

HikeStorming is an organization developed in the Bay Area that is dedicated to high-level exercise and thought provocation using deliberate, mind-stimulating techniques.



RANCHO SAN ANTONIO COUNTY PARK, Los Gatos – Jun 15, 2015 – Standing in a circle at the entrance to the park, overlooking the dried up model-airplane field and the dusky sky melting the hills beyond, Dr. Shabbir Latif unfolds a small pouch revealing tiny, silver

trinkets, which he calls emotocons. He asks each of us to think of a time during the last two weeks in which we were received an act of kindness and to find an emotocon that symbolizes that story. I picked a small baseball cap because a dear friend, who emits an immaculate swagger, had visited me earlier that week, and I was very grateful to have spent some time with him. We each patiently explained what our symbols represented, and the emotional awareness of the group slowly awakened. Once we finished our stories, we returned the emotocons and began our hike, as Dr. Latif discussed the foundations of Emotional Intelligence and how we can use it to take control of our lives.

I felt as if the world had slowed down to a crawl as I breathed in the space under the sunset, and I began my story to a fellow hiker within our group about my practices that I had done to bring myself into emotional stability.

This was not my typical Monday evening hike.

HikeStorming was created by Lee Chazen when he was looking for a more effective way to develop new ideas. As a mobile thinker, Lee blazes through the trails that hug the Peninsula and South Bay, and doing so helps him generate new ideas to connect and to create.

He introduced this practice to the public so that others can enjoy the same process. Picking up Dr. Shabbir Latif, who runs the Emotional Intelligence HikeStorming variant which I described earlier, the two are creating a specific environment in which you can explore your creative and innovative mind while you are out on the trail, sweating, breathing, and thinking.

Their goal is to synergize. While you are walking out there with like-minded individuals, something about being in the ever restlessness, yet stillness of nature makes one plus one much, much more than two. During some hikes, Lee may invite you to answer a thought provoking question that can lead into a discussion. Other times, it will be a free-flowing conversation. At the end of each session, participants are welcome to record what they learned or what they shared onto their own mobile device, and, if they so wish, can post it to the growing HikeStorming community.

Lee is not limiting this idea into just hiking either. Running, disc-golf, camping, any of these and more can be places where people can come together and share their ideas. The point is to gather open-minded individuals to establish an atmosphere in which thought-provocation and physical activity can be combined so that you might actually discover something great. It is an experience I highly recommend to the thinkers, to the hikers, and to anyone who is looking towards their champion selves.

Posted by Andy Truong on July 19, 2015

Facebook Link: <https://www.facebook.com/hikestorming>

Meetup Link: <http://www.meetup.com/Silicon-Valley-HikeStorming/>

Dr. Shabbir Latif's Website: <http://www.shabbirlatif.com/>