

## English Transcript – Sergio Bambaren & Marcella Hansch

**Marcella Hansch:** Hello and welcome to today's podcast episode of *Stimmen der Meere / Voices of the Sea*.

Today I have a very special guest, whom I met for the first time a few weeks ago. I saw him on stage without knowing him beforehand – which is almost impossible, because he is a globally successful bestselling author, and his more than 25 books have been translated into over 40 languages.

Welcome, Sergio Bambaren!

**Sergio Bambaren:** Thank you, Marcella. Thank you for this opportunity. I feel honored to be in your podcast. And... let's dream.

**Marcella Hansch:** Yes, let's dream.

I really feel honored, because it's quite a funny story how we met a few weeks ago – or how I met you. We were in Basel, you were on stage, I was in the audience, and before that I went into the bookstore.

I wasn't looking for anything about the ocean, but something for my mindset work. And then I saw this book: *Voice of the Sea*. And I thought: Wow, that's the name of my podcast, that's my project – what is this?

And then I realized that you would be on stage ten minutes later.

So I hurried back, got into the room with the last people, and then I saw you on stage – and you spoke straight from my soul. It was incredible.

Then I went to the meet & greet... I took your book and my business card with the same name on it – and that's how we met. And I'm really grateful that you said yes to this podcast. Thank you for being here.

**Sergio Bambaren:** I always say: Life works in strange but wonderful ways. When you follow the voice of your heart, you meet the right people who help you.

**Marcella Hansch:** Yes, thank you.

When I saw you on stage, you talked about how you took the “safe path” – career, CEO position, the life many people dream of.

When did you realize that this wasn't the life you wanted to live?

**Sergio Bambaren:** Well, what happened is this: Since I was a child, I was born right by the ocean.

And as far as I can remember, I had a special connection to the sea. I think I learned to swim when I was three or four – not in a pool, but in the ocean.

The place where I was born was full of dolphins. They came, they played with me, and I was never afraid.

I loved them – they were like brothers to me.

But then you grow up, and somehow society tells you what the “right” path is. So I finished school, went to the US, studied there, and graduated as a technical engineer.

And there I discovered surfing.

Surfing sealed my connection to the ocean forever – and I know it will stay until the day I leave this beautiful planet.

The ocean is... I always say: The ocean is my best friend. When I'm sad, when I'm happy – I always go to the sea to clear my mind.

And in a way – some people find this funny – I talk to the ocean, and the ocean talks to me. That's what I love most about my life.

So I finished my studies in the US, became a chemical engineer, did my MBA.

And another thing I love is traveling.

Because traveling means discovering new worlds – and you begin to understand that what we think is “right” is not necessarily right for others.

It opens your mind so much. You see that the world is a wonderful place, full of people with different ideas about how to live.

So... all of that – traveling, my love for the ocean, surfing – led me to move to Australia after my studies.

A country that for me... is still a happy country.

Nature at its best.

They take care of nature, and... you know, a kangaroo can just hop into your house. And for Australians, that's completely normal. That's how they live.

Of course, I needed a job, so I joined a big multinational company.

And to make it short – and I say this humbly – I rose very quickly and became the CEO of the company.

And of course that comes with what I call “material toys”:

the nice car, business or first-class travel, all the things that surround you as a CEO.

At the beginning it was magical for me, because I was responsible for Southeast Asia, Australia, and New Zealand. I could travel so much and discover new worlds.

But to be honest: After a year...

All those material things around me had no effect on me anymore.

You reach the top of the mountain – and then what?

And I began to realize that with all the responsibility as a CEO, I wasn't working to live anymore – I was living to work.

I lived only to work.

And when you live to work... you can't do the things you love anymore.

Things like going to the ocean, surfing... I simply had no time.

It's like a vicious circle.

And...

I will never forget that inside I had already collapsed – in the sense that I had lost the meaning of my life.

I couldn't hear the voice of my heart anymore.

And I will never forget how I went into a hotel in Singapore to close a very big deal with some Asian businessmen.

And there I had my first panic attack.

And finally, I heard the voice of my heart again.

