

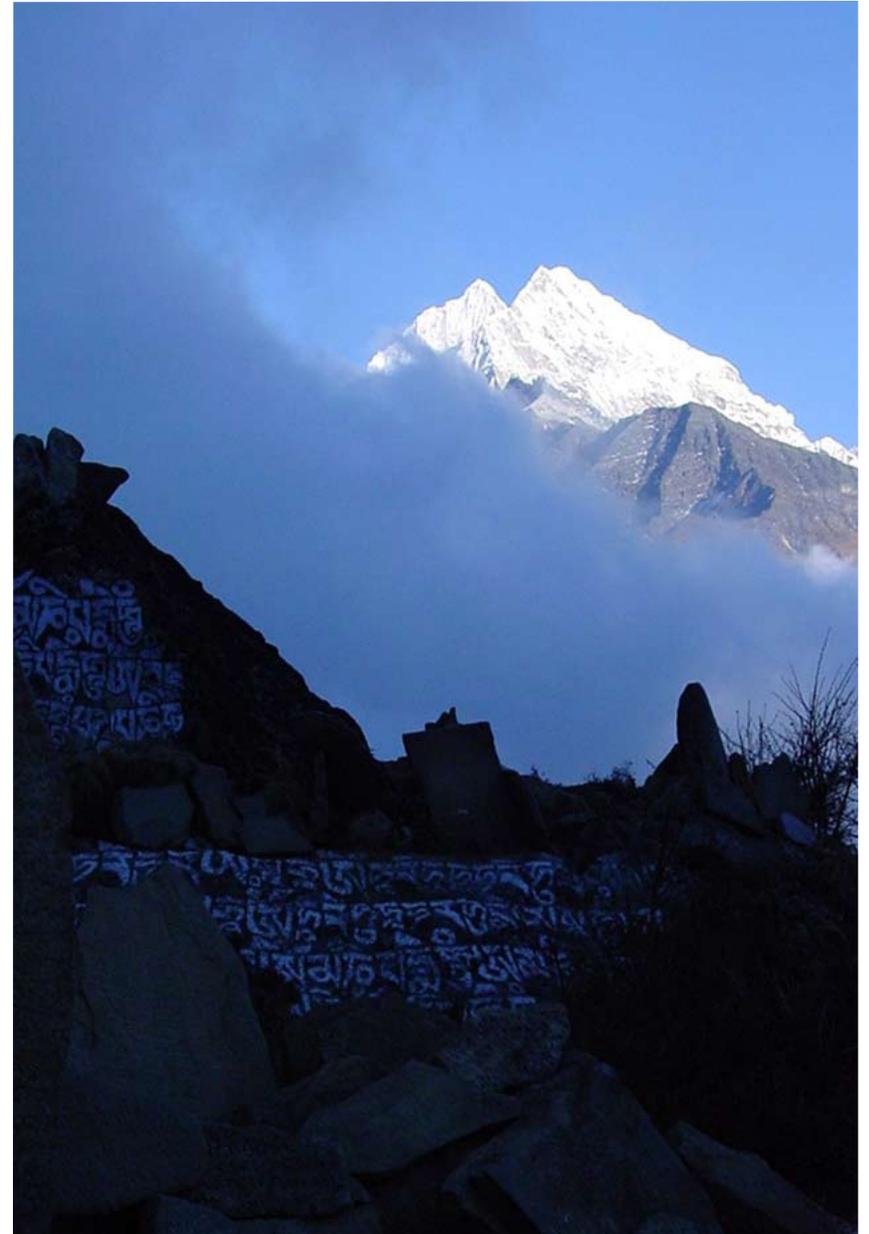
Climbing the **SACRED** **MOUNTAIN**

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*Finding a Spiritual Viewpoint
In a
Changing World*

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Photography by Christopher Walker



Preparing
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Preparing the mind for the climb
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Foreword

As one of my many and varied spiritual pursuits I decided to climb a mountain in Nepal. A friend had championed this exploit. I idolized her success and was setting out to emulate it. I took a couple of months off work and headed up to explore the mountains, get lost, become famous, find truth.

I spent six months preparing. Learning to climb up and down vertical cliffs with my finger nails, hanging from ropes about the thickness of my pajama chord and at the drop of a handkerchief scramble down mountains backward. I arrived in Katmandu to great celebration and ceremony. My friend had recruited the support of all her trusted Nepalese friends. I was, in an instant, one of the bunch.

I arranged for food drops, bought supplies and acclimatized in a mountain village for three days. I was ready for fame and glory. However, four hours into this month-long expedition, I stopped, took off my pack and threw in the towel.

Climbing the sacred mountain is a personal journey. No one can tell us what to do with our lives. However, we deserve to know the difference between our destiny and someone else's.

I hope you enjoy the book.

Dedication

I dedicate this book to those who fell while climbing and in doing so were real spiritual guides for the rest of us.

Climbing the Sacred Mountain

Beyond the duality is called spirituality. If we can rise beyond the small self to the higher, we begin to feel the harmony for which we were born. In the absence of that harmony the soul remains hungry, we feel discontent. We must reconnect with ourselves. And the world will be changed forever. Let nature be your guide.

“Great things are done when men and mountains meet.”

William Blake

Preparing to unlearn

The greater the teacher, the better the pupil they were. They learn from everyone, the great and the lowly, the wise and the foolish, the old and the young. They learn from their lives, and study human nature in all its aspects.

They say in the East that the first thing that is learned is to unlock what has been learned and then to unlearn it. We have to learn how to become a good student. It means losing our individuality. And what is individuality but one's ideas and opinions, a collection of erroneous facts that, through conditioning, or experience have been adopted as truth.

If you have once said, “I dislike that person” -- that is learning. And then you say, “I know, I can like them, or I can have empathy for them”. When you say that, you have seen with two eyes. First you learn by seeing with one eye but the load is too heavy; then you unlearn and you see with two eyes, this makes the learning complete, lessen the load.

To truly climb this Sacred Mountain we need to have a sense of our own personal truth, a sense of openness to life. To become open to life we must undo what has been learned and begin to accept that there are two sides to everything. That is the mountain's first teaching.



