

The Light of the Planet

– seen from a sailingboat on the Pacific Ocean



By Anna Eriksson

Wednesday 22 April 2020
09°48'S, 139°02'W
Hiva Oa, French Polynesia

The Light of the Planet

The following pictures and reflections are my way to say Thank you to all of you that has been a part of my life and that follows us on our new journey. It is also my way to show my gratitude for being able to be out here. We have got so much support from all over – thank you so much!

This piece came to me when we had been out on the Pacific for some days. It started out with a cloud that caught my attention. It was like a follow up and bridge from our [Atlantic crossing](#). Then it went two weeks before the rest revealed. I started to be very present to the energy of the day. First with a picture – then with the text.

This is my way to share how I experienced our first passage Panama to French Polynesia.

Enjoy!

Anna Eriksson

In safe hands of captain and husband Arthur Sundqvist

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Saturday 21 Mars, 2020
03° 47'N, 84° 26'W
Panama basin

The Cloud

I feel immensely grateful to live on this Planet.

To be out here in the Pacific surrounded by the Ocean and the Sky
gives me plenty of time
to just be and witness what is around me.

I love the Moon. It seems round on the picture – it is not. At this date the Moon
is just a very tiny fragment – laying as a small, small hammock up in the sky.
In four days, she will start to rise again.



4.59



5.14

Suddenly something caught my attention – as this small rose cloud did this early morning.
It must be the sun that is on its way up – today as well.



5.16



5.32



5.44



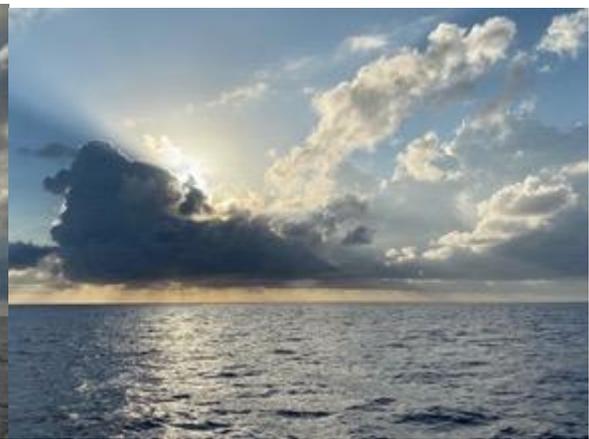
5.51

It always surprises me that the Sun goes up somewhere besides where I see the first sign.

Now, look how majestic this Cloud form itself and how the Sun kind of play "Look out" behind the clouds.

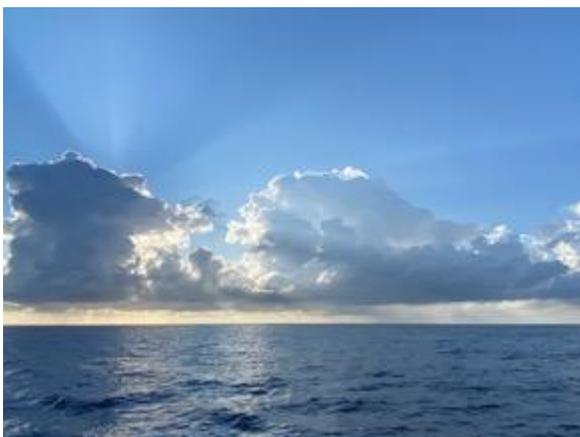


6.24



6.28

The Cloud continues moving – showing us the plentiness of alternatives and formations.



6.45



6.57



7.02



7.05

Look, I can even give you some rain. At the same time as sun! Isn't it magic?



7.32

Bye, bye see you tomorrow!

Saturday 4 April 2020
05°35'S, 116°24'W
East Pacific

The Big blue



So many times, I have spinned on the Earth, at Google earth on my I-phone, trying to grasp that we for real should sail to the other side of the world. Where it is summer when Sweden have winter, where it is day when it's night in Stockholm.

The other side of the Earth is pure BLUE

Now we are here – in the middle of the big blue. In the East Pacific area, 19 days from Panama and 10-14 days to Marquesas. I look at the chart and see the depth 3931 m or just beside 5486 m. Many thousand meters deep. Horizon 360°. And it is very blue, pretty much the same blue as at Google earth. Soft winds from the back – 5 to 20 knots. Waves from none to 2,3 meters. Current 0,5-1 knot. 30° in the air and 29° in the water.

