JUNE 2019 VOL. 5

THE DIRTY SCURVY CONE REPORT

LIFE LESSONS, ADVENTURES & RECOMMENDATIONS

By Mike Maroney and Shanda A. Stevens

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Quote of the Month

Manifesting Courage

By Mike Maroney

So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and grovel to none. When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself . Abuse no one and no thing, for abuse turns the wise ones to fools and robs the spirit of its vision.

When it comes your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home. - Chief Tecumseh

Hooyah!

Read & Listen

Why it matters, why it's relevant, why I recommend it.

Henry V by William Shakespeare. Even Jocko loves Shakespeare so it must be cool or at least ok to read and quote the man, his plays and stories. From the first time I heard the St Crispian Day speech I have since loved Henry V. (Visit YouTube and search St. Crispian Day Speech all are good except Loki's I believe, no disrespect to the Norse trickster god.) It inspired me so much that I felt compelled to storm a beach or breach a wall with my friends and compatriots for whatever greater cause that we were striving for. It's an excellent play when done right and is my favorite of the Wartime plays but also the only English Monarchy story that I enjoy. The rest of them are historical whatever to me, but this one is probably my favorite speech. From this speech my thoughts flow to the phrase "Praised be God, and not our strength, for it!" Spoken after winning the Battle of Agincourt in 1415, which for me is always my stance. For I am not the one doing it, I am just a vessel fulfilling whatever my purpose is. It's a great read, it will inspire your mind and fill your heart with love for your fellow human beings and remind you to appreciate the people you have in your life, because you never know what tomorrow holds

Podcast of the Month - Joe Rogan Podcast
God Bless Joe Rogan!!! What hasn't this man thought about or what question hasn't he asked on behalf of us the people. Joe Rogan is the people. The man introduced the podcasting world Jocko Willink and I could be wrong but I think he was the first of the big podcasts to interview him. And let us not forget he told Jocko he needed a podcast of his own and look where he is now. Joe Rogan is a lot of things to a lot of people and I thoroughly loved his Interview with Laird Hamilton (5/21/19 #1301) it was phenomenal! Laird is the guy that I hope to be now and later when I am older. This was a very interesting conversation about training, warming up and the science and passion of how to live your life. The quote of the podcast for me was "A lot is good, even more is better!!" LH

Book Recommendations from Laird

The Blue Mind by Wallace J. Nichols
The Oxygen Advantage by Patrick McKeon

M.M.

Mind, Body, Spirit

By Shanda A. Stevens

I spent many years as a Flamenco dancer, a strict and technical form of dance that requires copious hours of weekly rehearsal and technique repetition. There were many times I stood, hunched over, hands on my knees, gasping for breath in a heated studio, with sweat and tears running down my face and body wondering why I was doing this. Bloody feet and sore joints didn't seem to reverse my drive for mastery. During one of these frustrating classes my professor walked up to me and said, "Shanda, you are thinking too hard, you are in your head, just feel, just dance…" I didn't get it, so she continued, "Flamenco is pain, it is the grit of your life, the memories and trials of failures and frustration, it is ugly…" as she balled a fist into her gut, "but it is a beautiful pain." And then it made sense, I was over thinking choreography, questioning each turn, stamping hard into the wood floor, trying to make my footwork logically connect, when all I really needed to do was dance, channel the pain and dance. I knew the choreography but my thinking brain was ruling me when my spirit needed to be front and center. Basically I needed to get out of my own way. It is a lesson I haven't forgotten and I have applied it to many aspects to my life. This lesson applies to you as well. As I work more and more with Mike and cones of all levels I witness overthinking, questioning and frustration, cones getting in their own way. While I realize this is the brain doing what the brain does I now understand the importance of getting out of your own way and feeling what you are doing. Feel from your gut, your knowing, perform from here, not your brain. Underwaters are a great example, the over analysis of technique often inhibits the bodies ability to work and perform at higher levels. Underwaters are not all that different from Flamenco, they are technique, technique, technique and they are also a beautiful pain, I have seen graceful underwaters and sloppy underwaters too. The pain and toil of your failures, the drive you must have to keep showing up and be consistent with your training is the pain which makes beauty and success. So this month challenge yourself to let your spirit, your knowing go before you, let your brain follow the leaders. When you are underwater take time to feel, sense and dance the choreography that is before you. After all life is a dance and underwaters are pain, but they are indeed a beautiful pain.

Peace, Love & Rescue
Shanda

Upcoming Events & Announcements

Have you visited our website? If not check in at www.dirtycones.com you will find information on upcoming events, useful information, podcast access and much more!

Are you a member of our Cone Fit SA Facebook group? If not search us up and request access!

Have general questions or comments? Email us at dirtyscurvyscones@gmail.com

Quote of the month: Willink Hamilton 2020

Events

Our weekly training calendar in online at www.dirtycones.com it is updated daily so check in often!

June 23, 2019 : It's Backyard Movie Night! We will be kicking it old school with the VCR and projector screen, showing Fight Club and the Last Starfighter hope you can make it! More details to come...

RSVP for events and training
dirtyscurvyscones@gmail.com
or 210-542-6532

Call to Cones

Help us share Pararescue and its mission with a broad audience. We are currently calling all cones to write into Jocko Willinik and suggest Mike Maroney as a guest on his podcast. We all understand the power of the message that Mike delivers, both in inspiration and motivation, as well as lessons from his many career missions. Please send in your requests to:

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