



ROY POSNER'S

1. Work-Related Biography

2. Life Chronology

last updated: 12/16/2021 8:07 AM

BIOGRAPHY

(work-related)

SUMMARY

Roy Posner is an internationally-acclaimed author, corporate instructor, business consultant, human development researcher, musician, personal mentor, spiritual guide, and philosopher of life.

Roy is the author of the internationally acclaimed book 'The Miraculous Phenomenon of Life Response,' as well as several other highly respected works. He has been an instructor and consultant in and around Silicon Valley for over 25 years, and has worked closely with global think-tank Mother's Service Society in Pondicherry, India in developing his ideas on human evolution and transformation.

Roy was born in Brooklyn, New York City, was then raised in Queens NYC, was educated at Syracuse University, and in 1975 moved to the San Francisco Bay Area where he lived for 38 years. He now resides in Southern California (Long Beach) with his life partner Susan Lamkey.

DETAILED

1975-1997

Roy Posner came to Northern California (San Francisco Bay Area) in earnest in 1975, and shortly thereafter formed Kenroy company, reselling imported goods from Mother's Commerce Company of Pondicherry, India. There began a lifetime deep association with the founders of Mother's Service Society, including Garry Jacobs, Robert Macfarlane, and Sri Karmayogi among others.

After working at an energy conservation company in 1982, Roy embarked on a career in the computer industry beginning with computer sales (1983-9), followed by a career in software development and training (1989 to the present).

In 1997 Roy founded GuruSoftware, a software development, training, and consulting company headquartered in California, specializing in project management. He eventually conducted over 1300 training classes to over 5,000 students. The business

(and his other endeavors) serve as a living laboratory for Roy to apply the powerful life principles he has learned along the way, which in turn provide new insights that are captured in his latest essays, articles and books.

Simultaneous to his computer career, Roy delved deeply into the teachings of sage and seer Sri Aurobindo and his spiritual partner the Mother, as well as that of Sri Karmayogi, applying their vast, and deeply profound knowledge to the details of life.

In 1997 Roy founded Growth Online a web site providing fresh, new insights into human evolution and transformation. Inspired by the life and teachings of the Indian sage and seer Sri Aurobindo, as well as Karmayogi, Roy embarked on a journey to understand the deepest truths of life. A good part of what he discovered along the way is presented at Growth Online. Roy is also the author of several books on personal growth and transformation, including the internationally acclaimed 'The Miraculous Phenomenon of Life Response.'

Roy has an eclectic mix of skills and interests. He has been a business entrepreneur and owner, a software developer and trainer, a music composer, a book author, and a philosopher of life. Many of the articles he has penned along the way were developed in collaboration with The Mother's Service Society, a think-tank founded by Sri Karmayogi located in Pondicherry India. MSS has done groundbreaking work in the areas of social development, economics, business management theory, education, literature, psychology, personal growth, and spirituality in life -- extending the profound wisdom of Sri Aurobindo to each of these fields. Most of the content of Roy's writings is built upon this intellectual and experiential foundation.

Roy's central goal for his audience is to help them learn the inner keys to endless accomplishment, abundant prosperity, and deep and abiding happiness and fulfillment in life. Throughout his writings he reveals the psychological and spiritual keys that can help us unlock that infinite potential. Many of the ideas and principles he presents are influenced by the teachings of Karmayogi, the multi-dimensional, original-thinker and spiritual genius who is the founder and leader of Mother's Service Society.

Roy believes that even with all humanity's progress over the past few millennia, we -- as individuals, businesses, and society -- have reached but a fraction of our outer and inner potential. That promise can be realized very quickly, however, when we learn to develop our higher consciousness. In particular, if we change certain limiting aspects of our being, life will quickly respond to that inner effort with good fortune. E.g. you change a wanting attitude, and instantly from out of nowhere you are offered a job of a lifetime. Roy refers to this miraculous-like phenomenon as a "life response."

2001-2008

In 2008 Roy completed his groundbreaking book on the subject, 'The Miraculous Phenomenon of Life Response.' He began research in 2001 and developed several drafts before its final release.

Beginning ~2007 and continued till the present, Roy's 400+ essays on human evolution and transformation can be found in his book 'A New Way of Living.' Influenced by the Indian sage and seer Sri Aurobindo, Roy offers startlingly insights into the human condition, and the emergence of a new consciousness and way of living for individuals and society. Among the topics covered are the process of creation and accomplishment, the keys to attracting sudden good fortune, how to experience the spiritual dimension of life, insights into the character of life, the meaning of world events in light of our evolutionary potential, and many others. The book provides the closest thing to his integral view of life.

Perhaps Roy's most significant contribution to the consciousness space is a chapter-by-chapter analysis of Sri Aurobindo's tome 'The Life Divine,' perhaps the single greatest exposition on the nature of existence, human evolution, and the spiritual Reality ever devised. The work has been published in book form and been favorably reviewed by The Indian Diaspora website among others. Roy's book on The Life Divine was written over the course of a decade, from ~2005 through 2015

During the period 2004-2008, Roy was also a contributing author and editorial board member of Consecration magazine, a journal dedicated to practical application of spirituality in daily life. He is also a research associate for The Mother's Service Society/MSS Research, and a contributor to both the Human Science project and the Karmayogi.net forums. Several years' back Roy participated in the development of a new web-based expert system for personal relationships, RomanceEternal, as well as a powerful online sales training system, TenFold Sales, based on profound principles of personal growth and success.

Roy participated in e-conferences on creating full employment in the world, the emergence of True Individuality in society, and a new vision of Higher Education an affiliate of the World Academy of Art and Science (WAAS).

