

Onionhead[®] The Water Traveler



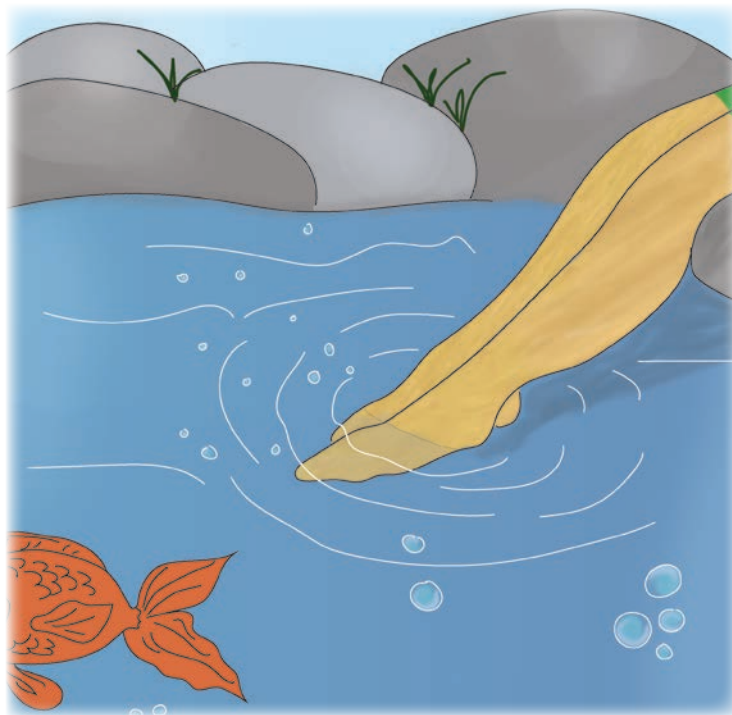
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Chapter One

Introduction

Onionhead was quietly sunbathing in the garden while looking at the pond next to him. All of a sudden five large goldfish splashed and appeared from out of the rocks. They explained by saying, “Hi **Onionhead**, we know you have been a sky traveler and an earth traveler, so we were wondering if you would like to be a water traveler with us?”



Onionhead was so shocked that his shoot nearly fell off his head. He asked, “Where did you come from?”

The largest orange goldfish answered and said, “We came from the sky, fell to the earth, and landed in this pond – all to see you.”

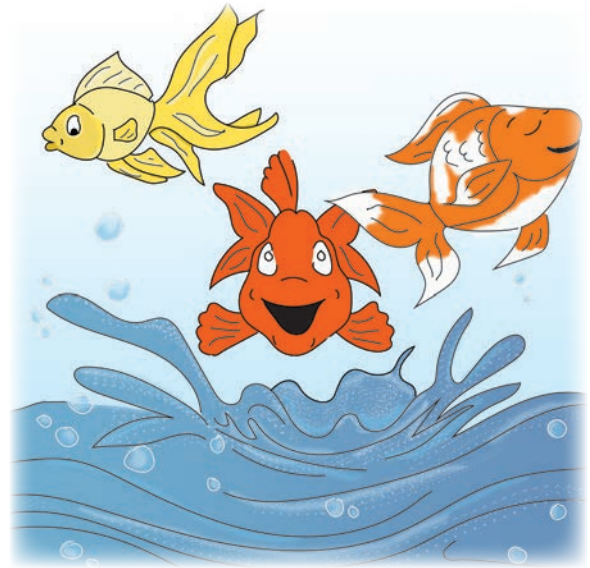
“Now let us introduce ourselves.”

He said, “My name is **Happiness**, and my orange twin sister’s name is **Harmony**.” Then the yellow one with an orange heart on her tail said, “Hi, my name is **Heartfelt**, obviously. The orange and white one is named **Honesty** and the smallest yellow one is called **Humbleness**, because he is very humble.”

Onionhead could not believe what he was hearing.....names that have such important meanings. He was in shock and trying to figure out how they could come from the sky and wondering if the sky had water. Oh, he thought they must as it rains and snows. It was all too miraculous and confusing for him to really understand.

Orange **Happiness**, who was visibly the leader of the five, was very clear as to why they had these names and why they came to travel with **Onionhead**. He went on to explain.

“I took the name **Happiness** because I really want people to experience more of it. There seems to be so much sadness here on Earth and that makes me sad.” Orange **Harmony** jumped in and said, “I took the name **Harmony** because there seems to be so much fighting and conflict here on Earth and that makes me sad as well....and a little scared.”



The yellow one with the heart said, “I took the name **Heartfelt** because this would be a better and kinder world if people would live more through their hearts, rather than their heads.

Honesty swam up to **Onionhead** and said: “there can be no goodness and love if we are not honest about what we think, feel, and do. Truth is the most important merit in life because nothing good or loving can come from lies or deception.”

The smaller yellow fish swam to the top of the pond and said, “I took the name **Humbleness** because that is what is required to create harmony and happiness. Everyone needs to understand how important it is to stay humble, even when we are the most successful. We must always remember to be thankful for our good luck.”



“Wow, wow, wow”, **Onionhead** thought. These fish, which he was going to call **Goldies** are really smart and thought this out to the fullest. Therefore, he knew it would be a very good idea to embrace the whole idea of taking the journey to the waters with them. What did he have to lose anyway – he was getting bored just sitting in the garden and missed traveling.



He said, “Ok, to make it easy, I will call you **Goldies** – so **Goldies**, let’s take the journey together. Where do you want to start?” They answered by saying that the oceans were the best place to start, as they had the most variety of fish and they were the biggest bodies of water.

Onionhead asked, “How many oceans are there and where will we start?” **Goldies** had done their homework and knew immediately what to answer.

Just like we are five fish, there are five oceans. The Atlantic, the Pacific, the Indian, the Arctic, and the Southern Antarctic. We thought we would visit one species in each ocean, dolphins, octopuses, whales, jellyfish, and seals.

Humbleness asked, “Did you know that over 75% of the earth is covered by water? However, only 1% is drinkable and it comes from rivers and streams.” Holy cow, that’s incredible, **Onionhead** thought!!!!!!

