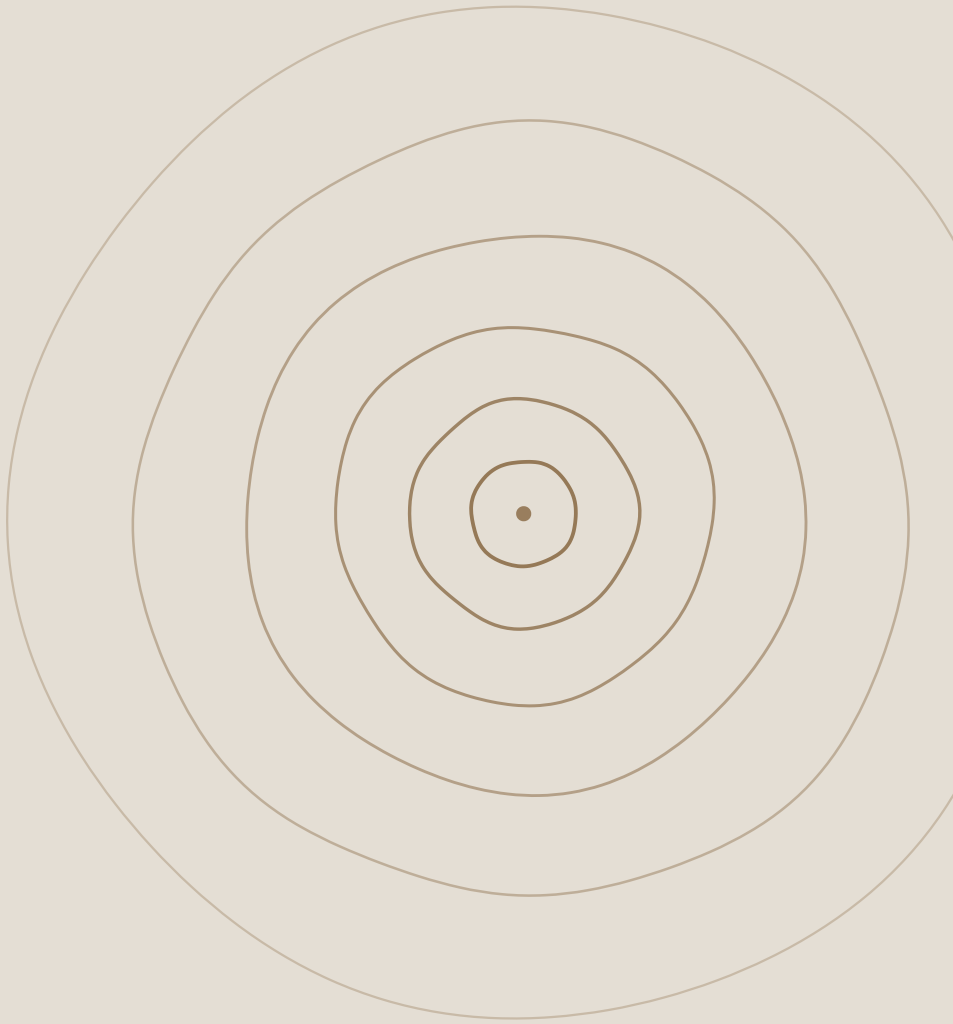




Self *Uncovery*

Inspirations and musings from my time in the cold.

MAX LATIMER



Self *Uncovery*

*Inspirations and musings from
my time in the cold.*

MAX LATIMER

Self Uncovery. Inspirations and musings from my time in the cold.

© 2026 Max Latimer. All rights reserved.

Free PDF edition, given freely. Set in Fraunces and Figtree.

thegroundedleader.com.au

Contents

Preface	i
To you	vi

PART ONE

Entering the Cold

Settling	1	Intuition	10
Threshold	2	Pockets	11
Clarity	3	Gravity	12
Forward	4	Pikelets	13
Less	5	Chip	14
Breath	6	Fasting	15
Spontaneous	7	Compass	16
Question	8	Choices	17
Cup	9	Pause	18

PART TWO

Settling In

Toad	19	Connect	33
Stillness	20	Now	34
Neutral	21	Yesterday	35
Dip	22	Seasons	36
Identity	23	Simplify	37
Enrol	24	Attract	38
Nothing	25	Consistency	39
Receive	26	Possibilities	40
Pivot	27	Chrysalis	41
Protected	28	Values	42
Practice	29	Game	43
Heart	30	Clouds	44
Vibration	31	Listen	45
Flow	32	Welcome	46

PART THREE

The Depth

Myself	47	Make	58
Decision	48	Bits	59
Nuance	49	Sit Spot	60
Darkness	50	Outcome	61
Standard	51	Default	62
Fulfilment	52	Wealth	63
Inside	53	Wonder	64
Notice	54	Slow	65
First	55	Grey	66
Show	56	Stocktaking	67
Marrow	57		

PART FOUR

What's Emerging

Deliberate	68	Contemplation	81
Direction	69	Hold	82
Test	70	Gap	83
Language	71	Persistence	84
Tides	72	Verge	85
Remove	73	Quiet	86
Voice	74	Humble	87
Linger	75	Found	88
Search	76	Allow	89
Splash	77	Yours	90
Retreat	78	Soul	91
Brotherhood	79	Free	92
Fabric	80		

Where I Am Now	93
Acknowledgements	98
About the Author	99
Continue the Conversation	100

*For Jacquie, Garry, and Sonny, who call out in
me something I've struggled to articulate on my
own.*

Now is the only time that will ever exist.

Preface

For just over one hundred days through the winter of 2024, I jumped into a freezing pool every morning... well, most mornings. You see, I really wanted to get an ice bath, but I couldn't justify the spend (don't worry, this isn't about ice baths). And I had a habit of impulsively buying things and then never using them again. So I decided to use my pool as the test case. I'd figured out that in winter it drops below twelve degrees Celsius, and sometimes as low as five.

The ice bath was never about the science. It was about the way it made me feel afterwards. And it was about what happened to my mind when I entered the water.

A close friend of mine, and the inspiration behind me becoming a breathwork facilitator myself, once said something about the ice bath I'll never forget. It's now a go-to line with my own clients:

The ice bath isn't a bath at all. It's a pool of stress. You are practising calming your mind through your connection between your breath and body, to remain calm and centred in the face of what life throws at you.

That was a huge insight for me. It was about cultivating my capacity to remain grounded and centred in my own truth despite what was happening externally to me.

My family are why I do most of what I do. But the truth is, I do it for me. And when I honour that, they get the best of me as a by-product.

This book is grounded in me taking an action I felt deeply about. It was about breaking a frame of never being able to follow through. It was about correcting negative self-talk and working on a new way of *Being* in the world. One where I would come *from* my convictions and what my soul was calling me to follow, instead of constantly trying to get somewhere in order to finally be ok inside.

I did it because my mind was loud. Wandering. Overthinking. Looking for the answer to a question I couldn't quite name.

The pool was a thing I could control. A door I could walk through every morning that would, for the few minutes I stayed in it, shut my mind up.