2010-2012

In October 2010 Roy spoke on the phenomenon of Life Response at the North American gathering of SKY (Simplified Kundalini Yoga) in Mtn. View, California. In December 2010 an article about Roy's insights on the phenomenon of Life Response was presented in an

essay in The Times of India. In April 2012 Roy spoke at a gathering in San Francisco of Tech Mahindra, a \$3B Indian IT company, on the subject of how to evoke powerful Life Response in Sales by changing one's attitudes.

Roy was also featured on the cover of the online edition of BusinessWeek for his remarks on intuition's role in 21st century business success.

2013

In the summer of 2013 Roy released twenty 3-4 minute inspirational audios on how to attract sudden good fortune from out of nowhere, i.e. the phenomenon of "Life Response."

Roy is an affiliate of the World University Consortium (WUC), a new initiative of the World Academy. Its mission is to foster human centered education with trans-disciplinary, integral knowledge in the world. Roy attended the first gathering of WUC at University of California at Berkeley in October 2013. It was led by Garry Jacobs and included renown educators from around the world.

2014

In 2014 Roy co-founded LAMERE Management Advisors, a management consulting, training, and research company dedicated to taking its clients to the pinnacles of success. The stated goal is to turn every company LAMERE comes in contact with into a highly energized, vastly productive, and enormously profitable Living Organization.

In November 2014 Roy made a presentation to ~100 business owners and others at the EVOLVE management conference in Kochi, India on the subject of how "Overcoming Negative Attitudes Attract Business Success." Shortly after a glowing review of Roy's book 'The Miraculous Phenomenon of Life Response' was presented in the magazine supplement of the Hindustan Times in India.

One of Roy's deepest aspirations is to develop an interactive, dynamic web and mobile based personal growth program to help users elevate their consciousness to enable vast success and deep inner fulfillment in life. It would include all of the knowledge he has garnered through his association with Sri Aurobindo, the Mother, Sri Karmayogi, Garry Jacobs and others. A simple simulation of the site/program has been developed.

2015

In Spring 2015 Roy became an Advisory Council member of the Global Institute of Integral Management Studies (GIIMS) in Cochin, India. Its goal is "Building a group of

educational institutions by blending the educational systems and organization of the West with Indian Values and Wisdom."

It should also be noted that for over twenty years Roy has provided 1-on-1 Life Guidance to individuals around the world. In particular he offers clients powerful ways to attract sudden good fortune into their lives. He calls this profound, miraculous-like phenomenon "Life Response." He has written an internationally acclaimed book on the subject. His approach is to understand their current needs, and then suggests the best "life response inducing" solutions. Those are the particular methods that when engaged in attract sudden good fortune for the client. By implementing his suggestions, they are able to attract miraculous-like conditions, fulfilling their deepest aspirations and then some. Over the years there have been many remarkable successes!

In 2015 Roy released 'A Life Response Reader,' a companion to 'The Miraculous Phenomenon of Life Response.' It consists of many hundreds of life response experiences collected over the last 15 years categorized for easy access. A number of the entries are Roy's own personal experiences, but there are also many more involving friends and associates around the world. The 400 or so true life incidents are categorized into dozens of life response Methods, which are the inner and outer movements of consciousness one makes that evoke sudden good fortune -- such as greater cleanliness and orderliness, making a firm decision and commitment, overcoming a negative attitude, not reacting to another's intensities, feeling goodwill towards another, opening to the spiritual Force, etc.

In latter 2015 Roy released a higher sound quality version of his 'The Sunlit Path' musical suite, originally composed 2006-10.

2016

In 2016 Roy completed the first edition of a new book called 'Life Response in Work,' which focuses on how to attract sudden good fortune in your work activities and thereby attain peak levels of success in your career. The book is also the basis of corporate workshop and training on the subject.,

In addition, in 2016 Roy founded a new site called 'Life Response Center,' containing a myriad of content on the phenomenon - from articles to books to audios, videos, and interviews. One major addition to the site is the 2016 release of a dozen plus original videos on Life Response. They were written by Roy and compiled with music and visuals by Senthil R. Murugan. A number of the videos are based on the audios Roy released in 2013, and therefore many of them include Roy's narration.

In the second half of 2016 Roy reorganized the contents of Growth Online into a new form called the Supramental KnowledgeBase. Like Growth Online, the contents of its hundreds of articles is divided into five areas - Personal and Spiritual Growth, the Nature of Life, Reality and Theory of Creation, Society's Growth, and Business Growth. Main contributors of content to Supramental KnowledgeBase are Roy Posner, Karmayogi, Garry Jacobs, N. Asokan, Sri Aurobindo, and The Mother. Senthil Murugan worked with Roy to transcribe the vast content from its old to new form. The project is ongoing and hopefully never-ending as new content is made available.

2017

In 2017 Roy gave a presentation of "Sales Values and Life Response" to GIIMS (Global Institute of Integral Management Studies) located in Kochi, India; and continued to operate in an advisory role to top management. Also in 2017 Roy, in collaboration with Senthil Murugan, created a half dozen new videos on the subject of Life Response, as well as on Supramental Life, and insights on Sri Aurobindo's metaphysical epic 'The Life Divine.' Throughout the year, Roy also continued to give Life Guidance to a number of devotees of Karmayogi, offering solutions based in large part on the innovative, highly effective spiritual methods "Appa" has introduced to the world.

