

INTERNATIONALLY SOLD · A NEW GLOBAL MOVEMENT

COLD SHOWERS

COLD THERAPY – BREATH – STATE MASTERY



DUANE ANTONY FORREST

A BOOK FOR EVERY MAN, WOMAN, TEEN... AND DOCTOR!

By Duane Antony Forrest

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Praise for Cold Showers: The Journey Within “Unbelievable! Amazing Book! Life Changing! To be read and read again, “*Profound and inspiring*,” “A must-read for anyone seeking true self-mastery,” “Insightful, empowering, and highly recommended.”

Cold Showers: *The Journey Within* presents a cold shower practice as more than physical discipline — it’s a path for stress relief and inner development. Through Duane Forrest, it explores the cultivation of resilience, courage, and mental and spiritual clarity—an invitation to embrace challenges such as personal growth and uncover inner strength through each invigorating shower.

Dedication

This book exists because of the unwavering love and support of my wife, Kirsten; the insights and tough love of my friend James; the strength and guidance of my mother, Kathleen; and the wisdom of my father, Bill. With gratitude also to John (1937–2020) for his silent guidance, and to Chris M. for unknowingly setting this process in motion.

THANK YOU

Thank You,

Welcome, and Thank You!

Who This Is for and Why You'll Keep Reading If you've ever picked up a book by David Goggins, Jocko Willink, Tim Ferriss, or Ryan Holiday because you wanted to move past excuses and build something real, this is your next step.

If you've chased peak performance with Wim Hof breathing, ice baths, fasting, or biohacks from Dave Asprey and Ben Greenfield, and wondered what was missing beneath the surface, this is the missing layer.

If you're drawn to energy work, breath mastery, subtle perception shifts, or ancient teachings like Taoism, Zen, or the esoteric wisdom buried beneath modern noise, this book was written with the solution to that quiet hunger in mind.

If you're an athlete, executive, entrepreneur, or goal-driven professional seeking a structured, internal framework to sharpen focus and sustain high output, consider this your dojo.

If the Stoic idea of embracing discomfort to grow resonates with you, this is self-mastery in motion, not theory. You're not here for a gimmick. You're here because you want alignment: a belief that holds, a presence that doesn't waver, and tools that translate into real, repeatable state-shifting.

The Ultimate Cold Shower is the doorway. What follows goes deeper—into breath, vision, energy, and the internal architecture that governs how you show up. Please read this as a manual. Use it as practice. Please share it with the people who push you, challenge you, and need to see themselves reflected in a method that doesn't dilute the edge.

Here, you'll find straightforward, easy, and repeatable tools & methods that shift your internal states, align breath/body/mind, access subtle feedback loops, create internal sovereignty, and build real momentum in just minutes a day. **This book is your missing piece training manual.**

PREFACE

The names and traditions you've seen referenced—each carries real merit. I recommend each exploration; they've been signposts on my path. Sharpened questions, offered frameworks, and opened doors.

That said, **don't go anywhere else first. What you're holding is the starting block that brings those influences together** into something you can use in real time: a practice that lets you see your state, shift it, and build sovereignty over how you show up.

You gain the clarity of their best insights without needing to chase them separately—then, if you wish, you can dive deeper into the originals from a more grounded perspective.

Stay here. Begin. Then build. This book isn't about adding more to your life—it's about uncovering what's already there, waiting for you to see it. You've chosen to explore the better version of yourself. Let's begin this incredible journey together. **Welcome to Cold Showers - The Journey Within.**

QUICK CLICK

Quick Click – over to Amazon and get these timers. They're essential, and by the time they arrive, you'll be finished with the book, and they'll be ready to use.

The Hourglasses: Timeless Tools for Timed Practices. Simplicity is essential for mastering the art of the cold shower and its related practices. That's where the small hourglasses, made of plastic, come in—a simple yet highly effective tool that removes the distractions of modern devices.

No fumbling with wet fingers on a phone screen, nor disruptive noises or alarms—just a quiet, steady flow of sand marking the passage of time. For about \$20 on Amazon, you can find a set of 6 timers with vibrant-coloured sands for intervals of 1, 3, 5, 10, 15, and 30 minutes.

These waterproof timers are versatile tools for your practice. They're built to last; in my experience, they've become essential over time.