Become one with the Mountain

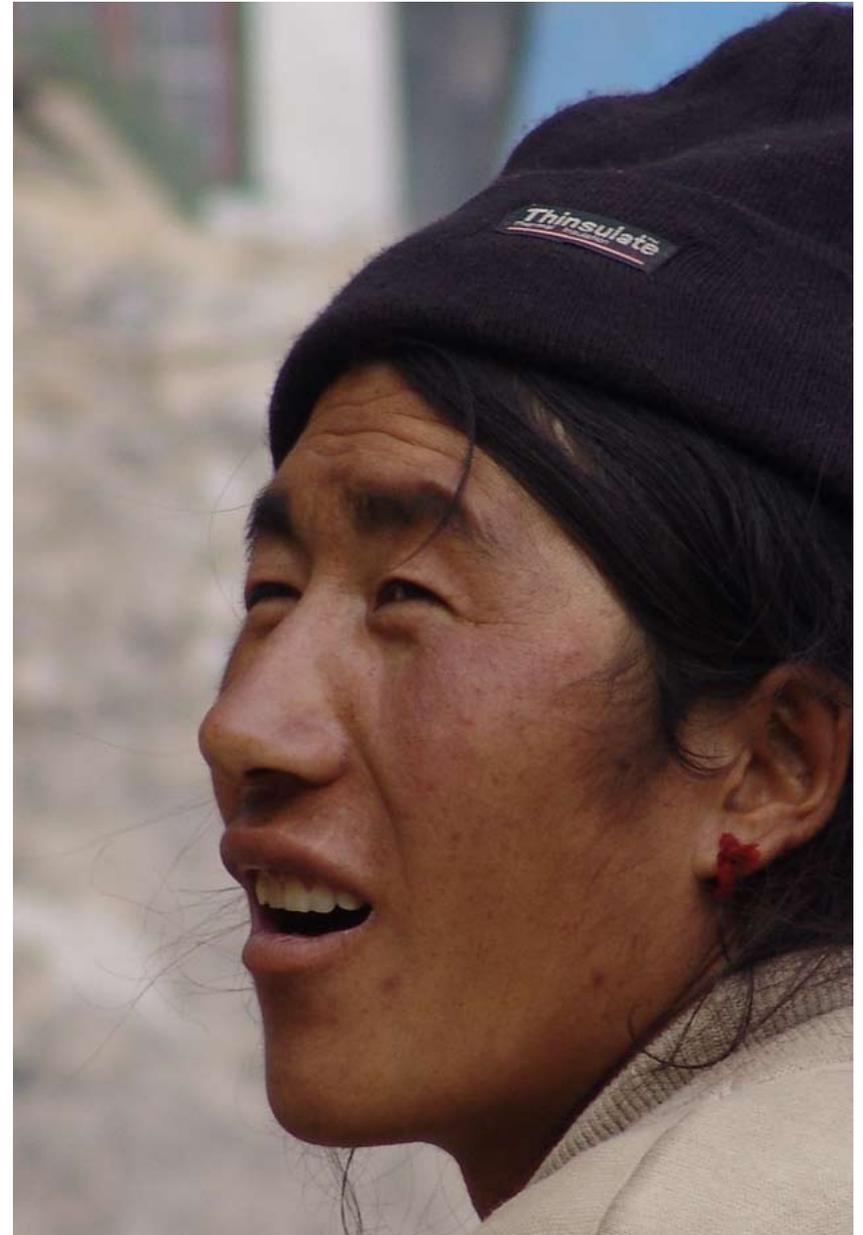
In spirituality we aspire to be complete. Whatever this means, the ultimate experience is to be in total contentment, to want absolutely nothing. To desire nothing. To be totally content with yourself. Then there is nothing lacking. There is no desire, no movement, no mountain, no you. From this place all actions are taken with purity and whatever you touch, whatever you are doing or not doing -- even just existing -- is a peak experience. You are alive and that is enough, each step up the mountain is a victory, the summit becomes just another step like the last one. It is all a wonderful experience.