Also in 2017 Roy continued to provide his daily thoughts in Facebook, including five new groups he founded on Consciousness Approach to Business and Work, A New Way of Living (based on Roy's book of the same title), Society's Progress and Evolution, Character of Life in Literature and Film, Future Education: A New Age Approach, and Supramental Life, joining the other groups he founded on The Book (a novel by Garry Jacobs), and the most prominent one on Life Response. Roy also did some investment in marketing the Romance Eternal Facebook group which represents the web site he collaborated in establishing.

Towards the end of 2017 Roy released the book Life Response Videos which is a compilation of the text of all his Life Response videos (made in collaboration with Senthil Murugan) in a pdf format with graphics and links to the actual YouTube animations. At the end of the year he also released a set of lengthy Conversations he had on the topics of how he came to the teachings of Sri Aurobindo, the nature of the Life Response phenomenon, and more.

2018

In 2018 Senthil Murugan and Roy embarked upon a new project with the creation of 'Life Response Magazine.' It is a monthly distributed in electronic form, with the possibility of a future print version. The journal is dedicated to the dissemination of profound knowledge on the subject of how to evoke sudden good fortune from out of

nowhere, enabling ultimate success and happiness in life. The knowledge contained in the magazine is based on the teachings of Roy Posner and members of Mother's Service Society. Among the initial themes focused on are "Power of Beingness," (which includes methods of mental silence, silent will, non reaction, non-initiating); Changing Habit, the Routine; Token Effort; and Life Response in Literature and Film. The articles indicate that taking to these methods have enormous power to evoke sudden good fortune. Each topic is accompanied by powerful real-life circumstance that demonstrate how individuals evoked these startling results.

In the latter half of 2018 Roy expanded the number of Facebook groups founded and contribute content for to 14. In addition, he and Senthil Murugan began developing booklets for the posts for several of the Facebook groups. These are in the form of free pdfs to the public. As of mid-2018 booklets had been created for the following Facebook blogs: 'Higher Consciousness, Infinite Success in Business and Work'; 'Spiritual Life' (formerly 'A New Way of Living'); 'Supramental Life'; 'Character of Life in Literature and Film'; 'Future Education'; and 'The Book'. These booklets will be updated over time, as new posts are added in their respective Facebook groups.

In 3rd quarter 2018 Roy made a series of presentations over five consecutive days to ~300 business management students of GIIMS management institute in Kochi India on the subject of Energy Conversion Process, 5 Growth Engines, and Power of Business Values. The presentation was called 'Keys to Infinite Business Success.'

2019

At the start of the 2019, Senthil Murugan released a 100 page synopsis of Garry Jacobs' epic, mystical novel 'The Book' in poetry-like format. Roy edited the book. Recently 'The Book' - its first edition originally published in 2007 - was released for the first time as a bound edition. In addition, Garry has began a series of 2+-hour discussions on his novel to members and affiliates of Mother's Service Society., soon thereafter released on YouTube.

2020

With the onset of the Covid19 global pandemic we have all been forced inside, away from our normal working environments. And yet MSS/Karmayogi devotees have been engaged in daily 2-3 discussions on various spirit-oriented topics, led by Garry, Ashok, and devotees themselves, which have been very enlightening for all. They could be attended online on Zoom, and after the fact viewed on YouTube. There have been literally hundreds of devotees partaking in these presentations, with most just viewing thereafter via YouTube; while a key core are also presenting and are partaking in the WhatsApp/Telegram discussions. We all feel that by engaging in these presentations, we

are best making use of our time, as well as bringing out the highest vibration to dissipate the pandemic. In other words, we are looking at Covid19 as an opportunity for developing Higher Consciousness, indeed a new consciousness for the world.

With the passing of Karmayogi in April, these discussions took on an added significance. Not only were the online meetings intensified, but Garry revealed a plethora of insights into Appa's character over their 50-year collaboration, while revealing dozens of astounding stories in his life, all guided by his infinite devotion to the Mother. His was/is a lifetime of infinite accomplishment based on an infinite consciousness and devotion to the Divine Force.

In the course of the first half of the year Roy created several new Facebook groups, into which he has made a number of posts and engaged in lively discussion. Among them are: [India Rising](#), [Consciousness Approach to History & Current Events](#), and [Sri Aurobindo's 'The Life Divine'](#). In addition we have turned on Topic tagging for nearly all of the Facebook groups we founded, and are continuing to tag posts in the groups with Topic tags,

Meanwhile [GuruSoftware](#) began to offer Microsoft Power BI instruction, to begin with a Fundamentals class. During the pandemic we have been mostly limited to Zoom-based online training. Business is down 50-90% for training companies due to pandemic and the ensuing economic impacts due to necessity of lockdown.

Throughout the year Roy worked with Senthil Murugan to track and gather Roy's and others' posts from Facebook and elsewhere as a basis of updating Roy's books including 'Inspirations', 'A New Way of Living', and 'A Life Response Reader'. Many of those same materials were entered into corresponding Facebook group booklets developed by Roy and Senthil in recent years, including 'Spiritual Life' and 'Supramental Life', and Character of Life in Literature and Film.

Roy also continued to collaborate with Senthil on a number of videos Senthil created - including his imaginary essays on how Pride and Prejudice's Darcy, Elizabeth, and Wickham's adventure would continue as a result of meeting with a cosmic version of Jane Austin to elevate their consciousness; as well as Senthil's various videos on the spiritual meaning of Flowers as developed by the Mother and Karmayogi; insights into Sri Aurobindo's 'The Life Divine' as interpreted by Karmayogi: profound ideas from the novel 'The Book' by Garry Jacobs; and others.

