise summer spent lifeguarding and surfing in the Colony.

One day his friend and neighbor Alden Marin (his grandfather was John Wayne's agent and created Famous Artists Agency, which became ICM, and his father essentially created *Sports Illustrated* and was a *People Magazine* executive) approached him on the beach, wanting to go meet the "gorgeous petite French-Canadian actress" who was living in the Colony. Intrigued by Alden's attraction to her, Cary met the actress on the beach a few days later while lifeguarding in front of her home. Although she was 14 years his senior, Cary thought Genevieve Bujold was his age due to her "baby face." At the time, she was starring in a big Universal movie, "Earthquake," with Charlton Heston.

While Cary didn't "have a clue who she was," Genevieve had already achieved global stardom as Anne Boleyn in "Anne of a Thousand Days" with Richard Burton and was nominated for an Academy Award for best actress. Cary and Alden became friendly with the actress, who was dating an agent at William Morris but was having a "falling out" with him. Cary recalls her inviting them over for a friendly barbeque and walking on the beach having fun and sharing life stories. Eventually, "I really fell in love with her," admits Cary, to the chagrin of his buddy Alden. Cary recalls being woken up one night by a 3 a.m. call from neighbor Gwen Stevens.

"How would you and Genevieve like to come over and meet the Rolling Stones?" Gwen had asked. Getting dressed, they walked down the street to Gwen's, where six limousines were parked. Cary was introduced to Mick Jagger and the band, and the party continued until about 5 a.m.

Another fond memory Cary shares about Genevieve is when Paul Newman came over for dinner.

"Newman had a good sense of humor and was a likeable type of guy," says Cary, noting that when the three of them were in the kitchen, Newman came up with an idea: "I wonder if we could get the oil out of an avocado? Let's try cooking it in this frying pan." While impressed with Newman's exploratory attitude, Cary noted that his idea "didn't really work, but who knew his name would be memorialized on products in supermarkets around the world?" he jokes.

At a party with Genevieve, Cary met Charlton Heston and Lucille Ball, who he says "seemed humbled."

"I felt that haunting feeling with Ball—she seemed humbled, although she's such a giant legend, now older and not the 'talk of the town!'"

Calling it a "real live blessing" that he was not cast in the part he had auditioned for in Genevieve's movie, "Swashbuckler" with Robert Shaw, Cary says his father's passing prompted him to take a "different path and find a deeper meaning in life."

Although he wanted a career in music or entertainment, Cary's yearning for a deeper purpose stemmed in part from his many experiences with celebrities—some of them really famous—that often left him "with a hollow feeling."

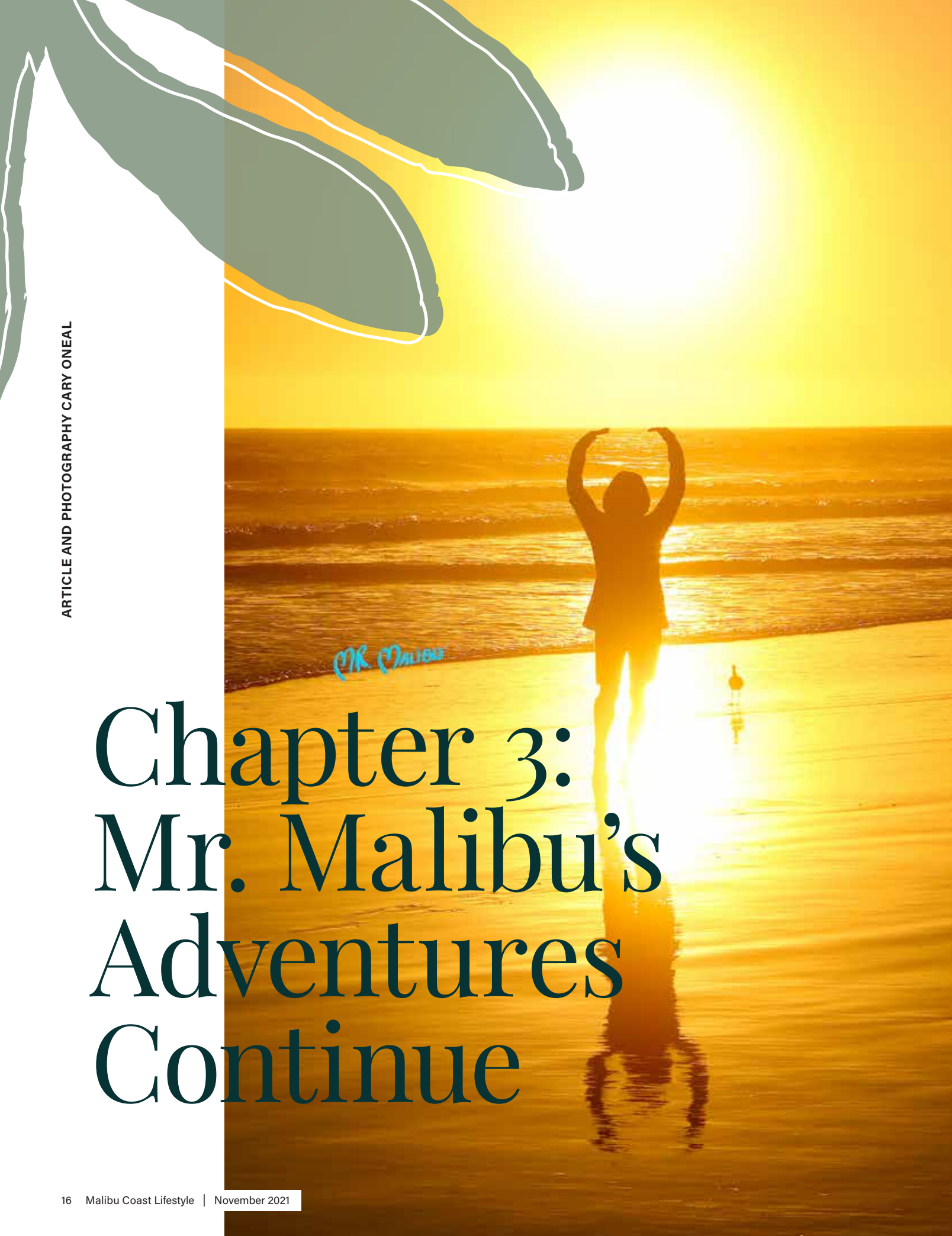
Deciding to apply his learning skills in academia, Cary attended Loyola University, becoming an honor student and learning Latin and Greek. He recalls reading the *New Testament* in Greek.

"I thought that would give me a deeper and more accurate understanding of 'God,' but I came to realize they were basically words and not a direct experience," he shares.

Haunted by death—both the alcohol- and drug-induced deaths of fellow musicians Keith Moon, drummer for the WHO, and Led Zeppelin's drummer John Bonham, and friend and bandmate Chad McQueen's dad (Steve McQueen)—Cary continued his search for meaning and found a powerful answer in a largely unknown meditation that has been passed down for thousands of years. This discovery impacted Cary so profoundly that he dedicated many years of his life to the practice...

Read more about Cary O'Neal's adventures in a future issue of Malibu Coast Lifestyle Magazine. "Mr. Malibu's" high-profile events and celebrity interviews reach over 22 million on television, 500,000 via social media and nearly 4 million on YouTube. Visit MalibuHD.com and HeartAscent.com for additional information.





ARTICLE AND PHOTOGRAPHY CARY ONEAL

MR Malibu

Chapter 3: Mr. Malibu's Adventures Continue



CARY ONEAL'S FATHER FLEW AROUND THE WORLD SELLING CUSTOM INTERIORS FOR PRIVATE AND COMMERCIAL JETS.

He was inspired to see his son Cary flourishing with good grades in school and thought it would be a good learning experience to introduce him to a sales opportunity offered by a colleague at the aviation company who was selling Shaklee products. The man came into their Malibu Colony living room and gave the younger O'Neal a whole pitch and a sales kit on all their products and signed him up. With no pressure to succeed and with just the fun of "giving it a whirl," Cary enthusiastically went over and knocked on the door of Lenny Stogel, a Colony neighbor and manager of the rock group "Yes."

To Cary's surprise, it happened to be perfect timing, as the group was in L.A. at the time. Stogel purchased a comprehensive package, including all the vitamins, protein powder and the whole 9 yards as a gift for each of the band members, earning Cary enough money from that one sale (combined with \$500 from his grandmother) to take a life-changing trip to Europe.

Cary and his traveling buddy decided to tour Europe "on the cheap," carrying backpacks, traveling by train and staying in youth hostels. Arriving in London, they ventured to The Speakeasy Club, the famous night club that featured the greatest rock groups at the time and served as a late-night meeting place for the music industry.

As luck would have it, Cary ran into Cracky (the road manager for Led Zeppelin who he had met earlier in L.A.), who introduced him to George Harrison's manager. Cary and his friend ended up as guests at Harrison's home in the swanky Mayfair District instead of staying in a loud musky rundown youth hostel with little cots—a friend later told Cary that Harrison had been as intrigued by these youngsters from Malibu as they were with him; Malibu being perceived as "Ground Zero" of the film/TV industry. Cary remembers being invited to Harrison's 16th century castle at Henley on Thames.

"The castle was quite astounding, almost like Disneyland with lakes in the front of the property and channels and tunnels for small row boats," says Cary, adding that "Harrison had exotic flowers brought in from Africa."

That following November, Cary was invited to be Harrison's guest on Paradise Island in the Bahamas.

"What paradise it was! The brilliant bright blue and purple color of the ocean was stunning," says Cary, who went skin diving and hunting for lobster. "The guy running the boat was an expert and we practically had nothing but lobster for 2 weeks."

Describing Harrison as "a reclusive type of person who had a really hilarious sense of humor," Cary was thrilled to attend some of Harrison's recording sessions, such as the "Dark Horse" album at A&M Records.



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CHAPTER 3: MR. MALIBU'S ADVENTURES CONTINUE (CONTINUED)

"At one point Harrison came into the mixing room and asked how I liked the music," says Cary, who answered, "It really sounds amazing."

Harrison replied ("smoking his strong Gitanes French cigarettes), 'Awh, how would you know—with all that seaweed in your ears from surfing in Malibu?' Everyone burst out laughing and I felt such a love and magical appreciation for this larger-than-life superstar," says Cary, who was intrigued by Harrison's passion for Krishna and meditation.

"He gave me a t-shirt that had a silver emblem and the OM symbol on it," says Cary. "I proudly wore the t-shirt everywhere I went because it was a gift from Harrison, even though most people had no clue what the symbol was."

Within a year after that, Cary met a "very powerful spiritual teacher" from Prem Nagar, India, who taught him some ancient forms of focus for meditation.

"This was an extremely significant shift in my life because I had been deeply searching for a real connection inside, a real experience of a higher power—the Creator," says Cary. "The experience being revealed by this particular teacher was being practiced by thousands of people all over the world who had set up ashrams in the U.S. as well."

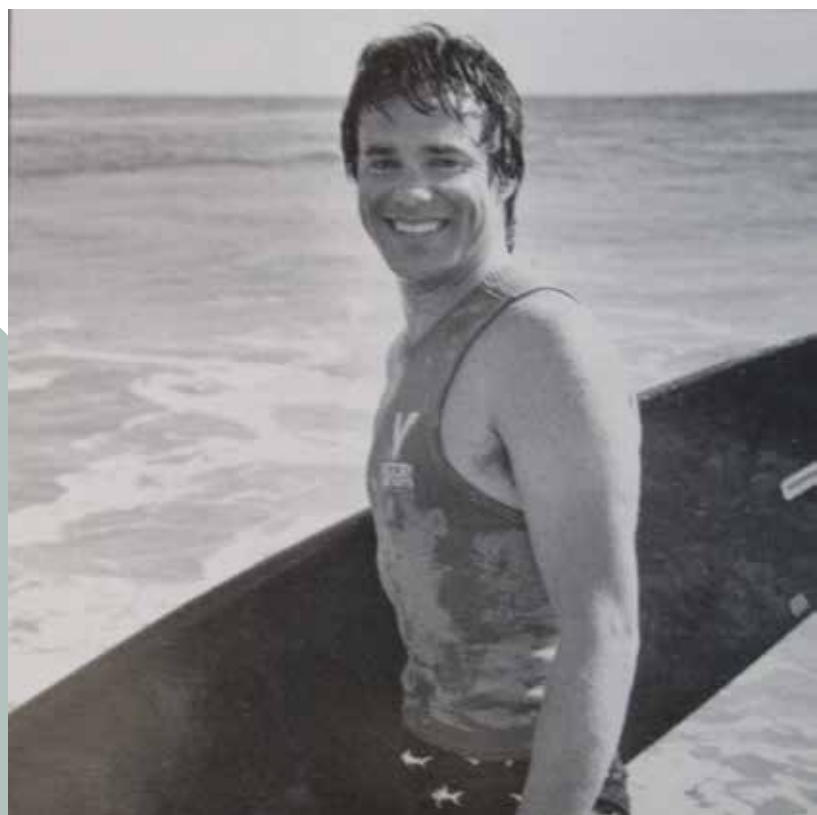
Having "studied his brains out trying to find God via scriptures, even in classic Greek," Cary "suddenly for the first time in my entire life experienced that there is a voice, a mind inside my head that I seemingly could not stop or control. When these forms of focus were revealed, the chatter box was transcended for real, and I was freed up to witness the breath in complete silence at the precise moment it enters and the precise moment it exhales. I experienced that coming to a complete stop inside to complete stillness is actually when truly meaningful movement occurs. I experienced a perfect sound going on inside, a constant harmony that when focused on with a concentration like a laser beam unifies the entire aura into a coherent magnetism I had never felt before."