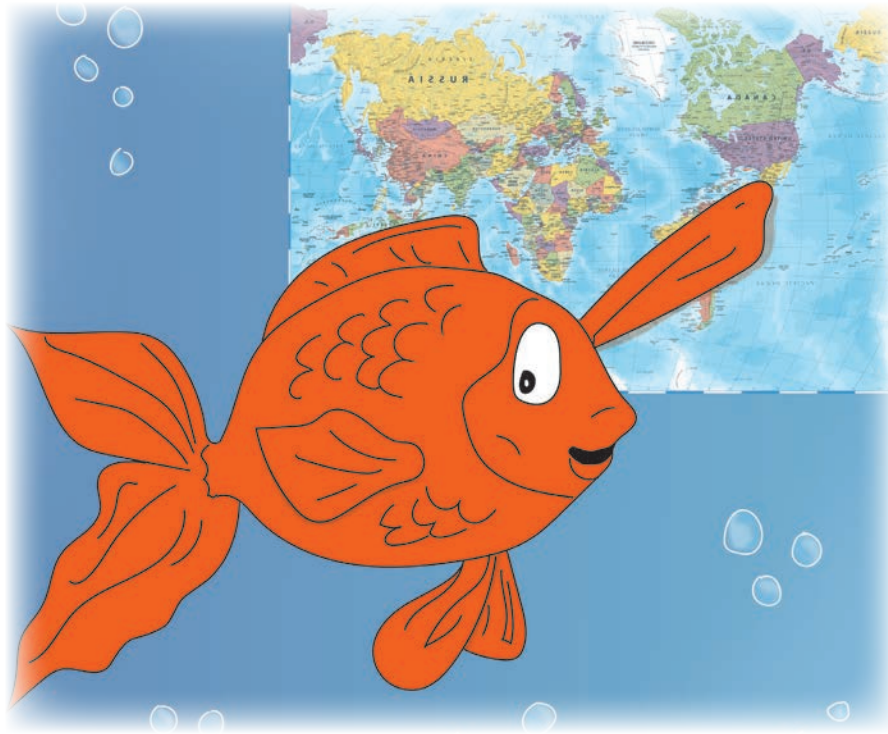


Then we thought because there are too many rivers on this planet, we would visit just two rivers and study salmon and trout. We believe that when we finish, we will be bonded with you **Onionhead**, and not want to leave you or Earth. Therefore, we will live out our lives with you and retire in the garden pond. This made **Onionhead** really happy because he already loved the **Goldies**.

Chapter Two

Planning Trip

Onionhead asked, “To start with, where are these oceans located?” **Orange Happiness** answered as he had done his homework before he came.



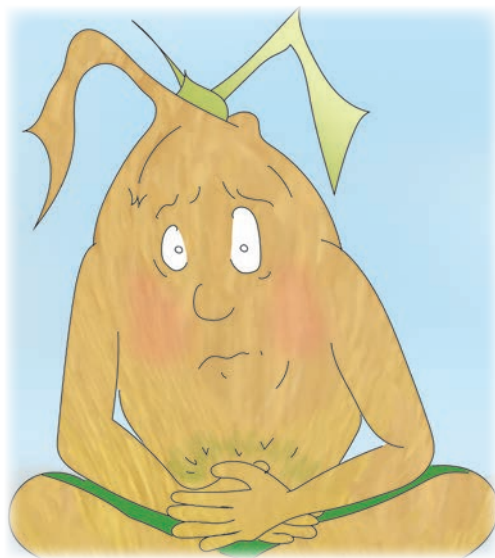
The Pacific Ocean is the largest and deepest in the world, covering 63 million square miles, and contains more than half of the free water on Earth. It lies between Asia and Australia to the west and North and South America to the east and stretches from the Arctic Circle to Antarctica. It is home to the *Mariana Trench*, which is the deepest part of any ocean in the world. *Yikes* **Onionhead** thought that the *Mariana Trench* would be terrible to fall into.

The Atlantic Ocean is the second largest ocean, covering one-fifth of the Earth's surface. It is bordered by the Americas to the west and Europe and Africa to the east. It stretches all the way from the Arctic Circle to Antarctica. Its outstanding feature is an immense mountain range, extending throughout its total length. **Onionhead** *could not even fathom a mountain range that big.*

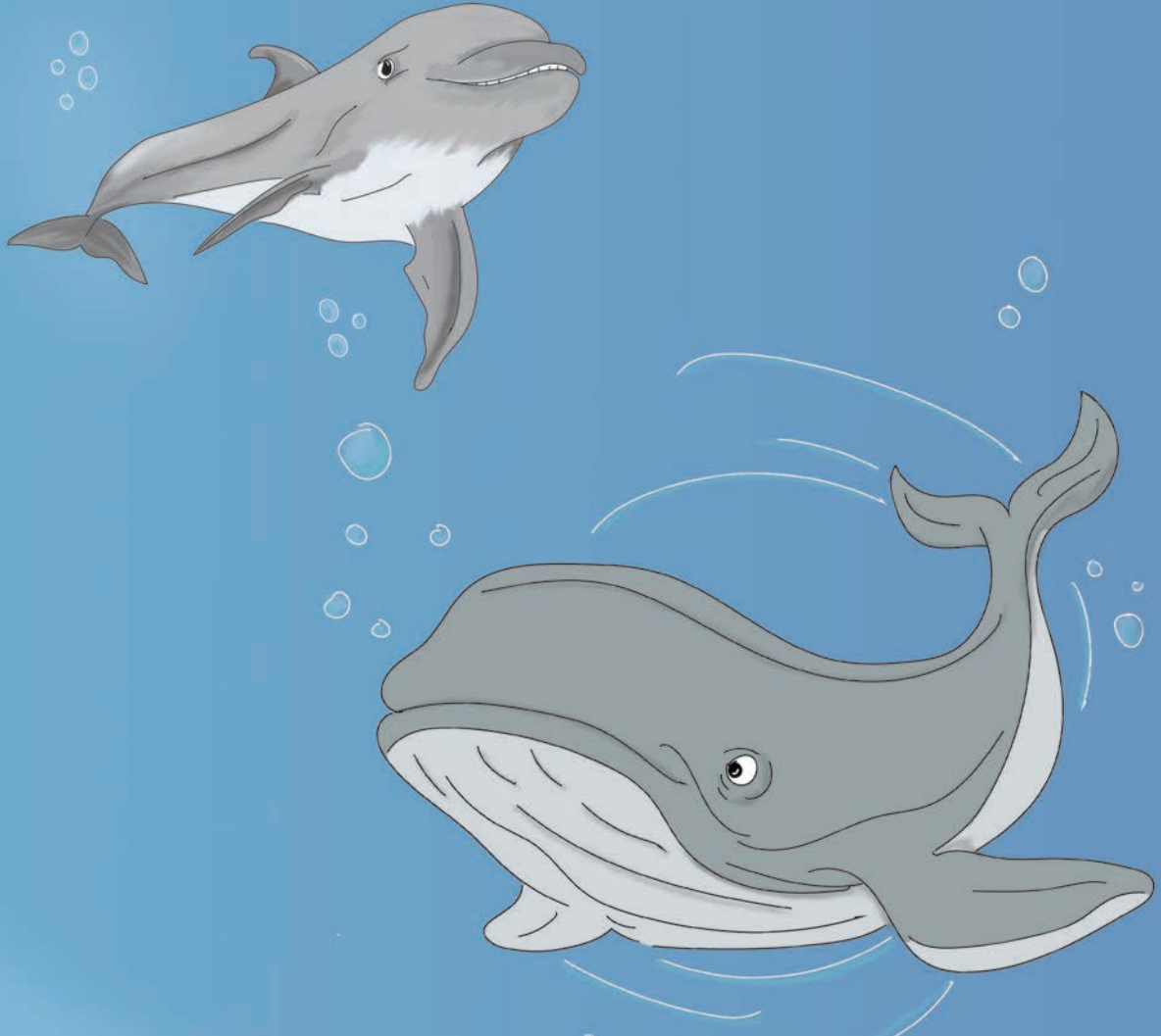
The Indian Ocean is the third largest ocean, covering 28 million square miles. It is located in the west of Africa, going to the north of Asia, to the east of Australia, and to the south of Antarctica. It comprises 20 percent of the world's water surface. It is also the hottest and considered the healthiest ocean on this planet. **Onionhead** *felt the Indian Ocean would be his favorite and not so scary.*

The Southern Antarctic Ocean is the fourth largest ocean. It is closest to the continent of South America, near Chile and Argentina. It sits at the southernmost end of our planet and is considered to have one of the roughest waterways, as it has strong winds and violent storms. It is also the youngest ocean, formed only 30 million years ago. *Oh boy, Onionhead got a pit in his stomach peel again!*

The Arctic Ocean is the smallest ocean in the world, only 8 percent the size of the Pacific Ocean. It is centered on the North Pole and is completely encircled by the landmasses of North America, Eurasia, and Greenland. It is the coldest ocean in the world, covered with ice throughout the year. However, because of this, it became a spectacular haven for fish and marine life. *Oh no, not cold again Onionhead thought.*

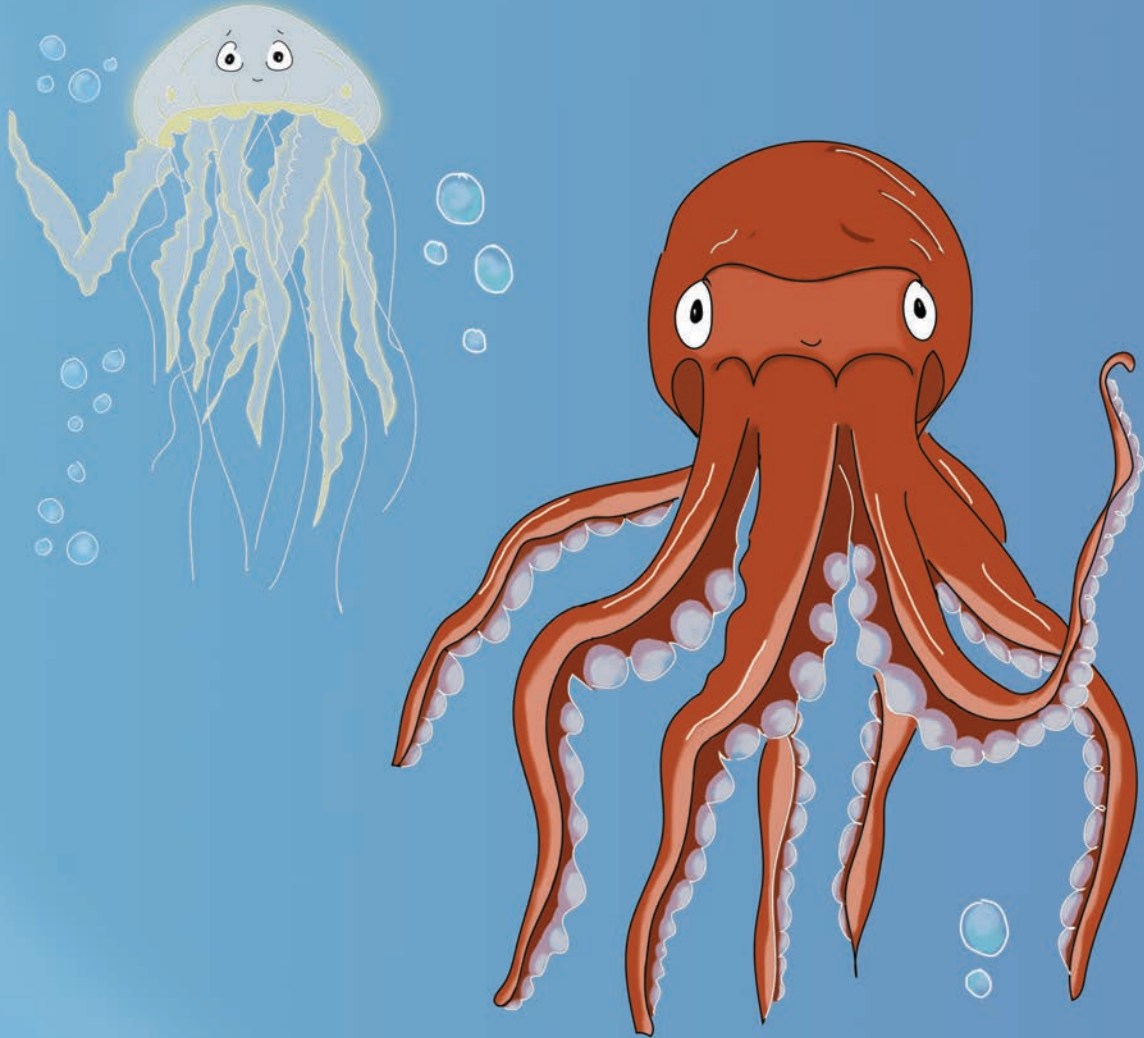


From my studies, I discovered we will find:
the most whales in the Southern Antarctic Ocean
and the most dolphins in the Atlantic Ocean