What I didn't expect was the writing.

After each jump, sitting on the edge with the cold still on my skin, something would surface. A thought. An observation. A small piece of what the morning had given me. I'd write it on my phone and post it to Instagram before getting on with the day.

(You can find all of these at @latimerlogic in my highlights called "pool musings" if you want to see me jump into my pool over one hundred times).

I never thought of them as anything more than that. Quiet moments etched out in the chaos.

But the practice changed me.

The cold wasn't the point. The pool wasn't the point. Even the writing wasn't really the point.

The point was choosing one small thing, and showing up for it. Every day. Without flinching. Without negotiating. Without needing it to mean anything to anyone but me.

I haven't been perfect. I've flinched. But I've also carved out and surfaced something because of the imperfection. Because I got started.

What I found on the other side of that practice is what this book is about.

The slowness. The presence. The relationship between *Being* and *Doing*. The quiet that taught me how to listen to my own voice. The discovery that the answer wasn't out there at all.

I'm sharing them now because I think there are people who need them.

Something in society has lost touch with this. And I'm no longer willing to stand by and watch good people lose themselves in the pursuit of more.

These pieces are an offering.

Read them slowly. One a day, if you can. Out loud, if you're brave.

Don't try to consume them. Some are moments, observations of what was happening on those cold mornings. Others are things I've tested over years, in my own life and in the lives of the people I've worked alongside. Both came from the same practice. Both want to be read the same way: slowly.

This book is for those still curious enough to explore. To test. To play.

The answer you've been searching for might be closer than you may expect.

A note before you begin

These were written across one hundred days of plunging into a freezing pool. Not every day produced a musing worth keeping. A few have been left out. Too in-the-moment, too specific, or too far off the thread.

What remains is roughly the order they were written. The day markers (*day thirty, seventy days, one hundred days*) won't line up with the musing numbers, and they don't need to.

Read them however they find you.

To you,

I don't know what carried you to this page. A hard season, maybe. A loud mind. A quiet feeling that there's more than the life you've been chasing. Whatever it was, I'm glad you're here.

I'm not going to ask you to believe me. I'd rather you tested it.

None of this is meant to be swallowed whole. Take one. Sit with it for a day. Argue with the ones that don't fit. Keep the ones that do. If a single line changes how you meet one ordinary morning, the book has done its work.

You won't find me telling you who to be. That was never mine to say. These are the things that surfaced when I got quiet enough to notice. Offered to you, in case they help you get quiet too.

Read slowly. Trust what stirs.

I'm with you.

Max



The moment after the pool, where each morning's writing began.



PART ONE

Entering the Cold

Fast isn't better. It's less.

Musing 1

Settling

Anticipation of the cold. Racing mind. Like the water on entry.
Disturbed and displaced. Slowly settling. Calming. Breathing.
Awareness and the allowance for time to pass by
uninterrupted.

Peaceful. Nourishing. Kind. Purposeful. Present.

Musing 2

Threshold

Don't let this moment in time fool you.

We woke before the sun. Kids both pushing and pulling us in all directions. Honey toast this. Lego that. Out the door, lunches packed, smoothies had, shoes located, last check for drink bottles and hats.

This moment is a little slice between worlds. From family to work.

It's one of the most important parts of the day.

It lasts for less than a few minutes.

Do what you can to find your moment.

It's good for the soul.

Musing 3

Clarity

I enter an aligned and creative state shortly after my plunge.

Clarity of thought. Reduction of internal chatter. The volume turned up on what's most relevant and important.

A dance between doing and being. A place to come from for the rest of my day.

Awareness over things that otherwise get muffled by the infinite pull of life.

Musing 4

Forward

Sometimes you can only see as far as your next step. Keep moving.

Sometimes your next step takes a little longer than the last. Keep moving.

Sometimes your next step isn't as fruitful as you'd hoped. Keep moving.

Always keep moving.

Even if it's only something as small as your next step.

Musing 5

Less

Slowing down has increased my awareness. Taking time to *Be* with the moment before moving on. Like watching a black and white movie burst into 4K colour... the slowness becomes richness.

Depth. Connection. Appreciation.

Joy.

Fast isn't better. It's less.

Less time with the moments between moments. All for an outcome.

What if the outcome was the time spent not trying to get to the next moment.

But to be with this one.

Musing 6

Breath

As I fidget trying to adjust to the cold...

My mind wanders and travels involuntarily to all corners of my mind. I try and chase these mind rabbits never getting a hand to any of them.

Then, I remember my breath.

Simple. Controllable. Peaceful.

My mind slows. My heart follows. My thoughts become my own again.

Musing 7

Spontaneous

Every day offers something different. A new opportunity to approach your life in a way that is a little left of centre. A little obtuse. Random. Spontaneous.

The belief that your days should be executed the same way is made up. Not real. Imagined.

You could dance through the front door at work. Take your shoes off as you shop for groceries. Compliment a stranger.

Live a little.

Musing 8

Question

Find thirty minutes three to four times a week to sit with a question you would love the answer to.

A question, if you got the answer, would completely change your life.

I call these 'Vision Sessions'.

Just you, a blank piece of paper, and your unsaid thoughts poured onto a page. Baring your soul for only you to see.

Musing 9

Cup

How badly do you want the answer to the question you've been asking yourself and the universe for all this time?

Intention is important. Action, too.

But you do need to want the version of your life that you say you want. Not because others seem to want something similar or it appears to be the thing to want.

It has to be just for you.

And when your cup is full...

The best bits of you spill out into the world instead of what's left over.

Intuition

Science is fine. Trusting what's right for you is aligned.

Evidence is ok, too.

Trusting your intuition is far more powerful.

Evidence and science are useful tools to back up your inner knowing — but aren't always necessary.

Sometimes you just know. Even when you're clearly going against the grain.

It's your life. Learn to trust your voice by making a call and following through.

Musing 11

Pockets

There are mini pockets of time scattered across your day. Transitioning from one place to another. Build awareness around your movement. Add little activities to your toolbox that help you cross the threshold between work and play and home and bed.

Little activities that keep your feet on the ground. That keeps you connected to what matters. Things that make you smile. Fill you with warmth. Fill you with the knowing that your life is already beautiful as it is.

Musing 12

Gravity

With greater awareness the slower you can go. The more time spent with each moment. The world comes to you.

Almost as if the inertia of your life is now carrying your outcomes.

Colours are brighter. Relationships richer. You're connected to deeper understanding of who you are.

Spending less time scrambling and more time with a smile on your face.

A contentment falls over you in the stillness.

No need to go anywhere.

Pikelets

Kids giggling. Hot air balloons rising. Smell of freshly ground coffee and pikelets.

It's easy to discount the simple things. The things that tie a day together...

But if you spend just a moment or two in the gaps between moments, you'll see and feel things you've been searching for outside of yourself.

Musing 14

Chip

Slowly chipping away at life. Creating something meaningful just for you and those lucky enough to witness it. Making for you is important. Enjoying the process of creation and what's being created is the only thing you can control.

Worrying what the world will think has nothing to do with you and everything to do with what they like today.

