

Let's Get Lost: A Family of Four Goes Out of the Country and Off the Grid

Written by Anik St. Martin, D.C., CACCP

Monday, 01 June 2015 00:00 - Last Updated Friday, 15 September 2017 08:18

We all have fantasies of what we might do if we weren't afraid. I'm talking about those ideas that flash in our minds, giving us a glimpse of what it might feel like to act upon something that lives only in our theoretical parts. That if you did this thing you think about ng bos fdn I m tves

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Yet, in the figment of our imagination, our inner voices suggested that we should leave it all for an extended period of time, just for the exact sake of doing so.

Disconnecting ourselves completely from our lives was not only enticing and thought-provoking,

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Three hours into our hike, our oldest, Simon, started complaining of a headache. We pushed forward, making sure to hydrate and snack frequently. After all, when we hike at home, this seems to fix everything. Hours later, at an elevation we'd later learn was nearly 14,000 feet, Simon and I were suffering from severe headaches and nausea and the

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People talk about gaining perspective through midlife crises. For us, it took a single night in a clouded-in cave in the middle of Colombia. We spent a few more days in and around El Cocuy, in a state of indescribable gratitude. Our family came away from that night closer than ever. Suddenly, being together every minute of the day was all we wanted. Time slowed down, and a chunk of our North American sense of "git er done" still remains camped out in that cave. From

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On many mornings, I woke up in my sleeping bag, wedged between the mess of four people living in a van, and wondered, How is it that I am just now, for the first time, getting to truly know my family? We suddenly had no work, school, sports, laundry, or yards and homes to maintain. We weren't plugged in and we were no longer weekend warriors. The kids had a few bouncy balls, a Hacky Sack, and a Frisbee (which we eventually gave to a family in Ecuador). We had a few outfits each and an entire section of the van devoted to books. We barely had anything, but we became engulfed in a richness we had never known.

We met person after person who reminded us that people are inherently good. We observed a culture that believes in using and taking only what they need. A world where there are giant

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