

# ABOUT THE AUTHOR

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## Roar Sheppard



ROAR SHEPPARD graduated from the University of Maine, Orono and received a B.A. in History. After finishing his M.A. in International Relations from Yonsei University in Seoul, he studied Korean traditional culture and language. He was interested in the secret of the Universe and searched for it through meditation. Meditation and the breathing training have been his daily routine for 8 years and through the deep silence of his training he began to communicate with various beings through wavelengths.

Roar is actively sharing his insights of a New Society, which he says is coming sooner than we think. "The area of Love is at our doorsteps" he says pinpointing that human beings should connect back to Nature and the Universe. After discovering Danjeon breathing in S. Korea it became his passion. He is currently lecturing on Danjeon Breathing, *The 4 Principles of Human Destiny* and *The Love and Pain of 2012-2025* all over South Africa.

"When you are humble the road is seen". Humility, he says, is the key to connect back to ourselves and to Nature. And while the ride may be bumpy for all of us, at least it's more enjoyable when we can see the road ahead of us.

Re-learning aspects of Western culture he had forgotten while in the East refreshes him and excites him at the same time. His book *The Universe Speaks: On the Love and Pain of 2012-2025*, is now available on Amazon.com.