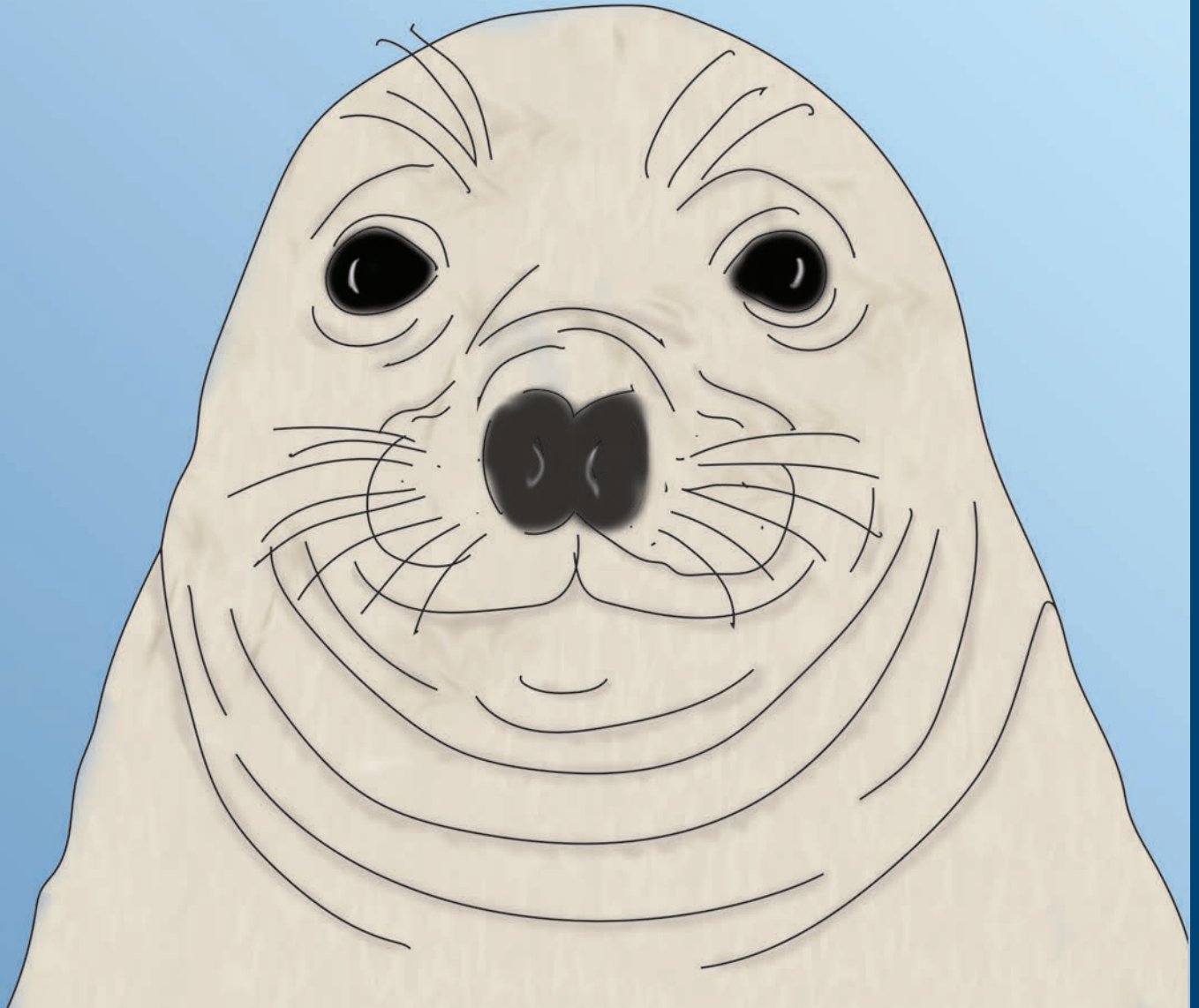


the most octopuses in the Pacific Ocean

the most jellyfish in all the oceans, as there are so many different types. We will go to see the Moon Jellyfish in the Indian Ocean so that we visit all the five oceans.



and the most seals in the Arctic Ocean



Then we will go to the two rivers which have the most salmon and trout. Interesting that both rivers are situated in the United States. However, trout go to lakes to rest, so we might go to the lake instead.



For salmon, the best river is the Penobscot River in the state of Maine, on the east coast of the U.S.



For trout, the best river flowing into a lake is Klamath River, in the state of Oregon and it flows into Klamath Lake, which has the highest amount of trout. Oregon is on the west coast of the U.S.

Onionhead asked, “Don’t you think we should study the fish before we leave?” Yellow **Humbleness** answered immediately by saying, “No **Onionhead**, we must find out from the real source, so we have to ask each one of them when we find them.” **Onionhead** loved and resonated so much with that answer. *Go to the source, yes...go to the source.*

Since our garden was located in the United States, we changed our minds and decided to cover the rivers first. This was going to be so much fun because Maine was on the east coast of the country and California was on the west coast. *Road trip....yippee...road trip.*



Chapter Three

Salmon

Symbol of Persistence and Peace

Sacramento River, California with the salmon was our first stop.



When we got to the river, I got very scared. We realized that, as an onion, I did not know how to swim. My shoot started to shake as we had not thought this out. I started to cry and said, “**Goldies**, I do not know how to swim and I will most likely drown on this trip.”

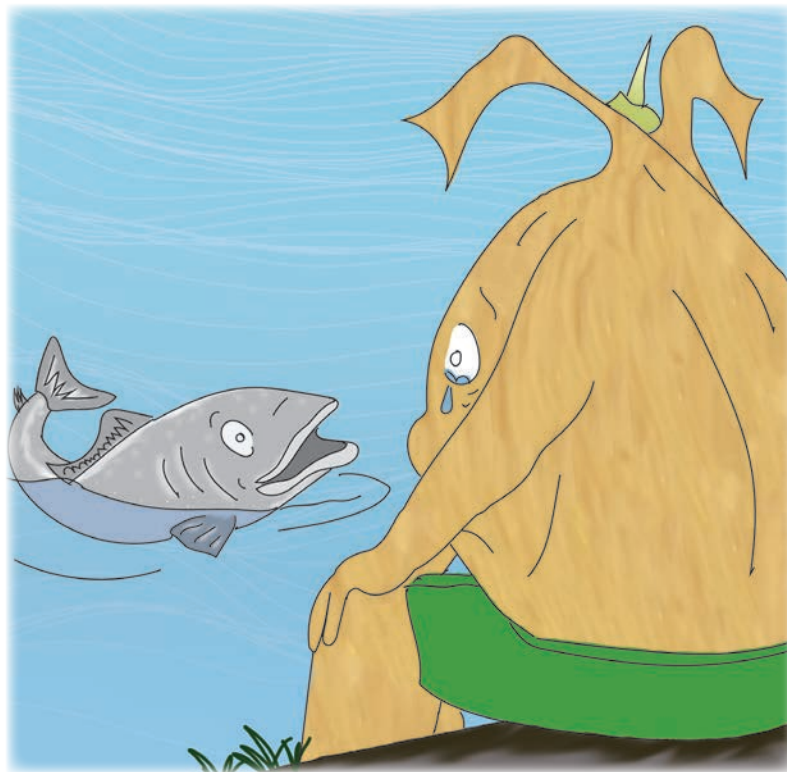
Goldies calmly answered by saying, “Oh **Onionhead**, we knew this and planned for it. We have a snorkel, fins, and life jacket for you. Did you think we would let anything happen to you – NO WAY!”

As soon as they entered the river, dozens of salmon came swimming up to them. They seemed excited that others were interested in them, without wanting to eat them.

