



SECTION 4: MENTAL MYTHS & EGOS THAT HURT

"The mountain doesn't punish pride. It simply doesn't pause for it."

Myth 1: "I've done Kedarnath. I've done treks before. I can handle this."

No two journeys are the same —and

Amarnath Yatra is not a fitness challenge.

This is a high-altitude, long-duration walk where:

- The **air gets thinner** by the hour
- The **crowds** are unpredictable
- And your **body may react differently** every single day

> *It doesn't matter what you've conquered before. This isn't a competition. It's a communion.*

Myth 2: "I have faith. Nothing will happen to me."

Faith is beautiful.

It gives you courage, grounding, and hope.

But **faith is not a substitute for oxygen.**

Lord Shiva meditated for thousands of years—but even **He prepared.**

Even He **chose a cave.**

Even He walked with **Nandi.**

> **Don't confuse surrender with denial. Divine grace works best when you show up for yourself too.**

Myth 3: "I'll keep up. I don't want to slow the group down."

This one — has taken so many lives.

You feel a little dizzy, but you push. You fall behind, but you don't want to speak up. And suddenly, you're alone, too far from help, and no one knows.

If you slow down, say so. You're not burdening anyone. You're offering them a chance to see you — to walk together.

Speed does not equal success. Togetherness is the real triumph.

Myth 4: "It's just a headache. I'll walk it off."

This one is dangerous.

- Because the mountain hides its warnings in ordinary symptoms.
- A **headache may be early AMS**.
- **Nausea** may be a sign your body is already in distress.
- A **skipped meal might lead to a collapsed lung** on the climb

You don't "walk it off" on a glacier. You sit it down before it takes you with it.

Myth 5: "I'm strong. I don't need help."

Strength is not about ignoring your body. It's about honoring it.

- **Taking oxygen** doesn't make you weak.
- **Resting** at a checkpoint isn't laziness.
- Asking for a **mule ride is not defeat**.

The strongest yatri is the one who walks with clarity — not ego.