I remember running out of the meeting – I didn't care.

I ran straight to the business center.

And while I was running, the voice of my heart, which I had always heard, spoke to me again: "Sergio, either you continue living this life that doesn't belong to you and is destroying you... and if you do, you will do it for the rest of your life. And one day, when you are older, you will have to stand in front of the mirror – and that will be either the best or the worst moment of your life."

So I didn't think twice.

I went to the business center and resigned from my job.

Of course – it's not easy to do something like that.

It's really not easy.

But who should I listen to?

The voice of the people around me?

Or the voice of my heart?

Because my life is my life.

And I deeply believe that we all come into this world with a purpose.

And if you don't follow your dreams and don't find the true meaning of your life – then what are you living for?

I respect all other paths. This is just my view.

So I quit that job.

There are some anecdotes about it – I don't know if we have time – but basically I went back to my roots.

To who I was: a simple person who always believed in following his dreams and finding the true meaning of his life to live a fulfilled and happy life.

I took a sabbatical year.

I gave away all my material possessions.

I was 30 years old.

And... I took a small van.

With my guitar, my surfboards – and my dreams.

And I took a laptop.

Then I drove off to surf in northern France, northern Spain, and Portugal.

I had planned to stay in Portugal only briefly – but I fell in love with Portugal.

There was a surf beach near Lisbon. And I stayed.

One day I was surfing – and a dolphin appeared.

Of course I have a special relationship with dolphins, but I was amazed that this dolphin... surfed every single wave with me.

These are the moments that make life worth living.

Moments of enlightenment, moments of joy, moments that show you your purpose.

Without planning it, I surfed with this dolphin for three days and two nights – because you could surf there at night.

Full moon.

Imagine: You surf in the middle of the night with a dolphin, and the ocean looks like a golden mirror.

These are the things... you wish they would last forever.

But after the third day – it was a wild dolphin – he went his way and I went mine. We had shared so many beautiful things.

And when I returned to my van... with my laptop, which back then weighed like 50 kilos...

The only reason I had taken it was because I had a very tight budget and needed to track my daily expenses.

Don't ask me why, Marcella, but that day – after surfing with the dolphin for the last time – I opened my laptop.

And instead of writing down my expenses...

The only way I can explain it: I had a catharsis.

It just... poured out of my heart.

It flowed through my fingertips, and I just started writing. I had never written anything in my life before.

And it went on like that for almost ten days.

And then I felt that I had written everything I needed to tell myself – because basically I was writing to myself.

When I finished the book, I went outside, and a huge storm was raging along the Portuguese coast.

And finally I felt like a five-year-old child again, who loved being in the ocean, who loved the simple things in life and knew:

I was born with a different purpose.

And finally...

I was the golden key to break out of the cage I had locked myself in. And I felt so free – I can hardly explain it.

So I went back to Australia.

Of course I found a job.

It didn't pay...

not even close to what I earned before.

But it was a home-office job.

I had time to surf, time to dive, time to... to... to... swim with whales.

It was... the "less" that made me live again.

When I was in school, they taught me that angels have wings.  
But on all my travels around the world, I discovered that the real angels walk everywhere.  
And two of these angels – two wonderful friends – read what I had written.  
And they said: “Why don’t you send it to publishers?”  
And I said: “No, I wrote it for myself, that’s it.”

A week later...

I got a call from a publisher in Australia, Penguin Random House, telling me they wanted to publish my book.

And I said: “Which book?”

And they said: “Well, we have the manuscript here. We have an envelope with your address and phone number – that’s why we’re calling.”

And I thought: Okay... these two beautiful angels did everything.

Behind my back.

And I said: “Wow... publish the book? Why not?”

And then came the second-hardest decision of my life.

Because normally, when you write a book, the publisher gives you the final draft.

You have to check it and approve it.

That’s how the book gets published.

And when they gave me the edited version, they had changed 50% of what I had written.

I spoke to the editor – I still remember her name, Margaret – and said: “Margaret, this is not what I wrote.”

And she said: “Yes, but this is how it sells.”

And I said: “No. I won’t do that.”

I told her clearly.

