
5
TIPS TO HELP YOU GET MORE OUT OF LIFE


“Life is short, art long, opportunity fleeting, experience treacherous, judgment difficult”
- Hypocrites



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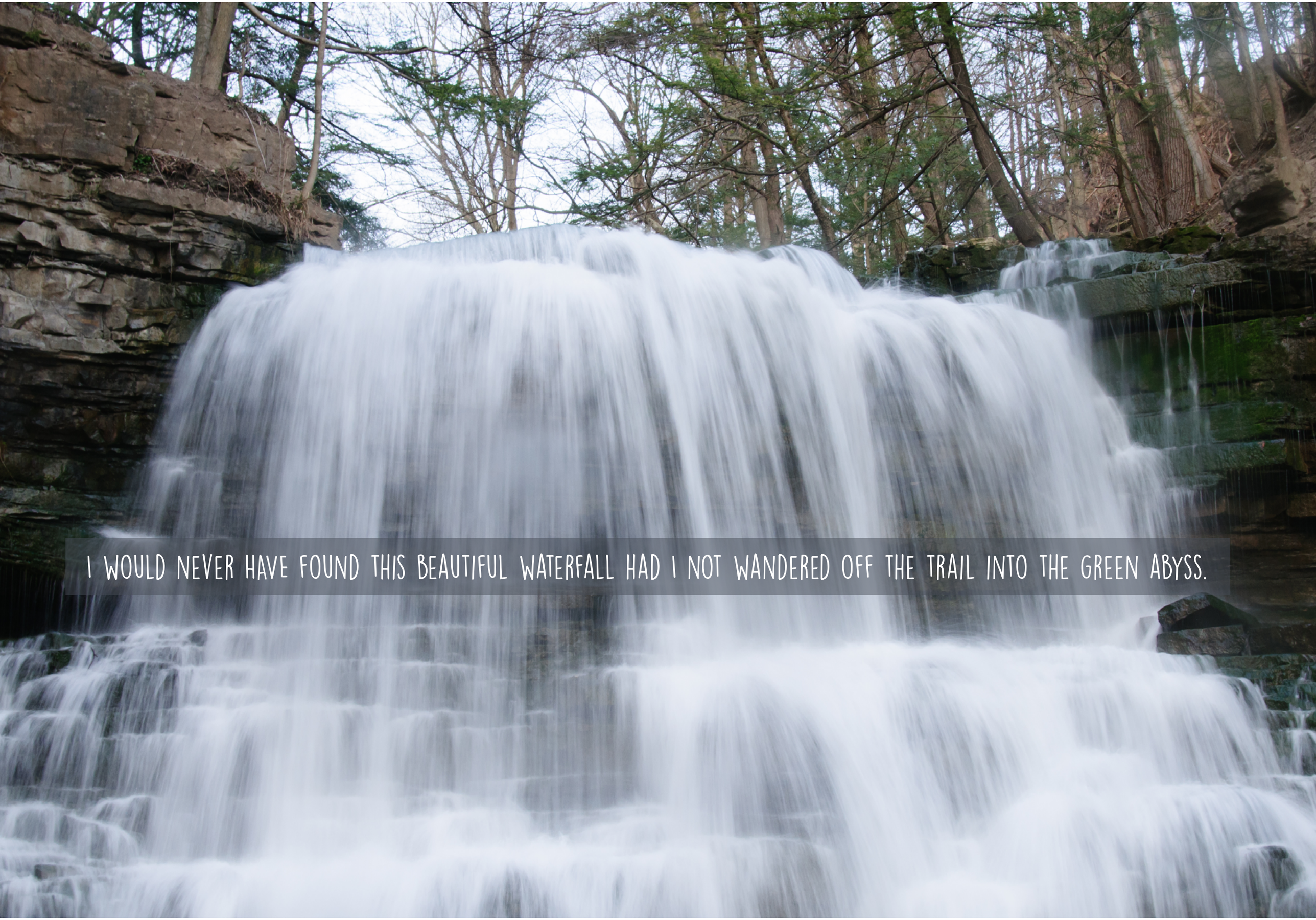
LEAVE THE TRAIL

1 THE WILDERNESS AWAITS

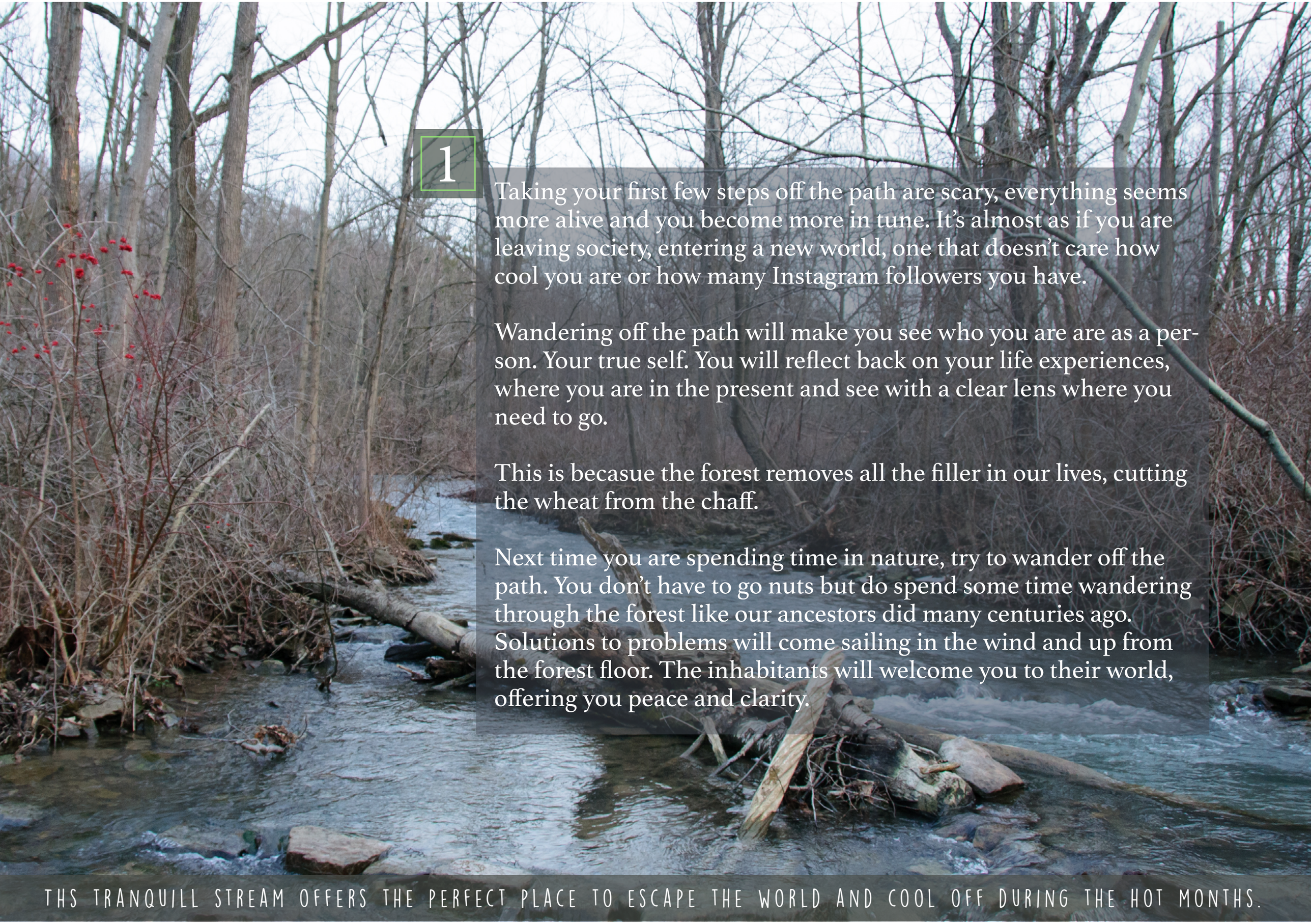
Throughout our lives we follow paths, we follow the paths that lay before us and we often follow them blind. Unsure of the destination or if the path is even right for us. Many of us never stray, afraid to see what the horizons hold.

