

Most of the quotes were collected by Eric Brymer in his interviews with extreme sports people.

Groups A and B use the following categories:

- **TOTAL ATTENTION**
- **LOSS OF FEAR**
- **A FEELING OF INTEGRATION WITHIN ONE'S SELF (You experience the totality of your self)**
- **THE EXPERIENCE IS INTRINSICALLY PERFECT**

Quotes for group A in randomised order:

“It’s an opportunity to experience places and a way of looking at things that we can’t normally do because we’re too restricted by ... our own fear.” (B.A.S.E. jumper)

“When you’re free-soloing [mountain climbing without ropes], you can’t afford to be distracted. You concentrate on the flow from move to move. You exist only in the present” (Mike, free solo climber)

“In meditation the aim is to ... go underneath your conscious mind and ... find a place that is infinitely calm... but you can also experience the same awareness through B.A.S.E. jumping and ... [occasionally] in climbing” (Extreme sports person)

“The real... reward of doing something like B.A.S.E. jumping ... is ...[the] elation... this incredibly exhilarating experience, this absolute... celebration of... living” (B.A.S.E. jumper)

“I can only compare myself now with what I used to be when I was not an adventurer and was a more ... unbalanced person and you know the worst part was I didn’t even know I was unbalanced.” (Extreme mountaineer)

“Everything seems to be in a time warp. Everything slows down. It’s total concentration. To me it’s completely relaxed because everything else is off your mind.” (Skydiver)

“The trick I think is to be able to control the fears and then... you don’t feel hyped up with adrenalin

but ... you are feeling relaxed.” (Extreme sports person)

“Pushing yourself physically... and then to be able to stand at the top with...one single parachute... All of a sudden ...well, you’re not this body, you’re not these thoughts, and you’re not [that] part of you that’s constantly chattering away about the things you can’t do – you’re none of those things, you’re so much more.” (B.A.S.E. jumper)

“In a sport like ours it’s a question of survival. If you’re not perfectly in the present moment, if you’re not ultra-connected with your environment, like an animal who’s hunting, you take many more risks.” (Steve, wingsuit flier)

“Because you were so focused on doing what you were doing, everything else goes away.” (Cathy Cush, deep diver)

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Quotes for group B in randomised order:

“you’re just literally flying along the wave with the air ...under your board ... almost making you weightless ... it’s just a sense of *being*, and you don’t want to do anything.” (Big-wave surfer)

“if something goes wrong in a B.A.S.E. jump you have to do something about it extremely quickly so you’re at this level of alertness that you’re not in a normal life ... you’ve got every central nervous system receptor ready to fire in case you’ve got to deal with a malfunction and in dealing with a malfunction you’ve only got seconds to sort it out or you die.” (B.A.S.E. jumper)

“You’re dealing with ... primal forces within yourself ... so to go mountaineering is to reinvigorate... a really fundamental core part of your being... [It] gives you so much more of an insight into ... your potential and your capacity.” (Extreme mountaineer)

“To get there you have to push yourself very hard physically and then to step off you have to let go for an instant of your attachment to everything, your attachment to your life, your attachment to things, you just have to let go of that.” (Extreme sports person)

"The stresses of high-altitude climbing reveal your true character; they unmask who you really are."
(David Breashears, mountaineer)

"40 seconds of pure happiness... I am engulfed with optimism, screaming with the feelings of freedom." (Skydiver)

"Everything else is stripped away so we don't have any of the things that distract us." (B.A.S.E. jumper)

"The sport, flying, has taught me to know myself. I have come to know myself physically and mentally; my own patterns of reaction. I know myself all the way out to my fingertips, all these tiny movements. Or, I am aware of my own reactions when I am full of adrenaline and happiness, or full of fear." (Adam, wingsuit proximity flier)

"You're like in a tunnel... you are super sharp in your senses... it's optimal focus with letting go of everything. Because you have to be in the present moment. There is no way you can multitask in such a survival-based situation." (Steve, wingsuit flier)

"When I finally look up, ready to take that first stroke, [the fear] simply vanishes. It must be gone so that the body is loose and can function efficiently, quickly and naturally." (Corran Addison, extreme kayaker)

Groups C & D use the following categories:

- **RICH PERCEPTION**
- **THE PERSON MERGES WITH THE EXPERIENCE IN TOTAL HARMONY**
- **AWE OR REVERENCE**
- **FEELING GOD-LIKE (You attain your fullest potential or experience total control)**

Quotes for group C in randomised order:

"Dropping one's defences, feeling the harmony, becoming the snow field, becoming one with the scenery – that is the 'kick.' (Commentary on extreme skiing)

"What motivates me is the state I enter into. There is a real clarity and heightened senses – both physically and of mind...All my senses just feed in." (Extreme kayaker)

"Being out there in the mountains. It's awesome. You feel like you're floating. You're kind of weightless. You feel like you can do anything, [you're] indestructible." (Andrea Binning, extreme skier)

"On a B.A.S.E. jump off a beautiful cliff... it's very still, very quiet, so ... you can take a few moments to become one with the environment ... it's easy to be peaceful." (B.A.S.E. jumper)