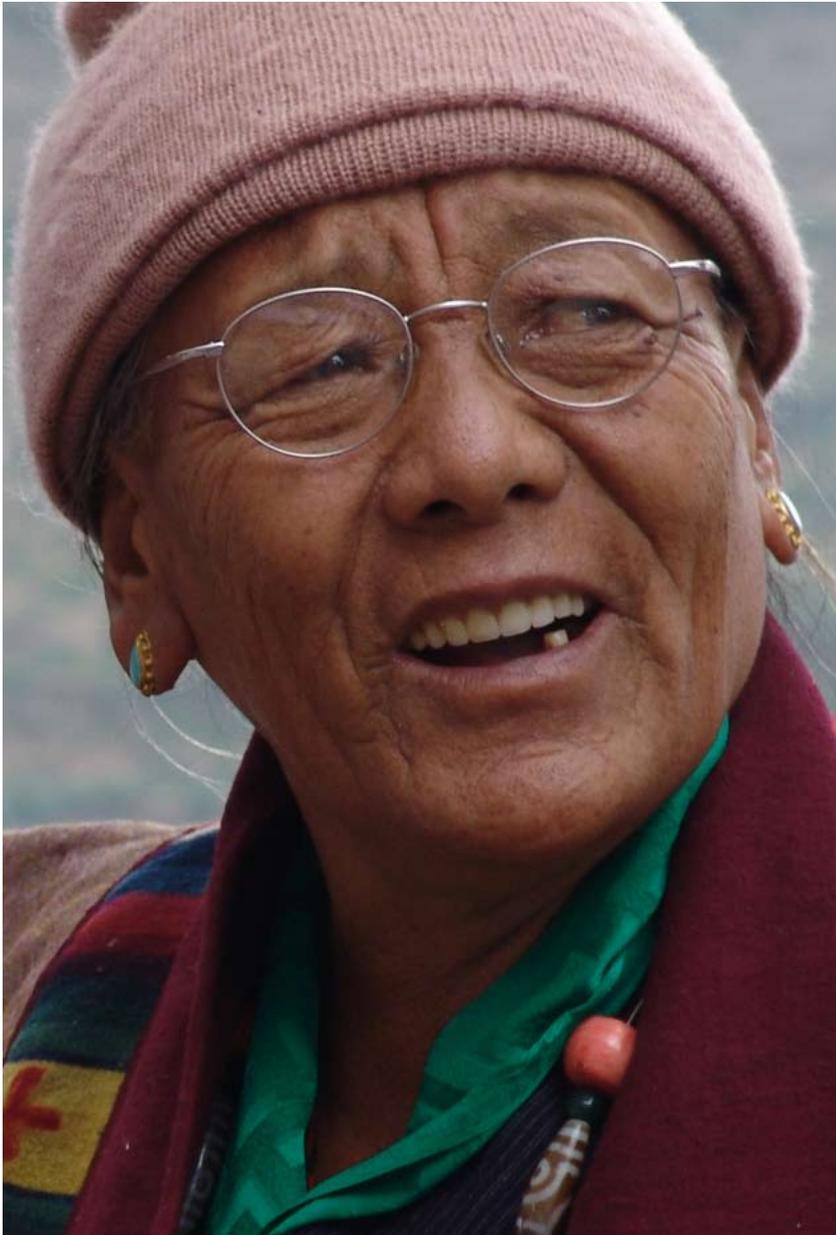
Preparing the mind for the climb

A good climber will become desireless. They say in some teachings that if you become desireless, you'll know yourself. But the contrary is also true. If you know yourself, you will become desireless. If you feel incomplete, you think you don't have enough, and this drives us to make climbing mistakes. The wrong foothold or a slip on ice. If we simply focus on the joy of the process, and allow the results to care for themselves we will perform at our best.

But finding your true spirituality does not necessarily mean that you are satisfied on the outside. It simply means that you are satisfied on the inside. True spirituality means that you have extinguished only the inner desire. But this does not mean that your external world is unproductive.

When we talk of this inspiration, we do not mean that you should become a monk, but we do say that you can become a total person, whole, complete. That means to create a balance, be centered and fulfilled as a person.





Being centered

A person who is centered is the same, no matter who they are with, or where they are. They have the same inner quality. When alone they are no different than when they are with friends. They are completely natural. There is no need to pretend, there is no act to present. Falsehood has no place in their life because the center is the axis around which they live their life.

The infatuated person will jump for the sky, and reach great heights. For a moment they are not on the earth they have defied gravity. But the next moment, they are on the earth again. To hold your center no matter what is happening is a key to climbing high on the sacred mountain. You don't want to slip and fall do you?

For the centered person everything becomes sacred, beautiful whole. Whatever they are doing, whatever it is they focus their mind and take full mindfulness. Nothing is trivial. They will not say this is small and this is large. This is important and this is unimportant, no, for them everything holds the same weight. A self-actualized person, a balanced, centered person, feels in harmony with everything. You can feel it in their touch. The great doctors and healers of our time have been known for the power of their touch, the softness of the disposition and the power of the concentration.

Distribute your weight evenly

Another thing about climbing sacred mountains is that you remain balanced. Not just your body, but your mind, and your pack and your life is balance. If you become one-sided or even make a stand or get righteous, which is polarized thinking, you'll fall down because, as you understand, everything is built in duality and to stand on one side or the other breeds imbalance. We know imbalanced thinking makes imbalanced body. So, if you don't keep your thoughts balanced, your body will be uneven and woooshhhh.

A person who is imbalanced will have significant swings of emotion from infatuation to resentment, elation to depression, attraction to repulsion, they find extremes attractive. Now you know that emotion on a trek or a climb is your enemy. If you have emotions you'll react, and then surely miss your footing.