Which is silly because often times the horizons hold more prosperity than the path. There may be better prosperity and success through exploring our horizons but most of us will never know. We have to put ourselves on the line, explore areas that no one else has to reap the rewards.

The fastest way start adopting this mindset is to spend time in nature wandering off the beaten path. Trails are great but the most profound experiences I have, had happened in the great outdoors when I wandered off the path.



I would never have found this beautiful waterfall had I not wandered off the trail into the green abyss.



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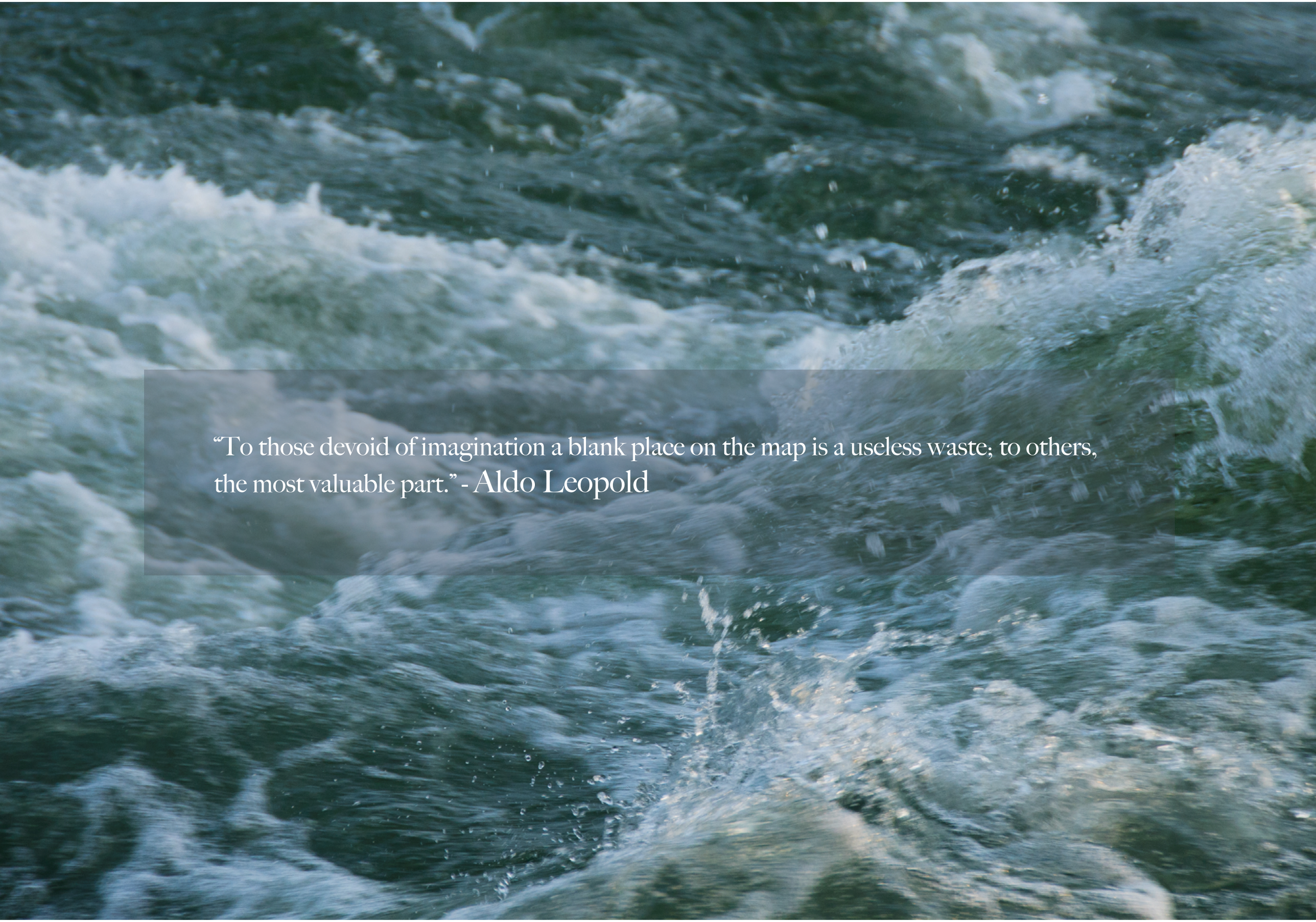
Taking your first few steps off the path are scary, everything seems more alive and you become more in tune. It's almost as if you are leaving society, entering a new world, one that doesn't care how cool you are or how many Instagram followers you have.

Wandering off the path will make you see who you are are as a person. Your true self. You will reflect back on your life experiences, where you are in the present and see with a clear lens where you need to go.

This is becasue the forest removes all the filler in our lives, cutting the wheat from the chaff.

Next time you are spending time in nature, try to wander off the path. You don't have to go nuts but do spend some time wandering through the forest like our ancestors did many centuries ago. Solutions to problems will come sailing in the wind and up from the forest floor. The inhabitants will welcome you to their world, offering you peace and clarity.

THS TRANQUILL STREAM OFFERS THE PERFECT PLACE TO ESCAPE THE WORLD AND COOL OFF DURING THE HOT MONTHS.



"To those devoid of imagination a blank place on the map is a useless waste; to others, the most valuable part." - Aldo Leopold



24 VISIT A GRAVEYARD



2

GRAVEYARDS ARENT JUST FOR DEAD PEOPLE

Alright, you must think I am nuts right now. Why would anyone want to visit a graveyard for their own enjoyment?

As people we tend to shy away from death. With our technological advancement we have the power to do incredible things and because of this power we feel invincible. This invincibility makes us feel like we are immortal. Death will never come knocking at our door. The only time death is thought of is when we're close to it.

Spending time in a graveyard will make you appreciate life more. Little things that would get on your nerves seem to lose their hold on you. You will feel humbled, knowing that one day you will be in the ground too. Graveyards are very powerful places, there's a lot of energy in them. Find one that has old graves and history behind it, these are the best. They humble you the most.