I had sold too many compromises.

Never again would I let something be changed.

So I said: “Either you publish it exactly as I wrote it – or the contract is void.”

And of course I heard the same story I had heard so many times in my life:

“You know nothing about publishing, you know nothing about writing, one day you will regret this...”

And I said: “Well, if I regret it – the beautiful thing is: I have no one to blame. Because I truly live my own life.”

So I have no one to regret.

That ended the deal.

And these wonderful friends said: “Sergio, would you allow us to publish the book ourselves?”

And I said: “Yes – as long as you publish it exactly as I wrote it.”

That was the beginning.

For some reason I wrote this book – and I would have never... never imagined... that there were so many people in the world who think like me.

That there must be more to life than what you see at first glance.

Or what you are told you should do.

At first – I think we sold 100,000 copies in Australia, without even being in bookstores.

And then the book reached the Frankfurt Book Fair, the biggest in the world, in Germany.

And from there it was like an avalanche.

And to be honest, Marcella...

I live a life...

so happy.

Because I live the life I was meant to live.

Of course I have problems like everyone else – that's part of life.

But... looking back, I wouldn't change anything.

And... as I always say:

It's not that I am a writer.

Life... life made me a writer.

**Marcella Hansch:** That is so beautiful to hear.

And you talked a lot about the voice of your heart.

I think many people have this inner voice telling them they need to change something.

But I think most people don't have the courage to change.

They stay in their comfort zone, they... don't dare to step out.

Where did you find that courage?

**Sergio Bambaren:** You know, what people need to understand – and I know many people in this situation – is:

They are just waiting for someone to kick them and say: "Do it already."

It is basically the fear of fear itself.

It is a fear built by the society we live in.

Because the question I asked myself was:

People are so afraid of losing what they have... and they don't realize how much they could gain if they went out and tried things.

And I always ask myself the same question:

If I follow my dream – what is the worst thing that can happen?

Nothing.

Because if it doesn't work, at least I tried.

I couldn't live with myself if I hadn't tried.

And then... I just go back, pause, recover, survive – and try again.

There is such an amazing world outside our comfort zone.  
With so many wonderful things that fill our lives and make them a song of joy.  
We should strive to overcome this fear of fear.  
It's like walking through a crystal ball.  
You can't see what's behind it – but it's there.  
And when you overcome the fear of fear itself...

Let me give you an example – and you will understand me so well because you dive a lot:  
Sharks.

Since the Hollywood movie *Jaws*, everyone started being afraid of sharks.  
And you know as well as I do, Marcella, that sharks are amazing creatures.  
If you do the right thing and respect them, nothing will happen to you.  
But when you mention the word “shark”... for most people it immediately means fear.

But when you really dive with these amazing creatures, you see that they play a crucial role  
in the ocean's ecosystem.

And actually... there is nothing bad about them.

They just do what they are supposed to do – and they play a key role in keeping the oceans  
clean.

As long as you do the right thing and remember that you are in *their* habitat,  
nothing will happen to you.

**Marcella Hansch:** Respect.

**Sergio Bambaren:** Respect.

Yes... respect.

So, as you see:

All these fears come from things outside of us.

But most of them are just that: false fears.

If we learn not to trust so much what others say, and instead listen to the voice of our heart...  
then we realize that so many of the myths around us are not true.

And then you will finally be able to walk toward your dreams.

Because it is a journey – not a destination.

And you will... you will make your life a song of joy.

Through the experiences, the people you meet, the places you go.

The things life shows you – you will see that you were wrong about so many things.

And at least you will be free to see the world as it really is:

A wonderful place where you can truly make your dreams come true.

**Marcella Hansch:** Wow, that is so beautiful.

You said you started with your first book, but then more and more came.

And all your books connect nature, the sea, the search for meaning, but also love,  
forgiveness, and all these themes.

And the sea, the ocean, is always a kind of teacher.

I heard in some interviews that you say the ocean has been your greatest teacher.  
What have you learned from the ocean?

**Sergio Bambaren:** You know, the reason I have written so many books is that all my books are fictional, but they are all based on true stories.