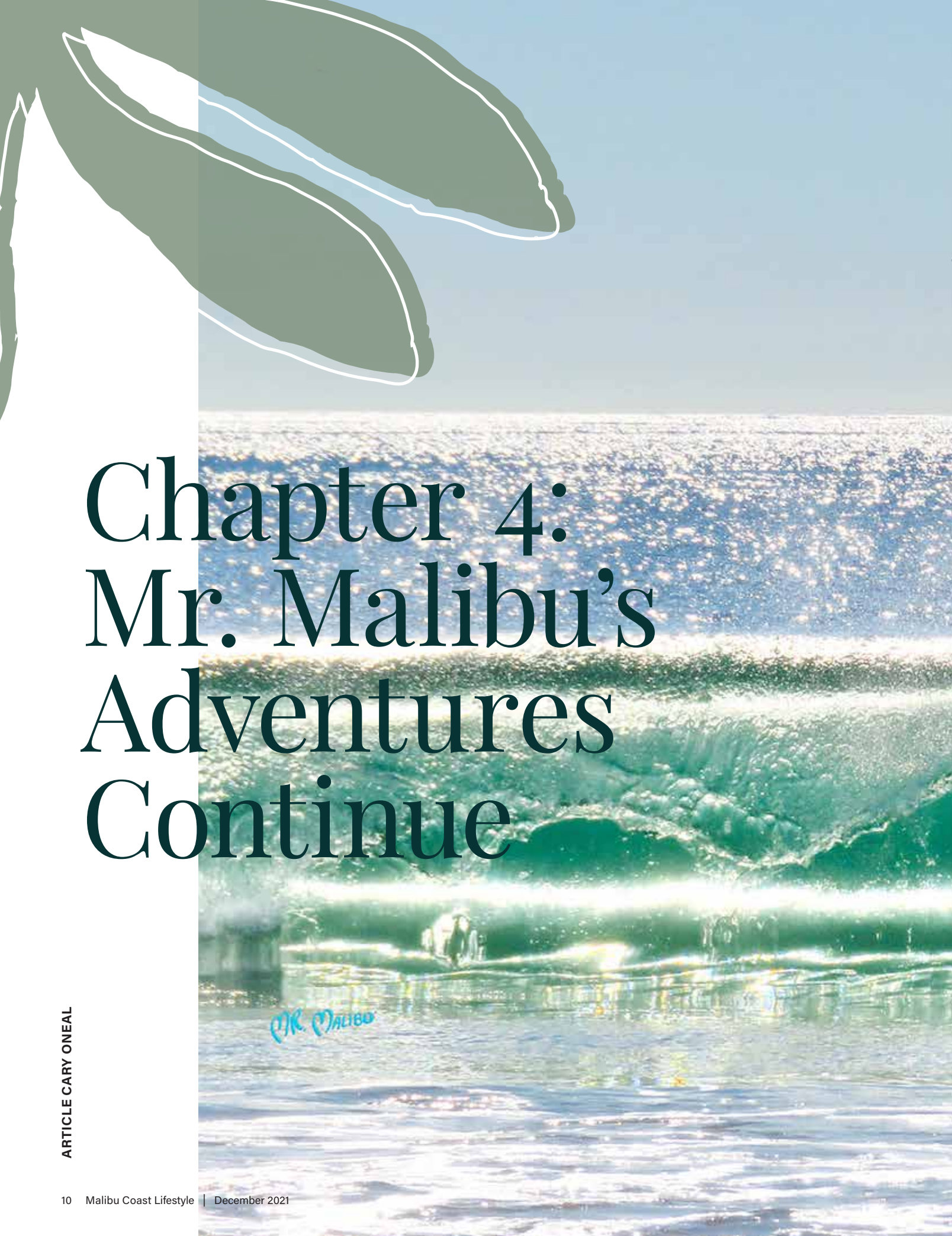
Cary moved to an ashram for 10 years, first in Malibu, then Arizona, and finally Florida, attending over 6,000 nightly Satsang meetings and sharing the love and magic experienced through meditation with others. When he returned to Malibu, he began working for Malibu Colony neighbor Larry Hagman as his "right-hand man."

At that time, Hagman was the "most famous celebrity in the world," starring in "Dallas," and Cary recalls driving a limo given to Hagman by Chrysler Chairman and CEO Lee Iacocca and accompanying him to celebrity parties and events as well as driving Hagman's high-profile entertainment friends, such as Harrison Ford, Peter Weir and producer Jerome Hellman.

"Hagman always carried a tiny Derringer pistol in his upper left suit pocket and I wondered if the 'Who shot J.R.' story was the impetus for that," says Cary, recalling an especially fond memory of driving Linda Gray: "She was on the phone with Hagman and said (referring to me) 'Why don't you put this handsome young man on 'Dallas' and he can be my secret lover?'"

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Chapter 4: Mr. Malibu's Adventures Continue

ARTICLE CARY ONEAL



CARY ONEAL EXPERIENCED EMOTIONAL TRAUMA BOTH IN HIS CHILDHOOD AND LATER IN HIS LIFE, WHICH HE FOUND DIFFICULT TO UNDERSTAND, INTEGRATE AND RESOLVE.

His quick fix was trying to suppress emotional pain with alcohol. Catching Cary like quicksand, the drinking slowly accelerated out of control until he hit the dark night of his soul. Not just the effect of toxicity, he felt there was a big black hole inside from the drinking and felt very close to the edge of giving up hope in life. Feeling demoralized and defeated, he by Grace alone made it into AA in Malibu and the five-year deadly obsession to drink was lifted off of him. He now celebrates over 31 years' sobriety.

Beginning a new life clean and sober, Cary was given a lucid vision of a story for an original TV series. He spent two years producing a pilot for the show he titled, "Top Secret Adventures," described as a "Mission Impossible' with kids." The story was about like-minded "super children" who were able to unite with each other from all over the globe. They were unhappy about the way adults were running the world, so they built their own bank and advanced technology to take on global challenges such as clean energy and expanding consciousness to successfully deal with the runaway mind.

In order to support himself in his entertainment production efforts, Cary created a company, Electronic Malibu, that sold and installed advanced electronic systems including smart home, entertainment, security and telephone systems. Right out the gate Cary was

retained by such luminaries as James "Jim" L. Brooks, creator of "The Simpsons"; famed feature film director John Frankenheimer (whose Malibu Colony home Robert F. Kennedy slept at the night before he was assassinated); Julie Andrews and Blake Edwards (who Cary was informed were just about to close a deal to sell their Paradise Cove bluff residence to Princess Diana and Dodi Al Fayad); and Elma R. Shoemaker, heiress to Ralphs Markets.

Jim Brooks invited Cary into his Broad Beach living room with his wife and kids to watch Cary's "Top Secret Adventures" pilot and immediately exclaimed, "Congratulations! You really have a show here!" Along with his wife's encouragement, Jim set up a meeting for Cary with the chief of the Fox Children's Network. Cary also introduced his show to Disney, where it became the basis for Disney's "Spy Kids."

Moving forward, Cary woke up one morning with a vision for another movie about a father living a minimal existence with very little money, and the day his baby boy is born, he vows in the mirror that his son will not suffer the same hardship. He vows to give his baby boy a successful education the world had never seen before. But it hilariously backfires as the boy happens to be a genius who not only got the education, but by the time he becomes 8, is a mixture between Bill Gates and Bernie Madoff, proceeding to create worldwide chaos in the wake of building his multibillion-dollar empire.

Cary shared the story with Elma's confidant, who was so impressed he asked Cary to share his vision with her. She wrote Cary a large

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CHAPTER 4: MR. MALIBU'S ADVENTURES CONTINUE (CONTINUED)

check to give him the time to write the screenplay, which he did. One of the business ventures the young kid in the story creates is The World's Greatest Paper Airplane Contest between all the major aircraft makers. Cary then had the thought that the contest could take place "in reality" and hired a little boy actor to play the part of the kid in the story and gave the young actor credit for coming up with the idea of the contest. That catalyzed the making of the real contest which Cary spent a year to produce. It was a smashing success at the McDonnell Douglas hangar in Long Beach. All the major news networks broadcasted stories about the contest and reached well over 100 million viewers worldwide. Cary's screenplay became the basis for Warner Bros' "Richie Rich" movie. Cary felt the movie missed the mark and bastardized his story.

Another element in Cary's screenplay about the kid is an intelligent A.I.-driven holographic person called "StarBrain" created by the kid, and it becomes the kid's mentor in the story. Since childhood, Cary had been following advanced technology trends in aerospace and computer sciences by reading *Aviation Week & Space Technology*, an international McGraw-Hill weekly magazine that his father subscribed to. One day, an ICM agent (whose mother owned a home in the Malibu Colony) approached Cary, knowing of his passion for advanced technology, and asked him if he were aware of any advanced technology investments relating to entertainment technology because ICM "had infinite cash" to invest.

Cary asked the agent "for example, can they put up \$400 million, roughly the cost of four feature films?" The agent said, "the sky's the limit." Cary phoned the most advanced technology company he could think of and that was Lockheed Martin Skunk Works. The CEO of the entire corporation got on the phone with Cary and said, "Yes. As a matter of fact, Lockheed Sanders invented the original video game and is still being paid royalties from Sega and Nintendo." The CEO flew a Sanders executive out to Malibu from New Hampshire

to meet for six hours. Sanders generated a Memorandum of Understanding (MOU) for Cary, a \$400 million investment in their "Distributed Interactive System," which would have the computer "fire power" to simultaneously deliver live interactive television to millions of users. Cary's vision was to utilize the system to deliver his A.I. StarBrain worldwide.

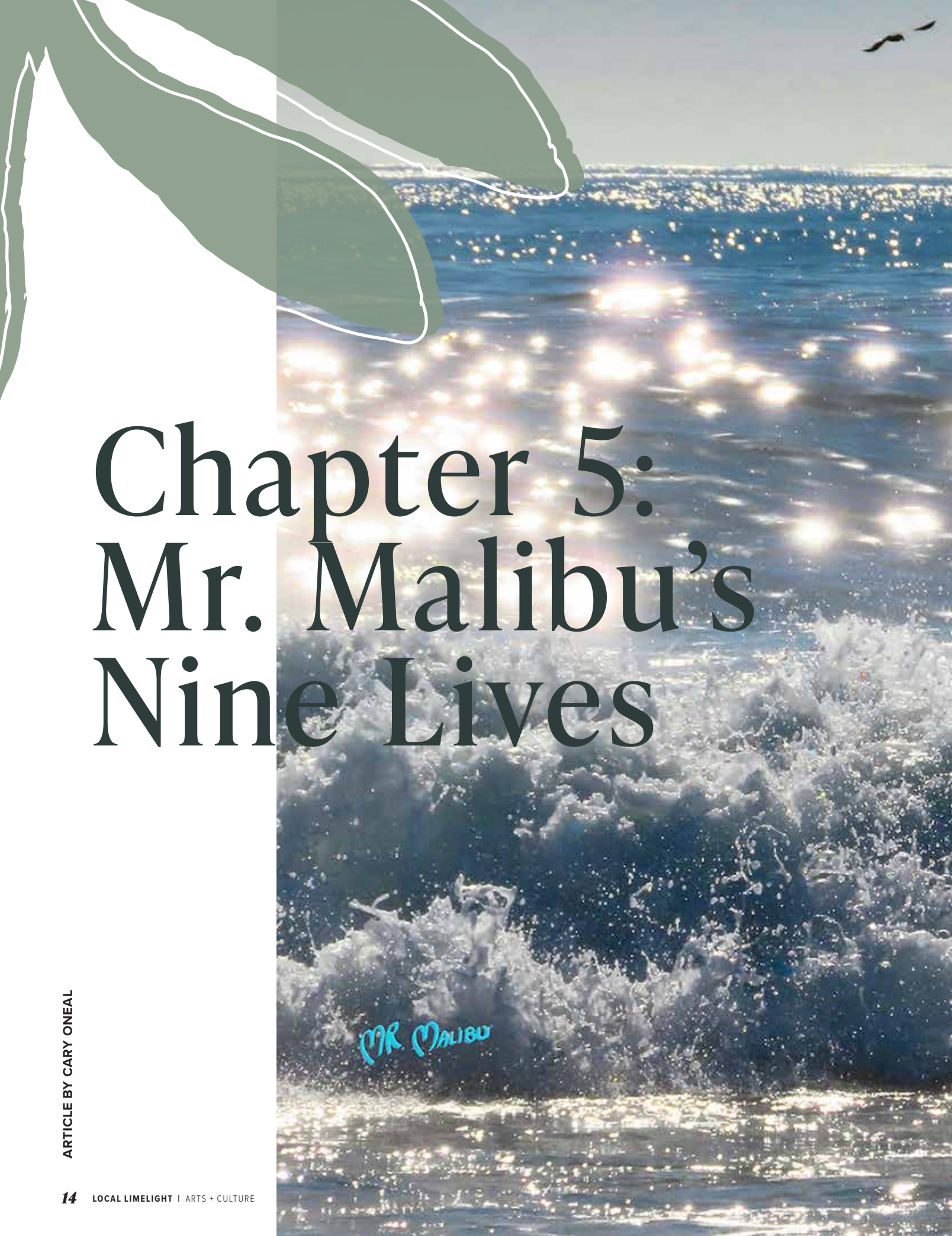
Cary was already actualizing the development of StarBrain, similar to what he did with the contest. He leveraged that Lockheed MOU to attract another MOU from Russia's Sibia National Labs, who at that time had a team of global leaders in A.I. algorithms critical to accurate high speed data mining for intelligent results. Cary also generated a business development plan with a former Director of Lockheed Skunk Works for a system Cary called "Lawman" that was a holographic personified LexisNexis (a legal database containing all cases, precedents, rulings, etc.) that users would simply talk to in order to spit out legal contracts and litigations most likely to win based on precedents. This met resistance with the legal community fearing they would be replaced by Lawman which could perform millions of times quicker and more accurate.

Cary envisioned StarBrain and Lawman based on the promise there would be high-speed fiber optic to the home by the late 90s. This did not materialize due to manmade roadblocks, so Cary had to move ahead with other opportunities in the meantime. Amazingly, 22 years later in 2016, Cary filed for a patent of his PsyberCeuticals system to empower personality and consciousness development, a quantum leap from his StarBrain project 22 years prior.

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Mr. Malibu invites Larry Ellison to co-develop PsyberCeuticals.



Chapter 5: Mr. Malibu's Nine Lives

ARTICLE BY CARY ONEAL



Ever since I heard that the subconscious mind actualizes our thoughts—good, bad and *especially* repetitive thoughts—I’ve experienced a deep passion and appreciation for the power of thought and the spoken word. A chord rang true with the realization that whatever manifests in my external life is the result of my internal patterns, beliefs, perceptions and, most of all, the conscious awareness of my true nature.

My late older brother, Chris (a fellow Leo), used to tell me, “You’re not just a Colony Cool Cat, you’re a lion. One of these days you’re going to really make a dent.” Synchronistically, in 1998 at a Malibu Vineyard Church concert (where the likes of Bob Dylan and Lifehouse performed), a prophet, Michial Ratliff, knowing absolutely nothing about me, walked up to me and said, “I know this is going to sound sort of strange, but we’re seeing landslides in Malibu up and down the coast highway. People in freefall, in financial ruin, jumping out of windows and people suffering from identity crisis, both younger and older generations.” As if he were accessing a cosmic seeing eye, he continued, “Your net... net...

networking ability is going to be like a huge safety net for so many of these people. This lion will rise up and roar.”

Ratliff’s expression about people in freefall seems to eerily match the global vibration of 2020-21 and his statement about identity crisis is an uncanny reference to the known outcome of overexposure to social media, mobile phones and the lack of genuine, eye-to-eye connection. This digital disengagement is generating a global identity crisis, depression and anxiety.

Thankfully, a friend’s gift of *The Greatest Salesman in the World* by Og Mandino has provided me with strength and hope for navigating challenging times. An alcoholic who deeply contemplated suicide, Mandino received a divine vision to write the book that would inspire countless people with affirmations called “Sacred Scrolls.” I condensed and memorized 10 pages of these teachings and said them aloud every day for 11 years. I also created my own affirmation: “Regardless of what happens in life, I shall affirm with all my heart: ‘This is a magnificent blessing.’”

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CASTLE ON A HILL

Among my many blessings was the good fortune to briefly live in the iconic Malibu Castle. Built by Dr. Thomas Hodges (the same doctor who saved my life after I drank ant poison when I was 6 years old), the castle was now owned by Lilly Lawrence, the daughter of a former oil minister from Iran (she told me her godfather was Aristotle Onassis). The castle's "Presidents' Room" contained framed business cards of J. Paul Getty and Nelson Rockefeller and a personal letter to Lilly from Jackie Kennedy.

During my time at the castle, I worked at the Malibu Performing Arts Center, now the Malibu City Hall building. A euphonically designed recording studio quality concert hall, MPAC hosted live concerts that were recorded and webcast. When Tom Petty performed there, I gave him a "Malibu Marshal" badge to add to his collection.

When Paris Hilton was at Planet Blue, I asked her if she would do a concert at MPAC. Surrounded by a huge group of paparazzi as we walked to her Bentley, I gave her my card. She said she would love to and asked me to call her manager. When I informed one of the MPAC owners that she was interested in performing there, he whimsically said, "No one cares about Paris Hilton." Ironically, shortly after that, she was the focal point of the entire world when she was put in the back of a police car and sentenced to a 45-day jail term. Needless to say, she never appeared in concert at MPAC.