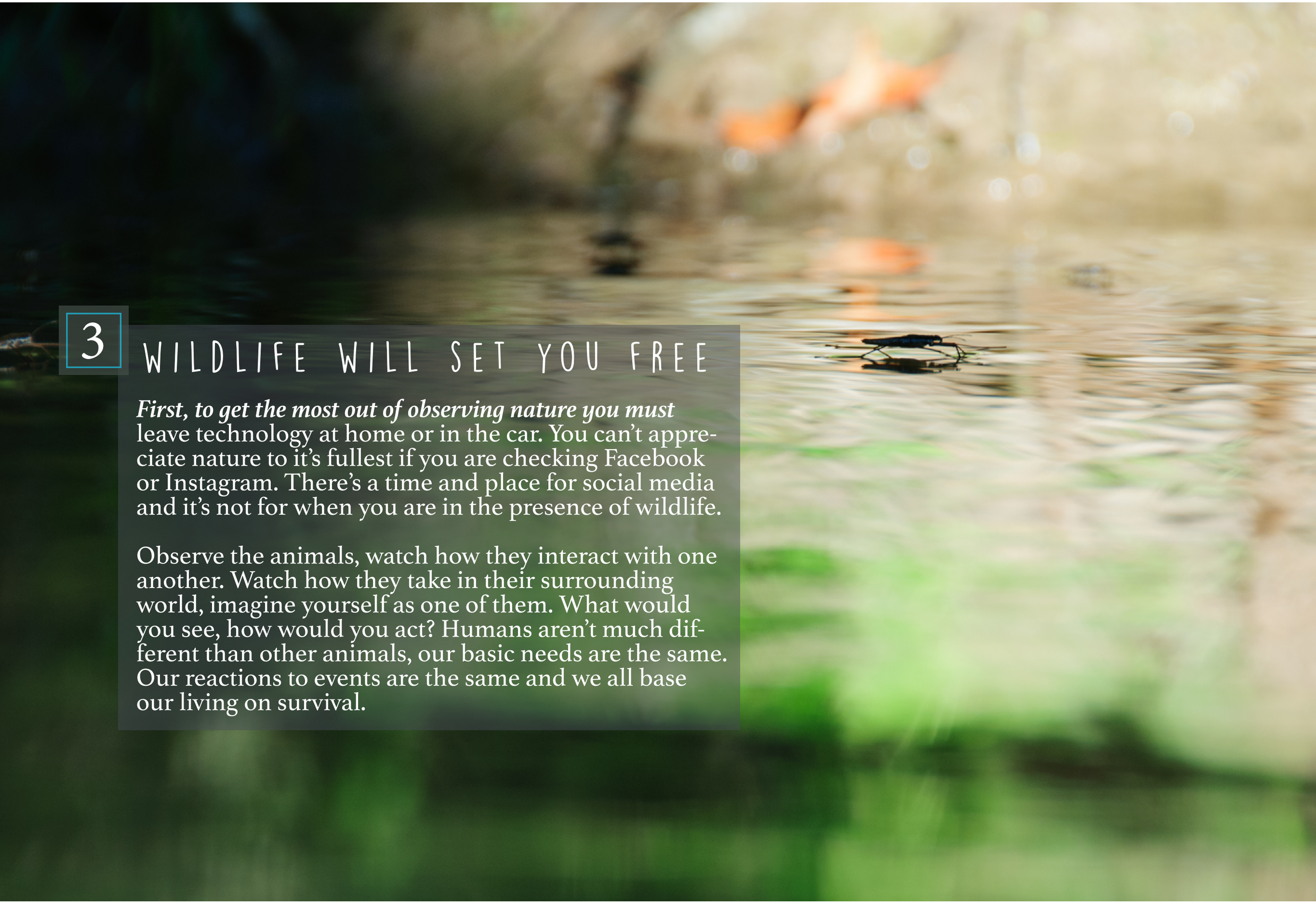

TRY STANDING IN A SPOT WHERE A LITTLE GIRL GOT BURNED ALIVE.



THIS HEADSTONE READS "1865" I WONDER HOW IT FELL OVER.

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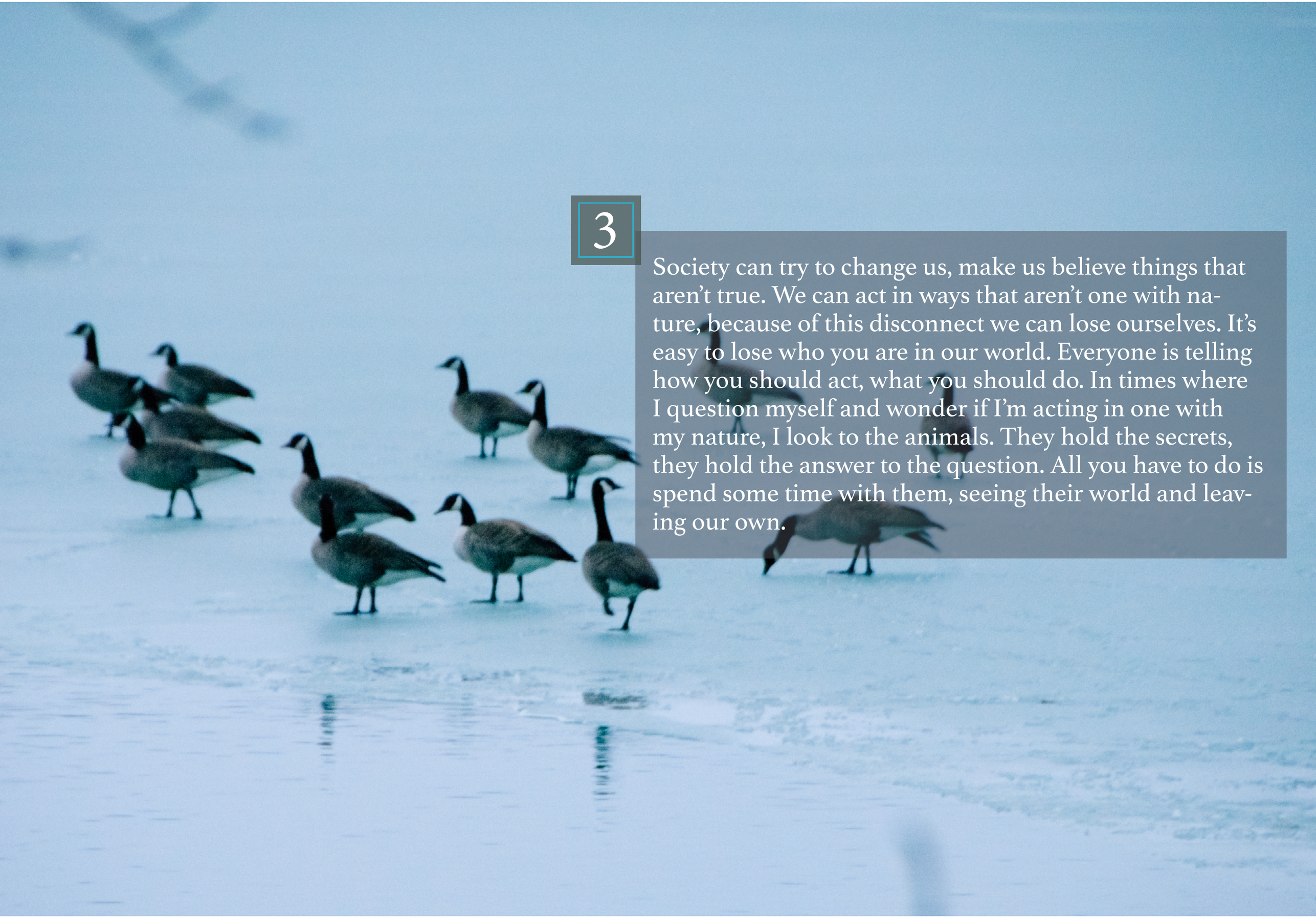
OBSERVE WILDLIFE