Every book I write – because I wasn't born a writer – is a true story from my life.

And always, as you say, the ocean is at the center.

And in every book I try to leave a different message.

But back to your question about the ocean:

I don't know exactly when I realized it – for some people it's the forest,  
for others another place.

But for me... this connection I have with the ocean is so unique.

It is the place where I feel best.

When I go to the ocean and dive or surf, I just want to stay there.

I don't want to come back.

And in some way I have learned... to listen to the ocean.

Just as every tide is different, just as every wave is different... the ocean has taught me so many things.

Things I have learned to live by.

And... basically... I don't know.

The only thing I'm missing is developing gills.

Then I could stay there – and I would stay forever.

But I am human, my place is here.

But I cannot be far from the ocean, because then... then I can't breathe.

I lose my oxygen.

The ocean is my best friend – but there are so many beautiful things on Earth,  
it doesn't have to be the ocean for everyone.

For some, as I said, it's the forest.

For others, animals.

And when I speak of the ocean, I always mean the ocean and all the creatures living in it.

You are like me.

**Marcella Hansch:** Most people know the ocean only from holidays, from TV, or from simple moments.

But you truly know the ocean as a being – you just said, as a friend.

What do you think people can learn if they really listen to the ocean?

Or maybe it's not the ocean, maybe it's the forest or nature in general.

Do you think people can find the courage to do things like you did if they truly listen?

**Sergio Bambaren:** You know, I am a simple person, Marcella.

If I could do it, anyone can do it.

That's... that's the point.

No one is special.

It only becomes “special” when you sell many books, but... I never wrote my books to sell many copies.

Don't think that makes me better than others.

We all have a purpose in this world.

Back to what you said:

We must remember that we are not the owners of nature.

We are part of nature.

And that means... every time we connect with nature, we become better human beings.

We see the world as it truly is.

We talked about this earlier:

So many beautiful things are happening in the world – but unfortunately, good news doesn't sell.

And sadly, we are surrounded by phones, newspapers... and everywhere there is bad news: wars, destruction, hunger, politicians – you know how it is.

But when you break out of that cage... and say: “No, I will walk my own path.

I will follow my dreams and truly search for the meaning of my life” –

then you will be amazed at how many wonderful people are doing wonderful things.

And how many are returning to nature.

There is a movement happening.

I believe society has reached a point where many people are unhappy with their lives.

They don't say it – but they feel it.

You see all these people leaving big cities to live a simple life.

Because at some point, enough is enough.

This thing of:

“I have a Toyota... but now I want a BMW... no, now I want a Lexus...”

As long as the car takes you from A to B, it's the same.

Why invest so much time, work, and energy into a car that feels like any other after six months?

I believe there is a spiritual awakening happening.

And I am quite sure – and I hope – that this comes with the new generations, but also with our generation:

That we return closer to nature, protect nature, and recognize that we are part of nature and not its owners.

Then we will definitely be able to create a much, much better world than the one we have now.

**Marcella Hansch:** That is so true.

And now you don't only write books – you also have many other projects.

What are you working on right now?

**Sergio Bambaren:** At the moment, Marcella, I am blessed.

I don't know if you know – there was a movie based on my first book: *The Dolphin – Story of a Dreamer*, an animated film that – to my surprise – went around the world.

It was distributed by 20th Century Fox, and we even made it to the Oscars.

And now, after more than 12 years, and after writing a book called *The Dreaming Dolphin and the Voice of the Ocean*, I received a call from a great Italian-American producer.

I spoke to him this morning before speaking with you.

And... it's confirmed.

The contracts are already signed.

So we will make a new animated film in the United States.

I can't say too much about who is involved, because it's a very big project.

But the beautiful thing is:

This time it's not only about the story of following your dreams.

It's also about something else.

About the responsibility we have as human beings:

to protect nature – and in this case, in the animated film, to protect the oceans.

**Marcella Hansch:** Wow, that goes straight to my heart.

**Sergio Bambaren:** I don't want to say who the main voice will be, because...

I could hardly believe it myself when they told me.

But again you see: There are no limits.

And... we see some people who...