In the latter part of the year Roy contracted with GIIMS, the business management school in Kochi India to develop and present an online course on the subject of 'Green

Supply Chain Management'. It is part of an advanced degree that includes five other modules, one of which is being taught by Garry, with the remainder led by GIIMS faculty. Though the course did not receive much of a response from the market, we will continue to try to move it forward in our marketing schemes.

2021

With Trump moving out of power in USA and Biden replacing him, plus a decided reduction in Covid cases in the course of the year, there was hope that business could resume as before, though it was clear that many things were changing that affected the way business and the economy would be run.

GIIMS continued to be involved in Double It India to help Indian business leaders develop higher knowledge to foster greater growth in India. Roy remained on the GIIMS advisory board and had several zoom meetings with GIIMS' CEO SS Sreejith to discuss the future of GIIMS as well as collaboration between Roy and GIIMS. The strategic plan shifted as a result of Covid somewhat. At same time GIIMS partners opened a new expanded franchise facility in a nearby tech-oriented port city.

Among the topic discussed by Sreejith, Roy, and Senthil Murugan was the possibility of developing a 'School of Life Response'.

CHRONOLOGY

(of life events)

(basis for a potential autobiography)

(basis for a potential autobiography)

1950s

- Born Bethel Hospital in Brooklyn, New York City. (January 17, 1950)
- Have early memory experience of the sunlight in the distance, playing with orange cat in grassy area, arrival of my sister to proud parents in flat in Brownsville, Brooklyn. (1953-55)
- Often played with little redhead girl F down the street, pulling my little red wagon with her and other materials in it. (1955-57)
- Somewhat took part in "children gang wars" between my street, Snediker, and Hinsdale, which was poorer. It was a kind of game, and kind of real. Was in charge of "communications box." (1955-57)
- Attended Pre-1A in WPA park a mile from our brownstone in Brooklyn. (1954)
- Attended parochial school on Kings Highway in Brooklyn. (1955- 1956)
- Wondered why famed folk singer Burl Ives had a brush on his face, and then pulled on his beard. (~1955)
- Interacting with next door neighbor Moe, very old, over 95, dressed in a dark black suit and vest in a wheelchair looking like Lincoln. Later in life I would tell people "I knew a person (Moe) who knew a person who knew someone who lived during the Revolutionary War." (~1956)
- Taken to hospital after finger caught in cheese slicer. Person who drove me was an acquaintance of my mother and I believe was later found to be a child abductor. (~1956)
- Father bought me my first baseball glove in store down the street; a Rawlings fielder's mitt. (~1956)
- Walked to end of street, climbed up a slight rise, and saw thousands of blacks living in apartments, a startling moment in my life (~1956)
- Apartment building burns down on block leaving a smell that one could never forget (~1956)
- Elderly Jewish shopkeeper murdered on our block. (~1956)

- My father shifts from working in power plant to becoming a real estate broker. (1956)
- Our family moved to Queens (borough of NYC) and we lived in large corner house; a dramatic change and improvement. We had a large yard and great big willow tree in the back. (1957)
- Went to Marady and Lokanda sleep-away summer camps near Catskills mountains area for ~ 5 years. Both in beautiful locations with lakes by their sides. First serious experience of nature and being away from home. A mostly wonderful time. (1958-1964)

1960s

- Attended parochial school in Kew Gardens, Queens, NYC (1957-1962)
- Half the day (morning) I was one of the worst students in class (involving parochial material); while in the afternoon I was one of the best (involving western topics). Had somewhat of a split effect on my psyche. (1957-1962)
- After school "Touching nude statue" betting incident with my friend (1960)
- Played Little League baseball, where my father was team's manager. Played nearly all positions. (1958-62)
- Head-banging incident by teacher in parochial school; 2-week concussion followed. My mother prevents my father from physically harming him. That teacher hands me a quarter on my first day back in school. (~1961)
- Headline in paper says "Superman is Dead" when George Reeves who played Superman on tv died. I almost thought for a moment that it was literally true, as I was an avid comic book reader. (1961)
- Shifted from parochial school to Ryan Junior High in Queens. Girls and boys sat together. (1962)
- Skipped a grade as a result of transfer which led to various future difficult effects, including failing one or two advanced classes I should never have been placed in, which later - 1967 - ruined my grade average and prevented me from getting into ivy-league school. (~1962)
- In social studies class in junior high school, we learned that Kennedy had been shot. We had one of first educational TVs in front of the class, and watched the proceedings. Incredibly ironic that I was in class where we studied current events at the historic, tragic moment. (1963)
- Dazzled by the World's Fair being held in very nearby Flushing Meadows. Incredible look at the future. I was incredibly lucky to have this just a few miles away from where I lived. I especially loved the GE Carousel of Life where the stage moved

around in four quadrants depicting life from a century before to modern times. All the figures on stage were animated. (1964)