3 WILDLIFE WILL SET YOU FREE

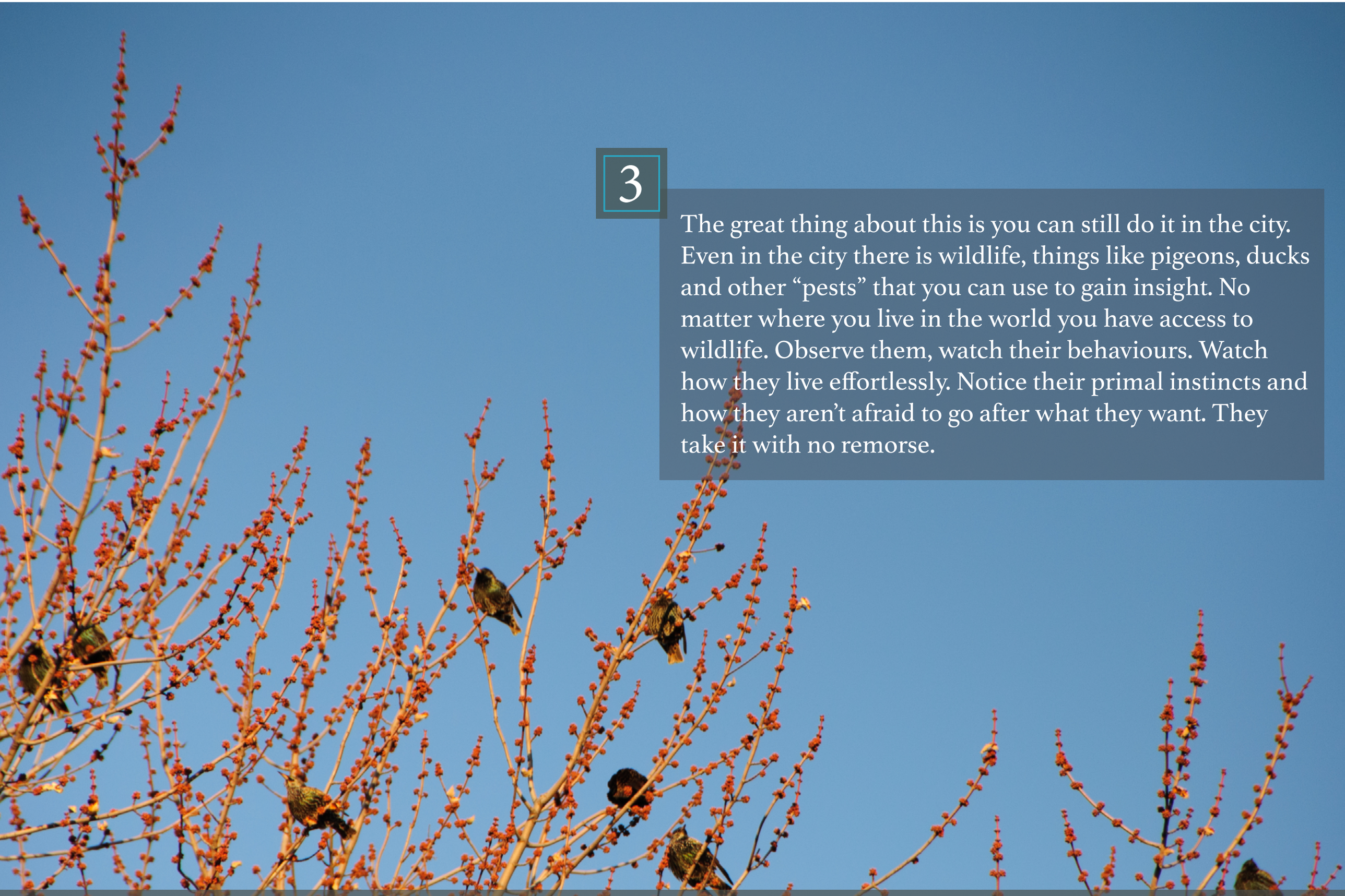
First, to get the most out of observing nature you must leave technology at home or in the car. You can't appreciate nature to it's fullest if you are checking Facebook or Instagram. There's a time and place for social media and it's not for when you are in the presence of wildlife.

Observe the animals, watch how they interact with one another. Watch how they take in their surrounding world, imagine yourself as one of them. What would you see, how would you act? Humans aren't much different than other animals, our basic needs are the same. Our reactions to events are the same and we all base our living on survival.



3

Society can try to change us, make us believe things that aren't true. We can act in ways that aren't one with nature, because of this disconnect we can lose ourselves. It's easy to lose who you are in our world. Everyone is telling how you should act, what you should do. In times where I question myself and wonder if I'm acting in one with my nature, I look to the animals. They hold the secrets, they hold the answer to the question. All you have to do is spend some time with them, seeing their world and leaving our own.