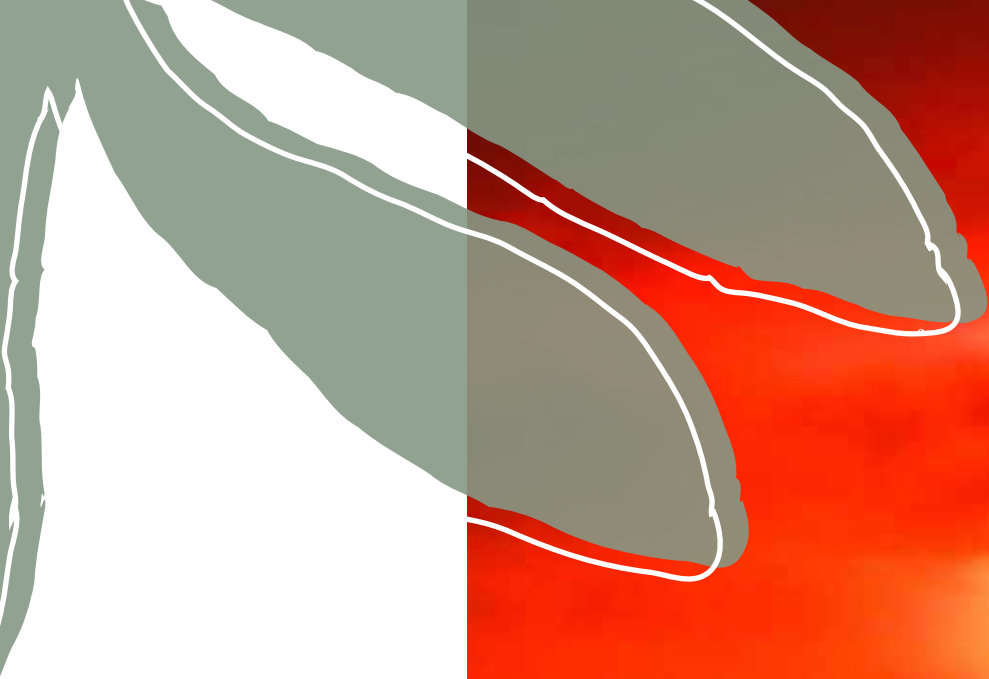
Another standout castle memory is when Lilly, the castle owner, wrote a letter accusing Pierce Brosnan of trying to get headlines by fighting against the oil companies that wanted to place an 8-story LNG gas tanker offshore of Malibu. Ironically, then-governor Arnold "The Terminator" Schwarzenegger, was pushing for the ship to anchor, while "James Bond 007" was speaking against it.

Sadly, the castle later burned down in a raging fire, which also threatened MPAC. As I stood inside the MPAC front entry lobby behind big glass doors watching small burning cinders blow under the doors onto the carpet, I witnessed how the building could have burned down very easily if I weren't there.

In June 2021, I presented Pierce with a photo I took of his home with a robust rainbow above it. I told him then, which applies to all of you now, "I want to acknowledge your amazing strength in living life through unspeakable loss and pain, while continuing with your outstanding career and amazing life. May you be filled with grace and deep peace."

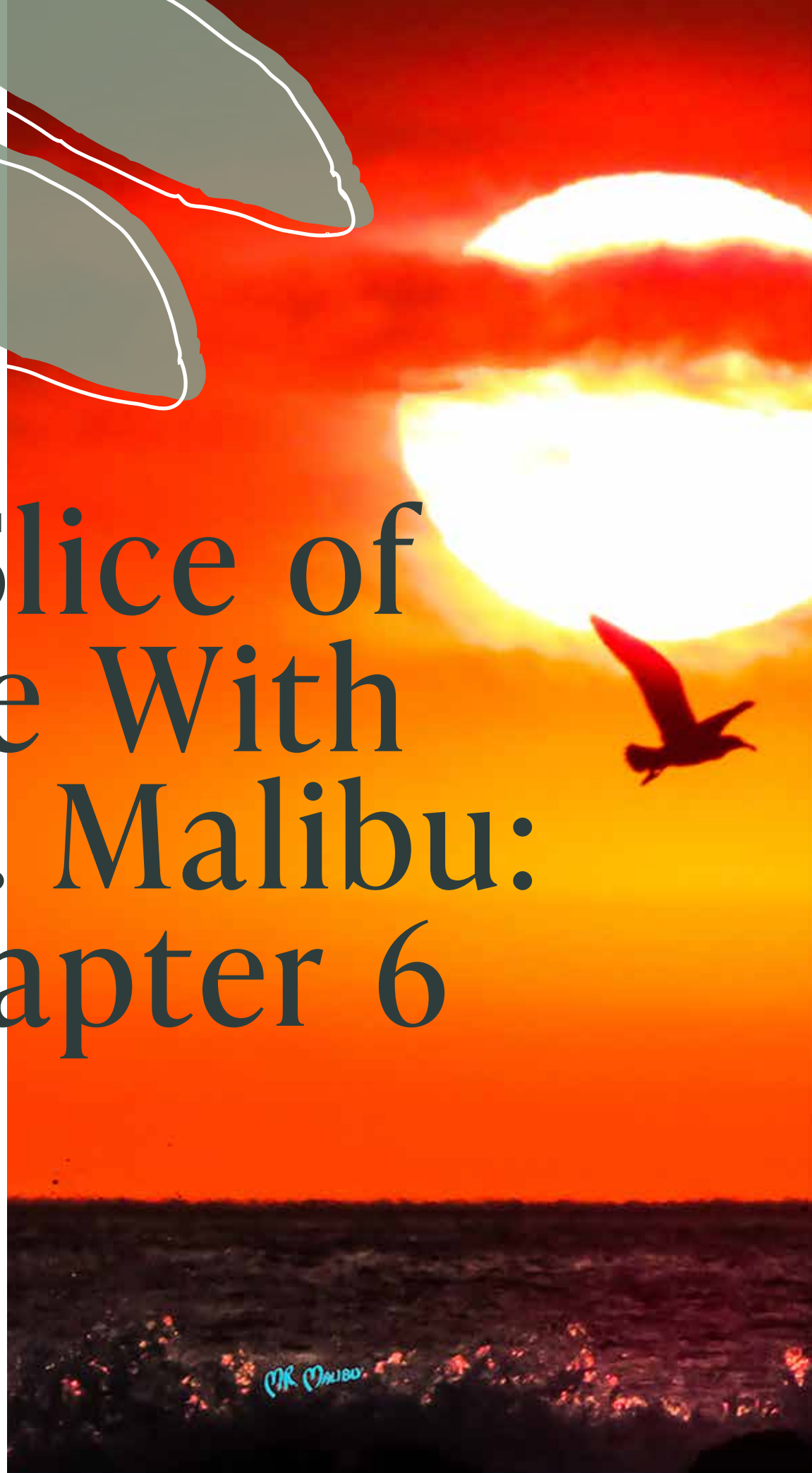
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A Slice of Life With Mr. Malibu: Chapter 6

ARTICLE BY CARY ONEAL





For the sheer fun of it, I created Mr. Malibu as a playful persona reflecting the world-famous Malibu casual elegance lifestyle. My inner vision was to radiate the joyous journey of an ever-expanding consciousness, within the backdrop of global influencers in Malibu paradise, both on the beach and on the red carpet. It seemed that Malibu was more Hollywood than Hollywood with so many of its key industry people living here.

Playing a light-hearted Mr. Malibu, I engage in humorous as well as deep thought-provoking conversations. My theme is celebrating Malibu's oceanic euphoria through my photography, with an intention to transform the mainstream celebrity narrative via unique interviews, authoring books and attending events focused on a clean environment in every respect.

One aspect of the Mr. Malibu free fashion style arose from the old adage, "a woman always checks out a man by looking at his watch and shoes." So, (tongue in cheek) on the red carpet and on the go in the 'Bu, Mr. Malibu wears a white tuxedo and Rolex watches around his ankles next to his Louis Vuitton tuxedo loafers

to facilitate her effort. Upon its "anything goes" inception, this persona received widespread positive and hilarious responses. For example, someone said looking at these Rolexes, "It looks like you have a lot of time Mr. Malibu."

George Eads, the lead star of the TV series "C.S.I.," in an interview with me at the Malibu Lumber Yard luxury shopping center, said, "I saw Mr. Malibu here and thought I'd get in on the action." I asked him, "So how do you like doing that show?" He responded, "I really love it! We're getting about 14 million viewers per week, so it's going really good." Then I asked him, "So do you *yourself* think you're famous?" He burst out laughing, instantly saying, "NO!" How's that for celebrity psychology? A man receiving 14 million views per week doesn't see himself as famous!

I interviewed Malibu billionaire John Paul DeJoria, owner of Paul Mitchell hair products and Patron Tequila. He said to me, "You know what's so amazing about your show is that you're reporting from right here in Malibu, one of the hot spots around the world and this is global!" He loved the whole tuxedo presentation and

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later advertised his Paul Mitchell products (which included the two-finger peace sign) on my MalibuHD Power News vehicle.

One of the first big events I attended as Mr. Malibu was the celebrity surfing contest at Surfrider Beach with Christina Applegate, Anthony Kiedis, Flea and many others. When I published the press release, I wrote the headline only thinking of Google SEO results. It was picked up and sent to 600 news agencies worldwide. The press release communicated the essence of the Mr. Malibu message: “The inner pollution of fear, doubt, greed and anger ultimately reflects in the outer world of our human bodies and the ecosystem in which we live. ‘Green’ is as much a psychological thing as it is physical.”

I could also sense the brewing paradigm collapse of a shifting Hollywood that previously played a significant role in the global notoriety of Malibu. One key Mr. Malibu message is “all throughout history, violence has never solved ignorance.” I began to see the perception of fame was radically shifting as billions engaged in social media are exposed to unprecedented “story enscatment”; not to mention the traditional “celebrity” shifting to YouTube and TikTok stars.

It’s such a gift to be on the red carpet interviewing stars and athletes as I experience everyone loving to dress up, being globally seen and having a chance to voice their opinions and wisdom. Everyone seems to love talking to me on camera as they’re put at ease with humor and being introduced to new ways of looking at their content and purpose.

When I was at the Malibu Performing Arts Center creating Mr. Malibu, Pink was really wonderful to me, even though I did not know who she was. She introduced herself as “Alicia” and asked, “What’s your name?” Often when no one was there, I would sit at the front desk and work on Malibu HD.com. Alicia would come in and always give me a big hug and ask me how I was doing. Sometimes she would just hang out and chat.

Alicia rented the Stevens’ home in the Colony, and I shared with her about meeting the Rolling Stones there and how we had wild high school parties at that house. She had a great sense of humor. She pulled out her small camera, put her arm around me and took a picture of us. One time as she was walking in, I told her: “I’m going to pick a fight with you.” She seemed really concerned and asked why. I said, “You know, your song, ‘Pick A Fight’.” Then she got it and said, “don’t pull anything like that until after 2 p.m. when I’m finally awake!”

One day Bernhard Fritsch came into MPAC, and unbeknownst to me, he owned the patent that allowed the creation of iTunes. He told me he was going to purchase MPAC and have me manage it as Mr. Malibu, hosting all the celebrity and rock concert events there. But the City of Malibu was intent on destroying the concert recording facility and turning it into City Hall.

So, I continued to expand Mr. Malibu interviews and videos to include events like the Malibu Music Awards, luxury real estate tours and events advocating the cleanup of the polluted

Malibu environment. At the time, I discovered that there was going to be a peace paddle out with the world-famous big wave surfer, Laird Hamilton.

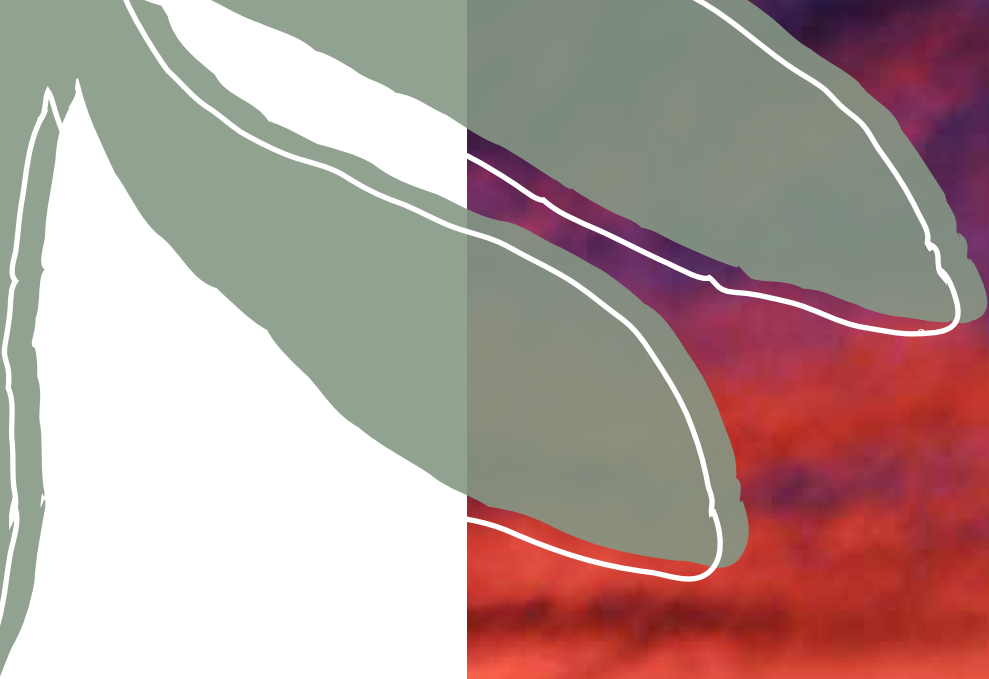
The day before, I’d had a conversation with my friend, Mark Pierson, about Fukushima and the nuclear waste in the Pacific. It was in the forefront of my mind to bring up the issue about our nuclear reactors in California, especially the one in San Onofre. With the prospect of speaking to Laird about it, I raced over to Paradise Cove for the peace paddle out. I interviewed Laird on camera and amazingly, within a few months, word got around and the San Onofre Nuclear Plant was shut down. But the Diablo Canyon Nuclear Plant is still operating and it was actually built on an earthquake fault line to boot.

Maria Shriver was also at the paddle out. Because she had just been in major global news headlines, we were a little hesitant to walk up to her. But then my friend reassured me when he said, “What can they say, you’re Mr. Malibu!” So we just walked right up to her and I asked if we could interview her. “I’m just a bystander here,” was her response. Wanting to put her at ease, I asked, “How about saying something sweet about the peace paddle out?” Then she held my arm and said with a big smile, “Anything that has to do with peace is terrific.”

To my surprise, there was a big Chanel party happening directly above us in concert with the paddle out with Leonardo DiCaprio, Kate Hudson, Drew Barrymore and many other “A Listers.” The next day I received a call from Warner Bros. asking if they could broadcast my footage with Maria worldwide on their TV show “EXTRA.” I felt really good that they used my video, and it was the only one they used in Universal’s international press release of the party.

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Chapter 7: Mr. Malibu Surfs the Secret Tsunami

ARTICLE BY CARY ONEAL





Though Mr. Malibu events and interviews were flowing along swimmingly, I suddenly found myself surfing the secret tsunami of shifted perceptions in the value of “celebrity” social currency. It was becoming less effective in attracting real currency. Through the psychological “electron microscope” of social media, a seismic shift was flooding the celebrity-driven playing field with shrinking relevance and scattered audiences.