- Won Sam Schoenfeld Award for Sportsmanship at Hillcrest Jewish Center. I guess I was a good sport and sought calm and balance on and off the court. The trophy was handed to me by baseball first baseman Ed Kranepool of the New York Mets. My father was very proud. (~1964) Love takes chances!
- Often played touch football on the street in front of my house with others, was also a member of the Little League baseball team my father managed, and eventually became especially fond of basketball. (1963-5)
- Went down to Maryland to visit my aunt and uncle; proceeding to Arlington Virginia, where I climbed over several hills and saw the "Eternal Flame" of Kennedy's tomb. (1964)
- Meet L in summer camp, beginning long-term romantic relationship. Took bus from Queens to Long Island, not without risks, to her house often on Saturday nights to be with her. I was smitten. (~1965)
- Attended and graduated Jamaica High School in Queens. It was a wonderfully integrated school located on a small hill between the poorer black neighborhoods and the wealthier areas nearby. Famed athlete Bob Beamon who broke the long jump record in an astounding moment in Olympic history walked the halls between classes at Jamaica High. (1962 -67)
- Attended Syracuse University in upstate New York. Long, snowy winters. Curriculum that seemed relatively easier than what I experienced in high school. (1967)
- Participated in various protests, on and off campus, as youth, hippy movement spread around the world. (1968-72)
- Attended 5-day Woodstock rock festival in outdoor field in upstate New York.; an astonishing experience. (1969)
- 5-year relationship with L comes to an end when I visit her at the nearby college she attended. (In many ways set the stage for a deeper introspection and commitment to learning in my life.) (1970)

1970s

- [Satprem's 'Adventure of Consciousness' book falls on Garry, Leslie at Mo's bookstore in Berkeley, CA As a result his life changed and therefore my life would change forever when in a few years I would meet him in Southern California.] (1972)]
- Shifted my major from law to business to American Studies, minoring in Journalism at Syracuse (1971-72)

- [In a startling connection, the previous dean of Maxwell School at Syracuse U (where undergraduate American Studies classes took place) turned out to be the man - Harlan Cleveland - who would introduce Garry Jacobs to the World Academy a decade later, of which he would become the CEO and Chairman.]
- Return to my parents' house in Queens after graduating Syracuse with degree in BS in American Studies. (1972)
- Had thoughts of becoming a journalist. Attended course with famous journalists at NYU New School in Manhattan. (1972)
- Was scheduled to write articles on solar energy and Auroville for upcoming national magazine, but the journal never materialized. (1972-3)
- Played friend Craig W. to an endless draw in one-on-one basketball after meeting him at park; we gave up, and played songs we wrote on our guitar to one another. In essence, began in earnest a song-writing hobby and perhaps career. (1973)
- "Moved from my parents' house into our garage; and from there it helped me to develop my career interests, now that I am "separate" from my parents. (1973)
- Becoming a follower of Sri Aurobindo and Mother through a close friend Marvin R. in Queens (1973)
- Saw a presentation on Auroville and several other spiritual communities at St. John Divine cathedral in Manhattan, solidifying my aspiration to be part of His and Mother's movement. (1973)
- Worked as house painter in Queens with several friends. We were a group of four, dedicated to Sri Aurobindo and Mother, who read from Savitri before beginning each day's work. (1973)
- Attempted to visit the grave or home of friend who committed suicide in Yonkers, but sat by the Hudson River there and contemplated my life. On way home I pulled off the highway and had a mystical experience of the flow of life, broke down emotionally, and there and then decided to move to California (1974)
- Left home and headed out West in blue van secured from a neighbor the year before. Traveled across America in van with three passengers and landed in San Francisco Bay Area in California (1974)
- Moved to Berkeley, Ca, across SF Bay, and shared small house with Rob A.
- There I only half-heartedly looked for work as a house painter, hoping to continue what I was doing in Flushing, back home.
- In Berkeley I occasionally wandered through the campus, and especially Shambhala, Cody's and Mo's bookstores (having no knowledge of Garry Jacobs yet) on Telegraph Avenue. (1975)
- Met a friend Lanie in Brussels, Belgium, and we travelled across the countryside of Holland by train, and spent some time in Amsterdam exploring the big canal.

- We then traveled throughout Europe in a wild bus tour that began in Amsterdam and ended in Athens, Greece. At the border of Yugoslavia and Greece, high in the mountains, I had a mystical experience as I gazed on the startling, dreamlike sunrise. When we went passed Mount Olympus along the Adriatic coast, the sunlight suddenly shined on me, and I sensed a deep, ancient connection to the place. (1975)
- We arrived in Athens in same week that 2000 years of monarchy came to an end in Greece, ushering in democracy! (1975)
- [Have always thought I had past life as Greek, living in Greece or Rome during those ancient times. Was I Marcus Aurelius in a past life? Several people I later knew felt I was, but who can say?]
- In Athens we climbed the Acropolis, where I had another mystical experience, as they say a Deja Vu. I picked up an urn on the way down from a mystical-like vendor. We soon realized that the relationship was not working, plus I did not want to go on to Middle East, including Egypt and eventually Israel. And so I got on a plane in Athens headed to Geneva and then onto NYC. It was strange that I was virtually the only person on the giant jumbo jet that seated over 300 passengers. As if I was being told this jet is especially for you and taking yo back, where you really belong to find and fulfill your life's mission. On the way home I began to write the song "Fill My Eyes" ("I'm off again till God knows when, I feel just like the wind" (1975)
- Returned from Europe to NYC, and then after a discussion with C on the side of my parents' home where I was mowing the lawn, I made the decision to fo to and then went back to San Francisco, with the idea I would take up offer of my parents' friends to work in one of his Lumber City outlets so I could seriously earn. (1975)
- I stayed at the "Alamo" house on State Street in San Francisco. (Later on I would ironically elicit Garry Jacobs to do a radio interview on the New Dimensions show hosted by Michael Toms, held on that very street held just a few houses down. Living on State Street was a predecessor event to our eventual meeting a year or so later.)
- Interestingly one of the passengers on my original trip from NYC to Berkeley in my van was a menacing, very unkempt West Coast aspirating rock star, M. I would meet up with him again after my return from Greece at the Alamo, and he invited me down with my English friend to paint his father's house. I would stay at a house in Laguna Beach where the live-in owners were followers of Sri Aurobindo, which seemed opposite of M's demeanor. It made me realize that even in that original van journey, with a questionable person on bard, I was connecting with Sri Aurobindo as I headed cross country.]