Why Hourglasses? I switched to hourglasses after realizing that timing my practices with my phone was more of a hindrance than a help. Screens, water, and fingers don't mix, and checking a timer on a device disrupts focus.

Running two timers is challenging and having alarms go off when I want to continue can be distracting. The hourglasses are unique in that they integrate seamlessly into your cold shower routine.

<http://www.coldshowers.ca/hourglass> or [Click Here](#)

The Journey Within: A Reader's Introduction

What if the key to unlocking your potential isn't hidden in another theory or hack, but right in front of you—woven into your breath, your focus, and the icy clarity of a cold shower?

This is not just a book about cold therapy. It's a self-mastery guide disguised as a how-to manual. The audience stretches far beyond those curious about cold therapy. It's for anyone chasing absolute alignment—those who've hit the limits of habit, stood at a crossroads craving change, or wanted more coherence between mind, body, and feeling.

It's for the high achiever hungry for structure. The seeker is drawn to subtle awareness — the stoic who understands growth through challenge. And the person is tired of surface-level “wellness,” ready to go deeper.

Providing a clear starting point: practical, repeatable practices that bring your inner mechanics into view. From foundational breathwork to the discipline of presence, from observing your inner narratives to choosing your state—you'll uncover what's already true beneath the noise.

Daily 10–15-minute practices may seem simple, but they create ripples of clarity, dissolving old stories and opening space for uncommon focus, sustained energy, and a quiet sense of sovereignty.

This is an invitation—not to become someone else, but to rediscover the version of you that's been waiting: more aware, more present, more in control of your inner state. The path ahead is practical, layered, and built to last.

Framing the Book: This is a journey inward. Each part builds on the previous one, not just in order, but in purpose: to clear the noise, establish alignment, and most importantly, develop a repeatable skill set. Think of it as a line of dominoes—this first one prompts the next, and what starts as a small, intentional action gains its momentum.

The real challenge isn't the cold. It's alignment—finding 10 minutes when your mind truly allows you to show up. The goal is simple: make the cold shower feel natural, integrated, and part of your daily rhythm—not a punishment, but a practice. Not freezing but engaging.

Ironically, a book about a short daily habit can take a couple of hours to read. That's because the surface routine carries depth. What follows distills those layers into steps so that your daily shower becomes more than a habit: a tool for presence, internal sovereignty, and authentic recalibration.

Cold Showers – The Journey Within isn't about enduring discomfort for its own sake. It's about interrupting automatic patterns, sharpening your attention, and reconnecting mind and body so they work together. You already shower every day. Now you're going to do it differently—with intention, with practice, and with effects that continually ripple to change.

This guide gives you both the why and the how. Each shower becomes a doorway. With consistency, your inner systems begin to settle—your attention is different, your

capacity to respond is heightened, and your sense of self finds new space. The habit doesn't just tweak a moment; it changes how you move through what comes next.

The Journey Ahead—The Journey Within. What unfolds in these pages will be personal. The shifts noticed won't always be loud. Friends, family, and colleagues will see it in how you carry yourself, but the most honest feedback comes from the steadier breath, the actions and thoughts that emerge from quieter noise, and the moments of unexpected pause.

You don't "handle" this practice; it becomes part of you. The experiences it unlocks are often challenging to put into words, unexpected, honest, and peaceful. Experts can theorize; the evidence shows up in direct experience.

Early on, there will be wins and moments that feel like nothing. What matters is the practice itself. Whether it delivers precisely what you expected or something different, what you're building is a shift in how you show up—an anomaly in the storm, a softening of habitual tension, a more profound sense of internal ease.

You are reading this now because your future self needed you to. And because someone else might one day benefit from what you're building.

Pascal and Russell both pointed to the same quiet truth: stillness isn't passive. It's a lens. When you give yourself space, ten, fifteen, thirty minutes—the internal noise shifts, and you begin to see what's been running you. "*All of humanity's problems stem from man's inability to sit quietly in a room alone.*" Pascal. And ... "*if we spent half an hour every day in silent immobility, I am convinced that we should conduct all our affairs, personal, national, and international, far more sanely than we do at present.*" — Bertrand Russell. This book isn't about sitting silently for the sake of it. It borrows that discipline and turns it into an active practice under cold water.

The tools here whisper in an echo beyond the shower. They settle into your day, inform your interactions, and quietly nudge new responses. Lean into the process. Embrace the cold. In its depths, you will find unexpected warmth, steadiness, reserve, and a strength that carries into everything you do.

