



# HOW MOUNTAIN

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Howdy !

Betcha didn't see this coming!

Just like the five Planeteers must first come together before summoning Captain Planet, we too needed to bring the five fundamentals together to achieve the sixth.

This is practical advice on living more adventurously. Welcome to How Mountain!

We've warmed up with the five fundamentals.

1. Viewing life as an adventure is a practice.
2. "Motivation doesn't produce action, action produces motivation."
3. Your ability to imagine is not being limited.
4. Anything is possible.
5. Baby steps compound.

And now...the *ultimate* 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 the words are there to describe it, the moment has already passed. You simply must experience it for yourself.

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

An easy way to practice Mindful Breathing is to close your eyes, focus on the inhaled air hitting your windpipe, and feeling 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.

Notice RIGHT NOW where you are. Sure, it may not be exactly what you want. Yet THIS is your life. Live it. What are you waiting for?

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?

What is physically surrounding you? What makes today different?

What is the invisible weight the day has given you? Or is it an invisible gift you've been given? 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 what does being present have anything to do with life-as-adventure?

You've never been to this Right Now before.

Explore it. Boldly embrace it. Our lives are made up of small moments like this.

Have fun with it!

So remember, be present.

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

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

Your Fellow Adventurer,

-Grahamicus

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**How Mountain**

Practical Advice to Live More  
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