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1. Write down one intention you took away from this article and tuck it in your pocket.

Response : BE GRATEFUL. That's personally something i need more in my life to be able to make sense of everything around me. To be grateful for every moment that i have or that i will live. For every adventure, that i will carry forward to.

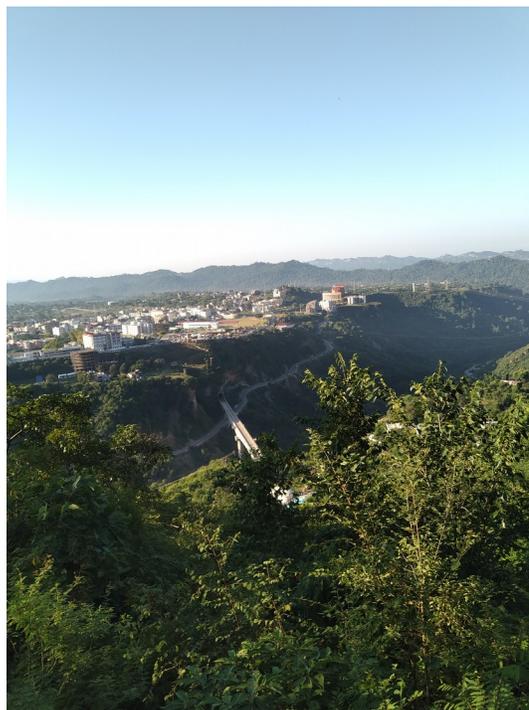
2. Take three pictures of your surroundings and caption them with observations. What are you seeing?



I am seeing myself appreciating the beauty of these tall mountains with a calm nature. I am seeing myself reflecting upon how these creatures can bring so much peace into our mind when all they do is just stand. Maybe that's what we all have to do, just exist and fight every moment to survive and live life to the fullest.



I am seeing people around me sharing the same casue as me that is to reach the pinnacle for the view to calm our souls.



I am seeing whole town out there working like robots meanwhile i am here in the lap of nature enjoying my true self.

3.Share the intention you expressed pre-adventure. How did it inform the experience on your adventure?

Response : My pre-expressed intention was to be grateful for the moment that i will be living every second and to take most out of it irrespective of how the experience will be. And it honestly made my experience 100x better,There were times when i felt like give up as my body is going through the pain for walking more than 3 hours straight.I reminded myself to go easy on myself and to be grateful that atleast i made it up here not the pinnacle but up here. I reminded myself to be grateful that atleast i have two legs and two hands to walk and enjoy this experience meanwhile there will be so many people out there who are not even be able to walk. It filled my whole journey with so much optimism and made me fall in love with what i was doing that is trekking.

4.How did the experience make you feel? Has it strengthened your relationship to the earth and our individual and collective responsibility towards it?

Response : Even though,I answered most of it in above questions. I would still like to repeat again and again It has filled my heart with love for everything around me. YES,A big YES ,You know there is this feeling that you can't really describe in words bbut only can feel. I would say that's how i felt. It helped me to calm my inner self and made me learn to enjoy the moment.

Screenshot :

