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EXTREME SAILING\_AFRICA



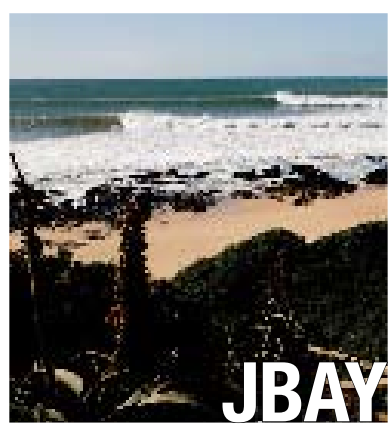
## THE WAVE EDITION



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## Waves - Symbols of life

Interacting with the elements is my profession; the ocean my office. However, the sea and waves mean way more to me: life-force and philosophy. "To become one with the elements, to imbibe the incredible energy of Mother Nature without taking anything away from her, the 'Mana of the Ocean', an infinite force and abundance of wisdom that teaches us about life (...if we'd only listened!) and the wave-like nature of our existence".

I interpret the ocean as a symbol of life – its peaks and troughs, its sets and lulls, the tide's ebb and flow just like our daily being. "Nothing in life can be forced, you have to wait for your wave patiently, there is a time for everything to happen, get in touch with the pulse of the planet instinctively, be fully present in the moment and enjoy the ride when your wave comes..."

To ride a wave is an instantaneous meditation and requires 100% focus, a sense of serenity and commitment without any worries about the future or the past! You have to be there in the very moment with open eyes and mind in order to not let opportunities just pass you by. Exactly the opposite is required: initiative, braveness, willingness to take risks in order to pick and ride the right wave in the set... approaching it with full commitment and even if you get it on the head and get badly washed, there's no giving up out there, energy is required and the more you get in touch with the Ocean and don't try to force your way, the less you'll need and soon you'll be back in the line-up waiting for the next window of opportunity, i.e. set! Some days you don't really catch any good wave, only the ones who still paddle out regardless will be lucky and riding the peak of life again very soon!"

People who love the Ocean know that and with this mind-set the ups & downs of life can turn from a bumpy road into an exciting fun park!

By Gabi Steindl • [www.kitegabi.com](http://www.kitegabi.com)

Winter is definitely here, it's taking longer for the sun to rise and it is disappearing earlier on us in the afternoon, it's time for jackets and fire places, blankets and DVDs. Winter is not most peoples favourite season because of the cold weather, but with the weather comes swell! Winter delivers the best waves. This issue is a celebration of just that - waves, we have helped you to start riding waves – what conditions and equipment to use, choosing

a SUP – what's right for you, or just enjoy the images of some local faces doing what they love. Use this winter to challenge yourself, learn to SUP, surf, go kiting in bigger swell, but always remember to stay safe, have fun, respect those around you and most importantly – respect the ocean, it is very powerful and unpredictable.

TYRONE

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