This lessening of significance seemed to be erupting out of the velocity and volume of global content exchange, particularly through social media. Continuous acceleration of diverse “micro-burst” content on social media “walls,” combined with our everyday distractions, were the classic formula for an increase in change blindness, unbeknownst to most. Suddenly entire industries like music, book publishing, advertising, TV and people going to movie theaters were taking quite a hit.

What has been arising from huge global content exchange is that no matter the language or country, more and more people

were thinking the same things. I refer to this as “same-ology” or “global group conscience.”

As life would have it, I was led into a dynamic employment opportunity at StarSite Inc., created by a Malibu resident who owns the patent to iTunes. My Mr. Malibu experience, 30-year exposure to advanced psychology paradigms, and my God-given outside-the-box, creative thinking was put to the test at StarSite. The company was created to monetize social media for superstars. But when we “looked under the hood” of superstar-fan interactions, something was amiss. For example, a rock star with 50 million Facebook fans would post something and receive 12,000 likes. This revealed how real those fans are and whether they were really “following.”

The observation focal point at StarSite was a fantastic view into the multi-industry challenge taking place. The head of Goldman Sachs, the CEO of the largest advertising corporation in the world, major talent agencies, Universal Music and even the rock

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group Linkin Park, among many other significant people and companies, all came to StarSite anxiously looking for ways to generate a profit in light of what was happening. I was fortunate to generate a meeting with Universal Studios' President Ron Meyer and the owner of StarSite and another meeting at Larry Ellison's Carbon Beach home. We generated 16 million views advertising a Universal movie, but we could not obtain stats as to how that increased box office sales. We explored making "micro movies" with Mr. Ellison's media company, which itself was shuttered. That did not stop me from engaging with numerous superstars, such as Roger Federer, Matt Damon, Katy Perry, Taylor Swift, Shakira, Cristiano Ronaldo, Selena Gomez and many others, to utilize our platform. That shined valuable light on the fact that none of them were content creators specifically for and monetizable via social media. This is all in light of Facebook not paying a cent for all their millions of fans' traffic.

I learned one bright side of social media is that it reveals the perception of "celebrity" is shifting from one that stars in a movie to how positive an impact one's words and actions are. Celebrities that engaged in philanthropic efforts (with Oprah and Elton John at the top of the list) were gaining much more ground than those who did not. This was actually my main impulse for creating Mr. Malibu in the first place—to bring forth a persona engaging in this type of activity, especially celebrating the "Divine Malibu" imagery through photography and consciousness-lifting events and expressions.

At StarSite, I was asked to research the psychology of social currency in a social media environment. I was then asked to incorporate it into a Mr. Malibu book, *Mr. Malibu Reveals All on 40 Superstars*. I was urged to utilize "wild and crazy" attention-grabbing articulation while simultaneously revealing a new and more truthful view into their narratives, very different from Wikipedia. The back cover of my book reads: "This book seeks to cause catastrophic wreckage to your perceptual restrictions." Almost every day for a year while writing this book I broke into hysterical tears of laughter about what I wrote. Ron Meyer phoned me on a Sunday morning and told me he read the book and loved it.

In another fun project at StarSite, I was able to generate a Super Bowl commercial after winning the participation of Neymar Jr., the third top soccer player in the world to try to break the world field goal record kicking a U.S. football right before the Super Bowl. We reached over 30 million people worldwide and it led to a Super Bowl commercial the following year with Neymar Jr. kicking the football.

My ah-ha moment at StarSite came when I saw the thing that causes social media to fail is the same thing that drives obsessive-compulsive behaviors: the lack of engagement. My background in group-sharing dynamics led to the creation of HeartAscent, a quantum leap in group sharing and PsyberCeuticals and an advanced engagement system that will utilize unprecedented personality insights to generate valuable internal transformation.

The most important thing I learned at StarSite was how obtaining the right statistics and utilizing predictive analytics would save lives. One example is how AA (although it does save some lives) is in dire need of statistics identifying why so many don't stay or "recover." Other critical statistics are needed to see the ongoing impact of so many being exposed to "zero caloric" content both in "mainstream media" and social media. Viewers are not able to see how all this leads to lack of engagement and the challenges caused by that. With certain types of stats, we could bring better quality engagement for transformation. If people could identify what type of focus and participation would increase their sense of purpose and understand how having a sense of purpose is the most important thing a person can have if they want to heal from any sickness, we can join together to grow, evolve and thrive more with HeartAscent and PsyberCeuticals.

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Chapter 8: Mr. Malibu Surfs the HeartAscent Wave



ARTICLE AND PHOTOGRAPHY BY CARY ONEAL

It is a beautiful life-changing and heartfully received gift to have this opportunity to share my journey with you in these Mr. Malibu chapters. I love recognizing the perfect synchronicity between what I'm feeling on the inside and what I'm witnessing on the outside, especially on the beach in Malibu. Here, I share three such divinely orchestrated experiences.

GRATITUDE FEST

One clear, hot July day as I was sauntering along Zuma Beach, without warning, an internal "gratitude festival" burst within me. I began to thank God out loud.

"God, thank you for letting me wake up today in the most beautiful place on Earth. Thank you for all the beautiful people in my life and everyone here in Malibu. Thank you for this beautiful home, and thank you for giving me a healthy body to witness all this beauty. Thank you..."

Suddenly, while experiencing this gift of gratitude, seven dolphins came swirling in toward a clear, green wave right in front of me. It was as if they were saying, "Yes! We feel the same way!" Their electric presence and playfulness out-pictured the grand celebration I was feeling. I turned on my camera and zoomed in just in time to capture two dolphins surfing into the wave. The majesty and graceful power of their gliding through the water captivated my heart with an empowering exhilaration.

DOLPHIN DANCE

Recently, while at home practicing meditation, I began to feel restless. The urge to just jump up and go out to the beach arose and I followed it. I noticed a thought questioning whether or not I should follow this urge, and, simultaneously the thought was overpowered by the infinite beauty of Mother Nature calling to me. As soon as I got to the beach, a pod of dolphins began leaping out of the water in full aerials! Their underbellies caught the light and reflected the green iridescent ocean. This vision gave new meaning to the cliché, "a sight to behold."

PELICAN LOVE

A few days before Valentine's Day, I was feeling the urge to connect deeply with nature and decided to go for a beach walk. A few minutes later in perfect timing, I just happened to snap a photo of pelicans seeming to make a heart-shaped formation for Valentine's Day!

INSPIRED ENDEAVORS

These experiences, along with thousands of Satsung and AA meetings, have led me to take a new approach to sharing my appreciation and insights. This new collaboration in my journey is called HeartAscent and PsyberCeuticals (HA and PsyC). My first endeavor in bringing HeartAscent/PsyberCeuticals to the world was writing the book, *HeartAscent*, available on Amazon. The HeartAscent.com website, videos and online meetings followed.

What is HeartAscent? HA is a group sharing for anyone who wants a safe place to express their inspiration and resolve their challenges. HA provides the opportunity to come together in an open, safe and caring environment where people can be *however they are*. HeartAscent offers a space for like-minded people with the conscious intention to expand awareness of our thought and

emotional lives and examine how those things are connected to what's happening externally in our everyday lives.

I have found that in these group meetings other people's experience can speak directly to what's happening in my life, mirroring and shining the light of Awareness on new ways of seeing and thinking. This flow of Awareness offers the possibility of experiencing the Truth of what we really are (I hesitate to use this word given the many connotations around it), which is Pure Love, or, in perhaps more acceptable terms, Pure Consciousness.

My experience is that each one of us is an expression of Infinite Love. When we're in a group whose intention is to be sincere and honest, we are more likely to feel safe enough to share what we're really feeling and thinking, what's inspiring us and what's bothering us.

It seems to me that all of us want to resolve these challenges, whether minute or magnanimous. A HeartAscent group is an invitation to resolution, where everybody is interested in everyone's healing, everyone's transformation and everyone's empowerment.

As an all-inclusive fellowship, HeartAscent embraces all religious, philosophical and political associations of those who desire to embody conscious awareness. We consciously refrain from using labels such as "obsessive thinking" or any of the *institutionally-branded behaviors* related to emotional/physical pain, anxiety and depression.

HeartAscent welcomes our emotional and perceptual patterns without any judgment of them. With this freedom, we experience a more balanced approach toward ourselves and others. With new information, insights and understanding, we are inspired by even the "hard things."

CREATING PSYBERCEUTICALS

A StarBrain expert system (described in "Mr. Malibu Chapter 4"), PsyC compiles unique personality information in a database and cross references other proprietary databases to produce a digital interactive replica of our psyche. Leading psychologists and computer scientists have expressed that PsyC can be used as an expansion to their Cognitive Behavioral Therapy and Trauma Therapy services.

Just as every great inventor sees things from a new, unbiased perspective, I too, through PsyC, will provide original views into one's emotional and mental patterns (I say "will provide" because PsyC is not yet operational as we currently raise funds for its development).

Similar to the way people enjoy learning how their astrological chart depicts them and to methods used by dating services to match couples, PsyC will provide a quantum leap of information about a person's supportive qualities. It will gently introduce the inner matrix of personality dynamics, offering resolution scenarios to the unconscious patterns associated with disharmony and discontent.

We're not just "rocketing into the fourth dimension," as described by Bill Wilson. We're popping like popcorn to realize we are infinite in our true nature and there is no finality to this journey of expansion.

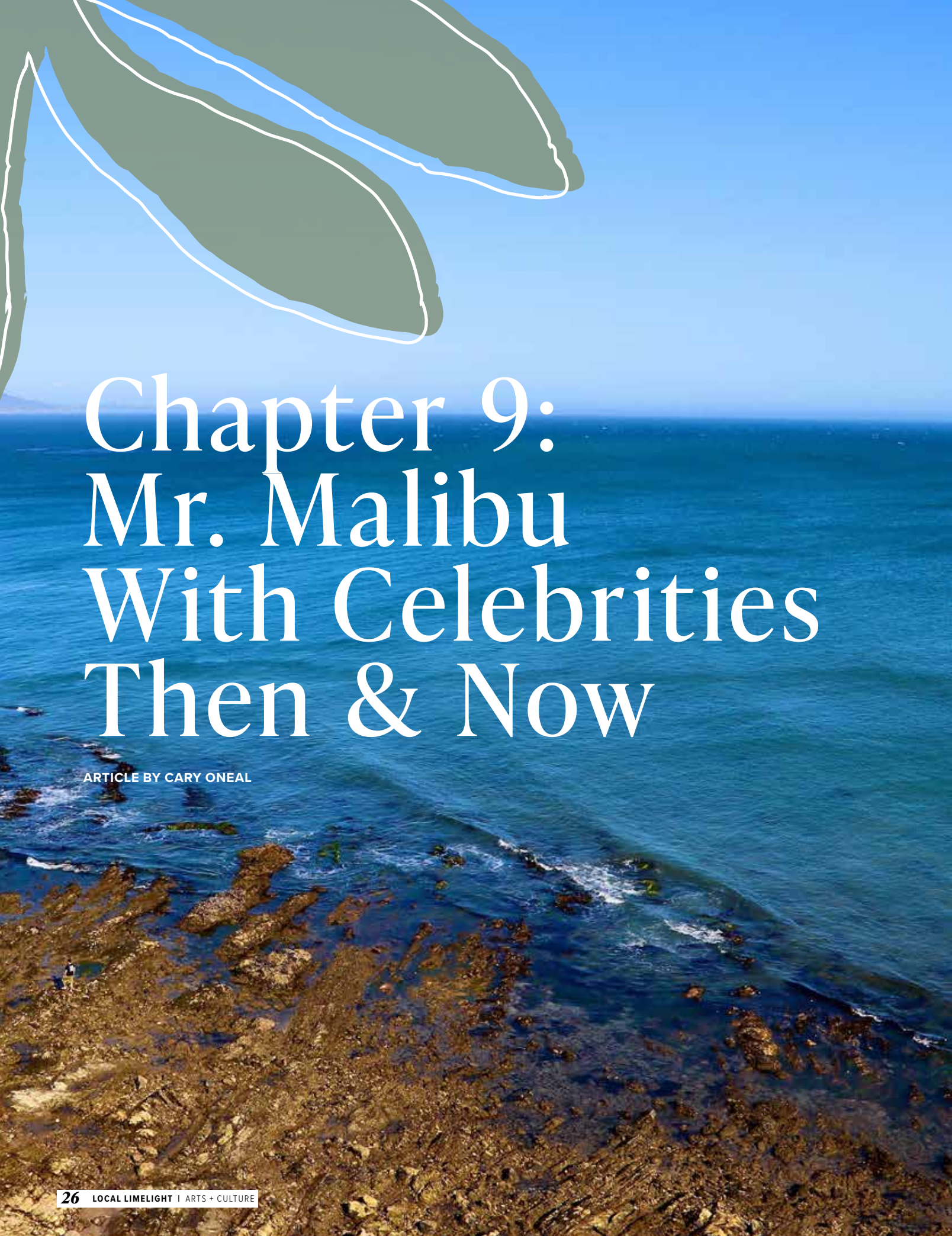
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Chapter 9: Mr. Malibu With Celebrities Then & Now

ARTICLE BY CARY ONEAL





Overflowing with the appreciation and enthusiasm of sharing my journey with you in these Mr. Malibu chapters, here are a few heartfelt and fun red carpet interactions, including recent learning exchanges with celebs of a different kind: those that have made the most impact in my life.

At one event, I was speaking with Holland Taylor about how she was actually doing a service to viewers by making them laugh because a study confirmed when people laugh, it releases healing endorphins into the body. She agreed and mentioned Norman Cousins, who cured himself of a fatal disease by laughing, watching Marx Brothers and other comedy movies. I then asked her about playing Charlie Sheen's mother in "Two and a Half Men" at the time when Charlie was to be leaving the show by way of being killed in the story.

She shared how that story plan was cancelled. So, I suggested that they could write into the story that Charlie would instantly reincarnate as Ashton Kutcher so she could be his mother as well, and then Charlie could go on "How I Met Your Mother" and reveal the mother of all mothers. She laughed and said that was a really good story line.

In another interview on the red carpet at the Malibu Playhouse, I was joking around with Dick Van Dyke and he was talking about how a viral video on YouTube could suddenly have more exposure than a prime time TV show. I responded by suggesting he do a viral video titled, "How to Star in Mary Poppins for Dummies," which would feature him at the Malibu Starbucks being picked up by a foxy bombshell in a red Corvette. They speed down the Coast Highway and end up driving off the Malibu Pier. While airborne, she pulls out her umbrella, and they float down to safety. He burst out laughing and said that he actually did propose "Mary Poppins II" to Disney, but they wouldn't do it even though it was the all-time highest grossing Disney film at that time.

In another celebrity interview on a different note, John Paul DeJoria (owner of Patron Tequila and Paul Mitchell Hair Products) invited me to his Malibu home to talk on camera about the Santa

Barbara oil spill that killed dolphins and other sea life. He agreed that we need a public uprising to urge the oil companies to find cleaner solutions and prevent these disasters. I shared with him about how the Diablo Nuclear Plant in San Luis Obispo was actually built on a known earthquake fault line. He was very surprised, and we all felt it should be shut down immediately.

During the beginning of the lockdown and through today, I have also been attending awareness empowerment Zoom events. Connecting with such leaders has inspired a life of simplicity without a need to interpret experiences as good or bad; and being able to see from a neutral place how all experiences are a perfect reflection of what is going on inside of me.

While Malibu is world renowned for a lifestyle of luxury, fashion and the 'rich and famous', what I value most about living in this beautiful town is good health and feeling appreciation for everything around me.