Inside, you'll find a mix of practice and perspective from personal experience and observation. If the book fulfills its purpose, small shifts will gradually create greater coherence. You've reached this point because you're meant to. This isn't just a manual for cold exposure but a framework for how you respond and grow internally. A short cold shower may seem small, but its impact extends far beyond the minutes.

I aim to guide you into a space where presence, steadiness, and surprise are part of daily life. The practice isn't the end; it reveals the quiet, waiting version of yourself.

“What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless but disastrous.”—Thomas Merton.

PART 1 – STATES OF BEING: KNOW YOUR POTENTIAL *The Cold is Not the Lesson – You Are*

This first section is about your body, mind, and untapped potential. It examines remarkable human abilities, hidden senses, and unseen forces that influence your experience. But here's the key: every ability, every example, every sense discussed—you already possess because you do.

Each insight is supported by research, declassified documents, and real-world evidence, all reinforcing one undeniable truth: You are much more powerful than you have been told. This is the access point.

This section isn't just about knowledge—it's about unlocking what's already inside you. Through belief, the cold shower becomes your proving ground—a place to test, experience, and confirm what you are truly capable of. Stories of extraordinary human feats, hidden senses, and tested abilities—the goal is simple: to make you believe in yourself.

Once you realize these abilities aren't just theories but real possibilities for you, taking a 5-, 10-, 15-, or 20-minute cold shower and reaching these plateaus won't seem like a challenge. You'll understand it's easily within your reach.

PART 2 – REMOVING STATIC: THE MIND-BODY CHANNEL *Cutting Through the Mental Noise*

Mind to Body, Body to Mind & Removing the Static In-Between: Part Two turns inward. You've seen what the body can do when it's engaged; now you'll see what gets in the way: the constant internal commentary—doubts, judgments, stories—that sits between awareness and direct experience. This mental static muffles signals, hijacks attention, and shapes how you show up.

The work here is practical and straightforward: learn to recognize the chatter, understand its patterns, and begin interrupting it so your internal systems can communicate more clearly. Cold showers aren't the main subject, but they serve as a

built-in reset—brief pauses that expose those automatic loops and give you room to notice and shift.

PART 2B - THE EGO:

The Last Wall Between You and Transformation

Once the chatter softens enough to be seen, the next layer reveals itself: the ego. This isn't a villain or a mystical enemy—it's the organizing system that builds identity, spins stories, defends, compares, and tries to keep you "safe" by replaying old scripts.

Here you'll learn to catch those patterns, name them, and interrupt their automatic pull. The goal isn't to annihilate the ego—it's to get it out of the driver's seat so you can choose where to direct your attention and energy instead of being steered by rehearsed reaction.

This chapter explores the ego's role as the final barrier to higher awareness. It shows how the ego, often misunderstood, can hinder or support growth through its tactics and influence. The ego's attempt to protect us can create limitations. Cold showers are taught here to cultivate mindful awareness, break down barriers, silence the ego's voice, and awaken a new level of self-awareness. This process doesn't erase the ego but helps us understand and integrate it with our authentic selves.

PART 3 – THE PRACTICE: A GLIMPSE PAST SCATTERED THOUGHTS

Everything You Need to Know to Master the Shower

This is where theory becomes practice. You'll build your toolkit and learn the exact sequence: how to prepare, how to breathe, what to listen to, where to focus, and how to move into sustained cold exposure without hesitation. Headphones, timers, breath patterns, visualization, and sensory coordination all converge so the cold shower stops being a surprise and becomes a domain you enter with intention and command.

This section—titled *States of Being: Maximizing the Current Experience*—shows how what begins as a three-minute trial becomes a gateway to longer sessions that fuel clarity, vitality, and enduring life force. You're not just enduring cold; you're learning to access and own internal states, layer by layer. Starting with awareness and simple exposure, you'll identify focus points, apply foundational tools, refine the practice, and take personal ownership of how it lands for you. The goal isn't a one-off feat; it's a consistent way to meet yourself differently in the shower and carry that alignment forward.

PART 4 – TRANSFORMED STATES: WHAT COLD REVEALS *Maximizing the Experience*

This is “The Bridge”: the work that stretches past the ritual of cold exposure and makes what you accessed under the water stick, expand, and carry forward. The shower is a tangible starting point—a daily practice that jolts open awareness. What follows helps you build confidence in that awareness and unlock levels of internal sensing most people never notice.