Onionhead was so excited because he had never met a salmon before. He asked them about themselves. They said that all things that are on this planet have a spiritual reason for being here.

They explained that they came to teach people about perseverance and persistence because one needs that to be successful and triumphant. They want people to know to never give up, even when things are very hard. They know this because their life is not easy as they have to make a tremendous effort on a day-to-day basis just to stay alive. They also shared that the word salmon means peace, and this is what they want for all people. **Onionhead** had heard somewhere that sacred tribes loved to watch the salmon. They learned from them because salmon leap over obstacles, including waterfalls until they reach their goal.

Onionhead started to cry through his goggles because he had a life so much easier than them. He just sat in his garden next to the pond all day. He felt guilty for his luck of being an onion – even though being an onion is not easy either because people think he smells and stinks!



When the salmon noticed that **Onionhead** was crying, they circled around him and told him not to worry because they loved being in the river and part of this planet. This made **Onionhead** feel a little less guilty. **Goldies** put their fins around **Onionhead** and tried to console him. After he felt better, they told him that it was time to leave as they had a long way to drive to get to Oregon.

Chapter Four

Trout

Symbol of Love and Forgiveness

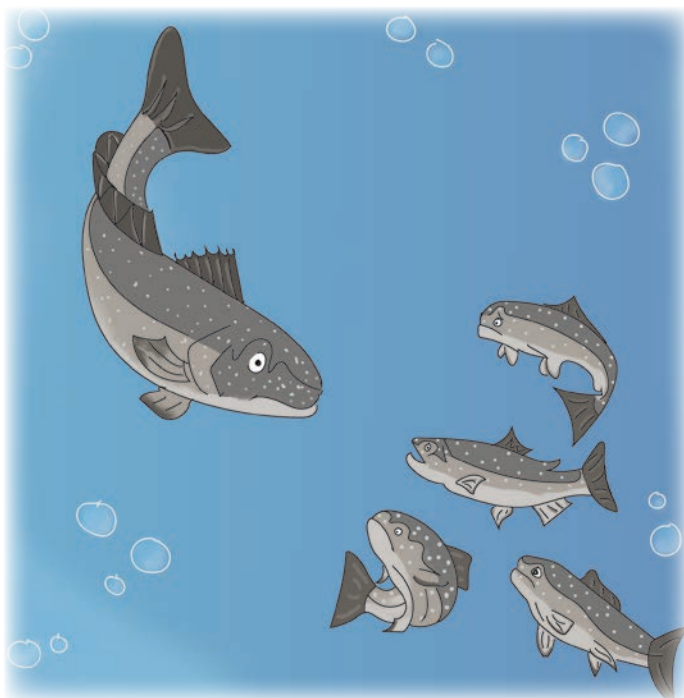
Klamath River and Lake with the trout was our second stop.

The drive was long but beautiful. **Onionhead** had never seen the country he was planted in. What gorgeous scenery and history. There was so much he did not know and was excited to learn more.

They arrived at the Klamath River and continued on to the lake. When they entered the lake, just like the salmon, the trout started swimming all around them. They were all so excited and happy. **Onionhead** was happy too because the lake was not deep, and it was very calm. Yeah!

We were all very joyful to meet. We told them that the salmon explained that each species has a spiritual meaning for being here and asked them why they came. They all started to answer at once and the leader had to hush them up.

He swam forward and said, “We came to bring the feeling of love and forgiveness. We did not expect it to be this difficult, but we are very hopeful that people will come to understand how important these two things are.” They went on to explain that love is the most precious thing as it comes from our hearts, as does forgiveness.





Yellow **Heartfelt**, went crazy, flying up and down. “I came here for the same reason, so I know what you are talking about. We have so much in common and if I had not taken this trip here, I would never have known.”

A group of trout gathered around her to look at the heart that was on her fin. They were flabbergasted as they had never seen a fish with a heart painted on their skin. Everyone was extremely excited, and this made them want to bond as one tribe. **Heartfelt** was working hard

to stay humble, but truly she did feel very special to have this heart, which she was born with, painted on her fin.

The trout also explained that living a balanced life was very important. They have to work very hard to deal with the river, and going to the lake, which was calm and quiet, was a good thing to do so they could rest. **Goldies** and **Onionhead** did not want to leave, but they knew that they had many stops ahead of them. It was obvious that they still had much to learn from all these magnificent water creatures. After tears and flapping, they sadly said their good-byes.

It was very hard to say goodbye, but they better get used to it if they were to cover all the territory they had planned. After tears and flapping, they sadly and lovingly said their farewell. The **Goldies** and **Onionhead** promised to return one day.

Chapter Five

Dolphins

Symbol of Joy and Cooperation

The Atlantic Ocean with Dolphins was our third stop.

Well, the next stop was to meet with the dolphins. **Onionhead** was thinking that he had heard that they are so much fun, and boy did he love fun. However, when we arrived at the ocean, he got very, very, very, very scared. The waves were big and when we looked out there was no land. This was nothing like a river where he could see the shore at all times.

Orange **Harmony** picked up his feelings immediately and she said, “Do not worry **Onionhead**. We got you a little boat, so you will not have to be in the water all the time.” Oh my, was **Onionhead** relieved!

We had not set out more than 10 minutes and whoosh – there was a pool of dolphins, jumping out of the water, and surrounding us. I was so happy that I had forgotten all my fears. Joy will do that for you.



Of course, Orange **Happiness** was the first to speak, as he goes with joy. He said, “I am so glad to meet you all. How do you like being on Earth, in the Atlantic Ocean?”

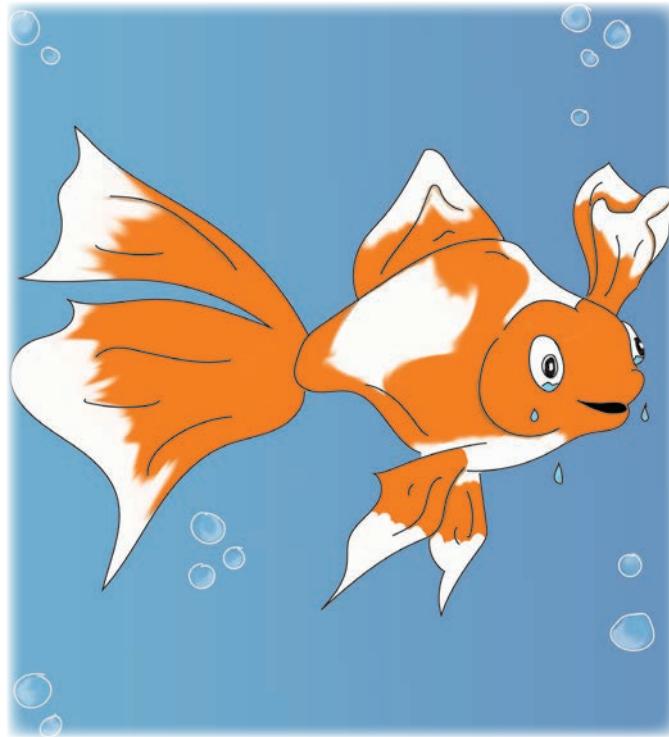
One of the dolphins jumped up on her tail and said, “Oh we love it. We came to teach cooperation, which brings joy. We love to swim together and help each other.