I never use the word "famous".

Because...

"Famous" simply means: people who work hard to follow their dreams and make them come true.

And this film – hopefully – will be released worldwide, probably in about a year.

It will make people aware of the damage we are doing to the oceans.

And of course to nature in general.

And the only thing we need – from my humble point of view – to make the world a better place is:

We must... regain our humanity.

We live in a society where we are no longer human.

We are like islands, and everyone thinks only of themselves.

And... okay, I can't speak for everyone, but that is what the system wants us to become.

The other thing we must remember: We must regain our empathy.  
Not only for other people, but also for all animals – for the creatures of the ocean and the whole world who cannot defend themselves.  
And who are so important so that we can live in a world we share with them.

Forgiveness.

For the people who destroy the environment out of greed.

Because in the end it is greed.

Only greed.

It's almost fashionable nowadays – you ask someone: "What do you want to achieve in life?"

And most say: "I want to become a millionaire."

What does it mean to be a millionaire?

Nothing.

Because people will discover that when they become millionaires, they won't find the happiness they thought they would find.

It won't fulfill their lives.

Of course money is important.

I agree 100%.

But – just to give you an example:

I live in an apartment here on the Canary Islands, and two weeks ago I cleaned my apartment.

And Marcella, you can't imagine how many things I gave away or threw away.

Things I didn't need.

And then I asked myself: When did I even buy these things?

And I never used them.

It's crazy. Really...

**Marcella Hansch:** Totally.

**Sergio Bambaren:** And it happens to everyone.

Because of marketing campaigns, or because you see something on Amazon – whatever.

And you don't need all these things to live a wonderful, fulfilled life.

As long as you have the things that make you happy... that's all you need.

And finally, there is another message in the film:

The power of one, multiplied by the power of millions.

We must come together as human beings, because now – with the power and technology we have – we can really change things.

For better or for worse.

But what we must understand is: Mother Earth has gone through such problems – climate change, poisoned oceans, all of that – so many times.

And... she has always survived.

The problem is: If we continue like this – will we survive?

That is the problem.

Because it's one thing to say: "No, the problem is too big."

We must understand that there is a real problem.

You see it every day when you go diving.

I see it every day when I go to the ocean.

And we realize: If we clean our oceans, if we do the right thing, if we respect nature – then we are basically saving ourselves.

And the next generations.

So... that's what I can tell you about this new project.

And never lose your optimism.

And your hope.

Because without hope there is no life.

**Marcella Hansch:** You talked a lot about protecting the oceans – in the film, but also on your website. It is your mission to protect the oceans.

And you do a lot for that.

What exactly do you do?

What is really important to you?

**Sergio Bambaren:** We do many things.

We have different foundations.

One foundation I am an ambassador for is *dolphin aid*.

And I also have my own private foundation: *Delphis*.

And basically we teach – we organize beach cleanups, we participate in projects that try to find industrial ways to clean the oceans more efficiently.

But as we said before:

Instead of cleaning the oceans again and again, we have many programs to teach the new generation – and also our own –

that we should not create the problem in the first place.

We give talks, distribute information, and I have a wonderful team with great people all over the world.

And little by little people begin to understand:

That doing the right thing means saving ourselves.

And instead of creating a problem... let's avoid the problem by not creating it.

It's easy to say – but very hard to implement.

And I must be very honest with you, Marcella.

Because so many big companies are involved.

And they still don't understand that if we continue like this... the moment will come when

the only thing we can drink is oil.  
And the only thing we can eat is money.

Greed is something we fight on so many levels.  
And... there are so many people who are tired.  
Some of these big companies are great – they work in harmony with nature.  
But some... act only out of greed.

And hopefully – if we regain our humanity, our empathy, our kindness – we will be able to make them understand:  
That doing the right thing will benefit them in the end as well.  
Because this cannot continue.  
It cannot last forever.

**Marcella Hansch:** Definitely.

**Sergio Bambaren:** The clock is ticking.  
And hopefully we will manage to prevent the worst... before we reach the point of no return.

**Marcella Hansch:** Definitely.

What is the point or the topic that worries you the most right now?  
What do you think about the most?