You’ll dive into how your body already perceives both visible and invisible phenomena—how breath, heat, subtle energy, and internal resistance are signals, not noise. These are the systems beneath the surface that, when tuned, sharpen presence, deepen sensation, and give you repeatable internal feedback.

This section isn’t about adding complexity. It’s about refining what’s already there:

- **Breath Beyond Conception** teaches you to *feel* breath, layer intention with colour, and use structured practices to move energy and focus without getting lost in abstraction.
- **Heat & Sensory Connection** shows how apparent opposites—cold and warmth—interact, how to sense internal heat in the cold, and how to create and work with the “energy ball” pushback for tactile energetic awareness.
- **Energy Nexus: Tactile Energetic Friction Practices** is where the field becomes something you can feel, shape, and use—leveraging magnetic resistance, subtle feedback, and internal tension to tune state and refine control.

These are not add-ons. They are the ways the internal states you’ve begun to access under cold exposure: more grounded attention, quiet confidence, and a refined sense of what’s true beneath reactive habits.

What starts in the shower follows you out. Welcome to your dojo.

PART 5 – THE OPEN SPACE: INSERTING SOMETHING MORE *The Invitation of Clarity*

Personal Expansion: Affirmations, Intention, Prayer, Focused Thought, Faith, and the Question “Who Am I Talking To?”

When the mind quiets, a space opens—not forced but becomes available. In that opening, new questions, intentions, and directions naturally emerge. This section isn’t a set of rigid rules; it’s a collection of tools and practices you can use to give shape to what shows up: (I promise it will show up)

- **Affirmations** that rewrite worn internal narratives.
- **Directed Intention** that focuses your attention where it actually matters.

- Inquiries that surface more profound questions about self, purpose, and connection.
- Focused Thought as a method of alignment between what you feel, think, and do.

Cold showers create a pause. The pause surfaces much later after the shower. This is how you utilize the newfound space that follows. Here, you'll explore how these practices—rooted in both lived experience and practical insight—expand what's possible in how you operate. You'll learn to occupy that open mind provided by these cold shower practices without filling it with noise, to direct its energy, and to notice what shifts when you do.

By the end of this section, you'll have a clearer sense of how to lean into your role as co-creator of your experience: shaping intention, anchoring belief in action, and living with more internal alignment and grounded purpose.

PART 6 – THE PINNACLE: WHO YOU'VE BECOME *Stepping into Mastery*

Here, we discover that this book isn't just about the non-fixed reality of cold, breath-work, or potential in an abstract sense, but rather the endpoint that those daily practices point toward. Here, everything you've built comes together: the interruptions to the chatter, the shifting of state, the quiet ego, the directed intentions. What you've been practicing isn't finished; it's integrated.

In the final chapter, you won't get a tidy "answer"—you'll be shown how the pieces stack, how the moments add up, and how the work you've done shows up without effort in the way you move, choose, and respond. It's a quiet elevation; thoughts become less noisy, presence more habitual, and the internal space you've carved out begins to anchor how you live, not as a one-time peak, but as an ongoing baseline.

This is the place where the book's climax has been building toward. It's not a reveal so much as a recognition—what's already been unfolding, now fully seen and owned. Please read everything before it. Get there with purpose.

As external details dissolve, fade, and attune to what lies beneath, the unseen, around, and within, the sense of self recedes, awareness extends beyond the self, and the world, once assumed to be fixed, quietly rearranges and reveals itself differently throughout *The Ultimate Cold Shower – The Journey Within*.

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Chapter 1:

Know Your Potential – The Cold Shower is Secondary

Before the Water: The Call to Begin

A Soft Beginning

This isn't about science. It's not about gauges or exact temperatures. The only metric that matters is simple: The water from the shower isn't hot, the cold water is on, and it feels cold.

That's it. That's the entry point.

Whether you're in a high-rise apartment, a city townhouse, or standing barefoot in a work camp shower stall deep in the Canadian North, the truth remains: the water is cold. And this is where it begins.

Your shower setup is likely familiar. Sink. Toilet. Tub. Curtain. Towel on the rack. Nothing fancy. Nothing mystical. But soon, this space will become sacred. A daily proving ground. A quiet revolution. This ordinary room is about to host something extraordinary.