What they like tomorrow will be different.

What you choose to focus on will determine the quality of your life.

Fasting

The most life changing and affirming experience I ever had included spending four days and four nights alone in the bush. One of my guides and mentors called it "fasting from the familiar". No food, only water. Minimal shelter and a few simple provisions, fasting from life's distractions showed just how preoccupied I am in my life even when I'm at my best.

The slowness of life has allowed me to catch up with the *who* I'm becoming and connect with my soul and essence like I was welcoming home a long lost family member.

It's gradual.

Purposeful.

Meaningful.

Compass

What do you want?

Why do you want it?

What are you no longer willing to tolerate in order to become the person who can create it?

More importantly — how badly do you want the answers to the above questions?

Creating a Vision for your life is important because it becomes your compass, your guiding star. It takes away the second guessing and places your hands firmly on the wheel of your own life.

Choices

You don't need to respond straight away. A request for your attention is just a request. You get to decide when, how, or if you respond at all.

Your time is yours. It belongs to you. To use resourcefully if you're aware, and unresourcefully if you're not.

Your life is nothing more than a series of choices.

Musing 18

Pause

It's ok to take a step backwards. It's ok to slow down to catch your breath.

It's in our ability to know when to push and when to ease off that our lives become richer from our experience.

Reflection is an ally to your pursuit of meaning and purpose.



PART TWO

Settling In

*Stillness is required to hone your ear. To
discern what's authentically you and what is
outside noise.*

Toad

There was a toad in the pool this morning. I didn't realise until I popped up after diving in. I took my first deep breath as I surfaced and there it was. I couldn't relax after that. The whole reason I jump in every morning is to have five quiet minutes at the start of the day. But the toad had other plans.

It made me think of all the little things in our lives that eat away at our peace.

Things we put up with... things we tolerate.

Instead of making a call to remove them and improve our experience, we endure them and make excuses for them.

FYI — Most people I think would have killed the toad. And maybe I should've. But, I let it go because he added value to my life in a weird way.

Stillness

Change only ever happens when you want it to. When you're no longer willing to tolerate the outcome you're getting in any one particular area of your life. When the shift is intrinsically driven, momentum is created naturally. When forcing change based on external motivations, the shift becomes rigid and clunky. You follow paths and create a life that was never meant for you.

Listening to your innermost calling is something very rarely spoken about let alone shown or cultivated.

Stillness is required to hone your ear. To discern what's authentically you and what is outside noise.

It's subtle at first.

Over time... it becomes all you can hear.

Neutral

Pay close attention to your inner monologue today. Does it jump straight to negative? Or do you see the opportunity?

Consider that every happening or occurrence in your life is neutral. It's our view of the world, the weight of our story and life experiences that skew our approach to any given situation. We either lean into the negative and give our power away. Or, we lean into the positive and ask: what is the opportunity to grow and evolve here?

The switch from one way of seeing the world to another is a choice. Nothing more.

Dip

Another day, another dip. Showing up to this little morning ritual has had an interesting impact on me. I've started to look forward to it. Open minded... searching my consciousness for deeper insight into the nooks and crannies of my deeper nature. It's fun and playful in a weird way.

What makes me tick? What's important to me? Why is it important to me?

Identity

Being = Identity (Who you are... who you believe yourself to be).

Doing = Action/Outcome/Result (behaviour that confirms your identity).

Want to Shift your identity? Start by identifying two things:

1. What are you no longer willing to tolerate?
2. What is tolerating that thing stopping you from becoming?

Bonus:

What is one small daily action that the person you want to become would take? How would they behave? What would they believe that you don't?

Stack action and behaviour contrary to your current beliefs in order to evolve into the person you want to become.

Enrol

You don't change in a vacuum. You change in contrast to your past or present...

And...

You change in the eyes of the people around you. When they see something new in your behaviour or language, they'll naturally question you. This is normal. The power play here is in your ability to enrol people into the new version of you.

Share your thoughts, your beliefs, your feelings, your vision and why it's important to you. Ask for support in your change. Allow them to become a part of it even if only to encourage and support.

In doing so you're less likely to get derailed by those closest to you who don't understand or maybe feel like you're moving away from them.

Empowering people is the game.

Nothing

Sometimes the thing to do is to do nothing. Too often we have an urge to fill space in time with more things to do.

It's ok to not do. Instead, let your mind and soul catch up with the endless pursuit of needing to be seen as productive or busy.

The question is...

For what purpose do you believe that productive and busy is valuable?

And where did that belief first get planted?

Receive

Sometimes what's called for is to be heard... and someone to just sit and receive.

No feedback. No solution. A pointed question or two perhaps.

Mostly... getting the mess out of your head is the remedy to sort out the chaos. Journaling works too.

Whatever it is, it needs to leave your head. Simple is the path, more often than not.

Trusting yourself enough to know you've got this. Trusting your ability, your decisions, your direction, your desires.

Are you *Being* someone who trusts that they can create the things that are most important?

Pivot

Why do we value *Doing*? And why once the doing is done are we so quick to move on to the next thing to do?

When was the last time you popped your head up for air and considered how far you've actually come?

When was the last time you valued just *Being*?

Who you're *Being* while you're *Doing* what you're doing is more important than what you're doing.

The life you're searching for is already here... pivot your focus from *Doing* to *Being* and your life will take on a whole new meaning filled with endless possibilities.

Protected

Set aside fifteen minutes of protected time each day just for you. In the space you've created, allow nothing to occur. Just *Be*.

Start to cut the ties of needing to be in constant motion. Allow time for you to catch up with everything you've already done and just sit in appreciation for time already invested.

People who value *doing* over *being* will always need something else to do to validate their worth. There's comfort and grace in *being* with yourself and others without the pull to do.

It'll be uncomfortable at first. That's normal.

Build it into your daily ritual and see what starts to become available to you.

Practice

Daily practice. Show up to anything in life with intentionality on a daily basis and you'll slowly move the needle in your favour.

Don't know what you want or where to start?

Start there. Start by blocking out thirty minutes a day, pen and paper, no distractions, just intentions.

Ask...

What do I want?

Then start writing, just for you.

Then show up again and again — day after day. Each time deepening your connection to what you want, what you're curious about, what lights you up, who you want to *Be*.

Heart

When it comes from the heart it doesn't have to be perfect.
When it comes from the head you think perfect is what people want and you stop making it for you and start pandering to the masses.

The heart only requires the creation to *Be*. To exist. Once it's out there, allow people to have their own experience with it.

When you concern yourself with the problems of others you start fighting a battle that's not yours with weapons you can never possess.

Vibration

The last time I came out for sun was six days ago. Got pretty sick. Just popping back up for air now.

It's easy to take things for granted when you're well. So many things to "worry" about and bother yourself with... many of them aren't your problems to begin with. We meddle. Call it "helping".

When you're unwell, you hyper focus on the problem at hand. Righting the ship, so-to-speak.

You help others by helping yourself. You get stronger which flows into everyone and everything around you.

Your energy is infectious, contagious.

When you increase your vibration — your "vibe" — life seems to come to you. It won't need chasing...