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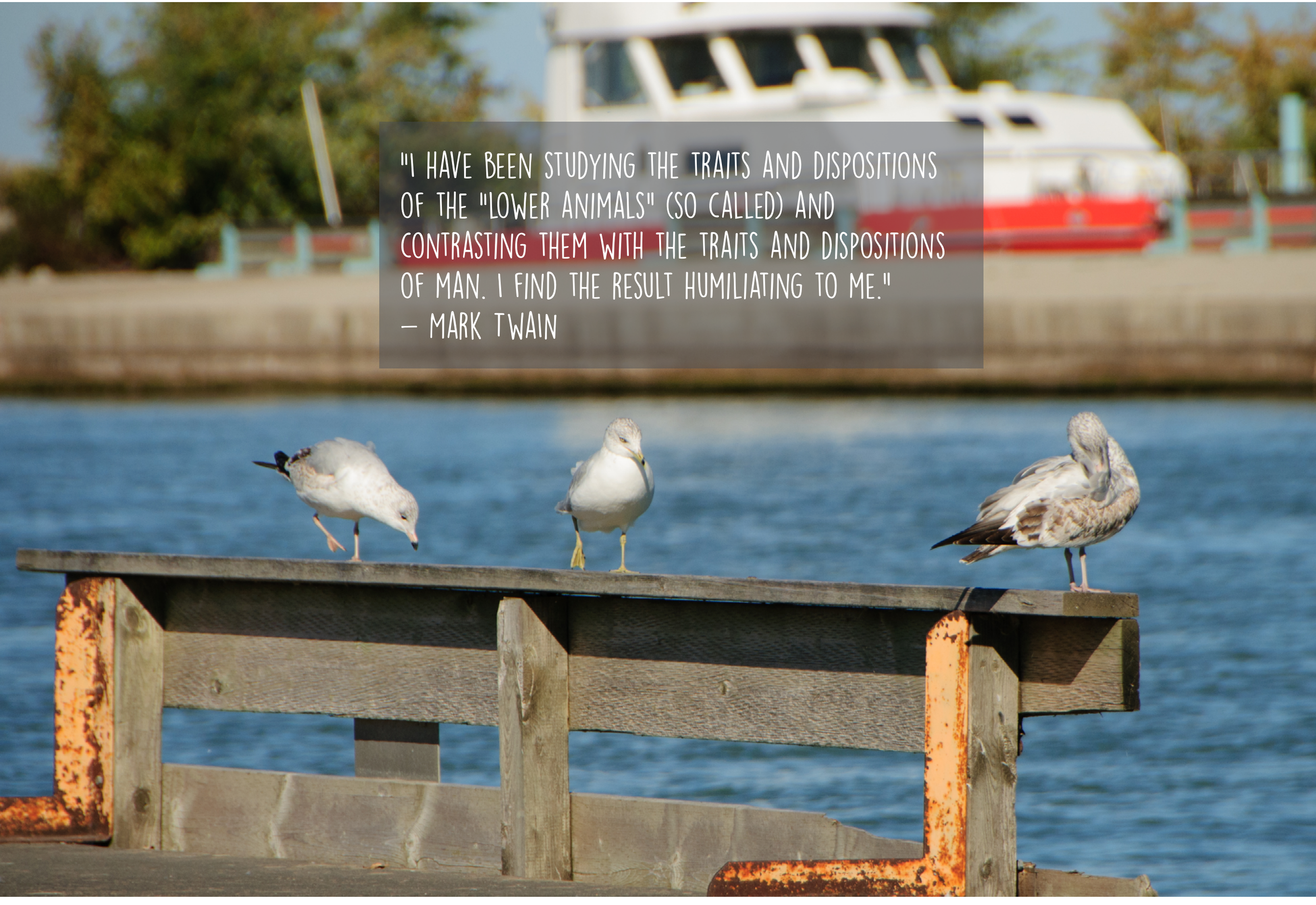
The great thing about this is you can still do it in the city. Even in the city there is wildlife, things like pigeons, ducks and other “pests” that you can use to gain insight. No matter where you live in the world you have access to wildlife. Observe them, watch their behaviours. Watch how they live effortlessly. Notice their primal instincts and how they aren’t afraid to go after what they want. They take it with no remorse.

THIS WAS TAKEN IN THE CITY. I SPENT A GOOD HOUR WATCHING THESE BIRDS. PEOPLE WALKED BY, GLUED TO THEIR PHONES WHEN THE BEST FORM OF ENTERTAINMENT WAS RIGHT ABOVE THEIR NOSES.



3

Take that feeling of effortlessness and dominance, apply it to your life. Take what you deserve and do not ask questions. Do it. All you have to do is open your eyes and channel your inner animalistic self.



"I HAVE BEEN STUDYING THE TRAITS AND DISPOSITIONS OF THE "LOWER ANIMALS" (SO CALLED) AND CONTRASTING THEM WITH THE TRAITS AND DISPOSITIONS OF MAN. I FIND THE RESULT HUMILIATING TO ME."
– MARK TWAIN



4 WATCH A CLASSIC MOVIE



4

FILMS ARE OUR FRIENDS

Classic movies are some of the best learning material accessible to us. They provide great insight into human lives, perspectives and obstacles to overcome.

As humans, we tend to see things only from our bubbles. It's hard for us to see outside of what is immediately around us, opening our minds in the process. Let's say you lived in the city, your bubble might expand to your neighbourhood and a little bit out of it.

4

That's your viewing bubble. Your experiences and perspective relate to what you see in your bubble. When you watch a classic film it takes you out of your space, putting you into someone else's. You see lives and perspectives that you don't have access to. You live anothers experience that you may not have the opportunity to in your own life.

Film is a great way to broaden your thinking, good film is magnetic and powerful. I owe a lot of my success to it. The greatest thing about film is it's a great substitute for not having a mentor. You can make the characters your mentors, pulling different things from their personalities. Applying those things to your own personality.

AT THE END OF A LONG GRAVEL ROAD THERE WAS A BRIDGE THAT HAD COLLAPSED. PROVIDING THE PERFECT SPOT TO WATCH A SUNRISE

4

Film teaches you to take risks, learn about different cultures, see different perspectives. It has the power to change your thinking for good and you don't even have to leave your couch.

Here's some top films. These films and directors are a great start in your journey to change your thinking and the ones that impacted me the most.

THE



Thomas
crown









AFFAIR



STEVE McQUEEN

LEMANS

Titanus

una esclusiva OCEANIA



eMoviePoster.com

STEVE McQUEEN • DUSTIN HOFFI

un film di FRANKLIN J. SCHAFFNER

PAPILLON

con VICTOR JORY DON GORDON ANTHONY ZERBE





20TH CENTURY-FOX PRESENTS

PAUL NEWMAN
ROBERT REDFORD
KATHARINE ROSS
BUTCH CASSIDY AND THE SUNDANCE KID

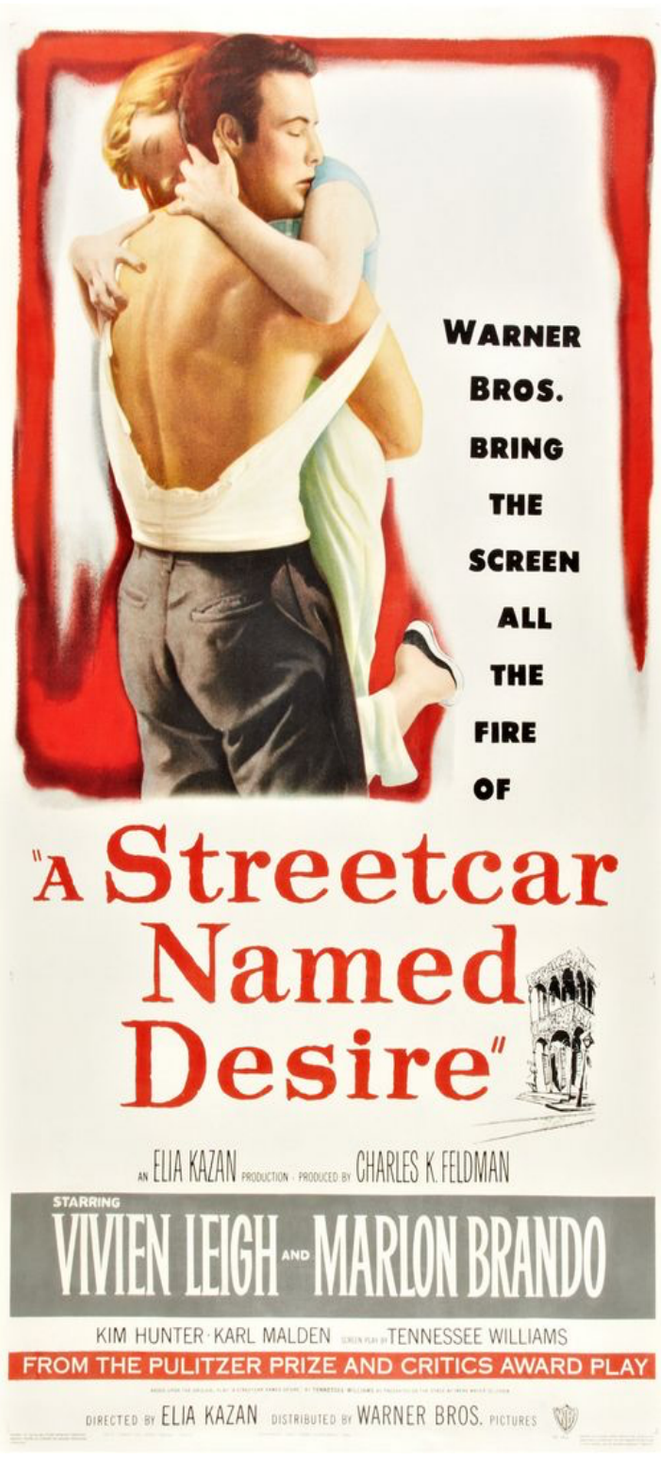
A GEORGE ROY HILL-PAUL MONASH PRODUCTION