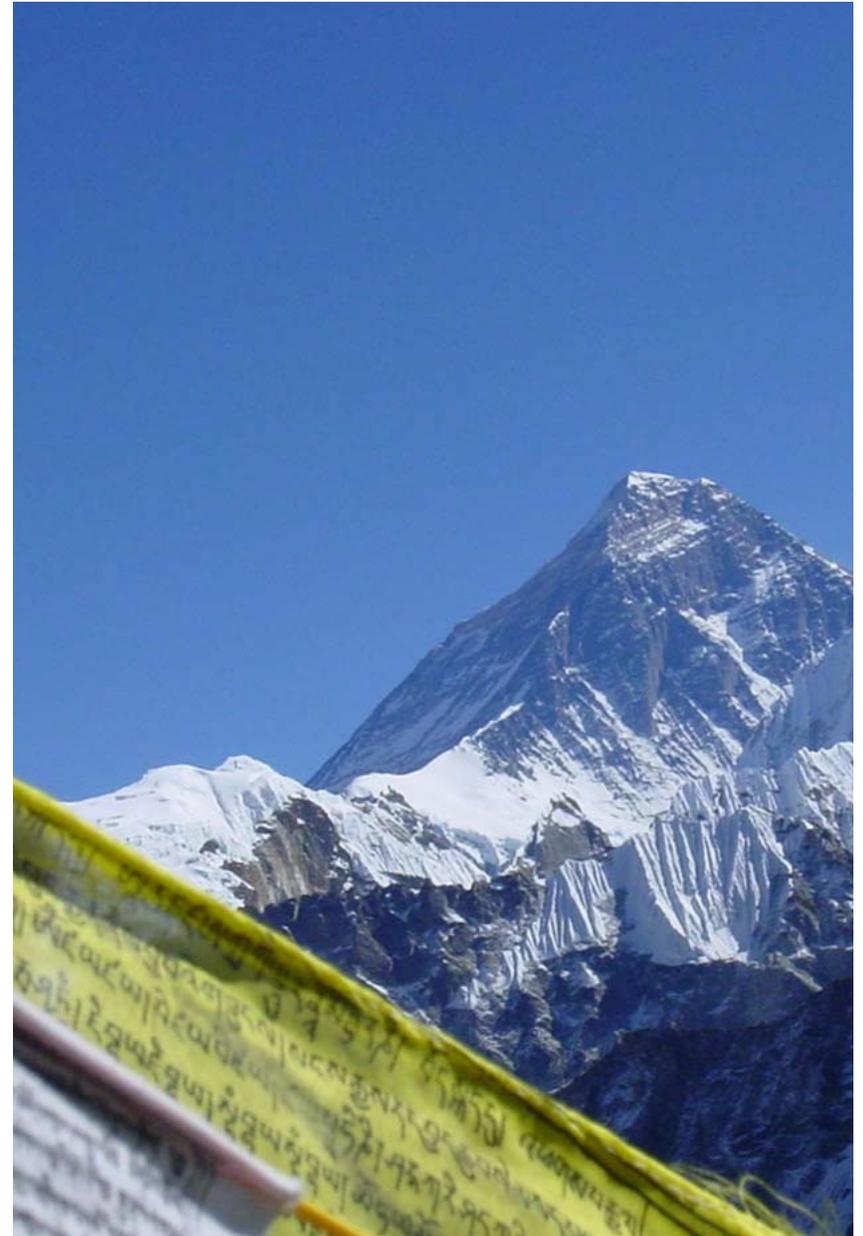
Relax - Be Cool

Lack of tension is one of the great keys to good climbing on sacred mountains, because tension, unnecessary stress and over exertion, burns people out too soon. You have to be at ease and not get stressed under any circumstance. Taking everything that happens to you on the mountain in your stride. Your mood changes for nothing. Nothing disturbs you. Nothing can dislocate you from your home in your heart, your true center. You are fulfilled and therefore not greedy to over reach, nor shy to under reach, you are content. Then, every breath is a full breath, silent and blissful you need nothing within. This is the ultimate freedom of the great sacred mountain climber; for everything this person will do they will do out of love, kindness and commitment. There is no hunger, no desperation, no fear.

Seeking the Summit

Most people see reaching the summit as a difficult attainment. It's not. It is neither difficult nor an attainment. Wherever it is that you are on the mountain is a summit of sorts. Maybe by celebrating, your summit is just where you are, is better than building great big expectations that deprive you of the fun in climbing it.

It's an amazing shift when, one day you say, I am here, on the summit, today. That means every day is the summit and there's no delay. You don't need to say "when I" or "if I" - instead, you can say, "it already is". It is not the journey to some other point somewhere else; you are not going somewhere else. You are already here. That which is to be obtained is already attained. This idea must go deep. Only then will you be able to understand why such simple techniques can help you climb mountains.



Seeking Perfection

If you are not perfect already then there is no possibility, there is no way that you can become perfect. The whole situation is totally the opposite of therapy. There's nothing to fix, just something to get used to. You are already that which you want to attain. Then climbing the sacred mountain is not an attainment, but a discovery. The summit is hidden, but it is hidden in very, very small things. You need to work at it, but it's already there.

The Right Equipment

Personas are just like crampons and climbing ropes. Your body is here, so you need some ropes and shoes and jackets to protect it in the climb. Your spirit is here also, however, it doesn't need ropes and things. These ropes and crampons and clothes are your personality and they are vital to the climb up the sacred mountain. We use these ropes and crampons for so long, we forget that we can do without them sometimes. We become so identified with the clothes, that we don't even recognize them as ropes and crampons, we think the equipment we carry is us. We think these clothes and ropes and things are who we are, and that is a big barrier.

We need to separate the equipment, personalities into groups. Essential personality goes near the bottom of the pack, and then ever decreasing personalities closer to the top. The whole idea is that, from time to time, we can take the pack off our back and sit in the sunshine without any personality. Free and in our true spirit. This is the key isn't it? To really know how it feels to climb a mountain we need to be able to feel what it is like to just be there. Then we can put the pack on our back and go out into the storm and that helps, and then take it off when we want to rest.



Bad weather

It seems that, in order to learn to be consistent with our climbing of sacred mountains, what is most needed is patience. Sometimes in the form of endurance, sometimes in the form of surrender, and sometimes in the form of forgiveness. But, most of all it requires the ability to see beauty even in the frustration. When the weather turns bad, we can see that we are powerless and that frees us to enjoy waiting for it, the storm, to pass. It is wisdom to know the true limit of one's capacity to influence things. Changing the universe is not a high ambition. Sometimes the greatest nobility is acting from the truth of one's own core, acknowledging with patience the limit of the situation and honoring that.

Sometimes that means letting go of people and situations we had ambitions for. You know, if the weather is bad, what can you do? You need real honesty here. Maybe the friend you chose isn't able to climb with you after all because they have fear. You can't compromise your climb so you send them back. There's no use asking another person to change just for your benefit. Sometimes you simply need the patience to let them go.

Permit to Climb

There are five steps gaining a permit to climb on Sacred Mountains:

1/ Skills at letting go

To really be here, to show up in a relationship or work or sport we must let go the past. Each day the sun must rise anew. The past is dead. To show up, for intimacy, for work, you must let go the influence of the past.

2/ A huge perspective on things

The further we travel away from something the clearer it gets. Life viewed from an anthill looks overwhelming. But from the center of the cosmos is completely in order. Creating a huge perspective is the ability to see the order in the chaos, the cause of the effect. Simply put, you get to see truth.

3/ Plenty of wise smarts

You must know the skills of balance, centering and releasing tension and undergo a P.C.D test (personal crap detector test).

4/ Plan a future

Tomorrow is built on today. Action today creates results tomorrow. We must plan our future otherwise it will plan itself. You will need to demonstrate that you can read a map, plan a route, know what to do when change comes and inspire in the judges, a clear confidence in your ability to follow instructions.

5/ Talking to yourself

There will be no instruction manual on the mountain. Therefore you must become your own coach, cook and bottle washer. This requires a deep and meaningful sense of self-reliance. Even to the point of enjoying conversations with yourself. Why did you do that? " My inner voice told me to" -- inspirations on the mountain are many so you need to demonstrate this skill.



Mind Control

Your mind can create difficulty in climbing the sacred mountain because it's usually out of control. This is the nature of the mind. It gravitates to a certain way of thinking, which produces emotion, which produce chemicals, which cause disease and then we die. So, we want to find a way to slow that process, and the answer is - Mind Control.

What fills our mind, day and night causes our stress or our happiness. It just depends on how we see things. What fills our mind is truly a matter of perspective.

What you think depends on the viewpoint from which you think. If you select the right viewpoint you'll see order in any chaos and then you won't be stressed, and this will transform your life from this moment onwards. You'll become a leader and not a follower; one who looks from a balanced viewpoint is a person you would be interested in following because they could guide you rather than mislead you.