- After painting house in Laguna Beach in Southern California, I returned to San Francisco where I painted the "Alamo" house where I was staying, along with English friend J. With funds I now obtained a car in Chinatown and then with an Australian friend headed back down to Southern California. (1975)
- I ended up living on the beach in Santa Monica, with several Hollywood designers.
- While visiting East West Cultural Center near downtown Los Angeles, - run by Jyoti who was sent to America by Mother to open a center there, - a young female disciple of Jyoti directed me to possibility of working for devotees who were selling Sri Aurobindo Ashram products, in the nearby San Fernando Valle. (1976)
- I scheduled an appointment and met with the people running Mere Cie imports out of a house in Reseda, California and there for the first time met Garry Jacobs, his wife Leslie, and Dan Andrews. (1976)
- Then I moved off the beach a few blocks inland in Santa Monica, and shared a house with two other people. One of them (R) walked into my apartment one day and held up a copy of 'Sri Aurobindo: The Adventure in Consciousness'! I was stunned he knew of such things. He had contacted me because he saw a poster of SA in my room, and happened TO have a copy of the book; an astonishing "coincidence." (1976)
- I began selling for Mere Cie in Southern California. Even R who I shared the house with joined me in certain sales. (1976) (ep)
- Perhaps the KEY MOMENT OF MY LIFE occurs when Garry asks me "to remember Mother" before each sales presentation when selling for Mere Cie. (1976)
- Moved back to San Francisco Bay Area and eventually formed Kenroy Company in San Francisco with a partner friend Ken to distribute Mere Cie goods throughout the region. (1976)
- Distributed incense, oils soapstone, tapestries to boutiques, gift stores, and health food concerns in Northern California, et al, manufactured by Mother's Commerce Company and others in India and imported by Mere Cie into the USA. (1976-82)
- Did the New Age expo in SF, when singer, musician Taj Mahal signed his autograph with "best smokes at the Expo." Very moved by new age (New Horizons) theme (~1977)
- Met Cathy F. at the top of the hill where the famous Cable Cars descended from Russian Hill into Chinatown. Begin a 25-year close friendship. Find out she lives in the same apartment building as me a few blocks away, and her place is directly above mine!
- Walked up California street hill in a defining moment of my life. Where I felt ecstatically happy, that I had found a career and new friend Cathy, establishing my life, as I practically skipped up the busy steep hill singing along with the blaring

ABBA song that was playing through someone's window. It was the happiest moment of my life till that point.

- Jonestown tragedy plays out. It has great effect in SF as the church was headquartered there, even though the tragedy unfolded in South America (Guiana).
- Assassination of Mayor Moscone and Harvey Milk came only a few days after Jonestown. Famous candlelight funeral procession passes right by my apartment on Russian Hill. You could say Dan White's evil deed was due in part to Moscone's involvement in the fallout of Jonestown, as he had somewhat of a connection to Jim Jones. Free concert held in front of City Hall with Joan Baez singing haunting songs in memory of the recent tragedy in the city.
- Still it was an incredible time to be in San Francisco, especially when you add the fact that the New Age movement was in full swing, followed by the disco rage, followed still by the birth of the personal Computer in nearby Silicon Valley.
- Initiated sales in America of Mother's Fragrances incense and oils. (1979-82)

1980s

- Early 1980s recession deepens. Wholesale customers for Kenroy lines starts drying up. In desperation looked for other products to sell other than those from Mere Cie.
- Tried to get loan from multi-millionaire friend of HK in SoCal to keep business afloat. Unable to secure.
- Kenroy disbanded after various conflicts in distribution, incense-related lawsuits in India in relation to Ashram, inability to get handmade paper unit going, and deep recession in America. We were lucky to have come out alive considering the ill-will of our antagonists. (1983)
- Moved out of elegant apartment in Pacific heights, stayed with several friends for a few weeks, and then applied for a new job; finding one in the East Bay. I moved across the Bay to North Berkeley house.
- Worked for Energy Conservation company located near Berkeley in sales and sales management, selling energy saving light fixtures to companies in the area. First experience on a personal computer when we created a spreadsheet for calculating energy savings using the reflector and "No Watt" products. Became sales manager, but the staff I hired could not produce, and I was let go (actually voluntarily left). (1982)
- Met Sue Lamkey at the Town House bar and restaurant in Emeryville, and have been together for 35+ years. I moved in with her in Oakland for a few months. (1982)