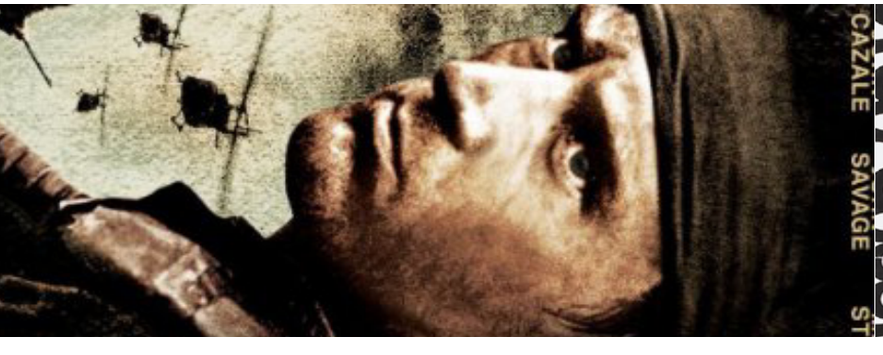
CO-STARRING
STROTHER MARTIN · JEFF COREY · HENRY JONES

Executive Producer PAUL MONASH · Produced by JOHN FOREMAN
Directed by GEORGE ROY HILL · Written by WILLIAM GOLDMAN
Music Composed and Conducted by BURT BACHARACH
Original BURT BACHARACH Score Available on A & M Records
A NEWMAN-FOREMAN PRESENTATION
PANAVISION® COLOR by DE LUXE

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Klaus Kinski in Werner Herzog's
AGUIRRE,
THE WRATH OF GOD
A New Yorker Films Release

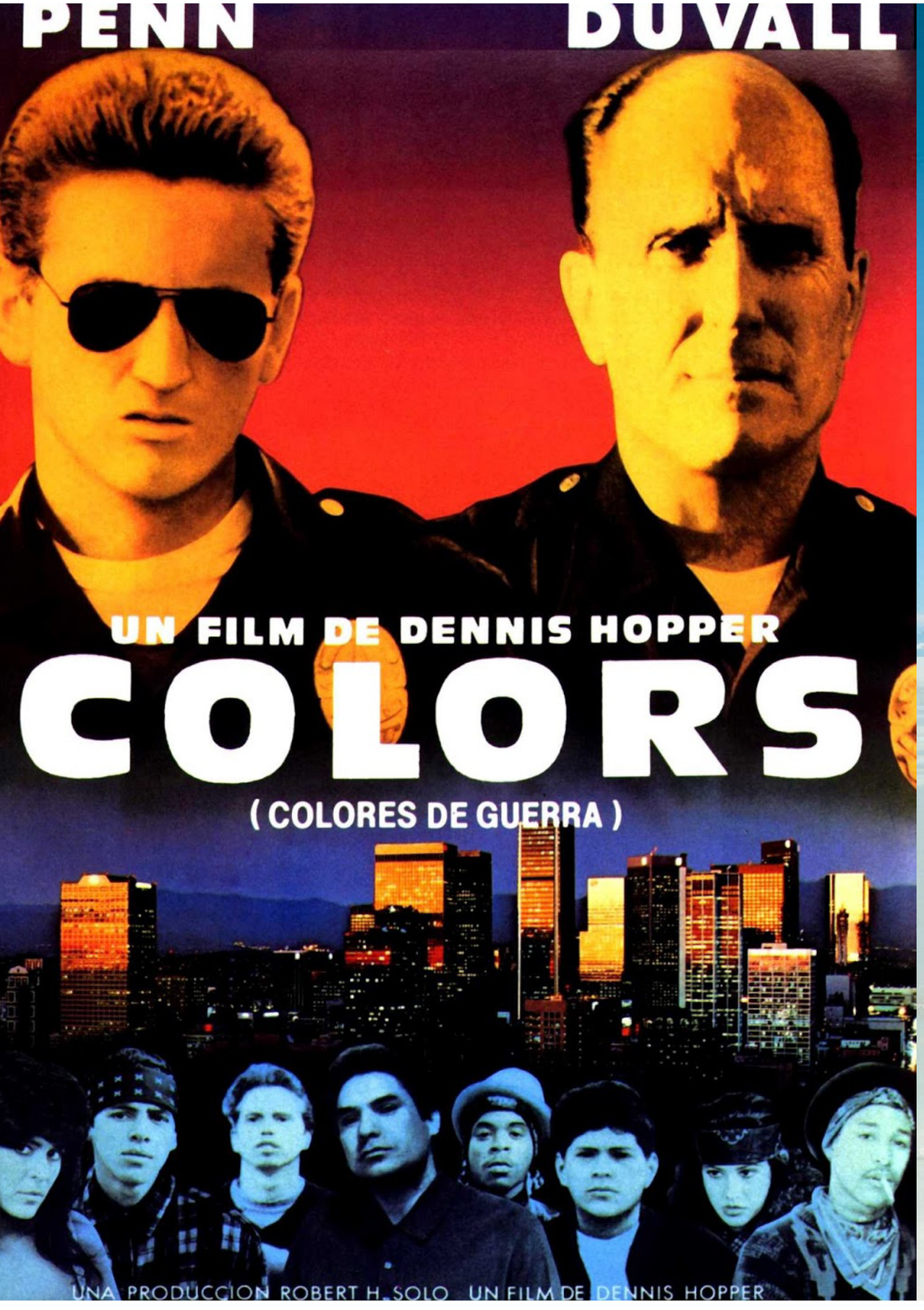

"Nothing says goodbye like a bullet"...
—Philip Marlowe*
ELLIOTT KASTNER presents
A ROBERT ALTMAN Film
ELLIOTT GOULD
in
"THE LONG GOODBYE"
* PHILIP MARLOWE— THE GREATEST OF ALL 'PRIVATE EYE' CHARACTERS— CREATED BY RAYMOND CHANDLER
with NINA VAN PALLANDT · STERLING HAYDEN
Executive Producer ELLIOTT KASTNER · Produced by JERRY BICK · Directed by ROBERT ALTMAN
Screenplay by LEIGH BRACKETT · Based on the novel by RAYMOND CHANDLER
Music Composed and Conducted by JOHN T. WILLIAMS · COLOR
United Artists

