

BE IN NATURE

I grew up in Vancouver, BC.

Just outside, actually. It's a town surrounded by mountains with the ocean right there at your feet. It's beautiful. Yet, growing up I never really hiked.

It took the Italian Alps, the Argentinian Andes, and eventually the Albertan Rocky Mountains to get me into hiking. Now I love it.

I take Teddy out once a week at least, we run or hike up a mountain. The way up is always a test. You're not thinking about much else than the next 5 feet, trying to get there, and once you do, you're on to the next 5.

On the way down or at the top, that's when the endorphins are pumping through your body, nature is both silent and loud at the same time. The birds are chirping, the wind is whistling, and it's nearly impossible *not* to find clarity.

It's something you can't find in the city. Everyone has their head down, they're after something, most people seem miserable and angry. In nature, though, the air is fresh, there's always a little danger around the corner, and your thoughts are your own.

If you've had any trouble at all clarifying what you want in life, go camping.

Even if you haven't, do it.

That's the challenge for this month.

You don't have to do it this week, but plan it for the next month or couple of months. Spend at least a night out in nature. Go for hikes. Go alone.

If you can, book a week off and do it. Bring your laptop along. There's no better place to work than in nature, in silence, and especially in solitude.

This may scare you a bit, being alone, even forced to survive a bit. It may be something you just don't feel like doing. Thus, you have to do it.

We have far too little *real* silence in our lives these days. There's always something, the phone, the email, the TV, something's always on, even someone else's voice.

It's nearly impossible to find clarity to the deeper issues in life, even on what you want to do with your life, while you're 'in the rat race'.

So book that trip.

You have 1 month to get out there.