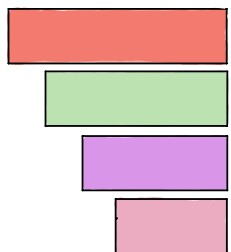




Ep 41. Harry Baker



THE
ALL
TERRAIN
-Podcast-



HOW DO YOU FACE CHANGE?

WELL &
NOT WELL

I CAN BECOME OBSESSED
with NEW THINGS —



MY JOB IS BASED ON HAVING
a GOOD IMAGINATION but
I OFTEN FIND IT HARD
to SEE BEYOND the
IMMEDIATE
PRESENT

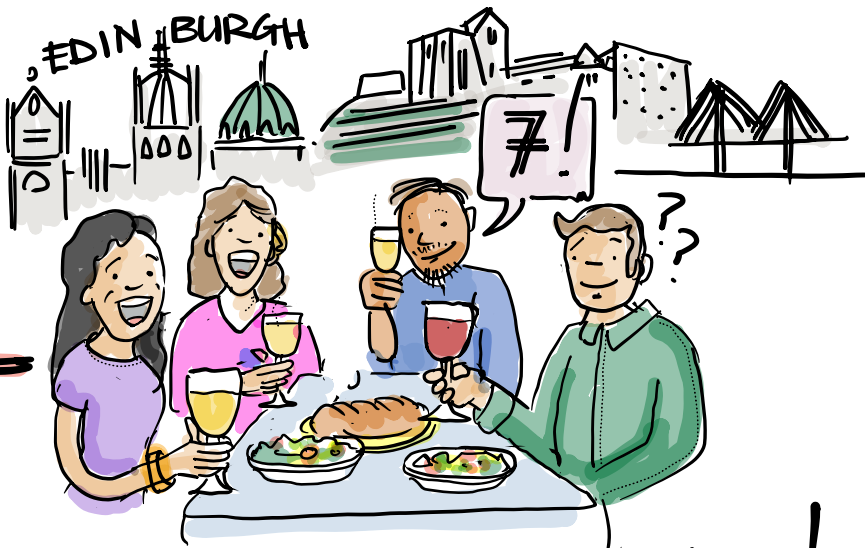


TODAY →

TODAY →

I AM GOOD AT
THROWING MYSELF
INTO THINGS BUT
I NEED TO ENJOY THE

PRESENT



AS WELL —

ENNEAGRAM #7 Enthusiast!

ENNEAGRAM
"Thought for
the day!"

DANGER that
FUTURE BECOMES
A PAST THAT YOU
HADN'T NOTICE
HAPPEN!



Poem

LIVE in the
PRESENT



HOW DO YOU MOVE THROUGH SUFFERING?

Connect with others.

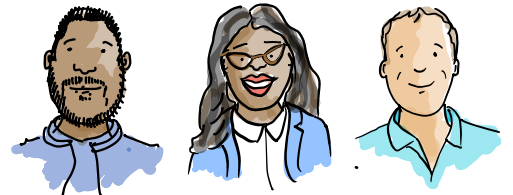
AT FIRST...

How can I help?



free

Poetry online



I WAS OPTIMISTIC AT FIRST BUT THEN CAME REALISATION THAT THIS WAS GOING ON FOR YEARS!

I HAD TO ACKNOWLEDGE THE PAIN & HARDSHIP RATHER THAN BELLIGERENTLY TRY TO OVERPOWER IT WITH HAPPINESS



YOU ARE NOT ALONE

ALL GOING THROUGH DIFFERENT STUFF but WE CAN RELATE

BITTER & SWEET

REFLECTION with 3 Couples WHICH LED TO.



DANCING & SOLIDARITY

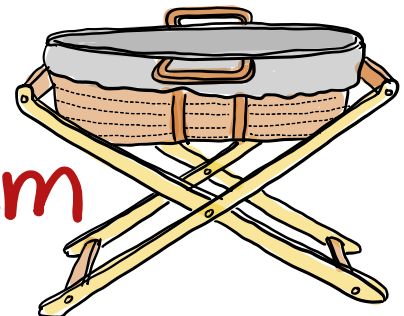


FAVOURITE THING is laughing through tears!

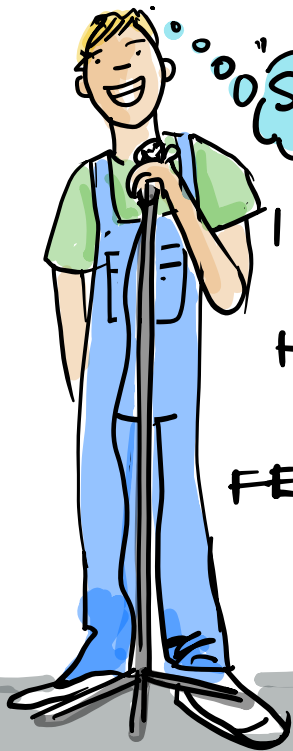


I LOVE ART that DOES THAT

Poem



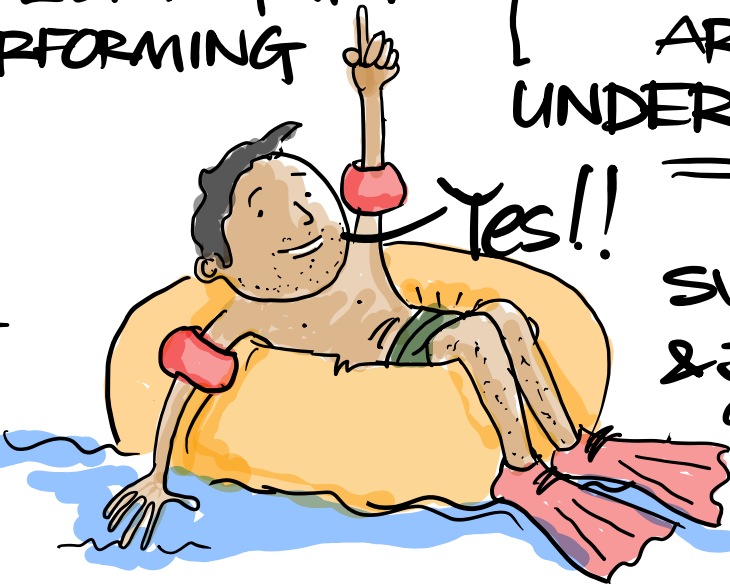
HOW DO YOU RECEIVE JOY?



