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Diana's Deep Moment

Posted by Xtreme Dream Team on Jul 28, 2011 in [Blog](#) | 18 comments



Diana Nyad

Photo by Christi Barli

This is a deep moment in my life. This Swim will take my body into unknown territory. Nobody has ever known how the muscular, cardiovascular, digestive, endurance systems will respond after 2 1/2 days, maybe even 3, of continuous swimming in the sea. I must have confidence that I've done everything possible over these past two years to make my body believe it can withstand the duress it's about to experience. But I have no doubt that this crossing will be the ultimate test of will. The mind, its desire quotient, its refusal to entertain defeat. This is what will guide me to The Other Shore. I am confident. And I am afraid. In these days, hours, before I step off that shore in Havana, Florida a long, long 103 plus miles away, I am now thoroughly enmeshed in the imagination of what my body, my spirit, will undergo. Yes, I have experience in these extreme feats. Memories of enduring the long, arduous hours from the Bahamas to Florida, way back in 1979. The 42 hours of my first attempt from Cuba in 1978. But this Swim will be much longer. Much, much longer. Eccentric as it may sound, my adrenaline is starting to surge with the challenge of keeping my mind focused, engaged through all the hours of

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Diana's Tweets



- [@saragepp](#) Aww thank you and I am so excited for dedication to surfboarding, You will do great! Aim high and never loose sight of your goals! [about 16 hours ago](#) from [HootSuitein reply to saragepp](#)
- [@lavishpearlock](#) Thank you. Cant wait to hear about your upcoming adventures :) [about 16 hours ago](#) from [HootSuitein reply to lavishpearlock](#)
- [@jrexaggregations](#) Thank you! [about 16 hours ago](#) from [HootSuitein reply to JRExaggregations](#)
- [@worldtravelmom](#) YES! So happy for you. Thank you so much for watching the documentary! Have a favorite part? [about 17 hours ago](#) from [HootSuitein reply to WorldTravelMom](#)
- To my followers and supporters~Live ur dreams & Get high on everyday life! Thank U all 4 watching my [@CNNbrk](#)

pressing forward with the strongest stroke I can produce. This is MY TIME. My time to rely on strong shoulders. My time to be propelled by an iron will. My time to be my best self, in every fathomable regard.

documentary <http://ow.ly/6yIP0> about 17 hours ago from HootSuite

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18 Comments



Yes.

Your message...

July 28, 2011

Reply



Timothy

Best wishes for your success. You inspire the world in a time when inspiration is in sore need!

July 29, 2011

Reply



peter k

Diana I remember you mentioning this swim for the first time on the Vietnam Challenge Ride- that was 1998 !

July 29, 2011

No athlete has prepared themselves better for a gruelling challenge like Cuba Swim than you have in the intervening years. You are ready in body of course. But you have put your mind and spirit in the right place too.

Just remember when you step into the sea, on the other shore there will be celebration and great joy waiting for you... beckoning.

Courage dear friend.

PDK

Reply



Christopher

Heard you on As It Happens on CBC Radio in Canada – you are very inspiring. Your energy and optimism put me in the right mindset to make today the best I can make it. Thanks and good luck!

July 28, 2011

Reply



Judith DeZinno

You're awesome...Godspeed!!!

July 28, 2011

Reply



Jimmy Petrol

July 28, 2011

If your purpose is, at least in part, to Inspire....you have already succeeded.

As for the rest, the only failure if the failure to Try...in our house, our hearts will be with you and I know the computer will be on and us watching until you are on the Florida Beach.

Reply

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Damien Stark

July 28, 2011

I left a facebook message. If your truly ready, the sea will let you in.....

Reply



Amyvan

July 28, 2011

Diana – take your time and sing a lot of songs!

Reply



Tia Morita

July 28, 2011

Diana,

You already are the best version of yourself! You have proven that through your will, your enduring spirit, and your humility. Now is when you just have faith in your training, your team and all those behind you and open yourself to the sea – there is nothing left for you to do but swim and swim for the moment. Mother Nature may test you, but if you can relax into her, she will part the way for you my friend.

We're all behind Diana! You go woman!!

~Tia Morita (a fellow Angelino)

Reply



Isabelle

July 28, 2011

Dear Diana,

I think that what you are doing is absolutely amazing. I wish you the best and success!

Reply



Alana

July 28, 2011

I KNOW I can, I KNOW I can, I KNOW I can.....

Reply



Betty Gauthier

July 28, 2011

Diana, you are a remarkable woman! In the end it will all come down to this.
Either you will or you won't. I have a sincere feeling that you will.

"[W]e must realize that we can endure a lot of pain and pleasure for the sake of
finding out who we are and what this world is..." ~Pema Chödrön

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Reply



Patti Sullivan

July 28, 2011

Diana, Whales and dolphins have been known to assist swimmers/paddlers/seafarers during times of difficulty or duress. May I suggest that while you are in your "zone" you open yourself and allow for the possibility that these magnificent, brilliant, sentient beings find you, and stay close to you? You will be spending those days in their world, and while you are challenging and pushing your body and mind to their limits, it can only help you to accept their loving energies. I commend your advocating for shark protection, so I know you already understand and accept my message. Blessings to you for your courage, safety and health. You have already succeeded! Patricia Sullivan, Education Director, Cetacean Society International

Reply



Jo-Anne Green

July 28, 2011

"Now I'm on water for an afternoon, on the warm gulf stream, which has been known to carry the seeds of tropical plants as far north as Ireland. Days when the sky and sea are the same color, I understand how water currents are stirred by air currents and air currents are heated or cooled by water, both functioning as one organism, how it is not correspondence but coherence that matters, that if we do not start with wholeness and unity, we will not end there either." Gretel Ehrlich, "Islands, The Universe, Home"

May your journey deliver you to the shores of your dream.

Warmly,
Jo

Reply



Lines of Beauty

July 28, 2011

It's almost your time Diana. You have a wonderful support team around you and the rest of the world cheering you on. Your spirit will carry you through. I like your mantra of making each stroke the strongest you can produce. You will have the rest of your life to rest when you get there.

xo, Louise

Reply



Lines of Beauty

July 28, 2011

P.S. I love your wrinkles.

Reply

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cece

July 29, 2011

You are a great example of the focus, endurance and perseverance that it takes to accomplish a difficult goal. I am supporting you with good mojo from afar in

New Mexico! I always say that these difficult goals are an inside job...the mind... is what is the challenge to reel in.

Cece

Reply



Xtreme Dream Team

August 18, 2011

please stop spamming us, not good for karma

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that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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- 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- Bridget's Story

▪ Tom Shackelford from Cumberland, RI on Diana's Reaction to the Documentary

- CandaceLyle on Don't Miss Dr. Sanjay Gupta's documentary, "Diana Nyad:Xtreme Dream"
- CandaceLyle on Thank You.
- CandaceLyle on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- Martha Sullivan on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian