

Name: Rain Zou  
Username: Zouyushan  
School: University of California at Berkeley

### Posts: @diversifyoutdoors



**diversifyoutdoors** • 关注  
Stephen Kramer Glickman • Crazy (feat. Marza Wilks)

---

Posted @withregram • @mgmocr Trail running changed everything...  
It brought me clarity and helped me find myself and happiness.

Ten years ago, I was a year recovered from spinal surgery and staph. The plan was work, get my master's degree, follow the dotted line and that was it. I was working at UCLA at the time and got ghosted again by my partner on new years eve. I found myself overwhelmed with contradictory emotions and at 3AM I got in my car and just drove until I ended up at Portuguese Bend Reserve. I stepped out of my car and just ran in the blanket of fog until the sunrise began to burn it off. As the sun crept over the hills and illuminated the trails I had run (shuffled) for almost five hours and it hit me.

This is what I want- trails, nature, and that feeling of absolute exhaustion and ecstasy when nothing really matters. Where you're fully present in the moment and in sync with the world around you. Trails brought me to racing, but it also put me on the path of living my best life- Right here in Durango, with an incredible partner, a pack of dogs, a flock of chickens, a perfect cat, a little land, and more mountains than I climb in a lifetime.

So, do what makes you happy, what gives you purpose, and what you love. You have less time than you think...

---

   

27 次赞  
7月5

---

 添加评论... 发布

### Why did it resonate with you?

I love this post by @diversifyoutdoors, I have experienced exactly the same feeling as the writer did. When I was 12, I went to a camp in Britain. As a foreign student whose English was not very very good, I could hardly fit in. During the four weeks staying in the camp, I often felt lonely and became depressed. At this time, I would go and sat by the bay all afternoon. The bay was always bleak and cold but for some reasons I always felt relieved while enjoying the view. I think the relief derived from the close connection between man and nature that can not be severed. I call this 'Breathing With the World'.

I wrote a short paragraph to reflect on my experience.

### *Breathing*

*Beyond the weeds with dewdrops is the nameless bay of the cold English Channel. Cross the river, from a huge villa came a delightful noise. Behind that, the forest of spruce and cedar whisper in the moist and refreshing wind. We were not allowed to go outside the camp, but I was sitting on the wet mossy fence, with my legs dangling, breaking the rules. I love this place and this moment I am here. I could hear the shouts of children hurrying to the canteen behind me. I could see, though not with my eyes, that the light in each cabin has turned on. The world become lively for a second, and then, when everything gradually silenced down, I am near tears. For the winds that have come through the sea and the forest; for the sky reddened by the sunset glow; for the old fishing boat drifting on the sea; for the hovering seagulls and their white wings and for myself that could understand it, I am near tears. The world is breathing with me and I am breathing with the world.*

### **Explain how it has inspired you.**

This post made me believe that the connection between man and nature is very tight. Human is part of nature and this allows us to draw power from nature. And this power will then become a sense of pride of being part of the mother nature, a sense of hope that new life will be born in the nature generation after generation, a sense of responsibility to take care of the environment, and a sense of courage to face life and death.

### **Repost:**

