

Lakes and mountains of the North : a completion

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That last week, my steps led me towards lakes, mountains and indigenous people at an altitude between 8,000 and 14,000 feet.



On Saturday, at the craft market in Otavalo, all my senses are awake. **The mountain people have come to sell colorful alpaca blankets and scarves, dream catchers, leather, jewels and home-made bread.** A feast for the eyes, full of smiles and joie de vivre. Despite the crowds and the size of the market, everything goes smoothly, in good humor and a spirit of sharing.

I was touched by the kindness of the artisans with whom I discussed or from whom I bought products. Some even invited me to stay at their homes. Unfortunately, time was too short. In the hostel, I enjoyed going to sleep at the foot of the mountains by the fireside.



The day after, I had thought of an easy hike around the 11,500-foot-high lakes, but the guide took us to the top of Mount Fuya Fuya, at 14,000 feet. I pushed my limits without having really prepared for it, and it was intense. **Life showed me once again that letting go, trusting what comes and DARING to go to the end of the path, to climb one's own summit, enhanced the fulfilling joy of self-realization.** On the way, despite the altitude, there was rich and colourful plant life, the panorama was wonderful.

My last hike around the Laguna de Cuicocha felt like the completion of the path travelled during my trip. **Walking up, walking down, the mountains' perspective was deceptive when it came to the path to follow.** I could not see the end. I met no one on the way, I was alone in the midst of this diverse natural landscape with unique vistas. **I let myself go with the flow.** Each step allowed me to integrate the moments experienced during this trip. I was moved to tears by deep feelings of joy and gratitude.



To live one's dream, what gives us life, without knowing what will happen then and afterwards is like climbing a mountain, discovering the vegetation on the way and letting oneself be surprised when one gets to the top. The weather may be clear and you will discover the panorama, or it may be cloudy. What is more important: the path you travelled or knowing what comes afterward? The unknown scares us and often prevents us from taking risks. Nature teaches us that everything is impermanent and reawakens.

This fulfilled dream represents a first step, full of learnings, on my path towards what drives me: passing on, discovering other cultures and what the Universe shows us in a not-so-visible way. Daring to live my desires, my passions and my dreams has become my "light*-motive" / leitmotiv!
**Bright*

