

The Sacred Journey of Life

The adventurous life invites us to explore and enjoy this good Earth. Our personal reasons to embark on a journey may be for inspiration, rest, enlightenment or the thrill of some heroic challenge. But the "perfect vacation" requires more than a well-engineered itinerary.

Being able to listen to the voices of our surroundings; being open to the dynamics of intuitive guidance; keeping ourselves grounded; maintaining our physical, mental and emotional bodies' balance along the way—all can be challenging.

And traveling itself—changing time zones, nights in airports, sleeping in random hotel beds, unexpected delays, lost or stolen items, food poisoning, ungrounding electromagnetic fields, or simply the lonely-road blues—can cause us to feel unbalanced, ungrounded and unable to respond wisely, calmly or appropriately to a situation.

Ultimately, our travel should not be only about what we receive from the beautiful, exciting or interesting places we visit. As humans, we can offer our prayers, our conscious connection and our thanks to the places we travel. And as our hearts connect with the Earth in this conscious and loving way, we bring healing and balancing even as we ourselves receive healing and balancing from our Good Mother.

Life is, indeed, a sacred journey. Whether you travel far or wish simply to be aware and balanced along your path, I offer you blessings and grace on your personal Sacred Journey.

Merri Walters