Some people come to get us and take us to healing centers so we can swim with people and show them how to lean on each other while in the water. Even here in

the ocean, boats come for people to see us, and they end up giggling and laughing. This brings us so much happiness because we know we are doing our job well.”

I was overwhelmed with glee to find out that there was a species that the people of this planet only visit to find joy. Onions did not have that privilege, but I was too happy to feel jealous. Thank goodness I came on this trip. I would have never known such bliss.

Orange and White **Honesty** said, “We must leave now as we have to be back before winter comes and we have a long way to go.” Everyone felt a little depressed to leave such joy behind, so we promised to try and have more joy in our daily lives and hopefully would revisit soon.



Chapter Six

Octopus

Symbol of Emotional
and Mindful Intelligence

Pacific Ocean with Octopus was our fourth stop.

We arrived at the Pacific Ocean quite quickly and it was good because I was no longer afraid. That is until I realized that to meet an octopus, I had to get in the water and dive down quite deeply. Now I was terrified.

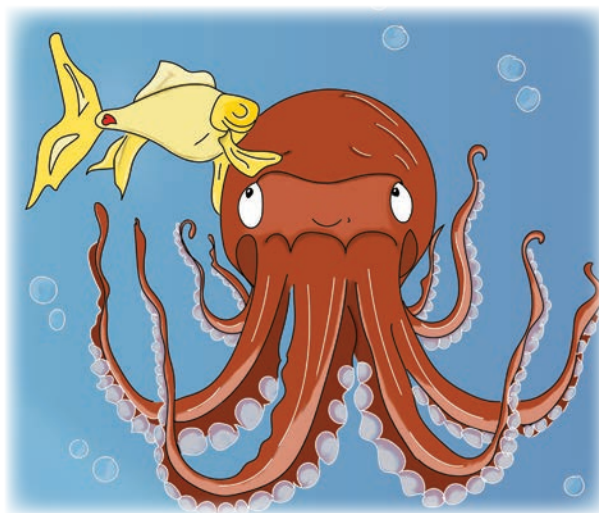
Little Yellow **Humbleness** picked up on my feelings immediately. He told me that they had prepared for this venture and brought me a diving suit. This was good, but I was still petrified.



Once I got dressed, I jumped in the water and followed the **Goldies**, who never left my side. What good friends and traveling companions they were! I felt protected. This is what the dolphins were talking about.

Immediately we ventured upon a huge octopus that had eight legs, kind of scary looking. But the moment she started to talk, I knew she was gentle and intelligent, and I would learn a lot.

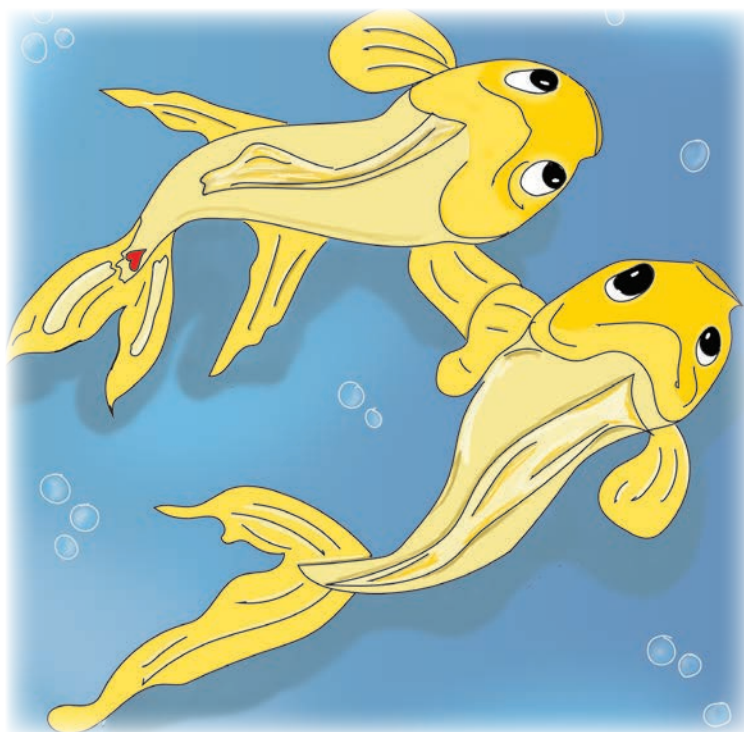
Yellow **Heartfelt** took to her immediately and wanted to snuggle with these eight legs. I thought she was very brave, not like me. However, she decided to kiss her head instead. Smart girl!



The octopus embraced Yellow **Heartfelt** immediately and was so very happy to meet her. Yellow **Heartfelt** asked her if she liked being deep in the ocean on this planet. Octopus answered saying, “It is not my favorite place, but I feel good because I have a purpose. I show people how to navigate through problems and challenges. No one can escape difficulties in their lifetime, so we all require this skill set. Therefore, I am content knowing that I have come for a very important reason. I was lucky to be born intelligent and I need to share that intelligence as much as possible. Having eight legs helps me with this, as I can call on different mindsets and gifts. Though I am not very pretty, I know I am very smart.”

Yellow **Heartfelt** started to cry and wanted to take Octopus home to her pond but knew that she could not. Octopus needed to stay deep down on the ocean floor in order to survive and continue her work.

Little Yellow **Humbleness**, while snuggling Yellow **Heartfelt**, said, “We have to leave now, and I know it is hard for you. You have made a good and meaningful friend.”



So up from the deep they came and moved on to much colder waters in the Arctic. Burrrrrrrr!!!!

Chapter Seven

Seals

Symbol of Imagination and Curiosity

The Arctic Ocean with Seals was our fifth stop.

Oh boy, this was freezing cold, and I needed more clothes to wear to stay warm. Thank goodness Yellow **Humbleness** brought along a winter jacket for me.

Before we even got in the water, seals were everywhere, surrounding us. Orange **Happiness** was the first to approach them with a great big smile. He just loved their energy. He wanted to ask them why they came to the planet, but they were so excited that they started talking before he even had a chance to ask them.