If you're wondering, "Am I doing it right?" The answer is: if the water is cold, and you're standing in it, yes. That's enough.

From here, your body and mind will take over. Let them.

What Cold Really Teaches

Zen Master Qingyuan Weixin said, "A mountain is just a mountain. A mountain is not a mountain. A mountain is just a mountain."

Cold showers unfold the same way.

At first, the cold is just cold. Sharp. Punishing. Unavoidable. A mountain is just a mountain.

Then something shifts. The water becomes hotter than the temperature. It becomes texture. Memory. Presence. Awareness. Cold becomes a teacher. A mountain is no longer a mountain.

And eventually, one day, you walk in. No resistance. No story. No fight. You enter the water like you were meant to be there. The cold no longer speaks—because you no longer need it to. The mountain is just a mountain again.

And that shift will follow you for the rest of your life. In your discipline. Your breath. Your work. Your presence. That's the journey. That's why you're here.

This Book as a Tool

You'll discover this isn't a book you read once and put on the shelf. This is a guide. A map. A set of blueprints.

Please read it first, either slowly or in one sitting. Let it settle. Then, revisit it. Mark it. Highlight it. Tear out the pages you need and tape them to your mirror. Make it yours.

If you're listening to Audible, that's excellent, but you'll also want the paperback. Why? Because something here will speak directly to you. You'll want to find it again. You'll want to build a rhythm.

Every section is connected. No part is filler. Some practices will fit like a glove. Some will challenge you. That's good. That's necessary in the shower room.

Because all of this leads to one moment: The moment you step into the cold without hesitation. The moment you realize the person you were when you opened this book is no longer the one standing in the water.

You'll find practices grounded in experience. Words formed not from theory but from time under the water. From mornings in the dark to the body learning, allowing the resonant, silent mind to emerge.

You get the answers and the methods to:

- Breathe in complete alignment within an ice-cold environment, where it matters most.
- Aligned breathing and how it becomes effortless. The nervous system verifies it.
- How to stay in the moment — a skill that yields representative results. The cold will expose you the instant you've wandered off.
- Maintaining absolute focus — not by forcing it, but by dissolving distractions before they take hold.
- Accessing energy that most people have never heard of or been shown.

But more importantly, you'll realize that this was never about the water. It's about you. Your discipline to step in. Your energy. Your mind. Your deeper self. The quiet strength that no one else can build for you.

This book won't give you a medal. But it will guide you to where your strength resides —and meet you there every time you turn on the tap.

Imagine, for a moment,

It's about You....

I Believe ...

Something in you brought you here.

Perhaps it was a challenge you set for yourself, a conversation, or a friend who handed you this book. Maybe you follow voices like Wim Hoff. Or perhaps you've heard there's something in these pages that echoes Tolle's clarity. Or maybe, at the very least, it was simple curiosity.

Whatever the reason, the truth is this: You're holding this book because part of you already started—long before today.

There's an energy inside you that's been waiting. Cold showers are just the door.

Step through it, continue with the book, and something begins to shift—

The way you meet your body. The way you meet your mornings. The way you meet yourself.

Your days begin to vibrate, feel, and seem so much different.

And once you've seen it, felt it, and understood, a shift begins within. It stays. In that moment, something is heard. And what's truth within is rarely—if ever—silent.

Imagine...

As you hold this book in your hands, feel the weight of the potential within its pages. Each word and sentence are a promise of transformation, discovery, and unlocking hidden potentials within yourself—mentally, through imagination, through a small discipline, and new experiences, something you've been seeking.

As you begin to read, you'll find yourself drawn deeper into its pages, exploring hidden and unique insights and feeling a profound connection, and shortly after reading this book, you'll notice a significant change. Words at first, but within the water is where they activate. Captivated by the gentle rhythm of the words, each syllable resonates with a soothing beat that lulls your mind into focused attention within the shower, in your breathing.

The book's lessons stay with the mind, both in and out of the shower. With each turn of the page, imagine stepping into another shower, another experience, gaining a

new skill. Experience a growing sense of curiosity, a desire to uncover the mysteries that lie within. The information in this book captures the mind, offering insights and revelations that resonate with your passion for growth and personal improvement from within.