You can almost stand still.

Musing 32

Flow

Life never plays out exactly how we want it to. Thinking it needs to is where we come unstuck. The game isn't to control life to the point of certainty.

The point is to allow our experience of life, good or bad, to flow through us. Dwelling on circumstances is where pain turns into suffering.

Holding on is the basis for suffering. Letting go is the basis for growth and evolution of spirit.

Connect

Connecting through shared interest and experience. When you share things with the world, people gravitate and acknowledge their interest. You connect through shared values. You attract people who resonate with you, you help people feel heard and appreciated and seen.

Musing 34

Now

Try showing up to something for extended periods of time. Go deep instead of broad. Look for nuance. Bring attention to elements of life you take for granted. Grow your awareness by feeding it with intention and purpose.

Stop trying to get away from the present moment. The future is only desirable based on who you chose to *Be* right now, and now, and now.

Now is the only time that will ever exist.

Yesterday

I've tried life on hard. Upon reflection, the difference between hard and simple all comes down to awareness. Awareness of the present moment. Letting go of your past. Knowing where you want to go but letting go of attachment to the outcome.

The outcome isn't important. Only your ego thinks so.

Who you become as you travel the path is what your life is worth. And it's only worth comparison to yesterday. Not to others. *Doing* a little better via *Being* the person you choose to be in any given moment.

Simple.

Seasons

Life happens in seasons. Wishing it was summer in the dead of winter won't speed things up. Acknowledge where you are right now, the decision that led to this moment, and possibility to create a new outcome based on new awareness.

You're under no obligation to move quickly, either. Arbitrary deadlines to move to places for undercooked reasons.

Why is speed important? Isn't joy and connection more important? Isn't being present, looking deep into another's eyes and saying, "I'm here with you right now — I have nowhere else to be" the purest form of life?

From that place you can create infinite possibilities.

Maybe it's just me.

Simplify

What's the simple version of this? Life? What's in front of you right now?

What can you control? What is your problem to solve vs someone else's problem to solve that you've taken on as your own?

Who would you *Be* if you put down your hang-ups?

Who would you *Be* if you let go of your beliefs?

Attract

When you allow your actions to speak on your behalf, you'll attract your people by proxy of what you love to do.

People gravitate to what they value. They become curious as a by-product of you focusing on what matters most to you.

A friend's curiosity called him to ask more questions about my morning routine. I invited him to join me for a cold plunge and coffee.

Now it's becoming a weekend routine for us both.

Some of the most enriching conversations I have all week.

Consistency

I don't always get it right. My mind races. I struggle to slow down. The kids yanking at the door handle to come outside.

These moments aren't perfect. I'm also not aiming for perfect. Perfect is unattainable. However, consistency is. Consistency was my win this morning. Just making it into the pool even if only for a minute or two.

There is a depth to consistency that takes patience to begin to realise. Most give up before the signs surface. Then default back to an older version of their software.

Pity.

Life isn't only the good stuff. Life is all the stuff.

It's the contrast between good and bad that makes life worth living.

Possibilities

There are an infinite number of possibilities available to you at this very moment.

You could...

- call an old friend
- take your shoes off and walk on the grass
- leave work and never go back
- write a letter to a loved one telling them all of the things you would say to them if this were your last day on earth.
- pick up the phone and read the letter to them.
- forgive someone who's wronged you to allow your suffering to dissipate... let go of the hold they have on you.
- dance in the rain and splash in muddy puddles

Most won't.

Fear stops you.

On the other side of fear lives the vision you had for your life.

The one you let go of because you started to believe it wasn't meant for you.

Chrysalis

Your life is on the line. A prison created of your own making. A box with no lid. Filled with people who believe there is no way out — this is it. This is life.

But you know, even though you can't see it, you know that you were made for more than this. You feel the calling to break out of this synthetic chrysalis.

If you choose to remain in your self-made box, you'll become familiar with regret. Resentment precedes regret. (Maybe you're already there?)

The only way to get rid of resentment is through ownership.

Make the call to grow.

Move slow. Pull at the thread of curiosity. Build energy around what matters most to you.

You are the creator of possibilities.

Values

We rarely turn our attention to the use of time. Just that we often never have enough.

What if you focused more on values. What do you value? And how much of your time do you spend on things you value vs things you don't?

What you value shifts with time. Things you once deeply valued no longer get you buzzed and outta bed. Your business perhaps? Your job? Your friend group?

Regardless...

Start drawing attention to your heart. What is your heart calling you to seek? What curiosities is your heart navigating your attention toward?

Pull at the thread. Slowly replace what you once valued with what you are called to pursue.

The journey between these places is the gift.

Who you are becoming, moment to moment, the reward.

Game

I see people get stuck on the details all the time. They lose themselves in the process and leave what makes them unique on the chopping room floor.

I've done this in sales, in coaching, as a parent, as a husband, and as a friend.

Part of my process, part of what I needed to go through was to lose myself. Missing that step, as painful as it has been, every time, would have meant a stunt in my growth as a person.

It was only through openness and awareness that the lessons drip through. Often slower than I'd liked.

Who I'm *Being* is playing the infinite game of endless possibility and growth.

Through this lens I always win.

Even if the outside world perceives it as a loss.

Clouds

I was gunna write a whole thing today...

But when I was rewatching this footage, I couldn't get over how amazing the clouds were. Like they are being hung from a ceiling above.

Beautifully lit from the otherwise elusive sun over the past week.

The more time you spend connecting to nature, the more you'll begin to hear the lessons it has to teach you.

Beauty is here, now.

Slow down for a moment.

Look a little closer.

Listen

There's something extremely nourishing about sitting and connecting with another person. No agenda. Nowhere to be. Nothing else pulling at your awareness other than the intent to stay in the moment and listen.

Sharing a routine or experience that breaks down barriers...

... cutting through the small talk and straight to the heart of the moment.

... the richness of what makes up the fabric of life.

It's fun, playful, connected.

You feel like you've grown because of it.

It's a ritual I look forward to.

Welcome

What's wrong with being where you are right now? There's something in this moment worth being present to.

A lesson, an insight, an awareness.

When you slow down to consider the moment and what the universe is bringing to your attention, you'll start to see what you've been searching for can be found here.

The joy, the overcoming of a fear to step closer to a desire, fulfilment, contentment.

An opportunity to let go.

An opportunity to understand before being understood.

An opportunity for compassion, communication, for courage.

An opportunity to love what is.



PART THREE

The Depth

I'm more myself.

Myself

Yeah, 47.

It's fascinating what happens when you do something you enjoy for an extended period of time just because it's fun to do.

It's how these started.

I like winter. And I like how my pool temp dips between twelve and five degrees.

I like jumping in without hesitation. I like slowing the chatter down and leaning into what surfaces without the noise.

I get more things done in a shorter period of time. I don't dwell as much. I catch myself just before procrastination kicks in.

I'm more aware across the board.

I'm more fulfilled across the board.

I'm more myself.

Decision

Today, the water stole my breath. I allowed it to hold power over me by only focusing on my discomfort. It's all I could think about.