The Oceans are a huge part of the Earth and on this side most of all. Think about if the Oceans creates the balance that is so utterly missing in the crowds on the other side. Think about if that all there is to remember – is showing its presence here – day after day.



Bye, bye – see you another day!

Saturday 4 April 2020
05°37'S, 117°48'W
East Pacific

The Stars



Locking up on all the stars surrounding us. Have never seen so many ever. Not even at *Roque de Muchachos La Palma*, one of the best places in the world to look for stars, where many countries have observatories.

Here out in the Pacific Ocean you kind of see all of them, even the small ones show up as a milky shimmer. Maybe the name of our galaxy, *Milky way*, got created of someone who has been here.

Instead of taking photos I use *SkyView* to find out the names on what I see. This night I found a new constellation – the Flying fish (above)! We see them a lot – they are swimming/flying just above the surface in big shoal. Every morning some of them have landed on our deck. It says they are tasty, like sardines, but so far we haven't tried. The Ocean Cruising Club even has the fish on one's burgee.

I see a star street from Venus – named after the goddess of love and beauty. Also called Morning and Evening star as she is, after the Moon, the brightest you can see in the night sky with the maximum brightness just before sunrise and shortly after sunset.

I see a shooting star. Strongly and clear, no doubt at all.

The stars remind me about the magnitude of the bigger system we all are belonging to. The brilliance of the stars is far too big to catch in a smart phone. You have no idea, they let me know, about what I don't know that I don't know.

It is my little sisters' birthday today.
I wish she is looking at the stars as well sometimes.
I want to give here one of the smaller ones
– as a remembrance of how much I dare her and her uniqueness.

Sunday 5 April 2020
05°38'S, 118°58'W
East Pacific

Witnessing the clouds



Today is a day with good weather clouds. This one looks almost like a big bird with spread wings. Can you see that too? As a kid I loved laying on the lawn looking at the clouds passing by. What comes to me today is how I use to introduce meditation for beginners.

Sit comfortable with both feet's on the floor.
Close your eyes and relax in your breathing.
Breathing in
Breathing out
Allow yourself to relax more and more on every outbreathing
Breathing in new energy
Relax and breath out
Let the breathing continue
And you start witnessing what is there
– like the clouds on the sky
It is all there is
You may feel something from your body
Just be and witness
You may start to think of something
Just let it pass, like the clouds
For now, you just witness what is there
(Let it go, it will come back if it is really important)
For now, just witness what is there
You are the one who witness
Being breath – in and out

Sunday 5 April 2020
05°38'S, 118°10'W
East Pacific

Drawn to the light



This night, when I came up to my watch at 2 AM, I found us sailing almost in the moon street in front of us. Almost the same feeling as sailing to the point of a rainbow. As there is something at the end. Come, come this way – as if they are pulling us closer and closer to a big secret or treasury.

This sense of direction is empowering, like riding on a wave of light. Think about if we always had that clear path shown in front of us! Just to follow even in the dark. We can be lucky when it happens, all the other days we need to trust our own light.

This night I captured a photo with light coming both from inside of our boat and outside from the moon. It's like my eyes are always searching the light. That is also what we are looking out for on our watches. Is there anybody else out there? Someone not using AIS, maybe not even having the navlights on. We want to keep distance, keeping the safety first. Still when a light shows up there is like an attachment – you keep on staring, observing every move – against or towards you. There is a connection even if you never will meet closer than this. If something happens, we will show up.

Maybe the knowing that others also search the light is good to remember days when it feels very dark. Someone takes care and know that there is always light somewhere even at the darkest spots inside and outside. We belong together.

Monday 6 April 2020
05°39'S, 120°35'W
Pacific

There is always a crack



Even in the darkest moments there are openings.
Even the most thick-skinned have an Achilles heel.
Leonard Cohen knew very well that somewhere there is always a crack.
In Japan they repair a broken pot with gold to mark the wisdom and the beauty that follows a crack.
Not only is the crack the opening – it is also the place from where the light, your inner wisdom, comes.

Do you know your crack?

Monday 6 April 2020
05°51'S, 121°53'W
Marquesas fracture zone

This too will pass



Dear existence, how shall I handle this crisis?

This too will pass.

In the meantime – Your work is to be present and take relevant actions according to what shows up in front of you. A crisis needs extraordinary actions. Like when you are on the sea and suddenly it starts blowing more than expected – your relevant action is to adjust your sails to the new situation. Stay alert. Stay present and listen – if you need to do anything you will know.