Size Means Everything

Size means everything. It means clearly that, if there were millions and billions of tiny people living on a grain of sand, and even if that grain of sand was so small that it was totally unimportant to us, they would seem as great to themselves as we do to ourselves. A grain of sand would appear as vast a world to them as our earth seems to us. And those tiny people could in no way manage that grain of sand unless they got off it and looked back. Unless they could see the whole grain at once, and recognize how small it was and how irrelevant they are individually, they would have no real humility.

On the sacred mountain you are less important than a tit ant on the bum of an elephant, less important than that, in fact you are a tit ant on the bum of a bigger tit ant on the bum of an elephant, and that's over estimating your importance. To climb sacred mountains we have to rise above our little concept of self-importance and begin to find those things, which really connect us to the bigger picture. If you really think, nature, the mountain or anyone really cares, you are not going to last long on this mountain. You have to remain humble to the huge vastness of that mountain.

Most people don't understand the smallness of their life and this self-importance leads to violence, stress, greed and health problems. The cost of an anthill perspective of life is more than that. The cost is that those things that are really, really irrelevant get prioritized and therefore many people die before they die. Self-importance means people stop valuing humanity, time and kindness then the sense of awe vaporizes. People so easily lose that childlike wonder that is the human spirit, and gravitate to goals, objectives, self-improvement and work as the expression of their life.

Being a part of something bigger

You look into the cot, and there's your baby. She's asleep and tears flood. It's awe. How something so fragile can appear. How delicate and small it can be and so vulnerable and perfect. On a starlit night you can lie on the ground and look to the stars and something fills your heart. It's awe. How amazing and you can see just one millionth of one percent of one percent of just your own galaxy. There are 50 billion more galaxies. Thankfulness for life is a precious part of the climb.

We rarely step out of the comfort of our own small reality, yet when it is remembered that this earth is but a tiny grain of sand in a shore of almost endless drifts of sand, you see that this viewpoint will be limited. Most people's perspective is the visible distance from their home, they have never explored the world. The travels they have made have been hardly a scratch on the globe. Most people are self focused, worried about the milk bread and survival. They are too busy or stressed to look up and wonder about the context of their existence.



The “I” - consider others

Climbing the sacred mountain, we can get caught up in self-absorption and this is risky if we ever need help. It's difficult to ascertain the exact definition of “I”. It is something that is beyond human comprehension, beyond definition. An individual may call themselves a body. They identify themselves with their body. They say, “my body is in pain, and therefore I am in pain”. There is no separation between the inner self and the body. They say, “I ate a great meal, therefore “I” am happy, the body and its pleasure and pain is their only viewpoint. If they cannot tolerate pain, then they avoid stepping forward. If they cannot tolerate pain they seek to avoid challenges and therefore can't apply themselves to the climb.

To climb steeper and steeper slopes, which is our destiny, this conception of “I” must become bigger, richer. When we are capable of seeing that we are not simply “body”, but also “ thoughts, feelings and imagination”, then we are able to understand the human being more as a whole. Therefore, we are not only our body, we are also our mind, we begin to feel bigger than before, a bigger context to see our life. We also have more responsibility as we begin to recognize the cause of our suffering.



Keep it Simple -- KISS the Rocks

The magnificence of spirit is found in simplicity. The search for truth, is the unconscious search toward these sacred laws. They are at work throughout the universe and may be called the natural laws of life. These laws are self-evident. They must, in order to qualify as universal laws, exist in every day as well as in the great eternity of cosmos. Evidence of them can be found in music, in dance, in business as well as relationships. The universal laws are found in every walk of life and they are magnificent.

One moment standing in the midst of nature's orchestra with an open heart seems like a whole lifetime, if we are in tune with her rhythm.

When you spend some time in nature, you can run your fingers over the solid trunk of a tree, pick up a stone and notice its aged patterns, examine the fragility of a leaf, and let water flow through your fingers. Then, allow yourself to contemplate the laws as outlined in this book. You will see how every object of nature obeys to these laws inescapably, and, that humans are so subject to the same universal consciousness.

If emotions start to obstruct the journey, by following the instructions in this book you will be able to transform those emotions back to truth at will.

Through this consciousness, there is an implied merging of stillness and fluidity. Stillness is vital because unless the mind is still, it cannot find truth. The world itself is fluid and endlessly changing, flying around us in busy chance events, yet, the spirit at the heart of all this restlessness must remain still, motionless, resonating in harmony with nature.

In our complex world, we have the opportunity to simplify our understandings by relating everything to nature. Nature is the keeper of sacred law. The forest, the ocean, the sky, species, rocks, plants, animals and insects all have a voice. It requires silence and wisdom to hear it. Knowing those laws will create harmony in your work, stimulate the environment you create, direct the exercises you do and help create the depth and silence to open your inner ear to the voice of inspiration.

We cannot do what we love if we continually lose the essence of who we are. This is out of integrity. A turbulent individual cannot create healthy environments. Stillness, harmony and beauty is our connection to inspiration. If we become emotional and insecure we lose the foundation on which we live. A closed heart just creates trouble.

The Law of The Mountains

Law of the Mountains 1. Duality

When we look to the stars we see balance. We know that the earth and the sun are in a dance. If either one were to push or pull too hard, all would be destroyed. A delicate balance exists. Thus, those who say, they would have right without its correlate, wrong, or good government without its correlate, misrule, do not apprehend the great principles of the universe, nor the nature of creation....I don't understand that sentence

If one single atom, in the entire universe were out of balance the whole of creation would be destroyed. The mountains express this law of duality through growth and decay, birth and death, weather, sun and snow, morning and night. These are all the manifestation of this greater law, and to climb the sacred mountain you need to know the mountain, and this law is the mountains voice.

Danger only exists in the mountains when a person tries to defy nature by creating imbalance. Stress is caused by imbalance. All stress comes from the mind, a way of thinking, choices we make. So, on the mountain we say, "it is not what you think, but how you think" These are the forces that disturb the mountains and put you at risk.