Imagine effortlessly absorbing the knowledge presented as skin does cool water. Each idea is gently planted into the fertile soil of your consciousness, taking root and blossoming into a new understanding through the proof of your own experience. Your mind happily accepts these cold shower methods as a path to vitality, recognizing the profound benefits that await you—the increased energy, a new definition of ‘clearer focus,’ and a rejuvenated feeling of well-being.

As you keep reading, just like a shower keeps pouring, a sense of empowerment grows inside you. Recognize that you can easily and enthusiastically incorporate these practices into your daily routine.

I understand that the more you read, the deeper a sense of commitment will grow within you—one towards yourself, your health, and your overall state of being. By adopting the practice of cold showers, you will take a significant step towards a life filled with vitality.

There are only five short sections, so with each chapter, a growing sense of achievement—a pride in your commitment. As you reach the final pages of this book, having completed the first 30 days of showers, acknowledge that these daily tasks can be done and are for YOU, gaining a sense of new and unique satisfaction. This satisfaction comes from knowing that you have empowered yourself with knowledge and are now fully equipped to embrace the transformative power of cold showers.

So, dear reader, allow yourself to be drawn into this journey. Embrace the allure of these words and let them guide you toward a life of the best energy, heart, and true being, all through the simple act of showering daily, only a little differently.

THE WHY - THE JOURNEY TO THIS KNOWLEDGE

Like anyone in their career or life, we all work hard at what we do. I live in a city, not on a mountain like a mystic sage. I face the same constraints that many struggle with: time, energy, money, love, and relationships. Balance.

Although our circumstances may vary, the reality and challenges are often similar for everyone. I openly acknowledge that juggling responsibilities, stress, life’s demands, and both new and old obligations creates a frustrating world. The mind forms a constant whirl of dilemmas—each competing and striving to find joy and peace. We

can all feel it; perhaps we can even see it. The struggle to find joy and peace through the pursuit of balance is real and always seems just out of reach.

So, I write from a place of understanding, reflecting this shared human experience. I aim to fill in the gaps of disbelief and help you find ways to achieve success, putting the lengthy cold shower within reach for everyone. The methods here are based on my daily cold shower experiences and time constraints. I can confidently say this: a cold shower *can* fit into your daily routine. What often holds us back is the initial courage to start, along with a solid reason **why**.

If you're looking for a way to take a 10, 15, or even 20-minute cold shower, you're in the right place. You're reading the right book. Over the years, I've tapped into aspects of the cold shower that I find remarkable insights others may have dismissed or overlooked in their teachings.

The methods in this book will guide you through a 15-minute cold shower, opening the door to amazing experiences, including self-generated heat, visualizations, seemingly new dimensions, and projections. You may encounter these details as your mind begins to detangle from the constraints of time and body, the two significant distractions that can be found within the shower (and in life itself).

When you've read or listened to the book, you'll understand what to expect and where these practices might lead you. You'll be prepared for those moments of discovery—those “ah-ha” moments when you recognize yourself in the experiences described. You might say, “This is what he was talking about—this is incredible.” And when that happens, you'll know you're on the right path.

From there, the goal becomes repeated, and each experience becomes more. You'll be amazed at how the journey evolves, and before long, a 15-minute cold shower will feel like it's just the beginning.

SKEPTICS: A NOTE: If these methods don't resonate with you, that's okay—this book may not be for everyone. What I share here are personal experiences and methods that have helped me, and I offer them with the hope they might help you, too.

Sometimes, in our pursuit of perfection or understanding every detail, we lose sight of the value in simply sharing what we know now. This book reflects that belief: that sharing what I've learned so far, as it is, holds more value than waiting for every answer.

By the end of this book, you might find yourself intrigued. These practices may even serve as a gateway—a starting point to something greater. To what exactly? I don't claim to have all the answers. But I know this: cold showers, done in the style shared here, will leave you better.

As you gain confidence with one practice, you may naturally build upon it—adapting, exploring, and creating something uniquely yours. Whether through diet, sleep,

breathing methods, or personal direction changes, the quiet mind will guide you when you're ready to listen. This process is simple yet profound, creating shifts and experiences that echo from your time in the shower into the fabric of your day.

WHAT TO EXPECT

The Monk who inspired the writing of this book.

I watched a monk give a presentation. This monk was speaking of his tumultuous journey of meditation. Discussing the journey of many years, learning to meditate for hours and hours, and finally, he began to see things. He concluded his presentation with wonderful sketches, drawings, and paintings of what he began to see after all those years.