By far the coldest on offer this winter.

I became aware of my *Being*. I was being a version of me only focused on the cold, the discomfort, the pain in my feet and collarbone.

I made a conscious decision to move my awareness to my breath. As I regained control I realised my eyes were closed the whole time. My breath became steady, my eyes slowly opened.

Everything was so quiet and peaceful.

It's amazing what happens when you get out of your own way by choosing the person you want to be.

Ruined by self-inflicted suffering and torment, or calm, conscious and connected.

All it takes is a decision. A choice.

There is beauty in every moment...

But only if you choose to let it in.

Nuance

Nuance only ever appears through a deep understanding of something.

Spending time with your interest. Your awareness develops, you become more in-tune, more connected.

Your curiosity morphs into something more. Something richer.

People gravitate to your *Being*. All you are focused on is connection to this thing. How it feels, how it behaves, the level of mastery you now wield.

It's not for others.

Until you become undeniable.

Only then does sharing become a byproduct of passion and purpose.

Darkness

The darkness provides contrast.

It shares a different and unique perspective.

One of beauty and silence.

The stars and the glow of impending sun. The light of the day ready for its turn.

But not before the darkness has had its say.

For the longest time I only ever found value in the light, the good times.

Only in the past few years have I come to realise that the dark times are no less a part of life than the light.

It's all life — there to be experienced.

Who you are is up for grabs. Don't just wait for the good times to shine your light.

It's in the darkness that you discover what you're truly made of.

Standard

Sometimes you miss a day. It happens. The goal isn't to be perfect. The goal is to raise your standard.

Your new standard might be to never miss two days in a row. Or even just start a new thing that's important to you.

Either way, your standard or average increases. Over time it edges further north. You grow in strength. What was once heavy is now light. You increase your standard, and cultivate your capacity to hold more.

Your awareness broadens. Your perspective shifts. Your empathy deepens.

Life becomes a dance that leads.

Fulfilment

I had a realisation this morning that I thought could be of use...

My objective in life isn't to hit an endless number of goals and targets in the hope it'll lead to fulfilment.

My objective is to lean toward *Being* only that which focuses my awareness on a fulfilled state of mind.

Moment to moment.

Sharing mornings in bed before sunrise with my boys. A coffee in the sun with Jacquie. A morning swim focused on silence. Moving my body with intent. Doing work I love with people who inspire me.

It's not about changing *what* I'm doing, but *who* I'm *Being* while I do it.

Over time...

The things I do will shift and align naturally.

Inside

It sounds strange. The idea that you're walking this life playing a version of yourself you made up.

A character, a concoction of personal traits that help you navigate your life with as little friction as possible.

Your "Response-Ability" to your personal reality.

It only makes sense, though, that you've created the life you live now based on what's happening outside of you.

Your responding. Or worse — reacting.

The simple shift is to flip the script.

Live from the inside out.

Live from a place that has always been there.

Internally motivated.

How does life move you?

Notice

Introduce reflective moments into your day. A minute or two here or there.

Coffee in the early morning sun without your phone nearby.

Close your eyes just for a few moments and take five long deep breaths filling your stomach and chest with a full breath.

Move. Roll around on the floor. Take your shoes off and wiggle your toes on the grass.

Just notice.

Nothing more.

When you are constantly pulled by your fictitious notions of a better future, you miss the endless beauty in the only moment that will ever be real.

The present one.

The more you practice, the more you realise that the thing you believe the future holds is actually available to you right now.

First

Taking your first step presents an opportunity you never had before...

... to take your second step.

When you're standing still you create a picture in your mind of what you think the entire journey will look like.

But you don't know, you can't know. It's impossible.

Stop acting like you can. Like you have all the information and knowledge and wisdom required to know.

Nobody does.

Not a single person in the history of people.

What is in your head is not real in the physical sense. It's only ever when your thoughts, ideas and presumptions are tested — acted upon — will you understand the weight of true possibility.

Take your first step and come into direct contact with what is real. Then base your second step on what you discovered from the first.

Rinse and repeat.

Show

Your *Being* can only show in your *Doing*.

The essence and presence of how you embody your daily actions.

Most fall short of the awareness needed to choose who they are *Being*. You've met these people before. (I've still got my *Being* training wheels on.)

"It's who I am, if you don't like it — tuff!"

People who are consciously choosing their *Being* never have the need to enforce who they are upon the world. No convincing required.

How they move through this world speaks louder than any word.

My intention here isn't to say what's right or wrong, good or bad. Better or worse.

But to have you consider, *Being* isn't about telling, it's about showing.

Moving through inspired action toward something meaningful and purposeful.

Marrow

In the beginning, you want to experience as much of life as possible. Suck the marrow from any and all of what life has to offer. Saying yes to almost anything.

As life moves on and awareness becomes more in tune, our wisdom deepens, and saying yes as liberally as once was useful becomes unresourceful. Like leaving the tap running into an already full bucket.

To continue growing, life now becomes about richness of experience, not quantity.

About connection, not speed.

About slow, not pushing to the point of burnout.

About appreciation, gratitude, acceptance.

Life is a landscape of seasons.

Navigating the change between seasons and knowing when to shed what was once useful becomes your ultimate power for a fulfilled existence.

Make

You are creative. Driving to work a different way than usual is a form of creativity.

Creativity isn't about art. It's about exploration.
Experimentation. Expression.

An evolution of your Inner Knowing.

What your heart wants.

Freedom to make for the sake of making.

The gift is in the making. Not the made.

The journey. Not the destination.

You haven't failed — you've explored.

You've experienced.

You expressed.

You've embodied what it means to be you.

Bits

Life is the good bits and the bad bits. The bits you're trying to run from and the bits you think will make your life more meaningful.

The hard bits. The soft bits. The slow bits and the fast bits.

The bits where you can't see an end to your suffering. The bits where you realise the suffering is in the past. The bits you think are unique to you and the bits we all face but never talk about.

It's the bits that live only in your head, your heart and your soul.

And the bits you think you should show others to keep your status intact.

Life is all of the bits reflected upon and turned into wisdom for tomorrow.

Don't be so quick to get away from your current circumstances.

There is gold to be found.

Sit Spot

After just over seventy days of jumping in a winter fresh pool, I've stopped thinking about how cold it is or I am.

It's always cold and I'm always cold. Can't change either of those things. So, instead, I find my sit spot and focus on connecting with what's in front of me.

Today it was the moon. And the Robins.

I can dip into this state within seconds of entering.

Clear and focused.

It's taken a long while to get this level of thinking. There's no app for it, only consistency.

No shortcuts, just showing up.

I love my mornings even though they are challenging. The challenge now no longer focused on the outside elements but the internal.

It's where the real work begins.

Outcome

I've spent too long thinking only with my head. Trying to make $1 + 1 = 2$ before I would commit to anything.

Had to be certain of the outcome before embarking on a journey.

It was never about the journey... only ever about the destination. So I flew through life like a bat outta hell trying to complete my tasks.

All I have to show for it is a box full of medals and some distant memories.