Since the forest is the keeper of sacred law it is a worthy beginning to ask it to share principles of reality. The mountain, the ocean, the sky, species, plants, animals, insects have a voice. It will require the deepest silence to hear it, and it is here that you are invited to observe, sacred mountains are speaking, the law of balance is in its voice.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you, and the storms their energy, while cares will drop off like falling leaves." John Muir

Law of the Mountains 2. – Evolution

"Everything flows, out and in. Everything has tides. All things rise and fall. The pendulum swing manifests in everything. The measure of the swing to the right is the measure of the swing to the left. Rhythm compensates" The Kyabalion.

Nothing in nature is aimless. There is a purpose in all things. It is the harmony of nature. Everything has a purpose, everything thinks. Trees and rocks have a beginning and an end, they have an innate destiny, they begin in one form and end in another. In the seed of a tree is its destiny. Birth, life death and the vital things in between which make it fit into the puzzle of life, are prearranged.

Law of the Mountains 2. – Evolution cont'd

All the eyes of nature are turned towards the future. Everything is preparing for something that is ahead. All parts of the nature's kingdom, from the blade of grass to the giant trees, think and the thoughts are for the future. The grass plans to make fruitful life. The tree plans to build houses for homes, wood for fires, oxygen for life. Nothing is in vain. Nothing is aimless. Nothing is useless. All is evolving.

Then, in climbing the Sacred Mountains, we must attempt to embrace both the known as well as the unknown, because one is chaos, one is order and between the two, growth takes place. If we shy away from the unknown we will attempt to be in 100% control, which of course, breeds its very nemesis.

Law of the Mountains 3 - Abundance

Nothing is missing it just changes in form. This is the essence of the third law of the Mountain.

Abundance is existence. Nothing was or is new. It is a change in form. That the cosmos is filled with space does not imply it is empty. Thought must have existed. Light is its child. Matter is the grandchild. Therefore, the original thought are imbedded in everything. Where is God not?

So as we climb, we must search for opportunity to be thankful. Nothing is missing for us. If something leaves our sight - or we lose something, it is not worthy of grief. We must instead search for its re-appearance, simply in a different form.

This is how we keep our sanity. We are not bemoaning what is lost but moreover celebrating what is found anew. In this mind state, nobody can die, nothing can be lost, we are free to transform any attachment from the physical, to the spiritual, to virtual to reality. Now we are truly climbers, unstoppable in our mission.

Law of the Mountains 4 - Harmony

The whole mystery of the mountains can be unraveled in the understanding of harmony. Water, when frozen, turns into ice and snow, so does thought turn to activity in order to materialize itself by a shift in vibration.

To be able to find some meaning, some purpose in everything, is worth more than all else in any line of investigation, especially when the plan of creation is under discussion.

Nature is the mirror of truth. Nature holds the key to the magnificent story of life. She is ready for you when you are ready for her. There is nature surrounding you every moment and you can study her with the deepest of reverence.

Law of The Mountains 5 - Hierarchy

Everything in the universe reports to a higher power. It is the law of the one and the many. Obedience is the nature of things. To defy that obedience is a disastrous move while climbing sacred mountains. The mountains are kings and queens we must obey.

All things have a central power that controls them. This is a self-evident law. There never was or could be a tribe that did not have its chief. Nor has there been a city or a town without a mayor or leader. There is no body of people that is without a leader. No government has ever existed without a leader, or a group of leaders. All businesses have their leader. And partnerships that are supposed to be composed of two people holding equal rights and rank always have the senior partner, and one voice is stronger than the other in the management of the business.

This fact is due to the necessity of centralizing the control of everything. But it is also instinctively derived from the same law that pervades all creation. The individual who cannot obey the guidance of their higher power, their soul their creator, cannot hope to tap the universal ocean, nor reach beyond an earthly viewpoint. They are what is called self-centered because the center of their universe, to them, is within them.



Leadership

People climb Sacred Mountain for many reasons. But the most basic one is to be free of tension and therefore really get to know themselves.

Infinite volumes of leadership literature can be reduced to a few simple choices. Either, to be consumed by tension, yours and others, or to rise above them. It is really that simple. Tensions lead us to live a reactionary existence and represent our inability to climb with integrity.

It is a practical and powerful expression of real love and respect for the mountains to take the tensions, both your own and others, and to deal with them without disturbance. As you cultivate this love and respect you are developing a powerful relationship with the environment, the mountains are calling.

To lead on the mountain is not just an act of service. It is really about becoming aware of the beauty around you, whether you're walking, climbing, resting, struggling or sleeping in the tent. Then, whether you're sitting still or moving around is irrelevant. You will be in tune with the mountain, the people and the laws all at one time.

Avoid reaction

As you climb your own mountain, know this. Any reaction you have to external stimulus is distorted by your perceptions and therefore untrustworthy. Reaction of any kind will lead to disaster because you will loose where you are meant to be in favor of where your emotions take you. And this is not good.

The effort you need to make now is not one of figuring out these tensions and experiences themselves, because that's practically impossible. Rather, the effort must continuously be one of reaching inside yourself, opening your heart and mind and feeling the flow of energy within you.

This means allowing experiences to go deeply inside of you before you react - deeply beyond your ego and mind so that whatever their energy may be, it can simply have its effect and be done. Most people resist doing this. They say I am working through something. And that is a lie.

Healthy Responses

Our responses can be divided into two groups, wise and unwise, or skillful or unskillful.

The unwise group – lower thinking - emanate from the small self, they experience as fear, hatred, aversion, greed, attachment, doubt, and jealousy. When we are in this mode we are in reaction to the world. These are strategies of aversion, fear, protection, and they lead to unhappiness because each has an opposite.

The wise group, emanate from higher thinking - love, wisdom, joy, equanimity, confidence. They are natural states that do not result from reaction. The climber must learn an openness that goes beyond the small sense of their self.



Trust your intuition

Our intuitions are simply small inspirations. We must learn to trust them because on the sacred mountain these are all that count. Our opinions, our beliefs, our desires, ambitions, can be so strong, we can become so weighed down by them, that we are incapable of knowing our intuition. Our heads are so bowed in thought as we walk our spines begin to drift and we see no one. So, opinion, judgment, evaluation and ambition lack heart and therefore bring about confusion. And surely, any action born of confusion must lead to further confusion, further turmoil, all of which reacts on the body, on the nervous system, and produces illness.

