



How MOUNTAIN

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Howdy !

Betcha didn't see this coming!

Just like the five Planeteers must come together to summon Captain Planet, we too needed to live the five fundamentals to achieve the sixth.

Alright team.

We warmed up with the five fundamentals.

1. Living an adventure takes *practice*.
2. "Motivation doesn't produce action, action produces motivation."
3. The ability to imagine is unlimited.
4. Anything is possible.

5. Baby steps are exponential.

And now... the final baby step up How Mountain!

6. Be present.

Ha, do you get it? "And now..." Now as in the Present... Do you get it? :)

What does it mean when people say "Be present"?

It's difficult to say exactly what the present moment is. As soon as there are words to describe it, the moment has passed. You simply must experience it for yourself.

We know the present when we look at a watercolor sunset, a billion-star night, or the eyes of a loved one. The present is, "I am *here*. This is what my life is made of."

Isn't it amazing?

One way to *be present daily* is to practice Mindful Breathing.

Mindful breathing is easy. You close your eyes, focus on the inhaled air hitting your windpipe, and feel the exhaled air move past your lips. And when you find yourself fixating on thoughts (we all do), gently bring the attention back to the breath.

Try it now!

In time, you will be able to feel the present moment as-is.

Where are you?

What are the sounds?

Without looking behind you, what's behind you? (Knowing what's around without looking is an adventurer's skill.)

When we sit where we are, we are also specifically ignoring "Where do I want to go?" and "Where have I been?" We are saying, "This is

what my life is made of.”

Sure, right now may not be perfect.

Yet THIS is your life.

“But Grahamicus, what does this have to do with adventure?”

Brave adventurer, you've never been to this Right Now before.

When scaling the face of a mountain, you become present. Your body flat against the rising wall, you test the next foot-sized ledge.

It gives.

As you grasp the fingerholds for dear life, you look down at the tumbling rocks.

You look up, thankful to be alive.

You can be thankful to be alive *right now*.

Don't wait for the car loan to be paid off to feel alive. We've all looked back on imperfect memories fondly. Why not *live* an imperfect life fondly?

Embracing imperfection means relinquishing attachment. Something else required to be present is to *let go*.

In order to be present, we must *let go* of what the future may hold. It is difficult, yet just for one moment, *let go* of doing anything to change the future.

In order to be present, we must *let go* of the things that have happened to us in the past. It is difficult, yet just for one moment, *let go* of wishing things had happened differently.

It hurts, letting go. Yet in loosening the grip of our hands, heads, and hearts, we make room to receive a gift.

This is the Present.

Do you get it? :)

“There are only two days in the year that nothing can be done.
One is called Yesterday and the other is called Tomorrow.
Today is the right day to Love, Believe, Do, and mostly Live.”
-Dalai Lama XIV

"Today is the day!"
-My Mama

So remember, Be present.

You are now equipped, with backup!, to live your adventure.

The fundamentals are *really* finalized here. Next be on the lookout for maneuvers to help you along your grand journey.

Thank you for being open to hearing these ideas. Feel free to forward them to anyone else who may benefit.

Your Fellow Adventurer,
-Grahamicus

grahamicus.com



How Mountain

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