



# Ten Thousand Waves

*Douglas Grummons*

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*Douglas Grummons*

## **Ten Thousand Waves** Douglas Grummons

Ten thousand waves is a true-life story of a surfer named Doug Grummons. The author takes us on a journey backwards to the very first wave he ever stood up on. From that very first wave onwards he takes a slightly different path. Finding spirituality in many different forms. From a spiritual encounter on top of a mountain that left him amazed. Doug uses stories from his life as a Surfer, Snowboarder, Skydiver and Aikidoist to bring us many insights. Giving us Insights and explaining who we are and why we are here living on this beautiful planet. As a surfer who meditates and studies the ways of the east Doug lays out the basics of eastern thought in easy to understand explanations. Then he takes Zen into new territory in what he calls Extreme Zen. Discovered one day while skydiving Doug coined the term to describe the experience of bringing mind, heart, soul and body together in all of his passions. This autobiography of thrill seeking adventures is divided into seven chapters. He kept the book short and to the point so the reader would not lose interest also seven is a mystical number. The seven chapters represent the seven energy centers in the human body. Author Bio: Douglas Grummons was born an Air Force Sergeants son, who followed his father's footsteps by joining the Air Force himself. While in the Air Force he picked up martial arts training at every base he was stationed. It was from his martial art training when he first discovered the ways of the east. After his Honorable discharge from the service he picked up surfing as well as many other passions. all his passions stem from meditation he developed Extreme Zen. An advanced form of meditation first experienced while skydiving. keywords: Surfing, Snowboarding, Skateboarding, Skydiving, Zen, Tantra, Meditation, Extreme Zen, Adventure, Love, Humor

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