

Grow 1 Mountain – Retract Retrace and Rebuild.

Grow 1 Mountain is a workshop that I created, taking after my life experiences, methods, and knowledge.

It is a comprehensive plan to invigorate, heal, and give you the strength to proceed ahead with things in life that would give meaning to your life and existence.

When and how it started, there is an interesting story behind it, and if you stay around, you will soon discover some life-altering processes.

The person behind Grow 1 Mountain

My name is Madalina Pavel; I am a scientist researcher and currently participating in clinical research dealing with the dark subject matter of Oncology. I call it dark because we have still not conquered the disease, as scientists and researchers, but now we are on the brink of it.

In my capacity, I work bringing healthcare and technology together to achieve an analytical approach to solve some complex strategies and implementation problems. I believe Artificial Intelligence will change everything greatly, especially healthcare.

I also got the opportunity to contribute by providing fitting solutions for technical challenges faced in skin cancer treatment advancements by aiding in creating advanced imaging technology.

NOW, IT'S TIME TO GET TO THE PART WHERE I FELT GROW 1 MOUNTAIN'S NEED.

I try to keep the work and real-life balance to the best of my capabilities, but working for a cause like this makes you fall in the guilt trap to give more to your work to benefit humanity.

After many months of dark grey days, when I headed back to my hometown in Transylvania to unwind, the idea **hits me like a rock**. I was sightseeing, and I love mountain climbing; at least, I aspire to climb more.

I thought of all the life ambitions people gave when they find them scary from afar. However, if we approach the objective bit by bit, summit a little more each day, we can achieve whatever we set our heart to.

With that belief, I formed this Grow 1 Mountain system to become this community where we empower each other and summit some distance each day.

Analogy behind Grow 1 Mountain

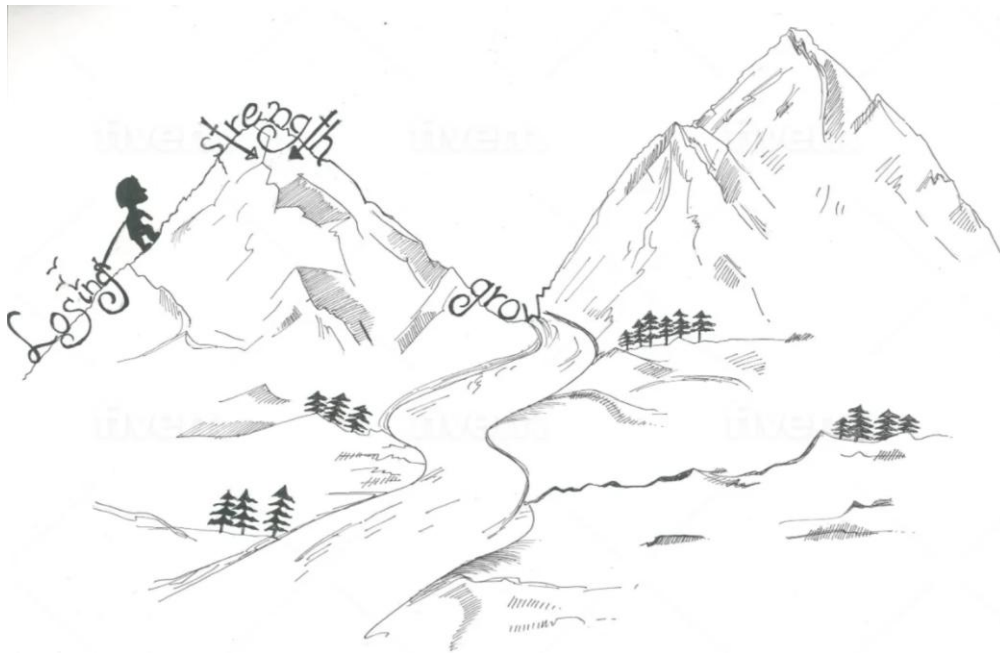
Since the idea came into my head when I was longingly preparing to summit 2000 m., the whole perception comes from the same place.

Just like a climber preparing to climb, you "**losing**" all the excess weight to make your climb easier and agile. You only anchor your way up with the word 'g.'

Now that you have lost what makes your climb slower and tardy, you can move faster than before. After reaching the top, you can look down and ponder how you made your journey easier and how you are more in power with little change, more in control.

On the top of the mountain now, you precede ahead, taking your wounds with you and taking that 'g' along into "grow."

Once you accomplish it, you have thirteen more mountains to write.



This process of writing down and moving ahead and growing gives you the liberty of freeing yourself from the baggage. You take your wounds with your strength, and then you grow with your experiences and learn to relieve yourself from what is not to be dragged along.

People walk all their lives with miserable hearts and swollen feet, dragging themselves each day. Because they don't know how to lose and free themselves from the baggage, they would make their lives if they could.

Between my intense work, work routine, and fast-paced life, I find myself grounded and more connected to nature when looking at the mountain. Mountain gazing brings some amazing and rejuvenating vibes, inspiring one to do marvelous and unforgettable things.

Grow 1 Mountain Workshop

In this workshop, I will take you through the process of meditation and healing. Meditation has proven to have everlasting effects on the human mind and soul; reflecting greatly on a person's body and overall health.

While you gaze at mountains, my unique meditation method, you feel majestic; the height and toughness of that piece of earth inspire you. Meanwhile, this magnificent piece of rock is grounded to the earth no matter how high and mighty it can be.

"Even small amounts of time spent writing in reflection can have significant and positive effects on our lives both physically and mentally."

I believe in this theory, and it has proven its benefits. With time, technology has advanced, and phones took over many other things like calculator, books, camera, calendar, and clock. Even we are maintaining our calendar and deadlines on the phone.

But recently, everyone is again getting back to writing the short term and long term goals; it's always best to go back to basics. The simple act of writing it down, while you are scribbling with your hand, your eyes look at it, and your brain registers it.

These factors make it all very real, and then it is more realistic in terms of getting it done. Similarly, in my workshop, I bring you to reflect upon your lives, identify your baggage, leave them behind, and grow as you start new.

What's next?

I am in the process of writing books, and my projects are in the raw and refining processes. With work and family I try to give some time to my writing, when possible because sharing with people and helping them in whichever way is extremely gratifying.