I miss the journey, the feeling, the experience, the connection of each of those moments.

Now, upon reflection, I pay closer attention to who I'm being as I go about my day.

The goal is richness of experience, moment to moment.

Outcome is only ever a by-product of my intention of *Being*.

Default

Is your default setting to acknowledge the negative before the positive? Acknowledging the things that are lacking in your life over things you love?

There are always two sides to your circumstances.

Victor or the Victim.

Lack or abundance.

Possibility or blame.

It takes awareness, then practice to switch your focus.

When you do, pay attention to what begins to blossom.

The lack seemingly fades away and life starts to reshape in miraculous ways.

Try it.

Give it time.

Remember — in some cases, you spent a lifetime focused on what's missing and speaking that into your world.

So it stands to reason that it'll take time to flip your reality.

It'll be your greatest accomplishment to date.

It has been mine.

Wealth

Make because you wanna make. Not to impress, but improve.

Invest time in what ignites the fire within. Stop stoking the external world's perception of how you hope or wish they would view you.

Self-love is true wealth. Self-actualisation is the real journey.

The world will adapt to your way of *Being*.

It will serve up in direct proportion to that which you first put out.

You are the centre of your own universe.

Wonder

The sun looks almost too big to be real.

The fire inside of you too fierce and intense to be taken seriously.

Both of those things aren't true.

You've just never considered it from that perspective before.

Looking at anything as a miraculous possibility for the first time seems more fiction than familiar.

That's a good thing.

It shouldn't be familiar.

It needs to come from the unknown, the uncertain. Otherwise you're making things that already exist, you're playing it safe, you're playing within yourself.

Make a different choice.

Create a real impact.

Why the fuck wouldn't you?

Slow

Slow is the answer. Always has been.

Consider you're currently trying to move so quickly towards a meaningless end goal that a generation, maybe two, won't ever know existed.

Imagine travelling across the planet to experience the most perfect meal created by your favourite, world class chef. You spent the money, spent time, endured the wait...

As your meal hits the table you inhale it within a minute or two. All for what?

To post about online?

Stop yourself from forfeiting your existence to a still or moving image for others.

Live every bit of your life for you.

The beauty is in the connections you make with the people drawn to your enthusiasm and grace.

Your unique way of *Being*.

Grey

Beauty happens in the grey, not the black and white. It's our differences, our preferences, our weirdness that makes us unique.

Shying away from your quirks removes the nuance of life's possibilities.

You look for what others have or something similar to things experienced in the past. You walk paths made by others to get to places only ever meant for them.

You lose yourself in the pursuit of lazy dreams.

Thinking for yourself is hard. Even more so when you finally discover that all these years lived were actually following someone else's blueprint.

Ignorance is unaware.

Honesty is pure awareness.

Stocktaking

Progress is slow and steady. Like watching grass grow in the winter. Stocktaking is essential. Acknowledgement of the path travelled, sights seen, feelings felt, beauty witnessed.

Nurturing seeds planted is the path forward. Not all will bear fruit. Not all will taste the way you imagined.

Regardless, your power in these moments is to step in and look closely. Don't be so quick to move on. The lessons are the real fruits of your labour. The fruits of experience.

After countless attempts, many winters, wisdom the holy grail.

Wisdom... Only ever found standing upon the headland of transition between lives. A quiet moment. Crossing the threshold from quantity to quality.

To a deeper connection with self.

You are the creator.

But only if you care enough to slow down.



PART FOUR

What's Emerging

Awareness is humble. It's a receiving of what is.

Deliberate

Choose to move slowly today as you move through a process you take for granted.

Putting your kids to bed.

Serving a client.

Cooking dinner.

Driving to work.

Writing.

Exercising.

Notice what happens to your mind when you focus intently on moving more deliberately.

Are you present or are you elsewhere?

Are you connected or distracted?

Are you appreciative or resentful?

Who are you choosing to *Be*?

Direction

Balance is only a direction. Like vision, it's not a fixed point.

It can't be fixed.

The more you learn the more information you have to sharpen your focus on what you want your life to look like.

You reflect, reassess, recalibrate.

You realign your actions armed with new information.

Life isn't about achievement.

It's about awareness and connection.

The only person navigating the direction of your life should be obvious.

Test

Where to from here? Who cares? What does it matter? Why do you think that? Where did that belief come from? What would it look like if you challenged that belief? What belief could serve you better? Who would you need to be to start testing out your new belief? What action could you take? What else? Now you've got momentum, what can you see that you couldn't before? What else? So, if that's possible from a few days or weeks after answering the above questions with deeper and more considered responses, what else could be possible? Ok, now we're talking — choose another action. Take a step. Move the thing forward. Test it. Stack the evidence. Have fun.

If all you did over the next three months was answer the above questions and didn't take your first, surface level response for granted, your life will be forever changed.

Maybe that scares you because you don't know who you'll become if you actually created the life you want.

There's real fear in the fallout. I know. I've tangoed.

Either way — you get to choose to create or be a brush stroke in someone else's creation.

Language

Your life will only ever live up to the level of the language you choose to use. Both what you think and what you speak into the world.

If your internal dialogue says "I'm my biggest critic" then you'll constantly try to find ways in which to fill the gaps of what you're lacking.

Nothing will ever be enough.

Instead, what if you declared, "I am Creating value from a place of love and connection".

You'll shift from seeing what's missing to what already exists.

You can always add to it if you choose to but your life is full without needing to force an outcome to justify your worth or existence.

If nothing is missing then all of a sudden life doesn't seem so urgent and chaotic.

Keep reframing your language to create what you desire instead of what you don't.

Here's another...

I am enough.

Tides

Tides turn. Things change. This too shall pass, as they say.

One day you'll look back on this moment and smile.

Who you are now and what you are now aware of was born from the struggle and challenge.

Those moments you fought so hard to get away from provided the fertile soil from which roots now deeply connect to the earth.

More sure of yourself in the hard times. Capable of lifting heavier life events with grace and poise.

There will be another glass ceiling. This you can be sure of.

You're going to need a bigger hammer.

Remove

I see you. Doing your best. Wanting more but unsure of how to get it with an already jam-packed life.

The answer is simple, but not easy.

It's the question I live *from* every day. It wasn't always like this and I'm not claiming to be some profound thinker.

It's just what has worked for me.

Instead of trying to add more, I decided to start removing things.

My life got lighter and more free. The struggles and challenges didn't go away but my capacity to see solutions removed from reactive emotional states became my default.

I started to see what truly mattered and did my best to continue to practice and sharpen my awareness in this area of life.

It's the one thing that makes everything else possible.

Voice

Before you can find your people you need to be firmly planted in knowing who you are.

No one will ever complete you. They can help you complete you. But they can't fill a hole inside of you. It's too much to ask of another. And it leaves you open to losing that piece if ever something was to change. And it will.

I'm heading away for two nights over the weekend to continue working on strengthening my connection to My Inner Voice.

I have found a few very connected people who have helped me walk a path of rediscovery. Reconnection.

Recreation.

It's been a profound journey away from force, a deep connection to what my heart has always known, towards flow...

