



The Summit Within



The emotions arose through me as I stood on the **summit** (the highest point) of Everest. I looked over miles of **panorama** (view of wide area) below us and exclaimed, "It's all over !" Instead of being happy, there was a shade of sadness because I had already done the **ultimate** (final) in climbing. There would be nothing higher to climb. All roads hereafter would lead down.

Memory of Climbing the summit of Everest lasts a lifetime. The experience changes you completely. After getting down from the summit, the physical tiredness had gone. I asked myself : "Why had I climbed Everest ?" A question came in my mind, "Why do people climb mountains ?" Others have said, "Because it is there." It presents great difficulties. Man takes delight in overcoming **obstacles** (difficulties) in climbing a mountain. A climb to a summit means tolerance, hard work and will-power. The demonstration of these qualities is very exciting.

From my childhood I have been attracted by mountains. I was unhappy, lost being away from them. Mountains have nature, beauty, majesty and great challenges.

|| Win the self and you have won the world ||



It takes the last drop of one's energy. It is a tough struggle with rock and ice. Once taken up, it cannot be given up halfway even at the cost of life. When the summit is climbed, there is a feeling of victory and of happiness. Seeing a peak, I feel an inner change in myself. By its beauty, loneliness, might and uneven slopes the peak draws me to it.

Everest is not just a physical climb. The man who has been to the mountain-top becomes **conscious** (aware) in a special manner of his own smallness. It is a **unique** (uncomparable) achievement and a sense of **fulfilment** (satisfaction). It is the eternal love for adventure in man.

What is a typical climb ? You are sharing a rope with another climber. He cuts the steps in the hard ice. Then he fixes a rope and you go your way up. You use every drop of energy as you take a step. Breathing is difficult. There are moments when you feel like going back. It would be complete relief to go down, instead of up. There is something in you that does not let you give up the struggle. And you go on. Your **companion** (partner) keeps up with you. Just another fifty feet or hundred, may be. You ask yourself. Is there no end ? You look at your **companion** and he looks at you. You draw inspiration from each other. And then, you are on the summit.

Looking round from the summit you tell yourself that it was important. Other silvery peaks appear through the clouds. If you are lucky the sun may be on them. The surrounding **peaks** (the top of hills) look like a **jewelled** (decorated with jewels) necklace around the neck of your summit. Below, you see vast valleys sloping into the distance. It is a **thrilling** (exciting) experience to look down from the summit. You bow down to the God.

The experience of climbing the summit changes you completely.

There is another summit in your own mind. You must climb it to reach a fuller knowledge of yourself. The inner summit is fearful and hard to understand. It cannot be climbed by anyone else. You yourself have to do it. The effects of both the climbs are the same. They teach you much about the world and yourself. The **internal** (of inside, મનુષ્યના મનમાં રહેલ) summits are higher than Everest.

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Do it Yourself

Q.1 (A) Find out these words from the puzzle and circle them. One is given for you :

Summit, obstacles, companion, peaks, valleys, thrilling, unique

d	e	v	a	s	v	a	l	l	e	y	s	o	x
c	f	k	s	r	y	x	o	m	t	i	l	q	t
o	a	r	u	n	i	q	u	e	z	f	o	g	j
m	u	w	m	o	p	s	r	c	e	h	s	u	m
p	c	p	m	p	o	b	e	s	p	e	a	k	s
a	a	a	i	j	a	f	w	t	h	r	s	z	y
n	s	d	t	h	r	i	l	i	i	n	g	a	b
i	p	k	d	c	o	b	s	t	a	c	l	e	s
o	e	q	m	u	m	i	e	x	a	w	r	g	k
n	k	s	o	i	s	u	t	z	l	v	l	f	s

Q.2 (A) Check your understanding by choosing the correct options :

- Standing on Everest, the writer was
 - overjoyed
 - very sad
 - full of worries
- 'The Summit of the mind' refers to
 - full knowledge
 - great achievement
 - victory of mind over wordly pleasures
- According to the writer, once the climbing starts,
 - it seems without difficulties,
 - it can't be left unfinished
 - leave it when it seems risky.

(B) Answer the questions based on the text :

- Who is your best companion ?
- What is eternal in this universe ?
- Are you conscious about your weaknesses? Make a list.
- What was your thrilling experience this year ?
- Is anger internal or external ?

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