"the first time I B.A.S.E. jumped ...it was one of those experiences that shatters the way that you looked at things in the past because ...[in ordinary life] you're constantly filtering and judging, and an experience like B.A.S.E. jumping helps you shatter all of those things." (B.A.S.E. jumper)

"With B.A.S.E. jumping you can ...stand on the edge of these huge cliffs and ... put your arms in the air and you're totally vulnerable and totally part of the environment." (B.A.S.E. jumper)

"Things reel in slow motion and certainly my senses are never anything like a sharp as they are in those situations ... you see things with incredible clarity and all your senses have an awareness an alertness ... you realise that your senses are not working to their full capacity or even coming close

to it until you are in such a situation.” (Solo expeditioner)

“[Altered states are] very intoxicating ... and it’s also important in ... becoming more aware that we are not what we are in our everyday life; in our everyday life we are not particularly challenged ... [it’s] uncomfortable to get [to the extreme sport experience] but infinitely worthwhile” (Mountaineer)

“As I down-climbed Neva’s lethal slopes... I climbed with the impeccable sureness of a snow leopard, a mountain goat. I crossed disintegrating chutes of rock holds vanishing from under my hands and feet as I moved, a dance in which a single missed beat would have been fatal. I used bits of rime (ice) clinging to the granite as finger holds. They rattled away into space but I was already gone, away...[I was] the best possible version of myself.” (Rob Schultheis)

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Quotes for group D in randomised order:

“I became aware of the total correlation of man, surfboard and wave.” (Laird Hamilton, big-wave surfer)

“You can go really incredibly special places B.A.S.E. jumping ...if they happen to be special wilderness places well that’s all the more awesome.” (B.A.S.E. jumper)

“My whole world just goes into slow motion and all of my senses become amplified. My sense of smell and taste and hearing are just electrified.” (Bobby, skier)

“Your possibilities are bigger because ... those absolutes that you were putting on yourself ...were just false... we think we’re bound by a particular area and we’re not really” (B.A.S.E. jumper)

“if there’s avalanches coming down around you ... but then you still manage to get your head together... it’s very empowering ... to just feel so .. in control of my life despite all these out of control things that were going on around me.” (Extreme mountaineer)

“You’re totally connected to the environment so you’re no longer... bound by the constraints of a physical body anymore... it’s a life-altering insight.” (B.A.S.E. jumper and mountain climber)

“It’s a complete sense of belonging. Like, ‘Ah, this is me. I remember now. I am from this, this is my home’ ...there’s a sense of being stripped back, brought back, returned to the world. I think that ...the intelligence that exists within nature – that is nature – is that which makes me possible. I experience a feeling of being kindred with nature.” (Hannah, extreme athlete)

“on every B.A.S.E. jump ... your awareness of one second expands enormously so what we would normally perceive in one second is very little compared to what you perceive in one second on a B.A.S.E. jump .. it feels like it’s in slow motion ... you can see the tiny little creases in the rock and different colours in the sky and you’re totally aware of where your body is in space and how its moving and ... its very surreal.” (B.A.S.E. jumper)

“For me [being at the top of the waterfall waiting to descend] feels like being in another world and ...the only way back to [the] real world ...is to drop over the fall... I often dream that I’m able to take somebody else’s being and put it inside my body just to let them look out through my eyes because it’s such an amazing situation to be in. There’s no way they could possibly understand the feelings, to feel what I’m feeling and to see what I’m seeing because you never get to see those things. It feels like being in another world.” (Tim, extreme kayaker)

EXCLUDE THE FOLLOWING QUOTES FROM THIS ACTIVITY:

"I...look at the reality: nothing is made to last, and we are all gonna die someday. ... So ... you admit that reality and choose to enjoy, live, and love the rest of the tiny spark that is our short life in the infinite universe." (Fred)

"It's a very enriching experience, very rewarding; it allows you to focus on the now and live in the moment, forget about your worries in life and I wish that everybody could understand their position in the greater scheme of life."- Pinky.

"My own feelings about B.A.S.E. jumping ... it's just the total opposite of what [I] thought...[it's] one of those mind breaking moments ... I believed totally and absolutely and unequivocally [that B.A.S.E. jumping was a horrific thing to do] ... and no one could have convinced me otherwise, and here I am at the opposite end, so what does that say about everything I think[?].... it is just one way of looking at it, not the right way, so ...I ...try not to judge things anymore." ESP 8

"Hooking... into another kind of time-and-space frame than everyday life in the industrial world provides a deeper, grander way of looking at things. It's hard to take the petty... gossip, the fads, neuroses, squabbles half so seriously when you have been soaring with hawks, diving with the dolphins, running with the elk." (Rob Schultheis)

Climbing is a sport that involves you and the rock. The rock is a totally natural formation that's been there for maybe millions of years. When you're on the rock, you have no choice but to adapt to what is there... The rock is indifferent (Lynn Hill, climber)

"You know to accept and handle the responsibility [for your own life] and say 'yes I will find my own meaningfulness and my own fulfilment' and you know everybody gets an opportunity but not that many people actually take up the mantle (ESP 7 extreme mountaineer)

By facing death and truly experiencing the reality of our own death we learn to live fully. (Eric)