



Spunky Mind Field Notes – Mackenzie Mountain Mystery

When mountains keep secrets, they remind us that mystery is part of growth. Like the Mackenzies, we rise quietly, layer by layer, shaped by unseen currents. Take these questions with you on a trail, a yoga mat under the open sky, or even a cozy chair by the window—and let your inner mountains speak.

Pocket of Nature Practice – Rise Like a Mountain

Find a quiet spot outdoors—maybe on a trail, in your backyard, or even by an open window. Stand tall, feet planted firmly on the ground. Close your eyes and imagine yourself as a mountain.

Feel your feet rooting deep like bedrock, steady and unshakable. Sense your spine rising like a ridgeline, lifting skyward with patience. Let your breath flow like winds across your slopes—sometimes gentle, sometimes strong.

As you breathe, ask yourself: *Where am I still rising? What hidden strengths are lifting me, quietly, without me even realizing?*

Stay with this for a few minutes, allowing the mystery of your own inner mountain to unfold. When you open your eyes, notice the sky above you, as if it too is inviting you to keep reaching.

What quiet ways have I grown recently that I might not have noticed until now?

What are a few things I am grateful for?



If I were a mountain, what “hidden forces” would be shaping me beneath the surface?

Where in my life am I still rising, even when it feels like I should be slowing down?

How can I embrace the mystery of not knowing all the answers just yet?

What “peak” within me is still awakening, waiting for the right light to shine on it?

“As you harmonize with the rhythms of the universe, your life becomes a dance instead of a struggle.”— Eastern proverb

Pairs with: “Mackenzie Mountain” post — SpunkyMind.com

Simply Breathe; Nature and Yoga will do the rest.” Cheers! Kether, Spunky Mind