Sauntering down the beach and being one with the breath of Mother Nature, and walking the beach at night, soaking in the stars, the moonlight on the ocean, and the breeze blowing through the palm trees, I am filled with the certainty that everything is perfect as it is and there is no other place on Earth I'd rather be. Even my greatest accomplishments are no match for communing with the majesty of sea and sand. This connection offers a buzz saw of simplicity, the essence of our origin that can cut away the mind's constant commentaries.

Fortunate to be hired by global thought leader Byron Katie to produce a pilot for her proposed TV show, she revealed how turning things around and seeing my judgments of others are a product of the limited persona projecting its own restrictions onto others. Katie says whenever we argue with reality, we lose 100% of the time, and that all suffering is the past remembered or the future anticipated.

It was powerful seeing how all suffering comes from believing thoughts, perceptions and beliefs as true, and realizing that the only freedom I will ever experience is freedom from my own mind.

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Simplicity can even save my life and even more accurately, IS my life. Tests have shown that a pilot overwhelmed with complexity and mental activity can be rendered legally blind, even with 20/20 vision and not see what is right in front of him.

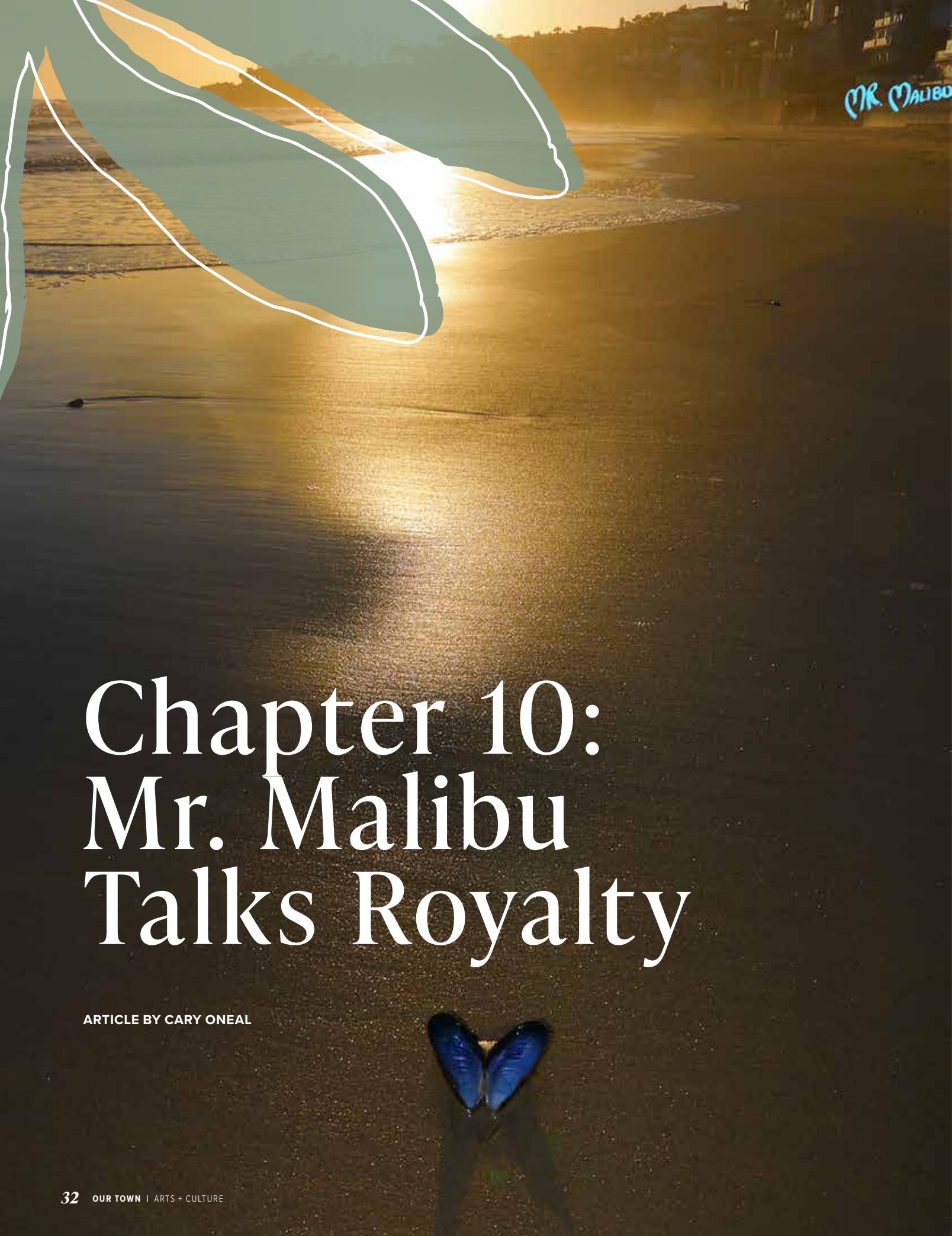
Continuing my journey into 2020, I came across Louise Kay who is a specialist in embodied awareness in the explorations of Truth. In her online group Zoom sessions, her gentle approach to spiritual awakening and integration supports the process of disidentification from a conceptual self, as well as the release of unconscious beliefs and conditioned behaviors and the integration of repressed emotions and energies in the body. She radiates a dynamic lucidity and is impeccable with her words.

During a conversation I had with her in one of her sessions, I asked, “Since you shared an affirmation ‘I am not my body, I am not my mind, I am that which perceives’ (awareness), who is it inside of us that chooses to focus on awareness instead of our thoughts?” She replied by asking me if I can feel who or what is aware of me being aware right now. Louise shares that the awareness that we are never changes no matter what we experience and that we don’t have to “get rid of” pain, but we begin by becoming aware of the sensation itself; where it is coming from.

Another person I met is Georgette Cressend in North Carolina who specializes in one-on-one sessions to deal with the full spectrum of human challenges and experiences. She also offers guided meditations. She is exceptionally consistent in offering crystal clear insight into how we create experience, shining light on the perceptions that cause emotional upset and how to practically go beyond belief systems that do not serve our highest good.

While continuing to offer the beauty and wonder of life through my photography (MalibuHD.com), I am happy to also share HeartAscent. Explore the website and all that it offers at HeartAscent.com.

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MR. MALIBU

Chapter 10: Mr. Malibu Talks Royalty

ARTICLE BY CARY ONEAL



In this series of Mr. Malibu articles, Cary O'Neal utilizes creative poetic license, extensive research and conscious observations that bring new understanding to the narrative of superstars and fame itself.

PRINCESS CATHERINE “KATE” MIDDLETON

“Kate” Middleton was born in 1982, the same year “E.T.” and Michael Jackson’s “Thriller” were released (still the highest selling album of all time). These were part of the ‘80’s “global psyche” as Kate arrived in the world and would later echo that there is more majesty in phoning home than arriving by acute propofol intoxication.

Our beloved Michael did not leave in vain as the light on addiction shined brighter and inspired Majestic Kate to create The Forward Trust’s “Taking Action on Addiction,” which prompted me to invite her to join forces with HeartAscent.

Kate was thrilled to be from another planet called England where stars don’t collide with their untimely end unless the star chamber says. Kate would become extraterrestrial in society after growing up in Chapel Row, Berkshire. Chapel Row itself changed forever because of her. Even her new puppy is considered royalty, with all the eligible male spaniel bachelors secretly wishing for a royal wedding with her.

A stickler of stuffiness may say that Kate is the first “commoner” to marry into the royal family since the 17th century. What is common about her? Royalty is seen in word, action and honesty, even with personality traits that do not cater to everyone.

Is the unseen power of Kate’s magnetic heart a type of royalty? Kate has something sought by all kings and queens and it wasn’t earned with royalty lessons or by trying to imitate female Pharaoh Hatshepsut. Though Kate beams an organic charisma that leaps out and wallops any camera, it wasn’t like this in her childhood.

Kate’s father was a flight dispatcher and her mother a flight attendant prior to establishing their own business, Party Pieces, a mail-order company that sells party supplies and decorations, worth about \$40 million in 1987. They could easily afford to treat Kate to a manicure and an occasional couture dress but refrained from gifting her with a pink diamond-studded Rolls Royce convertible because that could spoil the party.

Kate was cruelly teased while attending the \$13,000-per-term Downe House School. Girls are cliquy by nature, and they can be rather cruel to an attractive peer seen as a possible threat to their pecking order. The quiet Kate was heard crying herself to sleep. She would later ask people at her wedding to support an anti-bullying organization, a request from her experience at Downe House.

In contrast, prior to Downe, she spent six happy years, boarding for the final two, at the co-educational St. Andrew’s School in Pangbourne, where she had an active circle of friends.

Kate was accepted to University of Edinburgh but decided to wait a year and go to St. Andrews College, where Prince William (“Wills”) would be beginning at the same time. Soon the two would meet and Wills would invite her to join him for breakfast with his other school friends, Fergus Boyd and Eton.

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There was a college fashion show where Wills, Fergus and other friends watched Kate walk down the catwalk. Wills could not take his eyes off her. In the direct blast of overwhelming beauty, had he taken his eyes off of her he would indeed have been a royal doofus destined to marry distraction. Instead, some might say he became a knight in shining amour.

Unbeknownst to the media, Wills and Kate spent all kinds of time together boating, golfing and walking. They lived in the same hall of residence and later lived together. They had time and relative privacy to get to know each other as friends.

Their graduation was a good day for everyone, as the Queen and the royal family were present. It was not such a good day as it was now open season for the paparazzi, who would pull any punch to capture an image of a first kiss or an on-camera sneeze. Magazines and newspapers approached students offering to clear their student debt for stories about Kate and Wills.

In November 2006, Kate accepted a position as an accessory buyer with the clothing chain, Jigsaw, where she worked part-time until November 2007. She also worked until January 2011 at her parents' company, Party Pieces.

Wills enrolled in the Royal Military Academy after college. However, the couple still showed up at royal events together, one of which was on December 15, 2006. Kate, accompanied by her parents, attended Wills' academy graduation ceremony. The brass band played the song "Dancing Queen" by Abba. One could imagine Princess Diana looking over Wills and Kate from above.

The official inquest into Diana's death was made public that week, stating that the crash in Paris nine years before was a "tragic accident." While Wills may have felt some closure, obviously no report could approach the depth of loss he felt and still feels today. Many are not aware that Princess Diana dined at Malibu's Tra di Noi and that Wills was a frequent surfer.

Wills decided to join the RAF as a search and rescue pilot, which would postpone his official duties for another five years. This was a complete surprise to Kate and a jolt to her. A military scorned hath no fury like a woman's clock. He told her if they could survive this, they could survive anything.

Kate and Wills survived the extended time passing with ups and downs, announcing their engagement in November 2010. The magnificent wedding took place on April 20, 2011 at Westminster Abbey in front of over 300 million people worldwide, all basking in the nostalgia of an everlasting romance and the heavenly marriage ceremony that only a prince and princess could experience.

For the moment, Kate and Wills are rocketing forward in family life. So far, the Duke and Duchess have three children: Prince George, Princess Charlotte and Prince Louis.

So, what made Kate famous? She took royalty by the horns and rode that bucking bronco with lightning quick equanimity. When she broke up with Wills three years before the marriage, she proceeded to show up at parties having a ball. He came back. If he didn't, he might not be that famous.

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ROGER “FEDEx” FEDERER

ARTICLE AND PHOTOGRAPHY BY CARY ONEAL

MR. MALIBU SERVES UP INSIGHT ON TENNIS PRO

Roger’s childhood hero, Boris Becker, was the youngest Wimbledon champion in history at 17. Champion influence was already afoot in Roger at 4 years old, as he was mesmerized by the pro tennis action on TV. Imagine how he would take in Becker playing Bahrami, a trickster player who won a circus rally hitting two wild “tweeners” between his legs followed by the winning shot. Roger’s mirror neurons subconsciously registered these performances and served to evolve his game.

Mimicry is the foundation of rampancy and Roger’s tweener rampage was a doozy. His running around backhands to become a forehand shot caught his opponents by surprise and unable to see where the ball was going. Roger began relentlessly pounding the tennis ball against the garage door hour after hour, until his mother couldn’t take it anymore. His first one-on-one lessons were with Seppli Kacovsky at the Old Boys Tennis Club in Basel, Switzerland. Roger would wildly hit the ball all the way to the back fence and proclaim it was the shot that would win Wimbledon!

He would go on to execute flawless, creative shots with uncanny spontaneous ingenuity. He seemed to have left the mortal Roger back on Earth while his avatar was up there winning matches against Hermes, the God of Sports, as it were. He would tell Seppli that he was going to be the best player in the world and Seppli said he never saw a more talented player in his 40-year coaching career.

Roger left home at 14 to join the Swiss national tennis center at French-speaking Ecublens, near Lausanne. Early on, playing with his father, the young Roger erupted with an angry response to a missed shot. His father told him he didn’t like to play with him when he was like that and drove home by himself, leaving five Swiss francs on the bench so Roger could take the bus home, 45 minutes away. He used those 45 minutes to think about his angry reaction and his father’s response. The incident left such an impression on him that he uses the five francs as part of his logo design with Nike.

My longtime Malibu friend Timothy Gallwey wrote the best-selling *The Inner Game of Tennis* and his stepdaughter Stephanie Parodi created an evolution to it called *Beyond Tennis*. She emphasizes how important it is not to react to a missed shot, a powerful message for life itself. She explains that the negative reaction prevents the player from being alert and ready for the next shot.

Roger began to work closely with Peter Carter, an Australian coach who taught him the advantages of emotional temperance

and how to clearly strategize his motions on the court. He has been credited for coaching Roger to develop his famous backhand, an effortless demonstration of accuracy with the speed of a peregrine falcon flying the length of a football field in 1.2 seconds. In essence, his body’s intelligence already instinctively knew how to play a perfect game and the roaming mind was the only interference to peak performance. Roger’s evolving synergy of body-mind coordination, concentration on the ball and cool nerves turbocharged his talent and became the winning edge to end the divergence with his mind.

Roger was ranked the world’s top junior in ’98, winning Junior Wimbledon. His self-described character traits of “joker, honest, direct, impudent, vivacious, and a little chaotic” were reflected on the court through his tweeners, volleys, perfect cross-court backhands, baseline power shots and aces. As life reflects art and art created all sports, Roger’s apex performances have been Picasso strokes in the art of tennis we love today and have earned him the nickname “FedEx.” After Roger hired Australia’s Tony Roche to work on his clay court game, he won 192 out of 205 matches and six Grand Slam titles.

Roger met his wife, Miroslava “Mirka” Vavrinec, at the ’00 Sydney Olympics semifinals. He says, “We spent two weeks together; that’s how we got to know each other. On the last day before we left, we kissed for the first time in Sydney.” Mirka became his constant companion, and handled his public relations, business and travel. Always by his side cheering for him and supporting him is what Roger says made it possible for him to do what he did.

In late ’08, Roger announced Mirka was pregnant with their first child, and they married in ’09. In the ’09 Wimbledon Final, he played against Andy Roddick in an historic marathon match of 4 hours and 17 minutes. He broke the all-time Grand Slam record held by Pete Sampras and simultaneously became world No. 1, ranking over Rafael Nadal. Mirka, over 8 months pregnant with twins, endured watching the entire history-making match. Just imagine if those babies came popping out onto the court with Roger and Andy acting as midwives! But no, they were born 18 days later in Switzerland. Five years later, the couple welcomed another set of twins, baby boys Leo and Lenny.