I had a surging heart, hit with a lightning bolt, and all my senses exploded. The vividly coloured art pieces he presented had never been seen before!

I said, "Those visions he had or sees are EXACTLY what I see.... Every Day!" (most days)

At that point, I started taking the cold showers a little more seriously. What was happening with me in the shower was exactly what he had painted. Until this point, I never thought my experiences were notable, let alone special or unique.

My *call* began to *ring* loudly. I was not interested in painting or learning to meditate – I am not a painter. Furthermore, taking time to settle my mind and going on meditation journeys was not part of my schedule. Meditation was not on my to-do list. Besides that, although meditation, prayer, and quiet time with oneself are vital to the balance of the human being, (science), who has time?

The time to settle my mind and be in the 'now' moment with responsibility, work, kids, bills, family, life, stress and just plain recovery, downtime and sleep - who (really) has a chance to inject meditation, and prayer into a daily routine?

The projections, pictures, and experiences he had gained came naturally to me. The fact that this monk presented precisely what I had been viewing caught my attention. The loss of space (cold water on the skin) and time could and often did vanish. It didn't occur to me until later reflections. I found the imagery that took the monk a lifetime to see – I saw in just a few minutes.

My Experience: Headphones on. Timer set. Jump in a shower. Get adjusted to the cold. Do my thing. Look for animated 'portals,' stars,' light-openings,' yes,' or 'visitor's faces.' Sometimes, it would work; sometimes, not so much. Regardless, the feeling of cold would disappear along with time. BOOM SHOWER DONE!

Time would vanish. The cold wasn't a discussion. The next thing I knew, I was scrambling to get to work, get onto my evening routine or jump into bed. This is what it means once one starts doing cold showers: a ten-, fifteen-, or twenty-minute cold shower will soon feel like a vacation away from this *plain*. A person goes somewhere.

Very shortly, during your cold shower practice, you may chase projections or try to create them. Practice energy, recite a mantra, or make affirmations repeatedly. It's like getting lost in something. The Zone? A person is not in 'The Zone' - because it's *just* a shower. It's just a short period. It's just something done, ending as fast as it starts.

Another interesting note about these cold shower methods is that they transfer cold to warm. During the shower, the cold is not felt, and it is not a distraction. Although I have not done fire walking, I think this may be a similar phenomenon of senses without the fire-walk preparation.

The Monk Art & What is Seen.

I have no doubt you will see the following descriptions. These are common. They change colour & are uniquely dynamic each time. Some will be like the descriptions below. Unfortunately, these projections are not like a 'Magic Trick.' They do not simply appear.

Additionally, I have coloured the language to 'paint' a picture for you. What you create in your mind here may be different from what you see, which is okay. As the practice continues in the shower, these simulations emerge. They rarely appear within the first few days. If they do, "Good on You!" Based on these examples and my experience, a person typically accesses only one projection per session.

It seems that when a simulation appears, that's the one a person will work with. It may show up later in the shower, appear instantly, and then vanish. If this happens, I like to chase after them and see if I can bring it back into the remaining shower. If a projection disappears, it's because my mind has wandered and begun thinking about something.

A practitioner may see a 'sky opening' but will not have an 'Eye' appear during that time. Each projection is unique. Keep in mind that even if a simulation does not appear, the cold and time dissipate.

Remember: The Goal of the Book

- 10 or 15-minute cold shower. The ability to do it longer.
- The practice of taking cold showers daily.
- The state of not feeling the cold.

Of course, with these examples, I am doing my best to create a picture in your mind. The writing is creative and allegorical, aiming to evoke feelings when heard. There is no intention of overlapping with occult or spiritual realms. Simply put, the paintings and what I have often seen are expressed in a flowing manner, inspired by the monk

who experienced these visions after years of training, now passed on to you through what I see daily.

Godlike Orbs Imagine a vast black canvas stretching endlessly behind your closed eyelids. Then, slowly, a glowing orb emerges. Its surface shimmers, radiating soft waves of blue, violet, and gold—colours that shift, blend, and are alive. At its core, a luminous white light pulses, casting rippling rays outward, forming delicate arcs of movement against the darkness. At first, the orb is small—just a faint speck of light. But as you observe without forcing it, the patterns begin to change. Tiny white nebulae swirl within it. The outlines of distant stars appear, twinkling in reverence. This isn't an object. It's a presence. The challenge? To see it without focusing on it. The moment you consciously chase it, it will fade. But if you let it exist, if you allow it without trying to capture it, the experience deepens, and it becomes more. And then... your 10-minute timer beeps. Time is up—the cold returns. You turn off the water. The experience is over.

