

SEA-S THE DAY

I took to the ocean and found myself

Life at sea was a great experience



Me learning to sail



being disconnected from the world and the camaraderie onboard.

My partner and I later broke up and I went on to secure a position as a cook and stewardess on a 100-foot yacht.

One night I was on duty when I noticed a ball of light in the water rapidly approaching the boat.

"What's that?" I cried, my heart pounding.

As it got closer I saw it was a dolphin illuminated by millions of bioluminescent particles. It was incredible!

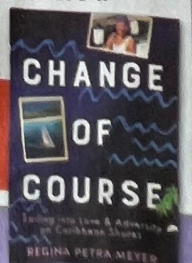
After two years of crewing all around the world, I called it a day, headed back to Australia and became a carer.

Since then, I've written a book about my experiences called *Change of Course*.

Being out at sea taught me to be more present and to find joy in small moments. As American author John Augustus Shedd said, "A ship in harbour is safe, but that is not what ships are built for."

In my book, I encourage others to embrace the discomfort of leaving port. This is what I did when I went sailing on a whim for two years, and it's a decision I'll never regret.

Change of Course is out now.



Regina Petra Meyer, 50, Yorkeys Knob, Qld.

An image of a yacht ripping across a turquoise sea flashed on the TV. "I've always wanted to sail," I said to my partner. "Give it a go then," he replied.

It was 2007, and we were living in Normanville, SA. I grew up in Switzerland and travelled around the world as a travel consultant before immigrating to Australia in my early 30s.

I believe life is an

adventure, so the following day, I enrolled in a local sailing school and took a week-long course.

"That was amazing," I said to the teacher. "I'm going to find work on a yacht."

Four months later in November 2007, I bought myself a one-way ticket to Antigua in the Caribbean.

From there, I found a position on a vintage yacht that was due to sail back to Australia. But the yacht's

owner cancelled the trip after six weeks.

Luckily, I found another crew position on a sleek yacht bound for Europe.

I was a rookie with only 10 days of sailing experience, but I soon learnt the ropes.

We sailed from Antigua to the Azores where we stopped to restock with fresh goods, and then on to Ireland. It took roughly a month.

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