Many players and analysts refer to Roger as the greatest tennis player of all time. Jimmy Connors said: “In an era of specialists,



you're either a clay court specialist, a grass court specialist or a hard court specialist... or you're Roger Federer." John McEnroe said Roger's forehand was "the greatest shot in our sport."

Roger has always kept a keen eye on giving back and his Roger Federer Foundation has donated millions of dollars to help disadvantaged children, victims of the '04 tsunami, Haiti earthquake victims and distressed African children.

What made Roger famous? Aside from playing at a higher level, it wasn't exploding expletives at an opponent or throwing his racquet at the umpire. Instead, he is world renowned for being gracious to his opponents and cheering them on as he would himself.

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Mr. Malibu Shares Dinah Manoff Story

My lifelong friend and actor Dinah Manoff shares her experiences living in the Malibu Colony in the home owned by my family. To me, her life is a profound expression of courage and strength born through pressures similar to what creates diamonds.



In Dinah's words: "In 1966 my mother (actress and director Lee Grant), her partner 'Joey Feury' and 8-year-old me moved from our apartment in Manhattan to 37A Malibu Colony. Initially we were going to stay for a couple of months. My mother landed a recurring TV role on 'Peyton Place' and won an Emmy, and we never went home.

Malibu. How could people really live there year-round? Growing up in New York, beach towns were for summer vacations. There was something abnormal about being tan in December. Our rental was on the land side of the Colony and had its own swimming pool. There was beach access right across the street.

Living in The Colony offered a freedom I never knew existed. I played unsupervised from after school until dinner and then again until bedtime. The road was a sport court for biking and handball, the beach our playground. Unlike my childhood in the vast population of New York City, no one said, 'Be careful' or 'Don't talk to strangers,' because everyone knew everyone. Even our phone numbers were only four digits long since every number in our part of Malibu started with 456. There was an unspoken superiority over the 457s who went to a different school north of us.

On weekends, my best friend and I would play 'Harriet the Spy,' peering into the guard house and sneaking into the vacant homes, making notes in our 'spy notebook.' We even spied on the police, who had an outpost in a conference room across from the Colony Coffee Shop and Pharmacy. Oh, that coffee shop! Every Friday afternoon my girlfriends and I sat at the salmon-colored Formica counter, drank cherry phosphates and ate hot fudge sundaes.

Adjacent to our house was a weedy lot with a path that led to the back stairs of the Bank of America. Next to that, with no wall or fence, was a rundown lot with 'Lucky Lucas' living in a tin and wood shanty. He played instruments and cooked outside. His daughter Mercedes and I walked to the school bus stop every morning. Word had it they were 'Gypsies.' Mercedes was shy and very pretty with curly brown hair, big eyes and round rosy cheeks. Sometimes I'd hear her father yelling at her in another language. The rundown living situation was unimaginable, but the Colony was different then.



Further down from Mercedes was one of the tennis courts where residents held big fancy parties and famous actors and actresses drank and danced before stumbling home over the speed bumps. Joey grew his hair long and wore caftans to the Mayfair Market. Though my mother never once put on a bathing suit, she perfected a no-make-up look to suit the beachy lifestyle. Our house filled with the scent of what they told me was ‘Turkish tobacco.’

My mother’s castmates, Ryan O’Neal, Mia Farrow and others had homes nearby. Dyan Cannon lived in #98 Colony. Once, Cary Grant drove by in a Rolls Royce looking for his lost dog. These new, glamorous friends drifted in and out of our home: Jack Warden, Burgess Meredith, Bruce Dern and Diane Ladd. When my mother was filming ‘**In the Heat of the Night**,’ Sidney Poitier came for dinner. He kissed me on the cheek—I didn’t wash my face for days after!

Rarely did the outside world disrupt our sunny, idyllic existence, though there were always rumors of a giant tidal wave coming ashore. Periodically the tides did rise, flooding the patios and sometimes even rooms of the beachfront homes. Sandbags were filled. The neighborhood came together in the spirit of camaraderie. This was, after all, the price of paradise!

I became self-conscious, partly because being Jewish, I had received some unkind comments. Feeling afraid and jealous, constantly comparing myself to the Copper-toned long-limbed blondes who surrounded me in the Colony and in my classroom. I hadn’t been raised religious; our family, in fact, celebrated Christmas. So why was I being picked on? Was it my short stature? My hair? My nose? Now, in the afternoons when I walked home from the bus stop, I felt wary not really knowing who my friends were.

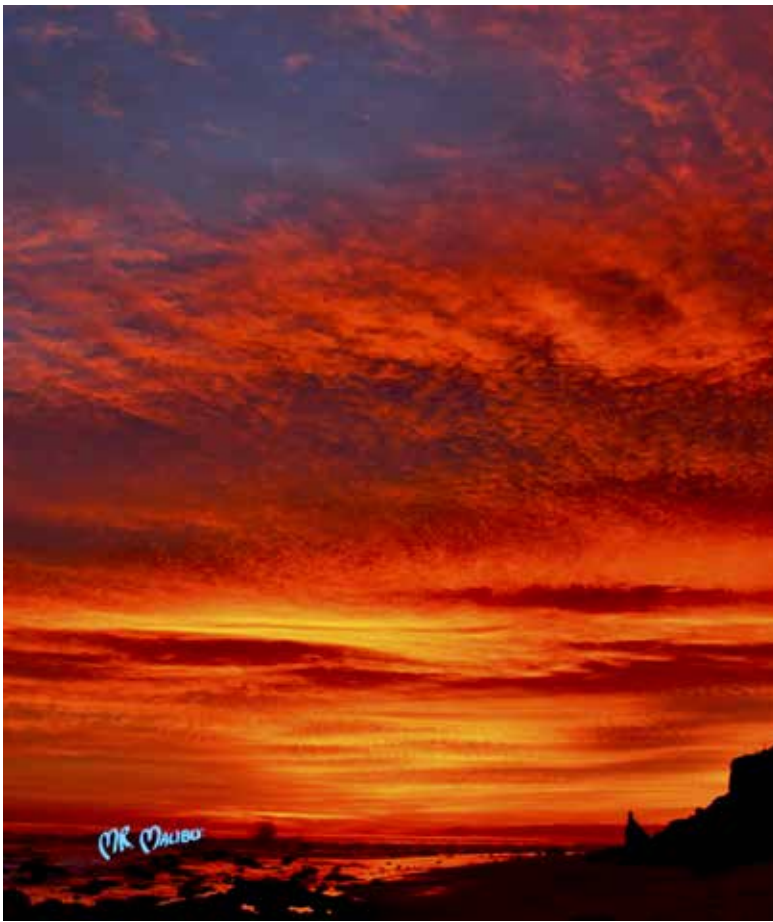
I began to have nightmares about tidal waves. The ocean, once a source of freedom and fun, became threatening. I feared being swept away by the undertow.

In my novel, *The Real True Hollywood Story of Jackie Gold*, this significant time in my childhood became the basis and inspiration for my protagonist—her need to fit in, to be accepted. Her story begins in the Colony and there are chapters devoted to the coffee shop as it existed then. And while it is by no means a memoir, both Jackie Gold and I went through a period of re-creating ourselves in order to pass beyond invisible velvet ropes that seemed to block our access to preferred starring roles.

We left the Colony after three years and our new home was on 15 acres on a bluff overlooking Zuma Beach. Despite the challenges I’d been facing, I missed the freedom of walking and riding my bike everywhere. Now when I wanted to go to the store or see friends, I depended on an adult to drive me; but at least we had landed on a spot the tidal waves couldn’t reach.”

Mr. Malibu: I watched Dinah’s journey amazingly evolve from her Malibu childhood into playing outstanding roles in “**Grease**,” “**Ordinary People**,” and landing a starring role in NBC’s “**Empty Nest**.” On camera, her exceptionally sharp and witty comedic acting has been brilliant. Today she is a solid, healthy and well-grounded person who has not allowed unexpected severe losses to bring her down. Instead, she turned it around and published her book.

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Mr. Malibu on Shakira Social Currency

Shakira was born in Barranquilla, Colombia—the northernmost location of South America where you can almost throw a Frisbee to Cuba. Barranquilla is where she lived for most of her childhood, often sitting on the beach with her dark hair and backpack full of dreams about becoming a world superstar.

Reportedly Shak wrote her first poem, *The Crystal Rose*, when she was 4. When she was a little girl, she saw belly dancing for the first time at a Middle Eastern restaurant. She leapt up and began dancing, and it inspired her to want to be a performer. But there was more than just wanting to be a performer.

“I knew that I was going to be a public figure; it was like a prophecy,” she says, reflecting a truth about the word “Abracadabra,” which literally means in ancient Aramaic: “I create what I speak.”

Shak was fascinated watching her father writing stories and creating what he spoke on a typewriter, and she asked for one as a Christmas gift. She got one at 7 and it became the magic typewriter that created what she spoke. She has continued writing poetry ever since. Many of her poems became songs. One might say she has surpassed Rumi and even Shakespeare in the number of people reached today with over 100 million fans on Facebook (the highest of anyone in the world) and over 23 billion views on YouTube!

Shak’s older half-brother was killed in a motorcycle accident when she was 2. At 8, she wrote her first song, “Your Dark Glasses,” which was inspired by her father, who for years wore dark glasses to hide his grief. Shak sang for schoolmates and teachers, including the nuns at her Catholic school. She was rejected in the second grade for the school choir because her vibrato was too strong. The music teacher told her that she sounded like a goat.

Shak was known as “the belly dancer girl” at school as she would weekly demonstrate a new number she learned.

“That’s how I discovered my passion for live performance,” she says. In her early teens, Shak met local theater producer Monica Ariza, who was impressed with her talent. Monica introduced her to a Sony Colombia record executive who then referred to her as “something of a lost cause.” She secured another Sony audition in Bogotá where she performed three songs, which impressed them so much they signed her up to record three albums. One might assume she either knocked their socks off, or they thought you’d have to be an idiot not to sign up a singing goat.

Shak’s debut album “Magia” was recorded with Sony Music Colombia in ’90, when she was only 13 years old. Shak’s second album sales were marginal, but her third album, “Pies Descalzos,” brought her widespread popularity in Latin America and was certified Platinum. (For those who follow the Recording Industry of America, it has not yet introduced a Benitoite rating, even though it is the official California state gem and is more valuable than a diamond).

Shak’s fourth album, “Where Are the Thieves?” has sold over seven million copies but has not revealed where the real-life

thieves are who stole all her lyrics in a suitcase at the airport.

Shak entered the English-language market with her fifth album, “Laundry Service.” She shared her perception: “People are not depressed in Colombia the same way people are in America.”

“Laundry Service’s” lead single, “Whenever, Wherever,” became the bestselling single of 2002. Her success was further solidified with her “Oral Fixation” album that includes “Hips Don’t Lie.”

Shak began dating Antonio de la Rúa, the son of former Argentine President Fernando de la Rúa in ’00 and their relationship lasted for 11 years. After Shak met soccer player Gerard Pique at the World Cup in ’10, she announced she was parting ways with Antonio to date him.

Gerard told her, “I’m gonna win this World Cup, so I can see you at the finals,” after which he won. In the meantime, Antonio sued her for \$100 million but the suit was thrown out.

Shak has sold over 125 million records worldwide and has won five MTV Video Music Awards, two Grammy Awards, eight Latin Grammy Awards, seven Billboard Music Awards, 28 Billboard Latin Music Awards, and has been Golden Globe-nominated. She has a star on the Hollywood Walk of Fame (which the person who nominated her had to pony up \$30,000, as with all the other celebrities who have received one. That might be why Julia Roberts, Clint Eastwood, Denzel Washington and Al Pacino don’t have a star). You can even buy an official Shakira “Oral Fixation” backstage pass for \$5 on eBay. But what is her social currency worth? Whose perception defines that value? Is it merely the number of fans she has or how she is being perceived? Interestingly, some say the emotional connection between fans and musicians is beyond that of the connection between fans and actors, as evidenced at the Academy Awards when rock stars walk down the red carpet and the roar is greater than for “movie stars.”

Shak said in a *Rolling Stone* interview: “My music, I think, is a fusion of many different elements and I’m always experimenting. So I try not to limit myself, or put myself in a category, or be the architect of my own jail.” She utilizes trendy dancing and musical conventions and rearranges them to use the effect of surprise, but not to such an extent that she loses contact with her audience.

So what made her famous? Instead of being inspired to make Capricorn music when she was told she sounded like a goat, she took that remark to empower her childhood dream and become a global superstar. *Forbes Magazine* says Shakira’s influence “knows no boundaries, whether in the fields of music or philanthropy.” Beyond music, she has managed to impact the world socially and politically as well, amplifying the notoriety of Latin music and culture worldwide.

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Mr. Malibu Muse:

Paul McCartney

MR. MALIBU



As a true “musical Jedi,” Paul McCartney knew he could learn by ear and switched off the worldly “how-to.” Being a “lefty,” he found it difficult to play guitar right-handed until he saw a Slim Whitman poster where Slim played left-handed by reversing the strings. Paul was born the same year as left-handed Jimi Hendrix, and both of them followed Mozart who was also a lefty. The difference with Mozart was that he didn’t reverse the piano strings.

Paul’s father played trumpet and piano and encouraged Paul to take piano lessons. Like Mozart, Paul would craft his notes on the piano to form his musical thoughts. However, Paul did not write for a particular instrument like Mozart, who wrote two works specifically for fellow Free Mason, Benjamin Franklin’s invention: the glass armonica. It was made of smaller to larger glass rings, creating sounds like a finger running around a crystal glass. It was introduced to Mozart by Franz Mesmer, the pioneering hypnotherapist who used his armonica to “mesmerize” his patients for healing.

Paul’s father gave him a nickel-plated trumpet for his 14th birthday. As rock and roll became popular on Radio Luxembourg, Paul traded the trumpet for an acoustic guitar so he could sing while playing. Paul would go on to sing, play *and* compose songs in his dreams, one of which was the melody for “Yesterday.” Becoming the fourth most successful song of all time, it was performed over seven million times in the 20th century alone by different artists.

Paul’s bandmate John Lennon had a rough as sandpaper childhood, and in school was seen as the troublesome lad, labeled by his teachers as being on the road to failure.

Imagine a teacher seeing John’s dissidence as pain in disguise and supporting him in learning how to identify and deal with it. When John was 17, his mother was struck and killed by a car, and John was left with the pain of heavy loss in a timeless vacuum.

CONTINUED >

ARTICLE AND PHOTOGRAPHY BY CARY ONEAL

“As rock and roll became popular on Radio Luxembourg, Paul traded the trumpet for an acoustic guitar so he could sing while playing. Paul would go on to sing, play and compose songs in his dreams, one of which was the melody for ‘Yesterday.’”



John met Paul about a year before and had already formed a group called the Quarrymen. Paul joined as a rhythm guitarist and having become good friends with George Harrison at age 12, they invited George to join the group. Some 7.6 billion years from now people might remember their prophetic song, “Here Comes the Sun,” as they watch the earth crashing into the sun.

When tiny Georgie was an infant in the womb, his mother would listen to Indian music, including the sitar, intending for him to “pick up on the peace vibes.” Talk about a mother’s influence. George would go on to include the sitar in Beatles music and introduce Transcendental Meditation to millions of people around the world. He received a guitar from his father at 13 and was inspired by Elvis Presley’s “Heartbreak Hotel” to pursue rock music.