So grateful!

I HAVE ALWAYS LOVED WHAT I DO - EVEN IF I AM HAVING A ROUGH TIME PERSONALLY, I CAN FEEL MYSELF AGAIN WHEN PERFORMING

I LOVE THE JOY OF SHARED EXPERIENCES

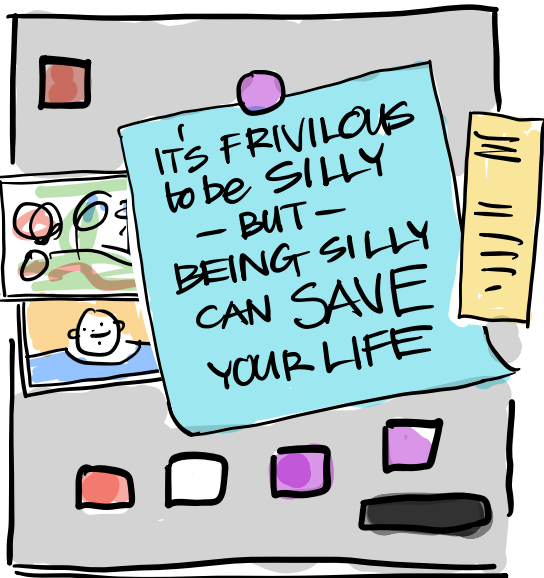


Yes!!

like SWIMMING & JUMPING OF MARGATE PIER!

FUN & WHIMSY ARE UNDERRATED!

ONE OF MY FAVOURITE WORDS !!



SOME OF MY MOST FAVOURITE MOMENTS ARE HANGING OUT ONE ON ONE WITH PEOPLE! FRIENDS THAT YOU CAN HAVE LONG CONVERSATIONS WITH & NOT NEED TO DO ANYTHING —



THE JOY I EXPERIENCED DANCING AT OUR FRIENDS WEDDING WAS PURE & LONG-LASTING

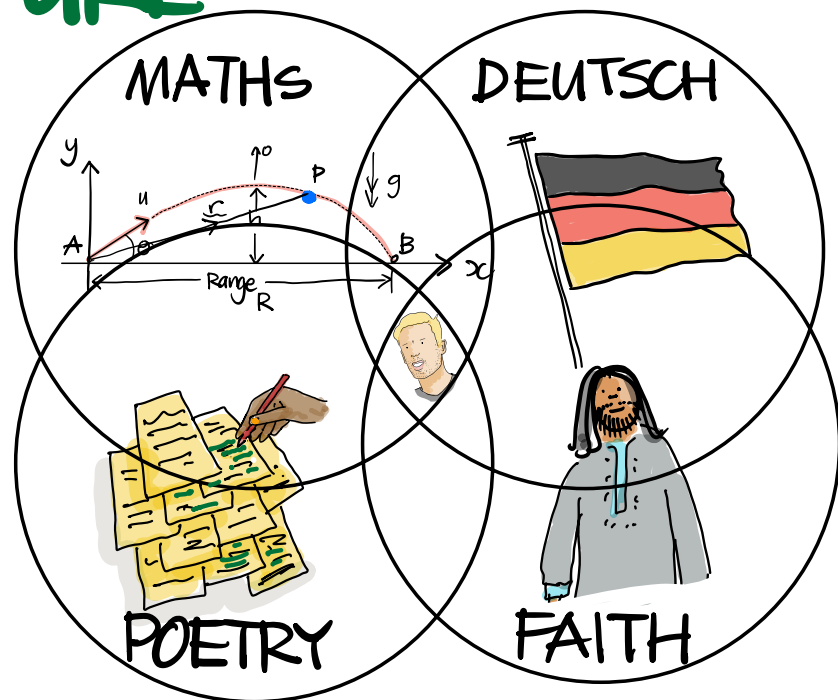


Poem

HOW DO YOU MATURE in SERVICE?

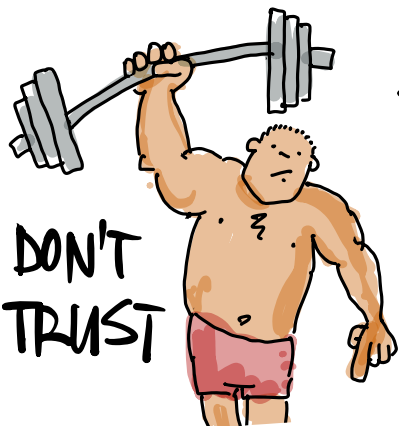


THIS IS REALLY A COMBINATION & MIXTURE of ALL THE QUESTIONS!



BY EMBRACING THE THINGS THAT EXCITE US/ SET OUR SOULS ON FIRE **EXPANDS US!!**

I ACTUALLY NOW FEEL IN THE MIDDLE OF THIS!



BECOMING the BEST/BOLD & BRILLIANT VERSION of OURSELVES STARTS in VULNERABILITY



YOU DON'T NEED A REASON to be LOVED —

I ADMIRE PEOPLE WHO DON'T HAVE TO EDIT THEMSELVES & LIVE 100% WHO THEY ARE!



Poem