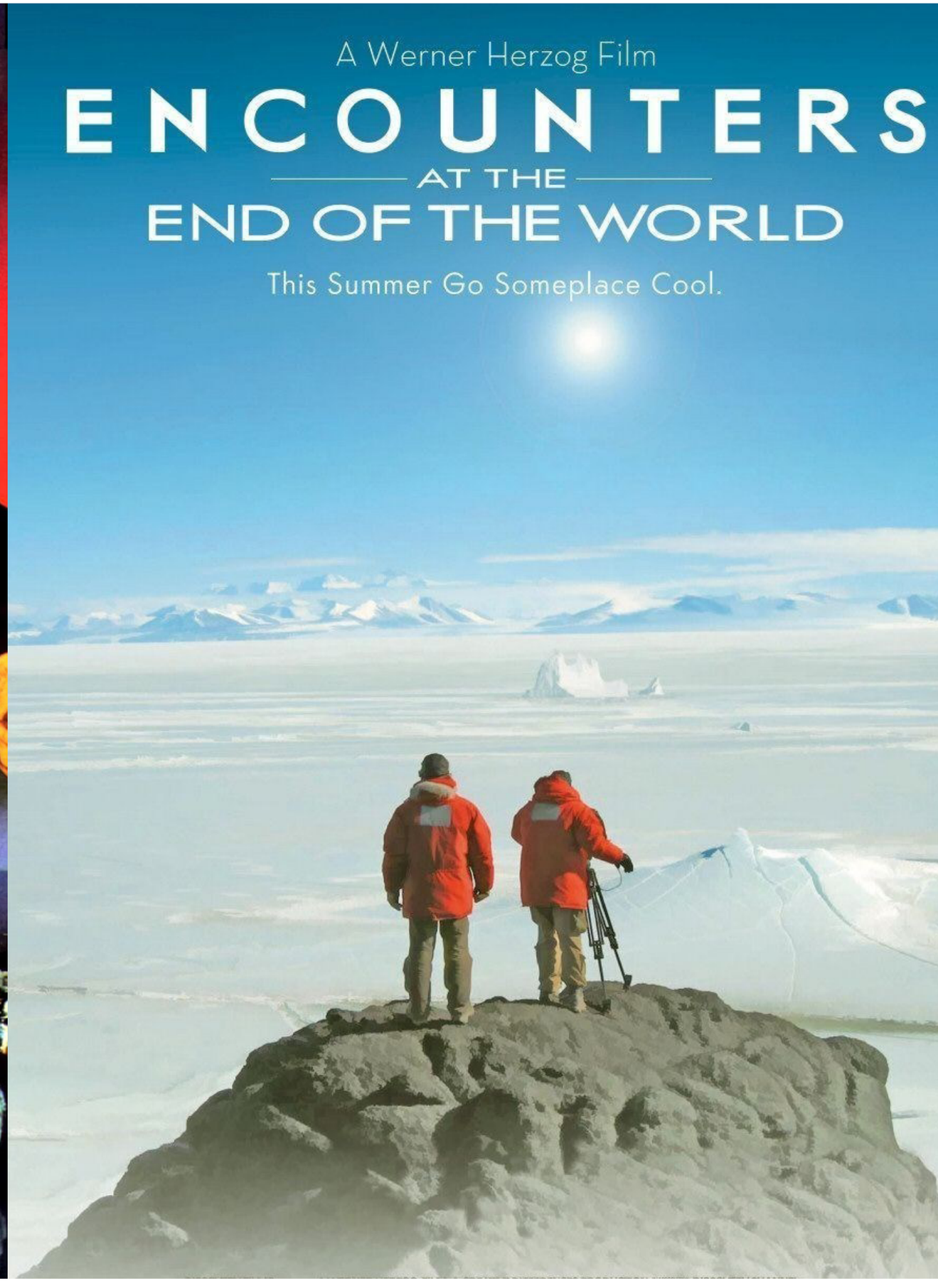

FANNY & ALEXANDRE
INGMAR BERGMAN


JIRRE,
RATH OF GOD
Yorker Films Release


"Nothing says goodbye like a bullet"...
—Philip Marlowe*




PENN
DUVALL
UN FILM DE DENNIS HOPPER
COLORS
(COLORES DE GUERRA)
UNA PRODUCCION ROBERT H. SOLO UN FILM DE DENNIS HOPPER


A Werner Herzog Film
ENCOUNTERS
AT THE
END OF THE WORLD
This Summer Go Someplace Cool.



“Every viewer is going to get a different thing. That’s the thing about painting, photography, cinema.” - David Lynch