All unhealthy responses can be transformed to skillful responses. Life is a stream of experiences, thoughts, feelings, sensations are always changing, including feeling pleasant and unpleasant. They alternate, as the Buddha said- "The worldly winds of gain and loss, pleasure and pain, happy and sad". If one knows this, in their deepest heart, there is an automatic reduction in delusion, fear is reduced and life becomes less reactive and emotionally painful.

Morning reminder - energy within

As a climber of Sacred Mountains you need to turn your attention inside of yourself every day. In doing that you can open your mind and heart to feel the flow of energy within yourself. Then the issues in your life become smaller. Your notion of who is living your life and who is motivating your body totally changes. With this morning practice - daily preparation - you begin to embrace a real appreciation for the opportunities you have to interact and communicate with this gift of life, in any form. Then, whatever path you take up the mountain, whatever you do, whatever game you play, it becomes merely the arena in which you discover and express your interchange with your spirit.

You must learn to open without getting lost. You have to remember who you are and where you're going, in the context of this inner effort you make to remain open. This is necessary so that the energy you absorb and consume, and the expansion that results, will re-articulate themselves in your life in concrete, practical and beneficial ways, which will serve you and all the people whose lives are connected to you. Only in this way will you really learn about energy – about the subtle energy of life itself.



Raw Honesty

It's really strange that, in the trauma of a high mountain, that one might use the word gentleness. Gentleness amongst the boulders, ice fall and avalanches? What are we advocating?

Gentleness is the principal thing that evolves from the heart. One can see how gentleness works as the principal thing in every art. Anger, frustration, stress and violence then, are the enemy of the climber. Gentleness should be the aim. Do no harm becomes the motto of the seeker.

Now this might still seem a little remote, but understand. The journey is not in reaching the destination, many people can summit using anger, but the process of ascending is what is important. To summit with anger might take over the ego, but there is a price. All the great teachings of nature reveal that things done in darkness return that expression ten fold. The sacred circle, what we do unto others will be done unto us.

So, mind your step, be honest with yourself on this journey, check your intent, your motivation. If you are in reaction, competing with your ego, fighting life every step in order to prove something, then it is wise to release that because what will eventually be proven is that which you most wish to escape.

Avoid choices based on emotions

The more one studies and understands truly great people of life, the more one finds that it is the integrity of their heart that created real and lasting achievement. Thus, the intent behind our next forward movement is most important. Your purpose is built within your heart and when you act with a certain expression toward it you are building your true earthly worth. Nobody can love us more than we love ourselves, and self-love means that we do things privately and publicly that are worthy of that love.

In climbing you must try to be in the moment, quiet, focused and not talk too much. Then you will have a far deeper and more accurate understanding of what is required of you. Emotive response to challenge is likely to result in disaster; emotions are a sign of lack of presence and without presence, truth is disguised. Even if somebody says I want to know right away and you feel emotions like uncertainty and fear, then you can say, "well, I don't know right this second, but I'll tell you tomorrow". You should avoid making choices based on emotions.

Do whatever you are called upon to do

The paths to truth are many, and it seems, everyone thinks their clock alone tells the correct time. The entire world is being driven insane by this single phrase: "my religion alone is true". However, wanting to reform the world without discovering one's true self is like trying to cover the whole world with leather to avoid pain of walking on stones and thorns, it is of course, much simpler to wear shoes.

Many people go out into life, and meet with all the contracted energies and every other complexity that could obstruct their efforts, and then, after all that, they think about their spiritual practice. Like spiritual practice is something to tack on when all the "important" things have been taken care of. Not surprisingly, by that point a person feels "Oh, I'm too tired already" and gives up on the idea of developing a spiritual practice.

Start each day with your inner work, and as you move through the day, you will meet each opportunity that presents itself from a better center. It is a question of where you begin. Try to start out with an intense love of life, and an intense love of God, whoever that is for you. Then take that love and do whatever you are called upon to do.

Embrace Duality

Nothing is without pain, yet there is a big difference between pain and suffering. Pain is when you cut your hand. You don't worry because you know it will get better. Suffering is when you're not sure and you worry about what is going to happen. If you live from tension or from need, from drama or from difficulty, then what you get back will be tension, need, drama, and difficulty. If you live from lightness, joy and love then what you get back will be the duality of pleasure and pain, it is very different.

As a climber of sacred mountains, you must be aware of what is going on inside of you. When I say to be aware of what is inside, I do not mean being aware of feeling jealous or happy or sad. All of that is nonsense, and most people simply use such circumstances in life to become hysterical or dramatic. Instead, I mean having a sense of your heart within you, no matter what goes on around you. Knowing that everywhere you look there are two sides that beauty exists in all things.

Facing a Challenge

Start with some composure – some self-control and heightened sense of awareness to increase your concentration in the moment. This will allow you to distinguish between what is true and productive, and what is excess baggage, emotional reaction.

During challenge it is important not to react. Try to be in the moment, quietly, and do not talk too much. Fast response to challenge is not likely to result in anything thoughtful. The best thing is to be as quiet as possible, and to think about the matter for while before expressing yourself.

The real challenges are not always random and spontaneous. The real challenges are the ones that keep coming up over and over again. They challenge our limited understanding, our limited capacity, and the ways in which our emotions and our minds inhibit the flow of our creative energy. Small things add up and make you easily distracted.

Remember, you always have choice as to how you respond to any situation. There is a wise way and a not wise way. Wise is to see the balance, the two sides of it and then choose the action. Unwise is to see one side of a thing and then react, one is powerful and truth, the other is illusion, it is a choice.

