

Chapter **One**

The Spiritual Adventure

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain

You are about to embark on a sacred journey. Each life carries its elements of the journey or quest. In this book you will learn to bring more intention to your calling for adventure, more clarity to your own journey and gain greater insights as you evolve and bring through more of your own true self.

Every day is sacred, every moment, every space. So, what are we talking about in mastering our own sacred journey?

First of all, I will define what I mean by these terms:

Mastery means to practice something until you become the best you can be.

In this course, I refer to your Mastery as the practice of bringing conscious awareness and intention to your acts. Everyone can learn ideas and often spout them out as their ideals of how one should live. It is easy finding 'teachers' who want to teach their way, their perspective or their ideas.

Mastery is a step above teaching or ideas. Mastery is taking the ideas we've learned, ciphering out those we believe make the most sense for us, and living from them. Mastery is taking each experience and integrating it into who and what we are, to find our own truth. Mastery is a practice, not an idea.

Being a 'master' means practicing this integrated approach in your life. You can be a master at anything you set you mind to. You can be a master at yoga, meditation, karate, your work, or even with your play. You can master love, being love and radiating love. When you integrate it all, you can master being your true self.

This book will help you find this truth within you. It is designed to lead you to become master of yourself and your own truth as you discover your own way to quest, journey or pilgrimage in the world.

The term Spiritual Adventure is combining the spiritual and sacred with the adventure. It is taking spiritual concepts out into the world, where they can be experienced.

This is where we get out of our comfort zone and we are faced with the grit of life. We will meet other cultures, we will visit sacred space, we will 'call or invoke' Divine help and guidance ... and we will be transformed.

As you read this book, I encourage you to get out and use it in the world. Find and create opportunities for yourself to put the steps into practice. Make pilgrimage a part of your life as you explore sacred places and experience your own journeys, both large and small.

Begin seeing the world with new eyes and you will learn to find the sacred all around you. Some sacred sites are well-known; others are not. Sacred places can also be anywhere you feel at peace and feel a connection with the Divine. Often they are in nature. Sacred space is connected with churches or shrines, ancient structures such as pyramids or lost cities. Sometimes they are special places you discover on your own such as a favorite hilltop or grove of trees.

You will learn to connect with elements of nature, with gods and goddesses, with saints, archetypes of ancient cultures and more.

The practices in this book will guide you to seek out and find sacred encounters and transformational experiences. In the process, you will open to a deeper experience of you that is waiting to be born.