Tuesday 7 April 2020
06°11'S, 123°20'W
Marquesas fracture zone

To be with oneself



At this date almost the whole world is recommended (or forced to) to stay in quarantine because of a worldwide virus.

A time to meet yourself, to be with yourself.

Just be and face what is there.

How do you react or respond?

When so much activities are on hold.

When the outer world is in a way limited.

When close contact with others is prohibited.

When you are not allowed to leave your home more than a minimum.

I am sitting in our sailing boat, looking out over the huge blue ocean and the light blue sky.

Not so much is happening besides the waves passing by.

What's the meaning of life?

If I ask the waves they answer – there is none.

To be is what is. To be oneself.

Who am I then? What is my natural self-expression?

I witness the waves moving.

I am present to space. To freedom.

Still in a feeling that this is almost unreal.

What are you present to?

Tuesday 7 April 2020
06°18'S, 124°14'W
Marquesas fracture zone

The shadow



It's full moon tonight. I am getting a SCENERY.
I hope you see it too. It's magnificent!

I love the shadows from the clouds.
Gets more mystic, more real, like life itself.

How come we are so hesitant showing the shadows side of ourselves?
I at least constantly choose the photos on me with a big smile.

There is of course so much more.
Many years I used the lotus as a symbol (when I was working with Oceanic Aqua Balancing)
– the long root down in the mud gave me nutrient, so going deep now and then was
essential for me having a rich life. Still is.
That's how I learn to know myself more.

How do you embrace your shadow sides?

We have a choice



We are in a no man's land, not only are we in the middle of Pacific.
We are also in between a lot of countries with closed borders.
Maybe we just have to pass by islands we have sailed eight months to reach.
What a miscount! Or?
We do not know yet.
Who are we to judge?
We have decided to take this journey wave by wave.
We choose to be with what is right now.
If not, we will miss this too.

We can reframe the situation – we are in a magic land
surrounded by very high energy from the Sun, Moon, Stars and the Ocean.

We are riding on the waves.
Feeling blessed.

Thursday 9 April 2020
07°12'S, 128°31'W
Marquesas fracture zone

Today is my birthday



Today is my birthday.

I send a rose to all souls living on the planet right now.
Let's continue taking care of the precious energy that is vibrating inside and between us.

I am so grateful being able to smell the fragrance of the rose,
to see the light shining through,
to feel the healing energy in my body.

I am so grateful being out here in the Big blue
on a totally new adventure with my husband.

I am so grateful having family and friends to connect with.

I am so grateful being alive.

Friday 10 April 2020
07°30'S, 130°22'W
Marquesas fracture zone

Patience



It is the long Friday in the Easter – the day when Jesus for over 2000 years ago got crucified for his, at that time, provocative talks. His talks are still serving as a ground for a big religion in the world. Think about what an impact he made.

Who is coming next?

Who will bring a new vision for the world?

Who has answers on the big questions of today?

Looking out on the calm ocean.

Wind and waves have gone down.

We are slowly gliding forward.

Sun is making a broad road of glitter for my eyes to rest on.

I am thinking on how nature solves thing – in this area for example with cyclones.

There is a Harold running around south south west from here.

People living here has to rise again and again, like we all did when we learned to walk.

The whole world is right now both aligned and at the same time separated because of the deadly virus Covid 19.

Most boarders are closed.

No one knows when and how this will heal.

We learn to keep distance, to not hug, kiss or shaking hands.

Who will remember us to trust again?

Sun says: You will.

Saturday 11 April 2020
07°42'S, 130°50'W
Marquesas fracture zone

This is it!



Woke up to the sunrise.
So calm.
Since 2 AM we have been drifting without sail or motor.

This stillness – this is it!
Like the dot over the I.

Peace on the inside as well as on the outside.
Totally perfect as it is.
A day to just hang in to, feeling grateful for being in this space.
Not moving or changing anything, just being.

I realize how big this is for me – used to be very busy.
I am surprised how much I like this stillness
– as it has been a strong longing that now gets space.
Yes!

Saturday 11 April 2020
07°43'S, 131°00'W
Marquesas fracture zone

The unknown



Today was the day when I let my body be surrounded by the blue, blue Pacific.
It was 31°, salt and 4500 meter down to the bottom.
It is hard to grasp how much that is.
It is definitely longer than it is to the visible horizon all around.

