



ESCAPING SAMSARA

CHRONICLES OF A WORLD TRAVELLER
M M X V I

Post Malone - "White Iverson"

Rōnin
浪人

Dedicated to my travel buddy
and best friend,
Tara Rawana
Without you, I would still be dreaming...

For the seeker...

...you are not alone.



May fear guide you to finding resolution—

Sam Roberts - "Brother Down"

“Our deepest fear is not that we are inadequate; our deepest fear is that we are powerful beyond measure.”

— *Marianne Williamson*



Samsara. The fundamental assumption of all Eastern religions being that we are trapped in a cycle of death and rebirth—deemed helplessly to wander between worlds until we have accumulated enough of a *karmic* surplus in the *right* direction, so as to achieve *Moksha* (or liberation) and free ourselves from this fate.





This idea of *Samsara*, beyond potentially being a mere control mechanism used by rulers and priests in order to herd the masses, seems to me to be more of an “out” rather than any actual mast for aspiration.



“You only live once; but if you do it right, once is enough.”
— *Mae West*





*Why do today what you can put off to tomorrow?
To the next few days? To the next few weeks? To the
next few months? To never?*

The truth is, we are *driven more by our detriment than our dynasty*. We will often choose the simplest path, unless pressed forward by an extremely unfavourable outcome. Fear, past apathy, is our strongest motivator for doing what we “*must*”. Though, even in the face of outright fear, our actions still remain uncertain due to our unwillingness to progress. Hence, the vast majority of us will strive toward goals we only say we’ll do, but continually put off, in hopes of secretly giving ourselves something to look forward to later on. Refusing (if ever) to realize our true potential.



It is more amicable for the mind to die striving towards a goal which we will never make steps toward actually achieving, than to die with the fear of uncertainty that comes after having achieved it.

Samsara is a crutch.



Kendrick Lamar - "Hol' Up"

Humans are such a highly-procrastinating species that we will even put off what we know we must do in this life, all the way into the next. *Why put off to tomorrow what we can do today?* Fear. The fear of *realizing our dreams*. Because if we are so lucky to ever break past our initial fear, enough to actually do what we truly desire in life, then our real fear presents itself in the form of a question... so, *what's next?*



"You are on an infinite swim towards a non-existent shore."
— Joe Rogan



The internal call for *more-more-more*, past what we had initially set out for ourselves, is eventually realized as a quiet whisper; a damp feeling of uncertainty—only for us to come to realize that uncertainty was staring us in the face the entire time. But by then, the cake will have already been had and we can either choose to see the rest of our life as mere icing, or delude ourselves into thinking there will somehow be more cake coming later on. Though, when you really come to look at it, you will realize that your whole experience was both the icing and the cake the entire time; masquerading as two separate parts to the whole. The gift of being alive.



In the end, *this is it*. Life is uncertain, but death most certainly is not. Sadly, so very few of us are willing to realize and bask in it before it's all gone. This, *the icing and the cake of our experience*.



Foo Fighters - "My Hero"

So, I ask you, *if you had to relive your entire life over and over again an infinite number of times, in the same series of ways—would you really want to?*



If not,
—you had better do something to change it.



- @urviljames

ABOUT URVIL JAMES "BJ" VILLARUEL

"I've travelled the world; started my own companies and charity; earned both my university and graduate certificate degrees; attained high accreditations in both Yoga and Martial Arts; instructed private and group classes; explored both the esoteric and the extravagant; written for prestigious blogs and started my own; played in bands and recorded my own songs; learned to shoot photo, video, and design websites without ever having taken any classes; discovered a lot about the 'civilized' world and even more about *'the one that only those who choose to enter'* ever get to see; and do you know what I have realized and continue to realize despite all of that? It's not what you know, but what you do, that matters most!

Presence in presence is one of the most difficult, but important undertakings that one could ever hope to achieve. How many times have you not only been here, but truly 'here'? It is only the artist, the true seeker, who can see what may only be retold through the artistic mediums of written word, photography and video.

Telling stories is what I do. What is it that you see and what do you want others to see? For, the most important vehicle of communication is our chosen narrative; transforming what is being said into what is being understood, all at the same time. The reality of what we depict, not by what we desire, but by what is real, authentic, honest and true.

We all have a story... *what's yours?"*







JAY-Z & Kanye West: "No Church in the Wild"









What is known cannot be *un*-known..

...only to be forgotten and then remembered again.

浪人

*Waveman • Wanderer • Vagabond • a Rōnin is a masterless samurai,
destined to travel the globe; following wherever life takes them.
Often ridiculed and regarded with ill will—it is hard to be one so Free.*

Snoop Dogg & Wiz Khalifa - “Young, Wild & Free”

Exploring the scene and the unseen...

PERU
COSTA RICA
PHILIPPINES
HONG KONG
THAILAND
VIETNAM
CAMBODIA
ITALY
GREECE

TRACK LISTING

Post Malone - "White Iverson"
Kendrick Lamar - "Bitch, Don't Kill My Vibe"
Sam Roberts - "Brother Down"
Kamikazee - "Narda"
Big Sean - "Moves"
The Animals - "The House of the Rising Sun"
Vince Staples - "BagBak"
Kendrick Lamar - "Hol' Up"
Andy Grammer - "The Good Parts"
Lord Huron - "She Lit a Fire"
Foo Fighters - "My Hero"
Michael Jackson - "Will You Be There"
James Taylor - "Sweet Baby James"
Queen - "Bohemian Rhapsody"
Elton John - "Rocket Man"
JAY-Z & Kanye West - "No Church in the Wild"
Wu-Tang Clan - "C.R.E.A.M."
T.I. - "No Matter What"
T.I. - "Live Your Life"
T.I. - "Dead and Gone"
Snoop Dogg & Wiz Khalifa - "Young, Wild & Free"