- After going to a store that had an electronic database, unprecedented at the time, Sue and I found a printout of a place to live. We then moved from Berkeley/Oakland to other side of the East Bay hills in beautiful Lafayette, Ca in Contra Costa County. (1983)
- I began to seriously consider a career in personal computers, now that I had worked with them at Energy Planning, and it was seriously becoming the new wave in the world. (1983)
- Practiced learning PCs by going from retail store to store trying out the machines, including OS and application software, and reading a few books. (1983)
- Decided that working retail was the best approach for me to get into computers, and so interviewed and secured a job on my first interview; at Computerland in Oakland, CA. Janice, the owner's wife who was pregnant at the time, literally ran after me to hire me. I really liked her. (1983)
- Overcame a reluctance to work weekends, as requested by boss, and when I arrived attracted the biggest sale of my life, propelling me from lowest selling salesperson in four-store chain to highest. Big income hit! A seminal moment! in my life, and the start of true Life Response awareness. (1984)
- Business management book 'The Vital Difference' by Garry Jacobs and Fred Harmon released. (1984)
- Mere Cie moves from Southern California to Northern, setting up a warehouse in Napa Ca. Dan the president has relatives in the area that he stays with. Larry and Dan have taken up all my old accounts, plus I agree to pay back Dan for a big bad debt we incurred because of non-payment of one of our clients. (1984)
- Helped Mere Cie set up their computer systems; including modem communication to India for first time. It would come to replace their Telex system. (1985)
- Almost handed Karmayogi's 'Consciousness Approach to Business Management' book to Steve Jobs in Palo Alto Hills (1987)
- Garry Jacobs and Bob Macfarlane purchase house in Napa, California (in SF Bay Area) (1988)
- Became national franchise manager of desktop publishing outlets for Krishna Copy at their headquarters in San Francisco (1989)
- Began meeting regularly for meditations and instruction at Garry and Bob's house in Napa, California house (1989-1995)
- Garry's international commission (ICPF) is active, and includes Jimmy Carter, Queen Noor of Jordan, and many other luminaries and thinkers. Most surprisingly Cold War essentially ends day of first plenary meeting in Trieste, Italy. (t was Mother acting through Karmayogi's commission). (1989)

1990s

- Garry Jacobs and Bob Macfarlane's business management book 'The Vital Corporation' is released. Five Engines and Energy Conversion model presented (1990)
- Became a software instructor. Spent next 25+ years training staff of major and startup companies/organizations in San Francisco Bay Area (including Silicon Valley) (1992-Present)
- For ~6 months had dreams that directly or indirectly predicted the outcome of world events the next day (1990s sometime)
- Difficulty overcome for first Project class at IBM in San Jose may have opened up my Project career, which brought 50% or more of my income in last 25 years. (~1996)
- Hair goes natural. (~1996)
- At urging of Karmayogi, Garry Jacobs and Bob Macfarlane taught me Appa's essential knowledge over a number of weekend sessions at Napa house about 40 miles commute from my home in Lafayette Ca. (1996)
- Formed Growth Online web site to present this knowledge. (1997)
- Worked with MIRA International (Garry Jacobs Bob MacFarlane) on developing Double It! Software for their clients and others (1997)
- Have incident with neighbor leading to "the Great Fear" episode that lasted almost non-stop for 6 weeks. (1997)
- Book 'Essentials' created that contained the 20 essential essays based on meetings and topics covered in Napa-house get together. (1997. Updated in years that followed.)
- Collaborated with MIRA International in Napa, CA (a management consulting company of Garry Jacobs and Bob Macfarlane) on various business-related projects with large clients, including PARA and Prudential. (1995-2000)

2000s

- New Millennium begins. (2000)
- Auspiciously for the new millennium had regular communications with Karmayogi, discussing many issues of life, including an intensive study of Pride and Prejudice. Many subtle life laws are increasingly brought out and understood. (1999-2003)
- Decided to write book on Life Response, as Appa asked me to begin by gathering 100 instances of the phenomenon (2000)

- Drove across western United States to visit national parks, (Mesa Verde, Arches, etc.) which ended up being a startling "Journey of a Lifetime," consisting of life response incidents that were the first of the 100 gathered events Karmayogi asked for. (2000)
- Continually worked on Growth Online throughout the decade (2001-09)
- Began to shift my software training mainly to project management. Developed server related courseware, which was sold online. (2001+)
- Cassie joins our family as a kitten (2001)
- 9/11 attack (2001)
- Developed more of my own (higher-paying) clients than just work for training companies. Also put together Project Server training, which was available online for \$1000 a copy. (2001-2013)
- Taken to hospital in Walnut Creek after Sleep Apnea induced panic attack. After considerable tests, doctors found all tests normal; nothing wrong with me. (2006)
- Epic novel 'The Book' by Garry Jacobs released (2007)
- Apple iPhone released (2007)
- The book and film 'The Secret' released (2008)
- Roy's book 'The Miraculous Phenomenon of Life Response' released (2008)
- Intensive Discussions occurred with Garry and his team, and Ray from Turkey to create a personal growth program with underpinnings of Karmayogi's and MSS knowledge. (2007-9)
- Cassie leaves us (2008)
- Beau and Lakshmi join our family as kittens (2008)
- Housing Crisis in USA, Collapse of Stock, Great Recession (2008)
- First release of 'The Sunlit Path'; a musical journey, consisting of original music I had composed over the past half dozen years (2009)
- Garry initiates film reviews to be hosted at Human Science Wiki. (2009)
- Garry initiates Tenfold Sales and RomanceEternal in wake of our efforts to create personal growth program, which is set aside. Roy researches and supplies many case studies towards those two efforts. (2009-11)
- Sue loses her job after 10 years at Cancer Center. (2009)
- Met with John Sculley, former CEO of Apple and Pepsi at the Computer History Museum as we wandered among he exhibits. (We were just about the only one's there!) We talked a bit about Apple's past and present. (?)
- After Apple shareholders meeting at headquarters in Cupertino (I had one share) I stood there alone with Steve Jobs, and we starred at one another; and I felt there was a connection. (?)