The Eye In the silent black canvas of closed eyes, something else might emerge—an eye. It is not a perfect, structured eye, but something shifting and fluid. It flickers between deep reds, blacks, whites, purples, and blues, moving as the moment changes. Sometimes, it feels like it's watching. Other times, it feels like it's waiting to be seen. I used to chase after these moments, thinking they held significance, searching for answers. Eventually, I stopped questioning. I let them be. That's when they stayed longer. Became bigger. Sometimes as big as myself – circling me. As I began to wonder if these shapes correlated to energy centers, I realized something: These projections weren't distractions from the cold. They were a sign that the cold no longer mattered.

Backdrops & The Edges of Reality Imagine for a second that we exist inside a digital framework—not a sci-fi movie, but something else. Now imagine standing at the very edges of that framework. For me, these moments were vivid (primary) blue grids, shifting and pulsing. The sensation was unlike anything else a feeling of standing at the threshold of something bigger than myself. In awe of this 'wall'. I don't claim to know what it was. I only know what I saw. And when I opened my eyes, the shower was over.

Sacred Geometry in Motion: You begin the practice. Darkness. Nothing. Then, a tiny white dot appears. It grows, radiating a soft glow and shifting into geometric shapes. Diamonds. Squares. Circles rotate into each other. I won't say I've seen accurate sacred geometry. I'll only say that these patterns feel... ordered. They move with purpose. As soon as I begin to question them, my mind wanders, and I try to figure out what is being witnessed—they're gone.

Note: By the time you complete this book and follow the process, you will experience something beyond just cold showers. These moments—whether it's the visions described here, profound clarity, or something unique to you—are part of the journey. A much larger explanation of these experiences and what they may mean can be found at www.csjw.com

Final Thoughts: These experiences build over time. The more I practiced, the more I saw. The biggest challenge wasn't the cold—it was maintaining my (non-attention) focus without trying to control what was being witnessed.

What I've discovered is that the mind always wants to make sense of things. But in this practice, the more one lets go, the more experienced one becomes. Maybe you'll see something. Perhaps you won't. (initially) Either way, something within you will shift. Change. And that's why this book exists.

What You Will Experience in the Shower: A moment will come when the cold isn't cold anymore. When you realize the *thing*, you feared was never real to begin with, when time disappears. When your mind quiets. When you see something, you weren't expecting—a vision, a flash of light, something shifting in the space behind your eyes. This is when you know—you're in it. And once you fall into the experience, you will chase it. You will crave the stillness. You will crave the clarity. You will crave the way it makes you feel alive.

Chapter 2:

The Cold is Not the Lesson – States of Being

You've just finished Chapter 1, but this is only the beginning. In Part 1 alone, you'll discover how cold showers open the doorway to new states of being, reveal untapped superpowers, uncover the hidden signals your brain is sending out, awaken latent

abilities you didn't realize you had, and teach you how to connect body and mind while turning on all your senses. And that's just Part 1.

When you pick up the full book, you'll enjoy all six parts — from cutting through mental static, to loosening the grip of the ego, to mastering the practice itself, to bridging into deeper senses, directing intention, and finally arriving in stillness and closing reflections.

If you're looking for the tools, practices, and mindset shifts that lead to true transformation, this is where the journey continues. **Buy the book and step fully into the six-part journey within.**

About the Author

Duane “Dune” Forrest lives in Canada with his wife, Kirsten, and three amazing boys. He values family, friendship, and the small joys of daily life — from food to books to exploring new places.

Cold Showers: The Journey Within is his first published calling, written to share practical tools and lived insight for those seeking strength, balance, and renewal.

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Visit www.coldshowers.ca/autograph for both Hardcover and paperback options.

Want More?

Join the movement. Get access to the full version, bonus audio sessions, author Q&As, and community challenges: (coming soon)

I've just launched the book and I'm still setting up my homes online — so things are pretty scarce for now (haha). But you can already find me here:

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Thank you for previewing Cold Showers: The Journey Within.