Ringo’s childhood was also challenging as his folks separated when he was 4, and at 6, an appendicitis operation left him in a coma for days. At 13, he contracted tuberculosis and remained in a hospital for two years. The medical staff made an effort to stimulate motor activity and relieve boredom by encouraging their patients to join the hospital band, leading to Ringo to take up the drums. *Life’s crooked path can be a straight arrow of perfection.*

When Paul was 14, his mother unexpectedly died of an embolism. Paul’s sudden loss became a real connection with John, who had suffered the same blow. The heavy emotional losses and giant empty spaces could only be expressed through their original music, impacting billions of people and creating unparalleled music history.

After an audition for Decca Records, the group was told, “guitar groups are on

the way out.” Later when they auditioned for producer George Martin, he asked them if there was anything they personally did not like. George answered: “Well, there’s your tie, for a start.” That was the turning point as John and Paul joined in with jokes, inspiring Martin to sign them. They recorded “Love Me Do” and “the rest is history.”

The Beatles’ historic February ’64, U.S. debut on “The Ed Sullivan Show” was a monumental event that catapulted them into international stardom. This was a massive pivotal moment in global media history in a multitude of ways. Just a little over two months after the assassination of JFK, The Beatles exploded onto the global stage with a startling new genre of music, in concert with phenomenal, uncanny and powerful charisma. With a perfect storm of technology and talent,

TV and vinyl records proved that millions of dollars could be made overnight.

The Beatles' unique but universal music, original hair-styles and seemingly endless parade of number one-hit love songs all carried such an influence that countless millions of people around the world set out to become rock musicians.

With the "Sgt. Pepper's Lonely Hearts Club Band" album, The Oxford Encyclopedia of British Literature described it as "the most important and influential rock and roll album ever recorded." *Rolling Stone Magazine* ranked it number one in its list of the "500 Greatest Albums of All Time."

"Love, Love, Love" are words in The Beatles' song, "All You Need is Love." A seemingly simple song, it rippled across religions, cultures, philosophies and countries with a universal and emotional connecting force. It was

the first live global satellite TV link seen by over 400 million in 25 countries in June '67, a whopping 8 times as many viewers as the Super Bowl that year.

The Beatles are the best-selling band in history, selling over 600 million records.

So what made the Beatles famous? Riding the invisible wave of perfect timing, their fame arrives with their original, limitlessly pleasing music, plain and simple. I was fortunate to sit next to Paul and Jimmy Page at Rod Stewart's birthday party and expressed to Paul how I felt he is a genius. He responded like a humble kid on the playground, as if surprised, and thanked me.

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**"The Beatles are the best-selling band in history,
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THE MALIBU I LOVE

ARTICLE AND PHOTOGRAPHY
BY CARY ONEAL

With the culmination of 2022 upon us, we all welcome more love and appreciation, words which mean the same thing: “to become more.” Appreciation can be valuing, respecting, cherishing, treasuring and admiring—a unique experience for each of us.

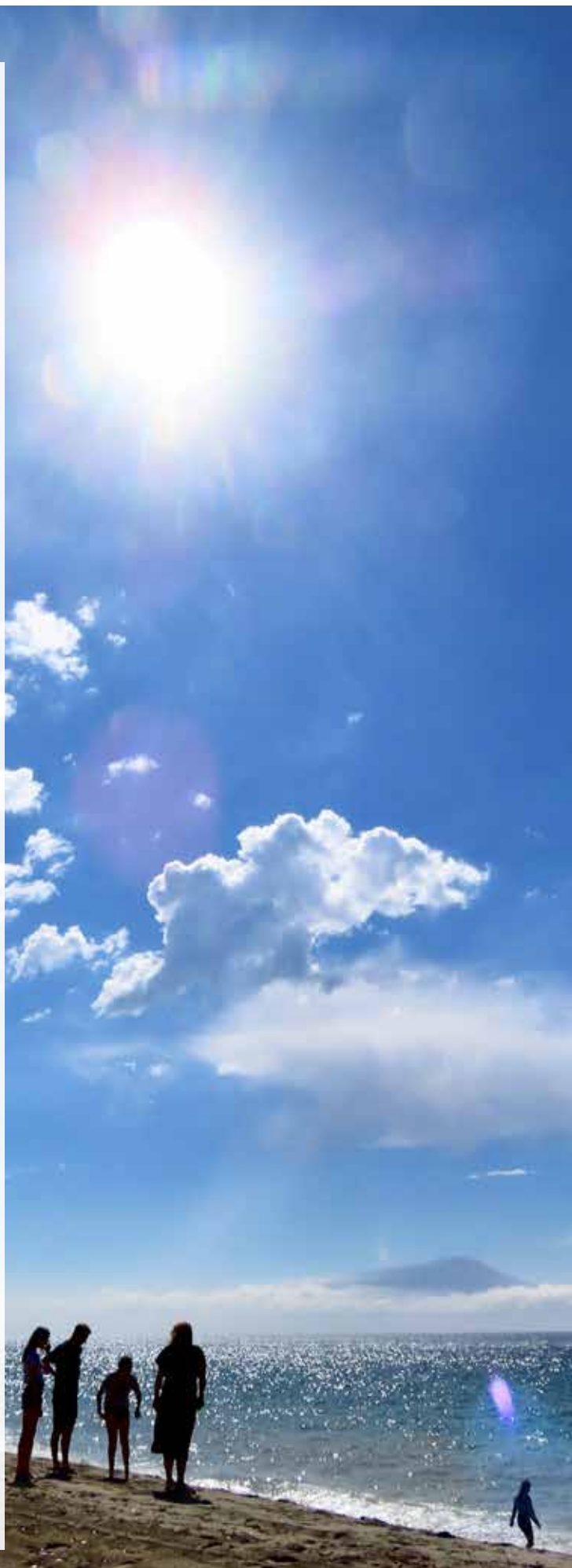
A friend told me she made holiday cards for everyone who had meaning in her life. She shared at least three things she loved about that person, and it became a gratitude festival. Especially after these past few years of contemplating deeper what is important, I have been discovering how powerful it is to value the differences in people. In the process I came up with this quote: “I rejoice in my/their choices,” inspired by the sense that we are all here to use our free will to make our choices and discover our true nature.

I’d like to share some of the things I treasure about Malibu: the ocean, the wildlife, the sunsets and the sacred history of fascinating people. Did you know that *Malibu* in Chumash means “where the waves crash loudly”? Walking down Westward Beach near The Sunset restaurant, I heard a very loud bang, almost as if a cannon fired. It was a big shore-breaker wave, just as the Chumash heard over 14,000 years ago.

Did you know that *Zuma* means “Abundance”? When I see Zuma Beach at low tide, the vast expansive stretch filled with all the wildlife and sea life, it is indeed overflowing abundance. I love all the people who share our love for an ocean swim, beach saunter or an exhilarating view of sparkling waves and gorgeous sunsets. I cherish watching mother nature transforming the ocean, clouds, sky and sunlight into a living canvas to communicate radically diverse masterpieces of boundless beauty, whether stormy, windy, moody or bright crystal clear and sunny.

These living images, timeless and beyond comprehension, have been indelibly etched into my soul and are powerful wake-up reminders when I’m feeling blue that there is a loving Source beyond what my eyes can see. I’m reminded of the special feeling of how much this means to me to be able to see, hear and touch this seascape magnificence and feel the profound gift of gratitude as I shout, “Thank You!” across the universe and back.

I also love the cultural impact Malibu has had on my life. With regard to the snapshot of Malibu history I have witnessed since a child, I loved how growing up in the Malibu Colony organically brought interactions with people from all over the world, including a large number of world-famous icons. These experiences led me to feel as though anything is possible and meeting anyone on Earth is possible. Conversations in my childhood were frequently about whether these superstars/influencers were of good character, that being perceived as the predominant element of “social currency.” I love how this feedback from friends





and family brought about a feeling in me that it is most valuable to look at others as equals, no matter what they have or don't have.

I'm grateful to have experienced Malibu at 8 years old, swimming in the Malibu Lagoon and hiking up the creek all the way to the Malibu tunnel, witnessing mother nature and creatures at their finest. We never locked our doors and neither did our neighbors. The Colony was a rural small town to me.

Then there is the reverse view of Malibu—what viewers throughout the world have seen of Malibu in film, television and international news. I am told that in the silent movie era, because many Hollywood stars and executives lived in the Colony, for example, that Malibu was perceived as a mysterious, magical location and since then has become a global hot spot and magnet. Aside from all this exposure, Malibu will forever be my favorite place on Earth because of the ocean and sunsets that fill my heart to overflowing.

Look for more Mr. Malibu stories in the next issue of Malibu Coast Lifestyle Magazine. Mr. Malibu's high-profile events and celebrity interviews reach over 22 million on television, 500,000 via social media and nearly 4 million on YouTube. Visit MalibuHD.com and HeartAscent.com to learn more.





Mr. Malibu: Seismic Diet Shift

ARTICLE BY CARY ONEAL



Ever feel confused about what food and exercise is best for you? How could we not be perplexed when we're bombarded with so many different and opposing views? This has been true for me until recently. With a main focus on observing my thought life, eating a healthy diet and consistent daily exercise has been a part of my daily routine since I was a student at Malibu Webster Elementary.

As a youngster, my friend in the Malibu Colony, Ivan Goff, creator of "Charlie's Angels," insisted that I and his son, Brian, jog on the beach every day no matter what we felt like. I am so thankful for him as I see how this daily discipline can be an environment for mental, physical and spiritual well-being.

A vegetarian for 12 years and eating mostly everything organic, I embraced my mother's philosophy that most foods are okay in moderation. As a result, I didn't have many food restrictions and allowed myself to eat decadent desserts, deep-fried foods, pizza and bags of M&M's once in a while.

Cruising along with my daily practices, I've been healthy most of my life. However, several years ago, I realized that I was affected by Wi-Fi and cell phone radiation, which created a band of pressure around my head. I went to a top-rated neurologist and after tests and questioning, he wrote a letter advising the company where I worked to provide a 10-foot distance from computers and cell phones using Wi-Fi. My reactions to this type of radiation have mostly diminished after receiving acupuncture sessions with Dr. David Kearney, who is world-renowned for his three degrees from the U.K., China and the U.S.

When I began experiencing more biological challenges a couple years ago after hernia surgery, a friend suggested I follow a diet free from wheat, dairy, sugar and nightshade vegetables. A liver and kidney cleanse was also recommended along with a celery/carrot juice cleansing. I strictly did all of the above for 3 months and was blown away by how much better I felt. I began to really taste food more consciously and be aware of how the body reacted to each type of food. I now enjoy occasional wheat, dairy and very minimal sugar.

If I eat something and my body has an adverse reaction to it, it's perfectly okay. I just notice how it feels and consider more carefully the next time. I feel like I've found true freedom by doing this one simple thing: Observe how I feel without any need for a story, interpretation or judgment and let the feeling be my guidance.

Alternatively, I eat almond flour tortillas instead of toast, and almond milk rather than cow's milk. In keeping with this new diet, I have become a much better chef, making unique savory meals like cauliflower or asparagus pancakes with organic almond pancake flour. I use coconut aminos instead of soy sauce, and nutritional yeast flakes instead of cheese. I enjoy roasted pumpkin seeds in salads with a dressing made of two-thirds organic stone ground mustard and one-third fresh-squeezed lemon juice, shaken vigorously to the right viscosity.

The impact of this new way of eating has given me more than feeling better physically—I'm now aware of how much I used to rely on snack foods. For instance, grabbing a

"I feel like I've found true freedom by doing this one simple thing: Observe how I feel without any need for a story, interpretation or judgment and let the feeling be my guidance."



“I am inspired to share how I begin each day. Upon awakening, I consider my plans for the day and ask that my thinking be directed so that my actions are aligned with truth, love and harmony.”

quick bagel or a handful of chips (most of which do not have healthy oils) while heading out the door. I also now take the time to make delicious dishes and have them available when I do need a snack. Last but not least, the effects of these choices have kept my weight in balance.

I am inspired to share how I begin each day. Upon awakening, I consider my plans for the day and ask that my thinking be directed so that my actions are aligned with truth, love and harmony. I am open to inspiration regarding any questions I may have, and I relax and take it easy throughout my day. If I notice that I’m struggling, I stop and take a deep breath, calming the thinking that invites strain and stress.

I am often surprised how the perfect answers come from this peaceful place, seemingly without effort.

Aligned with spiritual practices, eating healthy and exercising comes this credo: The greatest gift I can give the world is my joy, my happiness and my expression of love for all of you reading this.

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Mr. Malibu Muse: Impact of Our Focus



ARTICLE BY CARY ONEAL

In this exploration of how our focus impacts our lives, I interviewed Georgette Cressend, whose counseling expertise is on the cutting edge of expanded consciousness. As she describes, “I’ve been blessed to be able to discern between egoic patterns that stimulate anxiety, depression or discomfort from the Truth of the heart that serves peace, happiness and love. I assist people with being clear about what they really want as we reveal the truth of what we are. I call it being together being-to-being rather than pattern-to-pattern or thought-to-thought.”

Cary: A person’s perception creates what actually ends up manifesting in their life on many levels, and an expanding awareness of how we are perceiving ourselves and our experiences makes a huge difference. What I learned recently while eating a cleansing diet is how I could feel what foods were affecting my body. It triggered further contemplation of how I want to use feeling and deeply sensing the moment instead of referring to thought. This inspired me to be *here*, “Real Time,” being aware of what I’m focusing on and its effect.

Georgette: We can take it to something very simple: We can feel whatever thought we’re thinking, and each thought has a different frequency, and each frequency feels different than the other, so what you’re saying is right on.

Cary: What steps can we take to shift our perception and be in charge of what we’re experiencing? Let’s consider affirmations. Their impact happens when neuroplasticity takes place, shifting our subliminal belief system. Concurrent with this, Russian researchers said they proved in the lab that language—words—can affect our DNA, which is actually designed to respond to certain language. How I’m interpreting what I’m focusing on is what’s either causing a positive or negative reaction.

Georgette: (Note: There is no person, place or thing that is *inherently* positive or negative. It is our perception and interpretation that deems an experience good or bad, positive or negative.)

With so many of us stressed and pulled in many directions, the first possibility of shifting focus from typical struggle is to simply stop and relax. If a person wants to shift their life from one of struggle to one of presence and Harmony, the first thing is to bring attention into the moment. Focusing on the breath, on the sensations in the body or on the third eye for example. Whatever works for someone that feels best. Some of us are afraid to actually be still and quiet because we’re so used to the chaos and the noise.

Depending on where we are in our Crest of Consciousness, we can close our eyes and be with what we’re feeling. The way to strengthen a shift in consciousness is to keep at it. The whole point of the expansion is about having a happier more peaceful life. I haven’t seen or found anybody that doesn’t want to be happy, peaceful, joyful and help others. If we want the happiness, peace and joy; if we want to be able to meet each circumstance with an equilibrium that doesn’t jump off the cliff at the first sight of upset or the first sight of something going wrong, then this is the way to that elevation.

Consciousness is a way to meet life without judgment, fear and knowing. It’s a way to meet life not having to know, and when we meet life not having to know, there’s more space for what’s here to be seen AS IT IS rather than as we think it is.

Cary: I was thinking about the laws of creation in terms of vibrational frequency. If you have two tuning forks that are tuned precisely to the same frequency, then one can activate the frequency of the other. So it appears our role in creating or attracting things is all about frequency activation

and frequency harmonization, and may not be from our emotional or perceptual matrix. It's more about identifying the exact frequency that's going on in each body or person that we're interacting with; matching those vibrational frequencies to create what we want.

Georgette: This is not a mental process. It's like the feeling when you walk in a room and you feel something's off and you want to leave, or you feel as if it's home. The vibrational frequency has to match in order to activate what we're intending to create. Just someone's presence can activate a frequency in another. The more aware we are of our own resonance/presence, the more we'll be able to be of service to people.