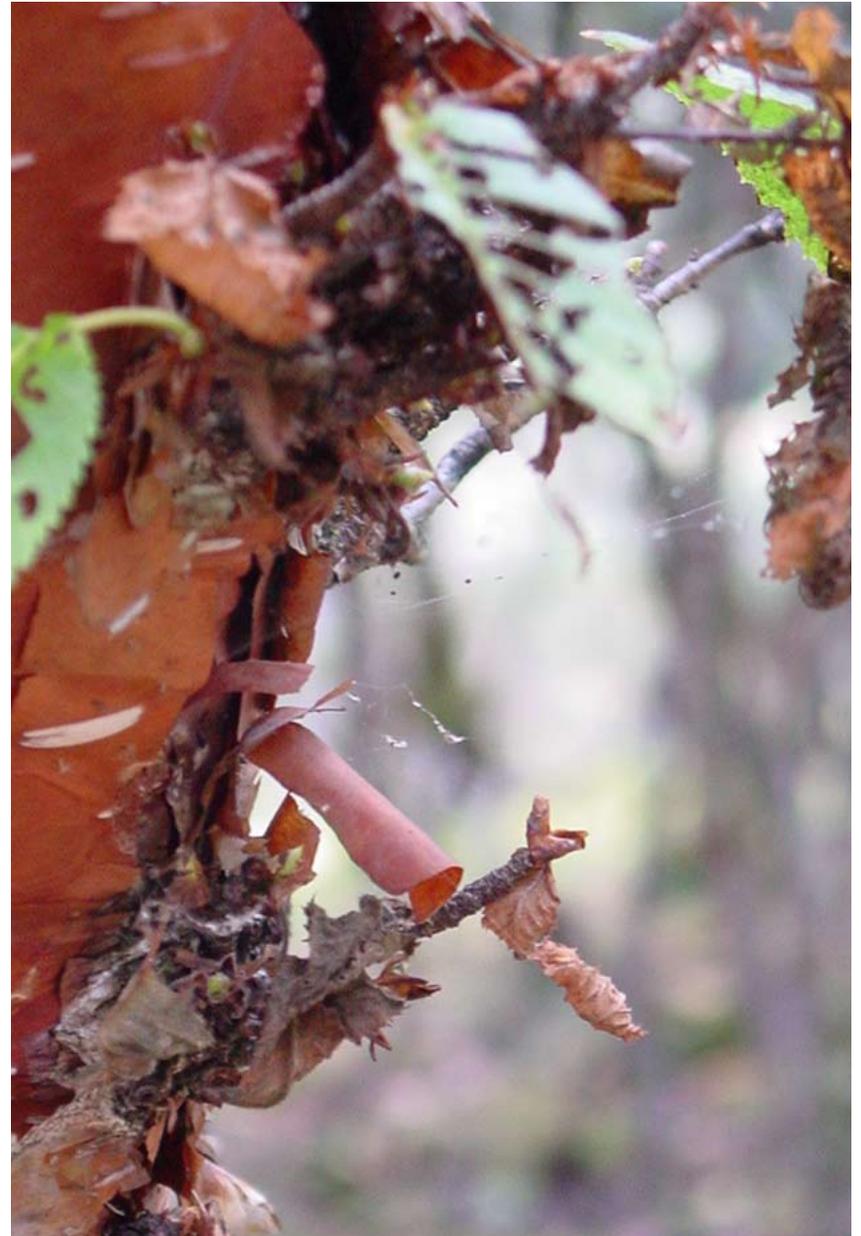
Evolution is nature's intention

Growing is the answer to pain, suffering and disappointment.

Thinking about problems doesn't solve them, getting above them does. Real work is the distillation of overwhelming problems, into smaller and smaller realities. Then we can say, "What thought caused that, or is causing this". Then, by changing the thought to a universal law, we tune to nature and from this, we evolve.

When someone next to you complains about so and so, or blames the company, or their ex-partner or the economy or even the president, you can say, "Evolve ya Bastard" they'll appreciate the reminder (usually).

We grow through problems and challenges, that's nature's intent.



EVOLVEYABASTARD

On the mountain we depend on each other. If you fail, I fail, if you fall I fall. We are all roped together. We are individuals, but we are one. Your heart and mind are my heart and mind. There is individuality but there is also concern for the greater good.

There is one phrase that, in your climb, whether it is in a corporate environment, a personal love affair or a health challenge will save your own life, and probably the lives of all you journey with, and that phrase is --"EVOLVEYABASTARD" of course some women might prefer the feminine version "EVOLVEBITCH"

How do we remind ourselves that all our challenges are nature's hint, nature asking us to grow up. All our emotions and all our issues, all our struggles and all our pain are nature's voice, God speaking to us, saying, EVOLVEYABASTARD.

Nothing happens to us, we happen to us. Our survival depends on it, but equally important is the connection between our own well-being and the wellbeing of the total climbing team, the humanity of our planet. When you can know the importance of your responsibility to let go of those ideas and thoughts that you call sacred, and free your mind to this bigger story, then the love you know is your right, will be yours for eternity.

When you stop praying for what you think is missing, and simply attune yourself to the extraordinary richness, the quality and the love that are at the core of your heart, the ocean itself becomes apparent, and all the rest is just the debris that floats on the surface. All debris is dead emotion. The ocean is what is alive.

Those who don't evolve suffer enormously. A person who stops evolving, growing, attracts calamities disasters and humbling circumstances into their life. So your culture of human potential in your life is underwritten by the phrase, EVOLVEYABASTARD - It may just be the kindest words you could ever say to those you love.

Business is the same. If a business doesn't grow its asset, it depreciates it. Spirit in business can be measured in profit. If a business applies consciousness to their actions they will act harmoniously. But if they don't evolve the business the profit will fall and all the harmony will turn to stress. The same goes for an individual. If someone starts a job or relationship, and they are not committed to it, they will self-destruct. In other words if your heart is not in what you do, then you are acting without consciousness and self-destruction will occur in the form of broken hearts, bankruptcy and or disease, illness.

In business - make it your cultural motto. EVOLVEYABASTARD .. You may just happen to make the difference you have always dreamed possible.

Survival kit on the Mountain

1. Small things are the most important
2. Proper periods of rest
3. Fun
4. Proper food and drink
5. Good breathing
6. Regular elimination
7. Healthy mental and emotional space
8. The right resources
9. Contentment
10. Avoidance of excesses
11. Humility
12. Confidence in Fate
13. Adaptability
14. Appreciation of the current moment
15. Take Responsibility - Evolveyabastard.
16. Truth - Know yourself well.