This is our Earth. So much that is unknown.
Freud understood that it is the same for us human beings.
That iceberg – wonder what metaphor they are using here on the south side?
Maybe it is enough just to be curious about what is under the surface
and what the next depth could bring?

How come we still are so hooked on science as the most reliable knowledge?
As we are not getting access to the unconsciousness via the conscious mind.

According to *Bruce Lipton*, cellular biologist from Stanford university,
unconscious is more than 1 million times more powerful than the conscious mind.
You need to have both with you for true transformation – willpower is not enough.

David R Hawkins, M.D, PhD and Director of the Institute for Advanced Spiritual Research, have dedicated his life to the question of how we can rise our energy. He has taught me that a brain looks different for one with high energy than for someone with low energy.

The big difference is that you can develop a so-called etheric brain with meditation, being in the nature, music, art, aesthetics and much more that supports your undominant right brain side (when righthanded, left if lefthanded).

When you have that connection your brain process info quicker and through a higher consciousness before the feelings says it.

For the one with lower energy the brain process is slower and goes via the feeling enter (Amygdala) first. Amygdala's job is to sort out if it is a friend or something dangerous, we meet and then decide whether to fight, freeze or play dead.

The cool thing is that everyone that wants can train and get access to the unconscious.

The unknown is there like a free resource to dive deep into.

Saturday 11 April 2020
07°43'S, 130°58'W
Marquesas fracture zone

My new home



We are still drifting.

Another sailing boat passed by motoring. We had a small talk.
And they continued on.

We stayed. As we were living here.
Secretly. (You only get the around coordinates.)

I just love being here, pacing the energy around us.

Like the Pacific calm down and invite us to stay,
to hang out and enjoy the world out here.

I am so grateful.

Sunday 12 April 2020
07°45'S, 131°32'W
Marquesas fracture zone

Stillness



Feeling blessed.

Sunday 12 April 2020
07°51'S, 131°56'W
Marquesas fracture zone

The guardian



*What is it that scares me? If I would name the pain.
What in me needs to die to make room for what wants to be born?*

*What words and metaphors are coming to me as signs of the new context?
That helps me navigate even in the dark and unknown.*

Dear Guardian – help me stay long enough to face what is there to me to see.

Monday 13 April 2020
07°53'S, 132°12'W
Marquesas fracture zone

On sail again!



After several days with almost no wind it came back and we are on sail again.

I love the fact that we are staying with what is,
not forcing ourselves
or the boat to go faster than what is giving us.
I am grateful that we have the possibility.

Trusting the cyclic movements in life.
Seasons.

Sun is going up every morning and comes always after rain.
After stillness you want to move.
After a dip it goes up again.
The breakthrough is as closest as to the breakdown.
And other way around.
Enjoying what is.

Tuesday 14 April 2020
08°14'S, 133°25'W
Marquesas fracture zone

Rose fluff



Think about the possibility to always have the rose fluff nearby
– the days you need it the most.
Those days when you (or someone else) is hard on you or when everything goes wrong.

The only you need is someone that is kind and forgiving.
That remembers us about the new day soon arising.
That embraces us with a big warm hug while our tears let go.

Every morning is a new day.
The rose fluff remembers us to stay in touch and listen to our hearts.

Thursday 16 April 2020
08°18'S, 135°06'W
Marquesas fracture zone

The power in the new day



It's an enormous power breaking through every morning.
Like when a child is getting born.

You see how it is almost bubble in the horizon,
like it really wants to burst out (as it does in some minutes).

What a gift and reminder for all of us to see the energy and possibility with this new day.

24 hours or 1 440 minutes – new and fresh every morning!

What's emerging for you?

Saturday 18 April 2020
09°51'S, 137°55'W
Marquesas islands

Flow!



We are surfing on the waves with land in sight.
Waves, wind, Vista – all of us wants in the same direction – forward!

Feeling the excitement.
Pure joy.
33 days on sea.
ETA right when the sun will start going down.

This night we will drop anchor in a new country, in a new part of the world:
French Polynesia, more exactly the easterly island Hiva Oa at the Marquesas islands.



09°48'S, 139°02'W Hiva Oa



Anna Eriksson is an executive coach from Stockholm, Sweden that has sold everything to sail and live on board with her husband. She is running the company [Avalona](#) for CEO's that are ready to raise their energy. For the journey there is a blog: wavebywave.se