Of letting go.

I'm learning to own the skin I wear.

I'm learning to embrace my soul's calling.

I'm learning to listen deeply.

Musing 75

Linger

Spend a little extra time with each moment. Don't be so quick to move on. What do you notice about it that otherwise would have been lost to time?

What can you hear, see, taste?

Where do you *feel* this moment inside of you?

Transition from force to flow.

Impulse to intuition.

Past or future wandering thoughts to here and now.

Your life is happening now.

Be here.

Search

You're searching for an answer.

Quietly. For longer than you'd like to admit.

You're looking for a place where you feel seen. Heard.
Companioned. Somewhere you can finally put down the
version of you that holds everything together.

They exist.

They're closer than you may expect.

The thing standing between you and finding them is the first
step.

It's always the first step.

A leap into the unknown when the safety of mediocrity feels
more like home — despite the nagging unsettledness you
can't quite shake.

But the unsettledness isn't a problem.

It's the signal.

It's the part of you that already knows the life you're living and
the life you're called to aren't the same thing.

The courage isn't in having the answer.

The courage is in taking the step⁷⁶ that makes no sense on
paper.

Splash

Garry requested a "big splash". So Garry got a big splash.

Once upon a time I replaced fun with seriousness. Not intentionally, but as a way to adapt and grow. It worked. For a few years.

Until it didn't. The pendulum had swung too far the other way and the balance was lost. Too serious, always looking for more and better and what was missing. Very rarely focused on what I had already.

That's why bomb-dives into freezing pools at 6:14am in the morning at the behest of your three-year-old son, matter.

Retreat

Spending two days away to reconnect and ground myself in nature.

I afford myself this opportunity a couple of times a year.

A small group of people focused on slowness. Listening. Receiving.

Guided by Inner Knowing.

It helps me dust away the grime that builds up in life. It allows me to genuinely access clarity of my own thinking then turning into clarity of aligned action.

(See you on Monday)

Brotherhood

(My return on Monday)

What happened on the weekend is hard to put into words.

I uncovered things about myself I'd long forgotten. I
connected to an essence I've long known was there but had
been caked in the beliefs and language of a lifetime of others'
worldviews and perspectives.

I found love.

I found calm.

I found beauty.

I met myself where I am and leant into my sharp edges.

I was guided by a group of men unlike any I've ever met.

So gentle and strong.

So certain and intent.

They gave a gift that only my soul was designed to receive.

Forever grateful for the men I broke bread with.

Fabric

There's an underlying fabric of life playing out that is easily overlooked. The pace of the world doesn't lend to seeing its true nature. It may be why you think "more" is the answer.

The more I connect with my heart, the more opportunities seem to appear. Synchronicities.

The unaware call these coincidences.

Slowness is just a key to a door inside of you that holds the answers to all questions.

Very few will ever walk the path for long enough to see the fruit of their life ripen.

It's a path of courage.

It's a path that flows against the synthetic and with the natural.

It flips your ideals on their head asking you to have faith in yourself.

The calling comes from within.

And only you can take up this quest.

Contemplation

Starting your day in contemplation.

A moment in time just for you.

A moment to breathe into.

A moment to feel the ease.

A moment to acknowledge where you are internally and externally.

A moment of gratitude.

A moment to deepen your awareness to what is.

A moment in time you chose.

How many breaths each day are you actually aware of?

How many do you consider?

How many are guided with intent?

Musing 82

Hold

You get to choose if you hold on or let go.

Move on or stay put.

Allow pain to turn into suffering.

When you slow down and contemplate the cause of the distress, you'll soon realise it lives inside of you.

The external only feels painful because there's a past circumstance trapped inside of you that you're yet to feel safe enough to let go of.

Allowing the intense moment to flow through you.

Ask:

What would happen if I just took a deep breath and let this thing pass?

Try it. Start small.

At the end of your life, will the thing you're holding onto matter?

Gap

A common mistake when creating your vision is to get lost in the gap between where you are and where you would like to be.

The gap too deep and wide to cross. The known safety of your reality too familiar to let go of.

Once you have your vision in mind, take a look at the areas in your life you can begin to move across the board, one play at a time.

Some will be fruitful, others will be steps backwards. All will be soul enriching.

We've lost the ability to listen and act on our deepest nature.

Just leaving the house or picking up a book could be the beginning of your new life.

Persistence

If you ask yourself the same question for long enough, the universe will bring answers into your awareness.

It's a matter of persistence above anything else. Also patience.

The question is...

What question do you want the answer to?

And more importantly...

How badly do you want it?

If you don't want it badly enough, you'll give up too soon. And that's a good thing. Means you're not there yet.

I've been asking the same question for eleven years now. And I keep getting a new level to the answer as my awareness deepens.

Happy to share the question with you next time we meet.

Verge

You're on the verge of change.

Something inside of you is ready to be unlocked.

Scared of what life looks like on the other side of change.

Fearful of letting go of the comfort.

Worried what others might think.

I've yet to meet someone who's being called to share
something with the world that hasn't passed through these
rites of passage.

The game isn't to be without fear.

The game is to discover who you become in the face of it.

You grow a little taller.

A little bolder.

A little more trusting in yourself.

Your confidence grows.

Temperance becomes a way of being.

So does your belief in yourself.

Love.

Quiet

The moments that matter most are the quiet ones etched out in the chaos.

Not removed from the chaos but despite it, during.

The moments of still you cultivate through the pursuit of knowing yourself.

Knowing where you stand and where you don't and doing so in such a way that no one needs to be wrong for you to stand in your rightness.

You just are and so are they.

Void of attachment, only commitment to the depth and presence of what it means to be you.

Only in the quiet, cut from the noise, will you begin to truly understand where you begin and where the veil starts to fray.

Humble

The Awareness Trap.

You can't know everything.

Claiming to know it all is a sign of trying to control the uncontrollable.

A life led by force. Abrasive, sharp, focused only on getting.

Slow down and soften your approach.

Allow life to unfold.

Pay close attention to the silence between actions, between words, between thoughts.

Awareness is humble.

It's a receiving of what is.

It's beyond the turbulent surface of the physical.

It requires no effort.

It asks the question...

How does life move you?

Found

I'm creating something that's close to my heart.

It has to be.

If the people I serve can't feel the heart in it then I've missed something.

Something vital.

Something society seems to have lost touch with.

I'm no longer willing to stand by and enable soulless creation.

Making for the sake of mindless consumption.

I see a lot of full pockets and vacant stares. And the ones with empty pockets looking at the full pocketed few thinking that's the direction to head.

The unwilling not yet aware to admit they've lost themselves in the pursuit of "more".

I have hope that more people will begin to acknowledge their essence and break free from the need to defer life until the numbers stack favourably.

The metrics worth tracking don't fall onto a P&L.

They lay in the connection to the people, places, and experiences you have right here and now.

Who you choose to be as you realign your path is where your

Allow

I never know what's going to happen when I come out here. I used to want five minutes to myself and would get a bit miffed if I was bothered.