**Sergio Bambaren:** In my case, after everything I have seen: Overfishing.

Just to give you an example: When we talk about sharks...

There is a huge, huge industry for shark fins.

Some countries believe these fins have magical powers that make you healthier.

The shark population worldwide today is at 5% of what it was 100 years ago.

So we have wiped out 95% of all sharks.

And sharks are the top predators in a food chain of marine life that is absolutely essential for the oceans.

They basically feed on the “waste” of the ocean – on dead animals – and thus clean the sea.

Another example: the bluefin tuna.

The stocks today are at 10% of what they were 100 years ago.

And something else – we talked about so much:

Here on the Canary Islands I see it every day.

Climate change, the warming of the oceans.

I see so many fish dying, and at the same time many species migrating to other areas.

So, to answer your question:

At the moment we are trying, with another organization, to ban drift nets everywhere we can.

Drift nets are nets of these huge fishing vessels that reach all the way to the seabed.

And when they pull them up, they drag everything with them.  
And when they open the net again, you see dolphins, turtles, manta rays...  
all already dead. And they just throw them back into the sea.  
It is wasted.

You kill so many different animals – and at the same time you destroy the corals and the habitats on the seabed.

So: That is our biggest topic right now.  
And it is also very connected to the film that is coming soon.

**Marcella Hansch:** Yes, there is a documentary by David Attenborough where you can see it...  
like a war zone on the ocean floor.  
Anyone who has no idea what it looks like down there, and who still eats all these fish,  
should watch that documentary – afterwards, I think, no one will do it anymore.

**Sergio Bambaren:**

Yes, I agree with you.  
People should watch that documentary by David Attenborough.  
He spent his whole life studying the oceans.  
He is a visionary.  
And it is explained so simply.  
And when you see what is happening there... you will probably change your mind.

**Marcella Hansch:** Definitely.  
And... what gives you hope?

**Sergio Bambaren:** The fact that I am alive.  
The fact that I discovered that dreams... must continue.  
If I can say something about myself:  
Some of my dreams did not come true – but at least I tried.  
But many, many of them did come true – through my heart and by following my dreams.

So... without hope, without dreams – there is nothing.  
Nothing at all.  
We must try to be the best at what we love the most.  
And in our case – people like you, Marcella, or me – that is: saving the oceans.

As you said, you are also so engaged in the field of plastic.  
You have these great projects, these wonderful things.  
You are making a name for yourself.  
And... in two years I will see you...  
in an incredible place, with thousands of people listening to you – because you believe in it.

**Marcella Hansch:** Yes, I see that in myself too.  
Thank you.

**Sergio Bambaren:** You will probably go much further than that.

You have the passion, you have the knowledge, you have... you dream of it, and you are young.

May your life become a song of joy by following your dreams and making them come true – and at the same time creating a better world for all of us.

And I know we are not alone.

There are so many people around the world doing the same or trying to do the same.

**Marcella Hansch:** Yes, that's true. Many of them – or some – have already been on the podcast, and they are doing really great things.

**Sergio Bambaren:** No, we said one thing at the beginning:

The power of one, multiplied by the power of billions.

Together we are strong.

**Marcella Hansch:** Definitely.

And I think the millions are also our children.

Because if they grow up with a different mindset than most people today, we will change a lot.

And when you think of the children of tomorrow – what message from the sea should they know or hear before they grow up?

**Sergio Bambaren:** I think they already know, Marcella.

This new generation – I am amazed.

They are different from us.

And I am amazed how many children... they don't want to eat a piece of meat. They don't want to eat fish. They don't want to eat octopus. They always say: "No, I want to play with them." I want to play with them.

There is something inside them – something in their DNA – that they bring with them.

And as I said at the beginning: We are part of nature, and nature is healing itself.

And this new generation, I believe, will... truly react – for a better world.

And we already see it.

Octopuses – they were a delicacy 20 years ago.

For many people they still are.

But I have seen kids going to restaurants where you see live lobsters, live crabs, live fish, where you can choose your fish – and they say: "That is so cruel. I don't want that."