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TRAVEL TO A NEW PLACE



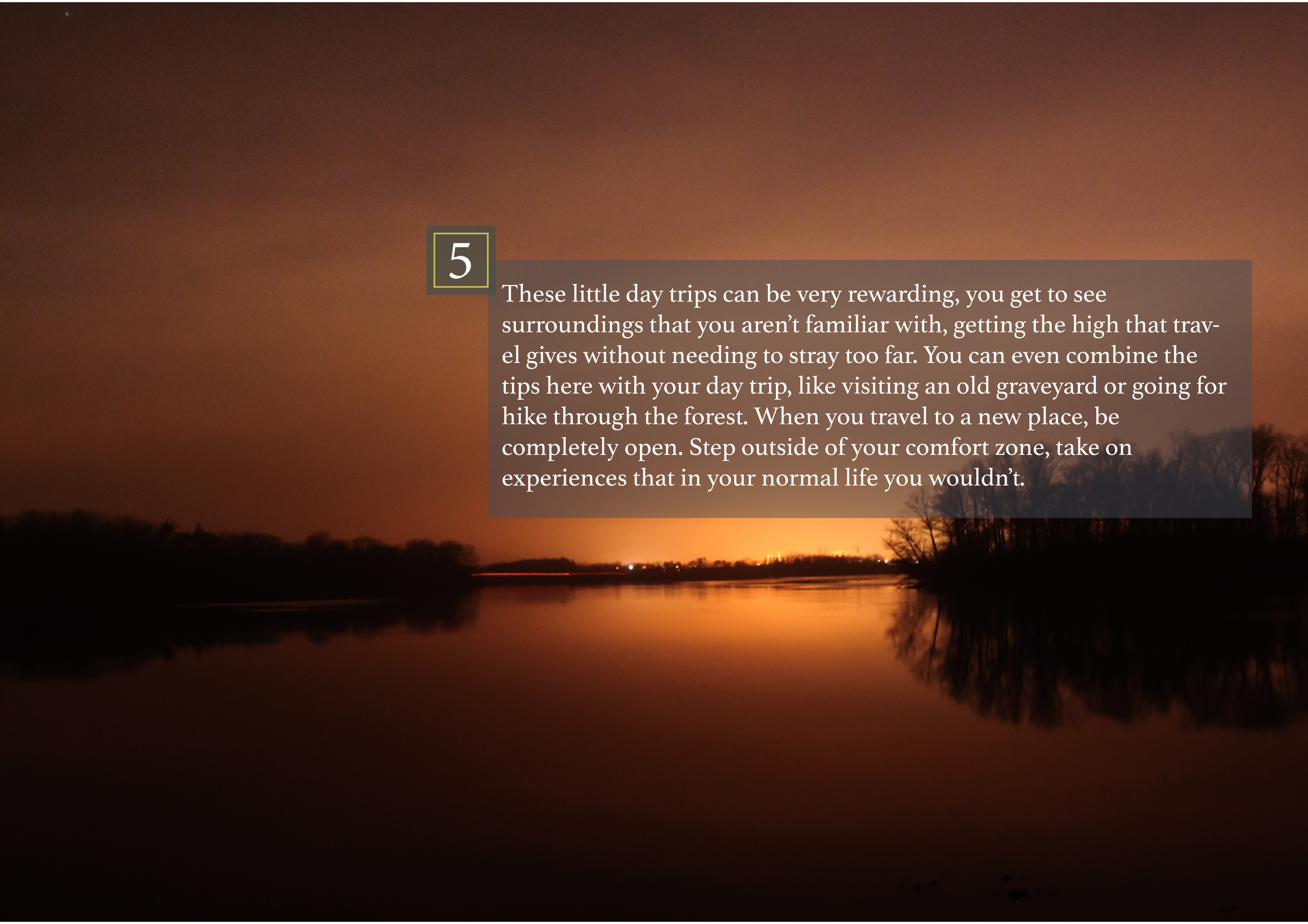
5 YOU DON'T HAVE TO GO FAR

When people hear the word "travel" they start thinking of going thousands of miles from home. A new state, province or even country. While those endeavours are charming and fun, many of us don't have the time to spend so far away from home. Thankfully, there's plenty of opportunity for travel without spending a lot of money and travelling a long distance.

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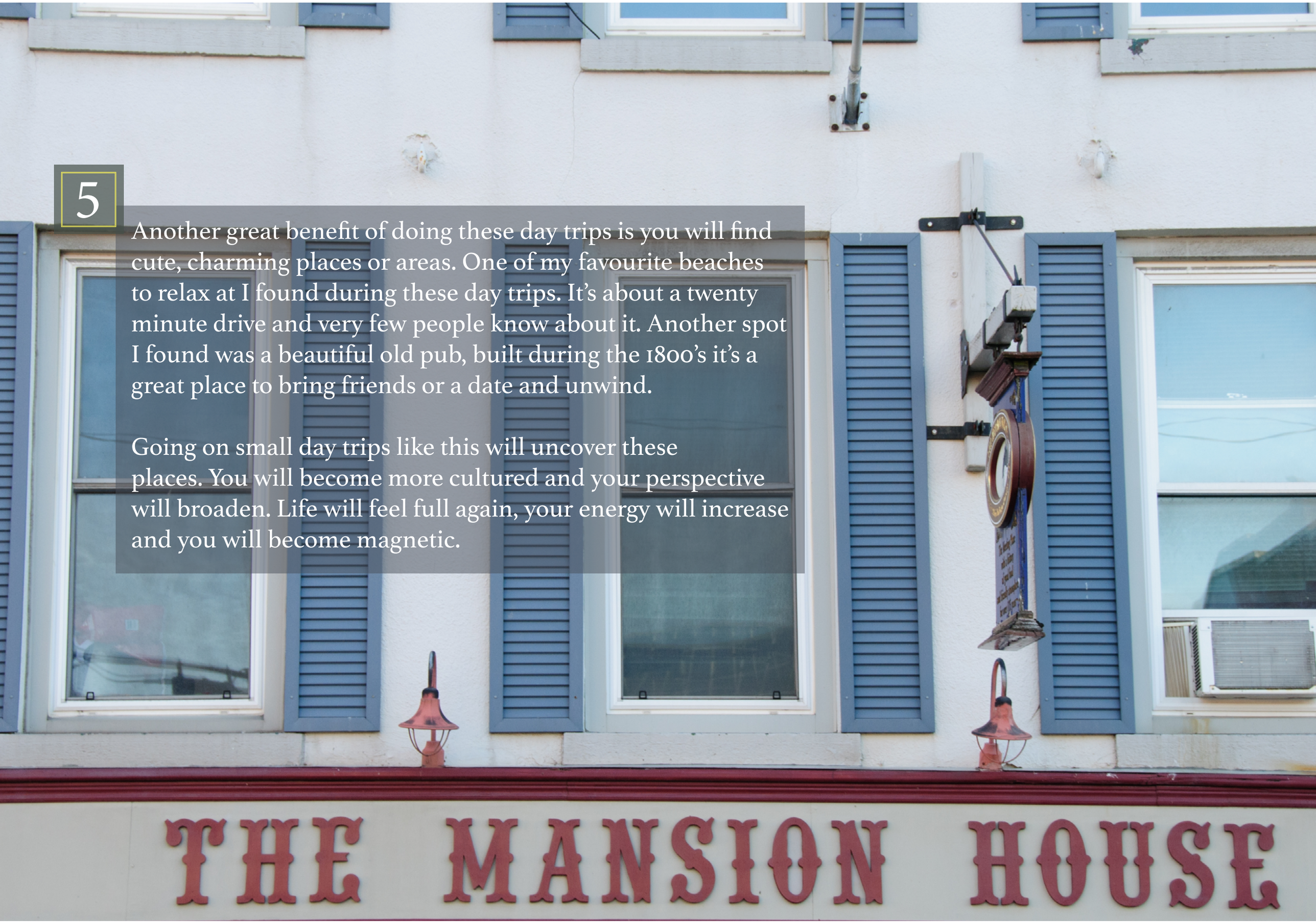
I guarantee you there's areas and towns just outside of yours that you have never explored. The small town south of your city that you've never been to. Take a day and travel down there, walk along the main streets, talk to the locals, pretend you are far away from home. This place is completely foreign to you. Learn what it has to offer. Bring a camera and snap pictures, creating a photolog of your journey.





5

These little day trips can be very rewarding, you get to see surroundings that you aren't familiar with, getting the high that travel gives without needing to stray too far. You can even combine the tips here with your day trip, like visiting an old graveyard or going for hike through the forest. When you travel to a new place, be completely open. Step outside of your comfort zone, take on experiences that in your normal life you wouldn't.



5

Another great benefit of doing these day trips is you will find cute, charming places or areas. One of my favourite beaches to relax at I found during these day trips. It's about a twenty minute drive and very few people know about it. Another spot I found was a beautiful old pub, built during the 1800's it's a great place to bring friends or a date and unwind.

Going on small day trips like this will uncover these places. You will become more cultured and your perspective will broaden. Life will feel full again, your energy will increase and you will become magnetic.

“The world is a book and those who do not travel read only one page.” - St Augustine

