

TRANSCRIPT

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[Intro]

Hello! And welcome once again ladies and gentlemen to Success Left a Clue, the podcast where I your host Robert Raymond Riopel come to you with all of the things I learned from traveling around the world and turning them into those nuggets of gold and bring them in on this podcast.

So I want to welcome you to Episode #90, 9-0. Almost two years of doing podcast. This is awesome and enjoying it, having a great time, learning a lot. And this episode is called "Vanping" and you might wonder what the heck does that mean. Vanping, and that means van camping, camping in your van. The importance of getting back to your roots and the simple things in life. Yeah, there's lessons in this believe it or not. I'm going to come up with some of the craziest stuff coz a lot of lessons come from some of the craziest places. Let me explain what I'm talking about.

A couple of weeks ago, my wife and I traveled from our home in Alberta to British Columbia to go and attend a wedding of a very amazing couple that we've had the pleasure of knowing for a number of years and working with and transforming lives with. They were finally getting married and we wanted to go to this special occasion. So we made arrangements because it was going to be a quick trip.

We're just going to head down, go in our van, do a quick trip down, attend the wedding, stay a couple nights in an Airbnb and take a quick trip back. We had our puppy dog, Diego; he is about ten or eleven years old and he's an amazing little guy and our new kitten named Reiki; she's only I think about two months old; not very old at all. And so, we drove down Airbnb, had a great time and we were in the middle of doing our move from one house to our new property and so we're getting ready to head back.

I'm like, you know what? We've been go, go, go. Why not take a little extra time. We have a membership camp ground, costs us nothing to stay there. It had a beautiful lake. So, why don't we camp? And we're like wow, we only have our van. We bought a few supplies and we thought we could pick up other things we need at the dollar store, whatever we need. We had an air mattress; we can inflate that in the back of the van and lay all the seats down and it should be good.

So we got hold to see if there was space at the camp ground. There was so we head up. We inflate, we setup and we started just relaxing. The reason that this kind of really hit me is because for the last 19 years I've owned an RV 34 Travel Trailer that anytime we go camping, you might call it glamping, which means glamorous camping because we have this RV that has everything we need: two TVs, it's got microwaves; it's got all of it. So it's not really camping. And here we were, 19 years of being able to camp anyway we want. We do a lot of camping and here we are getting back to the basics.

Barely having anything we need, actually because we want to make our own meals, we don't want to go to restaurants so we pick up a few supplies and we really got back to when my wife and I started. See, when we were first going out, we didn't have a lot of money and one of my first vehicles was a pickup truck. Our camping is always consistent because her family did a lot of camping, mine never did. So this was kind of new to me. We started in a tent. We started in the back of our truck where we would have our camping on it. We'd make our bed in the back of the truck. We would have a Coleman camp stove and have just the basics. You wouldn't spend a lot of time in the back of the truck because you spend most time, I'm on chairs, hiking, fishing, swimming in creeks, whatever it was.

And so, all of a sudden, here we were, after 19 years of having our RV, we are now back to the basics. We have the essentials but we're having a blast. We don't have lawn chairs because we didn't bring any. So we're making do. We're playing cards on the picnic table. We're going sitting by the creek and sitting in the water, taking our dog and our cat down there and enjoying and reading and just spending time, really back to the basics.

It kind of ties into the podcast I recorded just a couple ago called don't stress, commit to getting it done. And all of a sudden, here we were tying into that and the one before 'when life gets hectic, pull some weeds from your garden; so what a great way to de-stress.

We're committed to getting stuff done, like the move. So we knew we were going to get it done. So now we had all the time during the day to sit there, relax, read and check into what weeds were overwhelming us or making our lives a little bit too busy and we started pulling out some weeds. We thought we would be there maybe two days that turn into three days which turn into four. People giving us the strangest look because they're seeing that we're camping in our van or vanping. And we were just having a great time; getting to know people around us. One of the full time people at the park, we help them move their trailer coz they had to move and we help them bring up stuff and move stuff, and get reset up because we like helping. It was so refreshing.

So the reason I decided to do this episode is to ask you, where is it in your life that you just need to get back to your roots; get back to the simple things in life. Coz if you're overwhelmed right now and you're feeling stressed out and things don't seem to be going well, take a look. Have you made your life so complicated? Has having an iPhone, an iPad, a smart device or whatever it is, is that what you are now glued to or can you actually set it down? Can you actually play some cards, read a book? Heaven forbid give yourself a little bit of time to just chill in the sun. Go sit in the creek. Get back to nature. See everything you need to learn ladies and gentlemen, you can learn from nature and that's one of the beautiful things.

So that's why I wanted to do this episode. Just shoot it out to you, vanping. This trip was so great that my next episode is going to be vanping 2 and it's going to have another whole piece to it. So listen on. Get the lessons. Get back to the basics. Get back to your roots.

So this is Robert Raymond Riopel. Always live with passion. Remember my book, *Success Left a Clue* is on amazon.com or amazon.ca. You can actually get the book or you can get the electronic version. Pick it up. And remember again, always live with passion and we'll have you on the next episode.

[Outro]