I want to play with them.

And this is happening all around the world.

Don't ask me why.

We have an ally in this new generation that thinks very differently from older generations.

And that gives me hope.

It shows me that nothing is impossible.

**Marcella Hansch:** Hmm, yes, so true.

And in your books there is always a call to action.

What would be the first small step that every listener today could take after this episode? Maybe even far away from the sea – just a small step toward a better planet, better ocean protection.

What would that be?

**Sergio Bambaren:** I hope, Marcella, that with this beautiful podcast you will publish... when people finish listening to it – they won't leave it for tomorrow.

Think about all the wonderful things you talked about.

It can be something very small.

There is a plastic bottle in your house?

Okay.

Then let's recycle it.

Or use it for flowers.

Or cut it in half and use it to store soap in the bathroom.

There are thousands of ideas for reusing things.

And in the worst case – if you want to throw it away – then do it the right way.

**Marcella Hansch:** Thank you. I always ask all my interview partners for a book about the oceans or about the topic they would recommend.

I think you have a few books you could recommend – your own, of course.

Which one is closest to your heart? Which one would you recommend?

**Sergio Bambaren:** *The Dolphin – Story of a Dreamer.*

My first book.

Because after 20 years I realized that I was that dolphin.

And... it is different to see it 20 years later, because it made such a change – in so many human souls, for the better.

And... it made them realize...

Yesterday, for example, you know...

It is so much better to give than to receive.

At least for me.

For me, giving is... the most magical thing you can do with your life.

Your life is a gift from the universe – but what you do with your life will be your greatest gift to the universe.

And yesterday, you know, it was my birthday – I received so many wonderful emails, I am still reading them.

And you can see that a small thing can make a big change in the heart of a person – and make them take that extra step and say: "Okay, I will stop my fear of fear itself."

And now I will listen to the voice of my heart and live the life I always dreamed of.

And I think that makes the big difference.

At the beginning.

To create a better world.

And as I said before: If you have your podcast, if I have my books – then anyone can do it.

Follow what your heart tells you.

What your passion is.

What your true purpose in life is.

The rest will come by consequence.

And don't think about money.

Give your best.

Do it with passion.

The rest will come by consequence.

**Marcella Hansch:** That's really how it works.

I experienced that a couple of times.

Which sentence from your books would you like to see written on every coastline in the world?

**Sergio Bambaren:**

Wow, that is a very difficult one.

...When I have to leave this world, I know what I want people to think about me:

"He died while he was still alive."

And... what I said before:

Never forget... that your life is a gift from the universe.

But whatever you do with your life will be your greatest gift to the universe.

And no matter how much the world seems to be falling apart...

It is still a wonderful... a wonderful world.

And you can make of your life whatever you want.

It's up to you.

Listen to the voice of your heart.

Not to the voice of the crowds.

**Marcella Hansch:** Wow.

That's a really good sentence.

Sergio, thank you so much for your time, your work, your engagement, your... simply your being.

I think what you're doing is incredibly important.

I've read many of your books over the last weeks, and each one is special in its own way. I really love them – thank you for that.

And thank you for being a voice for the oceans.

Thank you for being here and taking the time.

**Sergio Bambaren:**

And I say the same to you, Marcella.

Thank you for these wonderful conversations, thank you for your podcast, thank you for all the great things you are already doing.

As you told me: You graduated as an architect – but now your mission is to save the oceans with all the knowledge you have.

And... you see how it works?

I can say things – but without your podcast, they wouldn't reach people.

So nobody is better than anyone else.

We have to work together.

And that is what makes this journey unique.

**Marcella Hansch:** Definitely.

Yes, thank you, thank you so much – and thank you all for listening.

We will put the translation in the show notes and also the links to Sergio's website, to all his books, to his projects, so that everyone can see what great work you are doing.

Thanks again – and to all listeners:

We will hear each other in the next podcast episode.

Thank you so much.

**Sergio Bambaren:** Thanks also to all your followers for listening.

It has been an honor.

God bless you.

**Marcella Hansch:** It has been an honor for me. Thank you.

Bye-bye.