2010s

- As a result of request by Viji Kumar (devotee of Karmayogi living in Sacramento), Roy makes presentation to several hundred followers of Kundalini Yoga on topic of 'Life Response' in Mountain View, CA. (~2011)
- Through Viji Kumar Roy meets up with Senthil Murugan in Sacramento at her home, whom he would collaborate with on many projects over the next seven plus years. (2011)
- Roy presents seminar on 'Sales Attitudes and Life Response' to Tech Mahindra sales team in USA at hotel near San Francisco airport (2011)
- Business (training and online project management software via GuruSoftware) begins to seriously slow due to echoes of the financial crisis a few years earlier. Plus Google ends our involvement with AdSense, which reduced greatly the viewership of Growth Online website and the funds it generated. (2012)
- Looking for new sources of income Roy and Sue form New Artiste to sell Tapesseries de la Mere (from Mere Cie and MCC), but after a few early successes the ventures fails, and the two web sites are taken down. (~2012)
- Roy meets with Sudhindra, a tech developer living in Silicon Valley with his wife and young child, and begin a number of conversations about collaboration on a smartphone app (BonVibes) that generates a daily Inspirational thought (of MSS and my teachings, eg on Life Response). (2013)
- The business relationship with Sudhindra did not bear any direct fruit. However, Roy records 20+ audios on Life Response, which are eventually turned into videos (with images and music) through collaboration with Senthil Murugan, a South Indian living in Singapore whom Viji introduced me to. (2013)
- Due to dire financial conditions, plus an opportunity to work with Bill H. in building a management consulting company, Roy, with Sue and two cats (Beau and Lakshmi), move from Lafayette in Northern California to Long Beach in Southern California (2013)
- LAMERE Management Advisors is then formed; and a web site is created. (2014)
- In the meantime during these years Garry rises to be Chairman of World Academy of Arts and Science (WAAS), & World University Consortium (WUC). How he got to the top of WAAS, a world re-known, respected global institution is a startling story.
- Presentation made to business owners at London School in Kochi, India (from Long Beach, California) on 'Life Response and Attitudes.' (2014)
- Growth Online website ended, due to financial issues as well as an aging technology and thus began the development of the Supramental Knowledgebase to take its place. (2015)

- Book and workshop 'Life Response in Work' completed. (2016)
- 'A Life Response Reader' book, a compendium of hundreds of life response experiences of myself and various associates over several decades, has its first release. (2016)
- Made remote presentations (from Long Beach, California) to staff of GIIMS (Global Institute of Integral Management Studies) in Kochi, India on topics related to Life Response. (2017-18)
- For a decade Roy listens to many of the dozens of online 2-3 hour discussions by Garry Jacobs, restates and transcribes key ideas into Facebook, which is bi-annually updates the SUPRAMENTAL Knowledgebase. (2010 - Present)
- Roy continued to give Life Guidance to various devotees online, but then stopped due to being overtaxed. (2010-17)
- Roy's yoga continues to advance as he regularly practices Non-reaction, consecration, etc. etc. Continues to have startling soul experiences that had started almost a decade earlier. (2011-Present)
- Ongoing startling experiences of the Soul, where my center of being kept disappearing, and I did not know who it was that was looking out on life. Episodes would happen around once or twice a month and often more frequently. Impossible to explain! (since ~2010)
- Roy continues to add personal insight to Facebook space on a daily basis. (2011 to Present)
- On many occasions Roy drives up to nearby Signal Hill in Long Beach, Ca for walks and to take in the view. Also, often goes to Seal Beach for similar airing out. (2012-Present)
- Made 5 60-person presentations to business management students at GIIMS institute in Kochi India (from Long Beach, California) on subject of business management process, 5 growth engines, and power of business values. (2018)
- Roy is appointed to the Advisory board of GIIMS. Garry Jacobs becomes Chairman of GIIMS, helping direct the institution, giving guidance to founder and CEO S. S. Sreejith, who has been a friend for many years through Facebook and elsewhere.
- Plan emerging for future development of Supramental KnowledgeBase. (2018)
- Synchronicities are coming more frequently, and with great and regularity. (2018)
- Was in hospital for a week with very serious version of flu. Decided to lose weight thereafter, which I did, of over 25 pounds.
- Passing of Leslie Jacobs - "she was ready for the next adventure."
- Had by now developed 14 Facebook pages & groups, adding regular content for each (2017-19), consisting of hundreds of posts. Includes groups for Life Response,

Society's Growth and Development, Spiritual Life, Supramental Life, New Education, India Rising, The Book, and others

- Developed electronic booklets based on Facebook posts (in doc and pda format; several with images) - including 'Spiritual Life', 'Supramental Life', 'Higher Consciousness', 'Infinite Success in Business and Work', 'The Book', and others, that are periodically updated with latest content in cumulative fashion. (2017-19)
- Rise of Trump; splitting of, conflicted America (2016-20)
- Sue's knee replacement and my support to and from UCI hospital (2019-2020)
- (April to ?) Corona Virus pandemic accelerates (2020)
- Found out (in 2020) about passing of close friend Cathy F. three years earlier, in 2017.
- (April - September+) Daily 2-3 hour discussions led by Garry and Ashok for devotees begins at outset of pandemic in April and continues well into the fall; so far nearly 150 sessions. It aids the development of consciousness, especially in these times of lockdown due to coronavirus. Devotees themselves start making presentations to everyone else starting in the summer and accelerating thereafter. (2020)
- (April) Karmayogi leaves to continue his work in subtle planes. (2020)
- (June 15-19, 5 days) International online meeting for Global Leadership by World Academy, to help develop UN's consensus SDG strategies for global development, is an enormous success with hundreds if not thousands of viewers and 300 presenters. It was available live via Zoom and on demand on YouTube. MSS staff did all the preparation and supported the Zoom and other technologies. Garry Jacobs of MSS and Chairman of World Academy again led the way forward. (2020)