I let go of that because I was missing out on moments like this one. (Sonny, my youngest, sleepy, wandered out into the cold morning to sit with dad.)

Let go and allow what is to just be.

Musing 90

Yours

Other people won't always "get it". And the point of your life isn't to ensure they do.

What's right for you is only right for you. And what's right for them is up to them.

Soul

Maybe you've heard the phrase, *"success loves speed."*

Maybe you live by it.

And maybe you've started to be consumed by the need to be "successful" in the eyes of others.

What they often forget to mention is the duality of this phrase.

The other side of the coin.

If all you do is feed the wolf of success, the wolf of soul slowly starts to die.

Remember:

Your Soul Loves Slow.

Silent.

Centred.

In order for you to be truly successful, you must first slow down to hear the calling of soul.

Only then will success ever benefit from speed.

Free

My mind wanders when I'm on my own, searching for meaning in my experience.

That meaning usually lands on helping others through sharing what I've learned.

More than likely an overcorrection for having to figure a lot out on my own. (Who doesn't, right?)

If I was to boil my thirty-eight years of life down into one message, it's this:

There is no meaning.

From the perspective of the stars, your life doesn't mean anything.

From the perspective of civilisations thousands of years from now, you don't matter.

From the perspective of your past self, yesterday — that person no longer exists. And from the perspective of your future self... well — that depends on what you do now.

And because there's no meaning to your life, you are free to choose what you would like it to amount to.

Stay in your job, don't stay in your job — it doesn't matter.

Stay in your marriage, don't stay in your marriage — it doesn't matter.

Go to university, don't go to university — it doesn't matter.

What matters is only ever who you choose to *Be* in this moment.

Where I Am Now

The pool sessions kept going.

After the hundred days, I bought the ice bath. The one I couldn't justify the spend on at the start of all this. By the time I bought it, I'd already done the work it was meant to do.

But the work didn't end with the cold.

Breathwork training came next. Among other things.

The breath deepened my connection to what the cold opened. It helped me see what was lying underneath the noisy mind. What had been there the whole time, waiting to emerge.

It changed how I am with my wife after twenty years together. The intimacy deepened. Not just physical. The emotional layer underneath that I hadn't fully met before. One of my teachers calls it becoming more intimate with life.

It slowly continued to deepen. With friendships. The way I sit across from a client now. The way I hold myself. The way I am with my boys.

Some of what came with this cost me, too. A price that needs to be paid to enter the next stage of life. It's a natural pattern of clearing the slate to allow room for new growth. Culling is part of the cycle.

I quit my job after three years at the coaching company. Walked out without anything else lined up, something I swore I'd never do again after the first time I went cold turkey years earlier. This time, willing to take a delivery job to build a breathwork practice and a coaching practice of my own. They asked me to stay. I renegotiated for two days a week. Three months later they let me go anyway.

The old version of me was angry. Pissed off. Disappointed by how it went down.

The grounded version saw it differently. As a gift. As if the universe was quietly saying *"you're ready now. Time to go and do your own thing."*

So I did.

The breathwork practice grew. I sat my first vision quest as a guide, the same lineage that held me when I sat in the bush for four days and four nights and watched the lens I'd become comfortable filtering my life through slowly dissolve. The quest is the rarest meeting with yourself. Nothing else is there. Just you. The breathwork is the bridge between what the quest opens and the rest of life. An invisible companion. A way to keep practising the silence after you come home.

And now, I'm building a container I've been avoiding. Only, I didn't realise I was avoiding it. What I thought I was doing was productively laying the groundwork.

It's a circle. Or a door, if you will. A place where the weight of external success and performance can be set down for a few hours a week. Where the internally restless can explore what it would mean to share the thing in them that is only for them. The thing buried under the life they built for everyone else.

For the ones who have started to sense that no amount of planning or optimisation is going to fill the void.

A place to put down the version of yourself that holds everything together. Where the stories, the judgements, the egos all get checked at the door. Where there are no pedestals, and you are enough exactly as you are, despite the life you built. Seen, heard, and witnessed. Never fixed, corrected, or advised. Only companioned.

And still, there is something in you that only you know about. Something that wants to be born. Just for you. Because it's what you want.

It scares the shit out of me.

And it turns out the fear and the excitement are the same thread. You cross the fear and find what you were called to bring into existence. Heart-led, not head-fed. Built from synchronicities I'm now more equipped to receive. Fortified by the life I've lived behind all of it.

I'm ready to go large. Not to be seen doing so, but to fulfil what's in me to create. I'll make it for me, and someone, somewhere, will find it useful for them.

I know it'll be the most challenging thing I've ever done. And I know, in the same breath, it'll be just the beginning.

What these musings were always pointing at is this.

A place for true, innate self-discovery.

Or better yet. Self *Uncovery*.

That's where this is going.

If any of what you've read in these pages has stirred something, that nagging unsettledness, the part of you that already knows the life you're living and the life you're called to aren't the same thing, pay attention to it.

You're not learning anything new here. You're remembering.

Step into the uncertain.

One breath at a time.

With love,

Max

Acknowledgements

My wife, Jacquie, has been the single greatest guiding presence in my life. She has been by my side, compassionately nurturing this part of me; she has somehow been able to intuit my inner world sometimes years before I can catch up to see it for myself. I am forever grateful for the love, kindness and support you've shared with me in who you're being.

To my boys, Garry and Sonny. You both help me see what it means to live freely, in silliness, and in the joy and excitement of being alive. You both hold the keys to the universe in a way most adults dream of accessing. It's why I do the work I do. Or should I say, play?

There is an endless list of people I feel called to acknowledge.

Yet, I'm going to hold for now.

This book was created in my family home with my family present for every moment I spent in the pool and out of it.

This book is for them and because of them.

I love you.

About the Author

Max Latimer lives in the Northern Rivers of New South Wales with his wife, Jacquie, and their two boys, Garry and Sonny.

He is a Level 2 Accredited Breathwork Facilitator (Flow Institute Australia), an IPHM Accredited Practitioner, and an initiated vision quest guide in the Stalking Wolf lineage. He has spent more than a decade guiding people through this kind of work. More than a thousand of them.

Everything he does, the breathwork, the circles, the quests he guides, shares one purpose: to help people uncover what was always there, and live from that place in every moment.

He runs weekly breathwork sessions in Wollongbar and writes essays on Substack.

Self Uncovery is his first book.

Continue the Conversation

If any of this stirred something in you, the work continues elsewhere, when you're ready to say yes to you.

The musings first appeared on Instagram at [@latimerlogic](#), where you can still find the original videos in the *pool musings* highlight. You'll also find me at [@the_grounded_leader](#).

The longer-form writing lives on Substack at [maxlatimer.substack.com](#) (formerly *The Golden Thread*).

Weekly breathwork sessions, one-to-one guiding, and whichever door is open next can all be found at [thegroundedleader.com.au](#).

To say hello: max@thegroundedleader.com.au

With love,

Max

A handwritten signature in a brown ink, featuring a large, stylized 'M' and 'L' intertwined, with a horizontal line extending to the right.



THE GROUNDED LEADER.COM.AU