They were all talking at once and then their leader, a big, huge seal came forward and strongly said, “I will be the speaker for the pack. Welcome visitors and know we love having you here.” Orange **Happiness** was so overwhelmed with joy that he could hardly find words.

The leader explained that they agreed to come to Earth to teach people how to embrace their natural sense of imagination and curiosity. He noticed that people wanted everything they did to be perfect, and he felt that was a ridiculous waste of time.

He went on to say that the seal tribe wants to show everyone how to dive into fearlessness and playfulness. Mistakes are important vehicles for us to learn, so if we are afraid of mistakes, we will not learn. Better to try and fail, rather than fail to try.



Onionhead never heard such a wise statement before, especially coming from a seal! He had so much to learn, as he realized that he lived most of his life, other than his travelling, not being curious at all. He kind of took things for granted – what a bore I am he thought to himself!

All of a sudden a big frigid wind came up and we all knew we had to leave.....or FREEZE, and freezing was NOT an option. We knew this was a message to move on to our next lesson. But seals were just so interesting and **Onionhead** did not want to leave. He wanted to stay and learn more about developing his imagination and curiosity. But sadly, he knew they had to go, so they all hugged goodbye.



Chapter Eight

Jellyfish

Symbol of Flow and Trust

Indian Ocean with Jellyfish was our sixth stop.

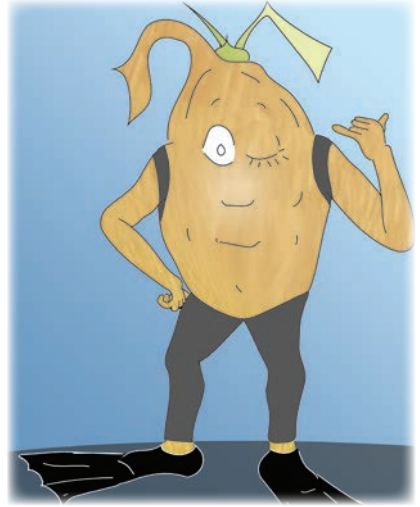
Oh, to be in warmth! I felt a little exhausted from all the cold, but it was all very worth it. My tribe only grows in the warm weather, so this was quite, and I mean *quite* an experience.

Again, back into a diving suit as jellyfish live in the deep. However, I was used to it now and feeling quite full of myself.

We were not halfway down and there was the most beautiful sight I had ever seen. All these magnificent beings just floating in the water. They had all these legs and transparent bodies – I had never witnessed such beauty and grace.

One jellyfish came right up to me and put one of her legs around me. I got a little frightened, as I heard a jellyfish sting can really hurt. But she told me to relax, go with the flow and not be afraid. My whole peel began to feel softer.

I asked her if she liked being on Earth in this ocean and she answered, “Oh yes, indeed. I came here to show people how not to force anything. We jellyfish live a life of complete trust and surrender. We let the water currents take us to exactly where we need to be, and we never fight the odds. If only people would learn how to do this, we would have a much kinder world. Don’t you agree...what is your name, as you look a little odd?” I answered, “Oh my name is **Onionhead** and I am a vegetable.” The jellyfish then asked, “What is a vegetable? Does it live in the ocean like we do?” I laughed and told her how I came to Earth and why. I could feel a real respect between us, and this meant a lot to me.



Chapter Nine

Whales

Symbol of Communication
and Honesty

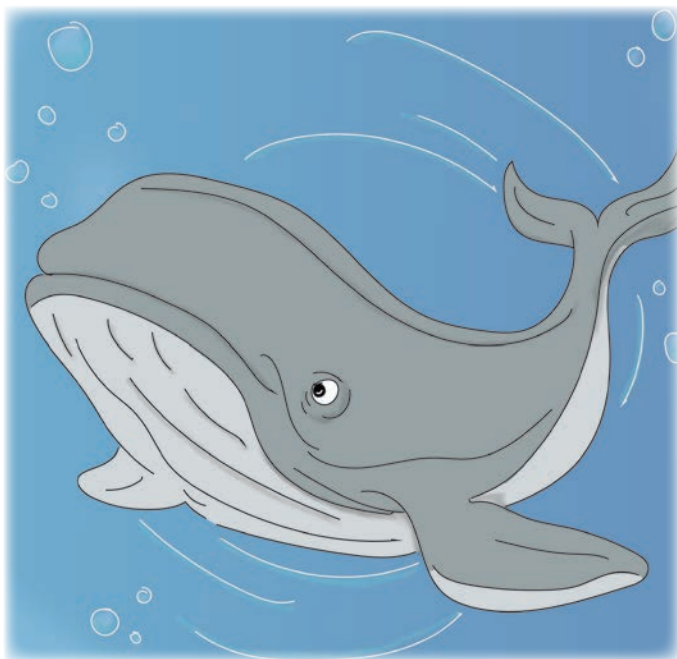
The Southern Antarctic Ocean with whales was our seventh stop.

“Are we going back to the cold I asked?” Orange **Harmony** answered, “Not if we hurry.” Even though this ocean is the farthest south, which is supposed to be warm, they told me before that it got very stormy and windy. I was a little apprehensive. But before I knew it, all these whales came jumping out of the water.

HOLY MAJOLI....WERE THEY EVER BIG....I COULD GET SWALLOWED UP IN A MINUTE.

One whale came up so close to me, with his mouth open and I thought I was gone for. But instead, he just introduced himself and wanted to be petted. He said, ‘My name is Will, what’s yours?’ I answered, “My name is **Onionhead** and I came here wanting to know if you like it here on Earth in this ocean and why you came.” I was shaking as I answered, still not used to Will’s size.

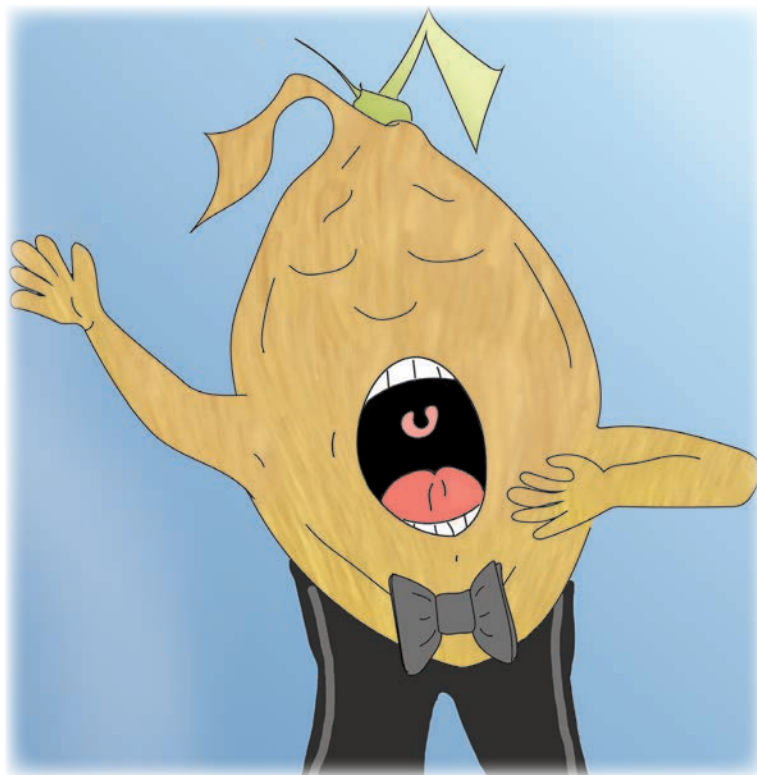
Will explained that whales were among the first mammals to arrive on Earth, 50 million years ago. They came with the knowledge of how people should communicate in order to live in peace. Will said, “Notice how we are always talking to each other. We can find each other from thousands of miles away, all through the power of our songs.