Note: The frequencies of unresolved trauma influence the frequencies to which we can resonate. So our emotional and perceptual well-being does contribute to the harmonizing of frequencies.

Cary: There is also contrary action. If our mind is telling us to eat cake, we go for a walk outside instead. Contrary action can be one of those counter-balancing frequency generators that bring us more into balance. If I stop judging myself, then I can stop judging you, and I can start to see how the thing that was judging is just a pattern I took on from childhood. I'm learning to see how much of what I see on the outside is actually being projected from inside.

Georgette: Thought itself is not causing a problem. It's *believing* the thought that is problematic. Thoughts don't cause us to feel this or that. It's giving energy to a thought by believing it that has us feel ...

Cary: Is our identity nothing more than our perception? We derive our sense of identity through interaction with others. That is a pivotal element in elevating consciousness. We can't really shift until we see how our perception is formulated.

In conclusion, as we shift our focus, the resulting frequencies affect our bodies, minds and souls. Our ability to spontaneously sense this effect in the moment, without interference from our emotional and mental selves, reveals the impact of our focus.

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Mr. Malibu Mantra: Carefree in '23



ARTICLE AND PHOTOGRAPHY BY CARY ONEAL

What invisible beliefs are barriers for me being carefree? Observing the most powerful and meaningful events in my life, I noticed a shared characteristic among them. They originated from a spontaneous creativity to do it *just for the fun of it*, with no focus on or concern for a particular outcome. This inspired my mantra: “Carefree in ’23.”

Whatever our desired experience—our Malibu dream home and garden, the right relationship or an exciting career—we seek it because of what we think we’ll get from it. We’re all seeking peace and happiness, which sometimes is barely discernible, buried, by a belief that productivity, whether in business or personal growth, is the path to finally having it all or being enlightened.

This believed perception, based in programmed, robotic thought, is part of our collective, global culture driven by a credo made up of principles of productivity that are, at best, restrictive and manipulative. Such dogma, especially when strictly followed, distracts from the peace and happiness that’s already and always here as our true essence, even if we don’t experience it or are aware of it.

In my experience, the vitality of being carefree rests in awareness—being aware of the perceptions, body sensations, emotions and thoughts that arise in the encounters of everyday life. The more conscious I am of the fears and beliefs, and their shortcomings, the less I react with frustration or hurt, both based in unresolved, unconscious, limiting patterns. No matter what someone else says or does, if there’s a peaceful mindset here, there is much less possibility of upset and on a deeper level, much of what I see on the outside is actually being projected from within.

Seeing is not believing; I have to believe it in order to see it. No one else is the source of our thoughts/feelings/experiences. Others can serve as a reflection for what is in us. If we react with any sort of upset, we can see it as a light shining on what is unsettled in us.

As in quantum physics, when we focus on something, we’re affecting it.

Meditation has been described as “perfect concentration on a perfect thing.” To me, the breath is just that. When I am focusing on the breath as it is, not altering it, it helps me to naturally flow with life and do things in a carefree yet powerfully focused manner. In these moments, I’m free of fear and mental agendas, carefree of the results. Being present to the moment as it is attracts the best results anyway.

One experience of this carefree approach was when I took off on a big wave at Old Joe’s in the Colony. I got in over my head and out of control. I just assumed that I was going to wipe out anyway, so I surrendered to the sheer fun of it, did a radical roller coaster maneuver and shot straight up vertically through the thick lip of the wave. I was sure it was going to clobber me, but because I set myself free to go for the impossible, my board cut through the wave. At one point I was literally upside down with the skag sticking straight up to the sky. The force of the lip just pushed me and the board right down the face of the wave. I DIDN’T FALL! I was so startled that I was still standing that I just fell off the board in surprise.

From a broader perspective I can see that *everything* we do, say, feel, think and are aware of is a perfect manifestation of the precise energy each of these activities originated from. In other words, it’s always the energetic drive behind our activity, whether from crystal, clear clarity or from a patterned belief system, that produces the outcome. This energetic drive launches. The outcomes are dependent upon the beliefs we’re listening to and following, seen as successes/failures or revelations to something new.

Success/failure, when seen through the narrow mindedness of habituated thought, becomes a chain around our neck. Both are heavy and slow us down. Alternatively, when success/failure is seen as just directional pointers, rather than a goal that has to

be sustained or a whipping post, they can be openings to new possibilities and new roads to travel, all of which invite peace and happiness.

Our perceptual prisons of thought, handed down for generations, especially related to productivity, leave out anything that cannot be seen, touched or measured. We end up judging ourselves and don't even know we're doing it. These perceptual limitations are beneath the surface, subconscious, and thus etched in a place most of us never investigate.

There's a subtle refinement in the elevation of consciousness when noticing these limited notions. Thinking, when believed, becomes densely compacted conclusions. We forget they're just thoughts, just opinions, just speculations, and not the truth. When we pay attention to what we're listening to, we discover that these patterns of thought are fake from a false narrative and motivated by f.e.a.r.: False Evidence Appearing Real.

Where's the fun in relating to everything with critical thinking and nonstop commentary? Thinking has its place and cannot be

stopped by itself. However, could it be time to stop using thought for everything? I truly feel the only freedom I'll ever experience is freedom from my own mind.

If somebody tells you that Mercury is in retrograde and you're in big trouble, that you better do this or do that, you're listening to a prediction based on someone else's opinion that gives outside forces power over you. This is a rampant, societal misperception, denying our true essence, and, in doing so, clouds the knowing that WE are the source of our mental, physical and emotional well-being.

We are the final say and what we say is determined by what we're listening to. There's a giant new frontier of experiencing carefree; may you be carefree in '23!

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Mr. Malibu: The Space of Luxury

ARTICLE AND PHOTOGRAPHY BY CARY ONEAL



"It is not the bowl that is useful, it is the space in the bowl that is useful."—Lao Tsu, 500 B.C.

Whether partner, home, health or wealth, all these valued elements in our "outer" life are set in balance when we experience true luxury and prosperity inside. The inner world, being aware of the breath, for example, is spaciouly luxurious when experienced as freely giving us life itself.

In observing the many expressions of prosperity and luxury in Malibu, I ask myself what the most valuable real estate is; the most valued "land" is being aware of what drives my thinking, my perceptions, for this is what determines the quality of luxury and prosperity I experience.

As with our homes, an important aspect of this space is not just what fills it but the energy/frequency of its content. Attention to this content and its arrangement is known as Feng Shui, a method of discerning the flow of energy, called *qi*, which represents the perfect balance found in all natural environments. Where do you place your art? Where do you place your furniture?

As the space in our homes is filled with objects that affect our experience, so too are we filled with mental perceptions, physical sensations, emotions and non-physical experiences that all come with beliefs, stories and interpretations that appear and disappear within our field of awareness.

Using the analogy of a home as the space we occupy, I place the "couch" in the "living room" where I can get the highest frequency of *qi*, which comes with the most expansive view. The flow of energetic luxury, the natural flow of *qi*, is supported by the couch and how it affects the natural flow of *qi* in the room. Likewise, a couch of habituated thoughts of doubt and fear, believed whole-heartedly, allows only a limited and constricted view/feel of the room. The energetic frequency of fear/doubt is slower, denser and thicker, which limits the perception of luxury to the rich and famous and having more than we actually need.

As I explore true Feng Shui luxury, I recall Julie Andrews' song in "The Sound of Music": "*Strength doesn't lie in numbers, strength doesn't lie in wealth, strength lies in peaceful slumbers...*" It reminded me of the peaceful slumber where my bandwidth isn't taken up by worrying about safeguarding my wealth or being consumed by the urge to keep generating more. I think of how billions of us are exposed to social media where the focus is on **numbers**, how many "likes," as though the more "likes" we have, the more "luxury" because of the "eyeballs" on us. We think that luxury comes from the perceived legitimization of what we share with each other.

I ask myself: *What is it to "own" anything when I don't seem to truly "own" my own thought life?* I see that only my mind thinks it owns anything. If we own mansions, jets and yachts, or none of the above, where is our mind focused most of the time? How can I experience the luxurious if I am encumbered with a noisy mind peppered with doubts, fears and frustrations?

There is a hilarious movie called "Office Space" where the main character realizes his 9-to-5 job isn't worth the angst and effort, so he completely shuns his boss and shows up at work whenever he feels like it. Ironically, his carefree attitude where he doesn't even care if he gets fired leads to his promotion to an upper management position when he divulges that he spends most of his time doing nothing. The Feng Shui of his carefree energy in that office space brings him more abundance as it affects everyone around him.

Pivoting From Resistance to Observation

When I resist by thinking something should be different than it is, my bandwidth shrinks. When I observe without judgment, I meet life with openness. When we want to improve our relationships or expand our business, for example, the Feng Shui of utilizing the best, most balanced energy determines the "luxury" ... of *receiving* and not grabbing. I think of Princess Leia in

"The Feng Shui of his carefree energy in that office space brings him more abundance as it affects everyone around him."



“In proper Feng Shui luxury, building an inner mansion carries more wealth and luxury than building an outer one, which can consume so much bandwidth that it tears down the inner mansion.”

“Star Wars” telling Darth Vader, “the more you tighten your squeeze, the more will slip through your fingers.” In all his forcefulness, Darth’s ability to experience Feng Shui luxury in the Death Star is lost. He won’t control the galaxy or even himself by self-centered force.

Back on Earth though, you might say the original Malibu Feng Shui luxury was as far back as 1893 when Frederick and May Rindge lived in a three-story mansion built below the current Serra Retreat. It amazes me that such luxury existed back then right here in Malibu with no highway or vehicles. How would they have been affected if they built that mansion utilizing the ancient Feng Shui principles? Perhaps that mansion would not have burned down?

Speaking of Feng Shui luxury, I can consider the building structures that energetically exist inside, whereby whatever is thought most frequently has the distinction of being the biggest energetic high rise, and whatever emotion is felt the most frequently can be seen as

pillars of our overall sense of well-being or lack thereof. In proper Feng Shui luxury, building an inner mansion carries more wealth and luxury than building an outer one, which can consume so much bandwidth that it tears down the inner mansion.

What does the inner mansion look like when it’s in Feng Shui balance? It is free of control from a personal identity made up of limited programs and patterns. It’s free of the need to be or have more, while still having all that is wanted. There is a conscious awareness of the here and now, seeing, hearing, tasting, smelling and feeling *from* the mansion of spacious awareness, free of clutter and old furniture.

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Exploring the Future of A.I. With Mr. Malibu



ARTICLE AND PHOTOGRAPHY BY CARY ONEAL

With Malibu's synagogue and chabad, 10 churches, 14 psychiatrists, 3 meditation centers, 42 rehabs, 24 weekly A.A. meetings and numerous life coaches, many Malibuites engage in mindfulness and spiritual practices. There is a common thread of interest in experiencing peace and healing on all levels. To augment the above approaches, I would like to introduce PsyberCeuticals (or simply PsyC), a genuinely *altruistic* A.I./Machine Learning system that I created from more than 3 decades of deep experience in psychology, meditation and advanced technology.

When Socrates said, "Know Thyself," he knew the Ocean of Answers is within all of us. Yet with certain invisible things within us, such as deeply rooted emotional and perceptual patterns that affect the quality of our experience, we need a "mirror" to see and resolve them. This mirror can be experienced via group sharing where we see part of ourselves in others, meditation where we see our mind's activities within the stillness and new insights from PsyC, for example.

Ironically, the increasing impact of technology on the human psyche (which for millions of people is manifesting as depression, anxiety and obsessive behaviors) is highlighting the need for PsyC, which itself is advanced tech. With both global excitement and trepidation about A.I., I discussed the topic with Stephen Weese, a computer technology professor and media producer, CEO of Marvelous Spiral Studios and current consultant to the Carolina Cyber Center.

MR. MALIBU:

"There is a real shortage of women in A.I. expertise, as they comprise about 22% of A.I. experts worldwide. Women see things men do not (and vice versa). How important do you feel more women participation in A.I. development is for purely altruistic purposes and why?"

STEPHEN:

"Every A.I. system contains human bias. If we continue to create more A.I. with mostly male input, it will have male bias. This is a challenge in representing a realistic and fair point of view."

MR. MALIBU:

"What do you think about current A.I. trends, such as ChatGPT, A.I. art (stable diffusion) and A.I. in the medical field?"

STEPHEN:

"I think the most interesting thing about the proliferation of modern A.I. systems is how it compares to past disruptive technologies. Airplanes, automated machinery, and even simple things like the sewing machine have controversial histories. Barthelemy Thimonnier, inventor of the modern sewing machine, was attacked by an angry mob of tailors trying to burn down his garment factory because they feared the loss of their livelihood.

"I believe in a moderate point of view, seeing the good and bad. ChatGPT has been trained by showing it billions of human written words and given human guidance along the way. Its responses were corrected by trainers to be more desirable from a human perspective. It then creates compelling responses due to the power of modern distributed processors. This can emulate a high-level human writer, which could then be used by pro-writers and students for essays.

"This creates an easier opportunity for writers to have the computer do the writing. Does this mean we should do away with ChatGPT? No. It simply brings another challenge in the use of A.I. that addresses this phenomena of what could be an undetected mix of humans and computers.

"The ethical issue with A.I.-created art is a bit more nuanced. Art intelligence is trained by viewing millions or billions of images and being trained to recognize objects like horses, cars, trees, etc. as well as recognize artists' styles. Users of this A.I. type in prompts such as, "Two dogs in the style of Johnson Smithee," and it will dutifully create in that style from the public images on the internet. A human cannot compete with the scale and speed of this A.I. but can use it to magnify our human abilities.

"A.I. is already used in the medical field with expert systems to diagnose patients' illnesses, at a success rate near to or even higher than an average trained medical doctor. Yet, no one is suggesting doctors be eliminated, as A.I. is a tool to help doctors. There are intelligent systems that can detect cancer at an incredibly high rate from digital imaging, enabling patients to have a better chance at survival via early detection. A.I. has tremendous potential in health care and the medical sector."

MR. MALIBU:

"From a technological view, the world's first laser was invented right here in Malibu by Theodore Maiman in 1960 at Hughes Aircraft. Now 63 years

later, advanced laser systems will play a pivotal role in computer science, as computers will switch between zeros and ones a quadrillion times per second; a million times faster than today's computers.

"In 1994, I envisioned a new way to bring insightful personality information and knowledge by way of a FUN, innocuous A.I.-driven system called StarBrain projected as a holographic person simultaneously interacting with and providing intelligent answers to millions of people. But the tech to deliver it proved to be 30 years in the future. In 2016, I filed a patent for PsyC (which is also a holographic person: YOU). It acts as a mirror through which you can identify deep thought and emotional patterns in your psyche as their sources are revealed."

STEPHEN:

"Many fear that A.I. will take over the world. Even if A.I. simulates 'intelligence,' it does not mean that it has a will or can "think" outside of its programming parameters. I believe the

chances of A.I. forcibly taking over the world is quite slim.

"Ray Kurzweil, a leader in the school of thought that A.I. is a positive development, says we already are seriously integrated with computers. Our smartphones are small extensions of our 'memory,' helping us find locations and look up answers. Have we added to our intelligence with these smart devices? At the same time, we are physiologically integrated with nature and many studies show how we need sunlight and exposure to greenery and trees, which is correlated with good mental health. We can continue to explore integration with technology as long as we keep in mind our interdependence with nature and this planet. Overall, I think A.I. will be a positive development for humanity."

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