We love people and want to be friends. Yet, because of our size, most humans are afraid of us. We did notice though that more people are getting used to our presence and even come to visit in boats to pat us. We really like that.”

Orange and White **Honesty** jumped right in because she felt she was one with the whales. She asked, “Are whales always honest with each other?” Will’s answer was priceless as he said they knew no other way. We would never think to lie, it would never cross our minds. Orange and White **Honesty** and I looked at each other in shock, and we knew truth was the most VALUABLE LESSON for humans. Orange and White **Honesty** just felt so proud of herself, and she felt bigger now, more like a whale.

We thanked the whales for their invaluable teaching and promised to spread their word. No wonder we saved the best for the last. Maybe not through song...but who knows!!!! I thought maybe an onion can learn how to sing and I knew I was going to try.

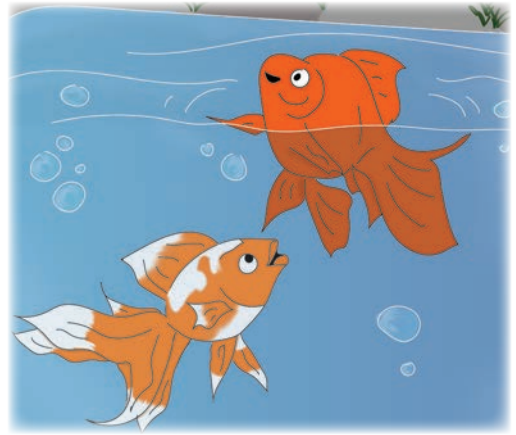


Chapter Ten

Back to The Garden and ConClusion

We arrived back home, tired but fulfilled. We gathered around the pond to talk about the meaning of water. We also wanted to share which species meant the most to each one of us.

Orange **Happiness** explained that in her studies she learned that water is the source of life. Even as a human, we are made up of mostly water. It also represents healing and renewal. She learned about her own species as well. **Goldfish**, or **Goldies**, as **Onionhead** calls them represent prosperity, good luck, and abundance. Therefore, she said, “Wherever we went, we shared our good fortune.”



Orange **Happiness** shared that he identified most with the **dolphins** as they came to Earth to spread her namesake. She went on to explain that because of meeting them, she felt less lonely.

Orange **Harmony** shared that she identified most with the **jellyfish** because they knew that harmony cannot happen if you do not go with the flow. She had learned that being attached usually causes conflict and trouble.

Yellow **Heartfelt** naturally identified most with the **trout** because they came in the name of love. What could be more appropriate for her? She also felt less lonely, knowing they were here for the same reason she was.

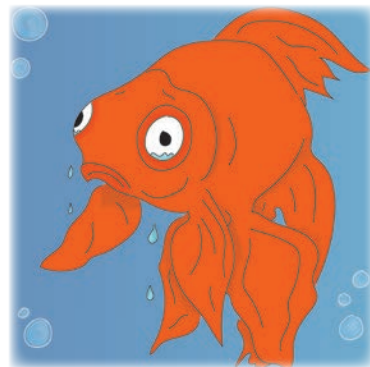
Orange and White **Honesty** started to cry when it came to her turn. She explained that she wanted to go back to the **whales** because they all spoke the truth. She said it is difficult on this planet to get people to believe that truth is the only solution for health and love to thrive.

Yellow **Humbleness** identified most with the **seals** because they said that when you don't take yourself too seriously and allow yourself to follow your curiosity and imagination, you stay humble.

Onionhead was last and he felt deeply grateful for the whole experience. But the ones whom he resonated with the most, were the **salmon** and the **octopus**. The salmon were so deep and meaningful with their ancient wisdom and the octopus had the same agenda as he had...emotional intelligence. He forgot to tell them that he teaches peel it, feel it, heal it. How could he have missed this incredible opportunity to share his wisdom?????

Little Yellow **Humbleness** caringly said that he should not feel badly because they would not have understood this onion concept, as they cannot peel their skin away. This made **Onionhead** feel so much better. He just loved the **Goldies**. All of a sudden, they all realized that no one picked the same species. That was fascinating in and of itself. More than ever, it made them realize that there was an important divine plan for this journey. They had returned with a greater sense of themselves and their purpose here. What a miracle. As a result of this journey, everyone had grown so much smarter.

Yellow **Heartfelt** suggested that they all get in a circle, quietly think about what they had learned, then meditate on it and let it all sink in. She said, "We have all bonded from this experience and we will never be the same because we will all be deeper, higher, and more advanced. I want to thank each one of you for taking this adventure with me." All of a sudden, the **Goldies** and **Onionhead** started to cry. **Onionhead** said, "You know, we will have to take this trip again as we still have so much to learn from our new found friends." Through watery tears, they all nodded and agreed.



Then they all hugged, meditated, and went for a rest, dreaming about floating in, below and above water, repeating the words persistence, wisdom, love, forgiveness, joy, cooperation, intelligence, imagination, curiosity, flow, trust, communication, honesty.....and at the same time, trying to sing this song.



Oh great waters, how lucky we were
Even though some things are still a blur.
Salmon and trout from the beautiful rivers
We learned so much, it gives us the shivers.
Dolphin you are creatures of such great joy
You are more fun, than even the best toy.
Octopus with your eight legs, you are so sweet
It was a dream come true for us to meet.
Jellyfish our friends who have such grace
No beauty ever will be able to take your place.
Whales, oh whales so large and bold
Teaching us that only truth must be told.
Thank you, thank you for all we have learned
Our lives are so much better and have turned
Knowing you are there to help humans from Earth
Because through you such good things will birth.
We love you and pray we will meet again soon
And we will work to improve singing this lovely tune.

with gratitude and blessings

Happiness, Harmony, Heartfelt, Honesty, little Humbleness

and

Onionhead

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