

Your Spiritual Quest:

Finding Your Way to the Divine Within



Your Personal Pathfinder Journal

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Introduction

Just as many rivers lead to the same vast sea, multiple paths exist to what many call God. Although dogma may vary, all religions lead to God, each tradition suiting different personality types. Some of us relate to God best through the intellect, others through the emotions. Some of us crave ritual, others simplicity. But dogma is less important than passion, the heartfelt longing for divine union that motivates an intense search for God. In the search for God-Union we are all one. From Jew to Sufi ... from Native American to Buddhist ... from Muslims to Christians ... we are all on the same quest.

Your Sacred Quest: Finding Your Way to the Divine Within is designed to help you more quickly and clearly identify your own most natural path to a connection with God. It is based on the central importance of the number seven in most ancient spiritual traditions, as well as in the natural and supernatural worlds. It is also keyed to the body's "power transformers" — the chakras, seven of them — correlating, not only to specific areas of your body, but to specific needs and attitudes.

This book is less a workbook than a journal, a private spot in which you can explore the information revealed on the accompanying tapes. As you answer the questions in these pages, free yourself of any pressure to "say the right thing." The only right thing is the *true* thing. Consider this a safe zone to explore your spiritual needs and desires — the truth about aspects of your personality and belief system that may fall under the spotlight in a particular line of inquiry. Say anything, everything you want.

Begin by listening to all of the tapes once straight through: *completely*. Do not do the exercises in this journal during this first listening. Just listen, allowing any ideas, questions or beliefs the tapes raise to plant themselves in the fertile soil of your mind. Then, during the second listening, after listening to one of the seven sections, turn off your tape player, turn to this journal, and take as much time as you need to thoroughly — and honestly — answer the questions related to that path.

Please remember, these paths are spiritual rather than religious. Whether you are devoted to a particular religion or not, these paths will provide a framework for discovering different, validating, and encouraging ways of approaching the divine.

1) What has brought you to this journey? What do you hope to find?

2) Describe your spiritual quest so far. What previous attempts have you made to access the divine?

3) How does this experience figure in to your current quest? In other words, is discovering your unique path to the divine an extension of what you've done in the past? Is it a rejection of that past? Or is this the first step of an all-new experience?

4) What are your personal strengths? What aspects of your personality do you prize most? What do you do well?



Your Primary and Secondary Paths

We are each working with the energy of all seven chakras, but in my experience, each of us has one primary and one secondary, or supporting, path on which we concentrate the majority of our energies.

- Our primary path is the one through which our major contribution to the world will be made. It comes naturally to us.
- Our secondary spiritual path is often based on a wound whose healing will develop qualities that we need in support of our primary purpose.

In addition to our primary and secondary paths, we also learn to use the energies of the other paths as they are needed to fulfill our purpose. With time you will recognize how working with the different paths can help you develop skills and attitudes that may not be innate, but which you will need at different times in your life and work.

Path One: Earth and Home



Mystical experience is not only found in visionary experiences — it is found at home, in the daily pursuits of your life. Flowing from the root chakra, Path One is earth-centered or home-centered, and is the domain of the everyday mystic. Path One Mystics see the Creator in every bush and tree, in the gifts of food and shelter, in nurturing, and in the fulfillment of the everyday needs of life.

This is the path of gratitude and caretaking of Mother Earth and all her creatures. Environmentalists are often following Path One. The Path One Mystic embodies a trusting, powerful, earth-centered spirituality. One with the physical world all around, these women and men perceive the interconnectedness of all things, the circular nature of the universe, and the rightness of both birth and death in the overall scheme of creation.

You are often more attuned to the rhythms of the natural world than others. Your body may respond differently in daylight and darkness, summer and winter. Clutter often saps your energy, and the lack of natural light can bring on depression. Gardening and pets are important outlets for you.

1) How important is nature to you? What role does it play in your life? What sense, knowledge, connection, or feeling — if any — do you experience only while communing with Mother Earth?

2) Discuss your current efforts to improve and protect the environment.

3) For what are you grateful?

Path Two: Creativity and Intention



On Path Two, creativity and abundance, male and female aspects join. The male aspect provides the space in which the feminine aspect becomes the womb of creativity. It is related to the personal energy of the second chakra.

The Path Two Mystic embodies generosity of spirit, a hallmark of good managers, teachers, scientists, therapists, mentors, parents, and friends. The highest intention of those who are generous in spirit is to encourage the creative potential in others and bring it out in themselves. Because they know they are doing God's work, they trust that whatever is needed will be provided. Abundance becomes manifest when intentions are generous. Doors open unexpectedly, strangers come to the rescue, and "surprise money" arrives in time to pay unusual bills or fund important projects.

Maintain the abilities to "go with the flow," to remain open to new ideas, and to endorse the power of dreams, intuition, and synchronicities. You keep your eyes on the goal of Eternal Life, knowing that this life is as ephemeral as a dream, and that true abundance lies in your co-creatorship with God.

1) How does your urge to create manifest itself?

2) Discuss your level of criticism toward the work of others. Do you usually find something wrong with it? Are you encouraging? Could you care less? How do you approach them with feedback?

3) Change, surprise, and setback: how do you greet these inevitable events in your life?

Path Three: Service



The Reverend Dr. Martin Luther King, Mahatma Ghandi, and Joan of Arc were all Path Three Mystics, possessing a “fire in the belly,” a burning passion to serve. Related to the third chakra, in which the powerful energy of the solar plexus can be found, it is important to note that the Third Path, if used selfishly, can lead to corruption and violence.

While many people are dedicated to service, they are not necessarily Path Three Mystics, for whom the need to serve is a consuming passion. The true fire-in-the-belly mystic has such passion that it occupies not only daytime work, but also dreams at night. The Path Three Mystic lives and breathes this passion as a form of dedication to God and to humanity. This charisma and effectiveness stems from humility, and these individuals leave a lasting impression on those lives they touch.

Adopting a meditation practice that opens you to divine guidance is important if you are a Path Three Mystic — though it is valuable for everyone. If you are often emotionally and physically drained from doing God’s work, relationships and a sense of humor can help alleviate these stresses.

1) To what subject(s) does your mind constantly, naturally return? How do you feel this corresponds with the journey on Path Three?

2) Honestly and completely evaluate your leadership abilities.

3) Do your relationships empower you? If yes, in what ways? If no, why not?

Path Four: The Way of the Heart



The heart chakra — correlating to the fourth path — is considered the meeting point of heaven and earth, karma and grace, the perfect blend of the human and the divine. Mother Teresa was a Path Four Mystic. She is the classic example of bringing heaven to earth through love. “To give and receive love” was her stated purpose — and the same words could be used as the motto of all Path Four Mystics.

Forgiveness is the key to spiritual wisdom on Path Four. The men and women on this path understand true forgiveness. Rather than condoning poor behavior in others and themselves, forgiveness calls them to responsibility. In forgiving themselves, they make the journey from guilt for what they have done (or haven't done) to celebration of what they have become.

Seeing the good and seeing God in other people is very important your evolution as a Path Four Mystic. So is immersing yourself in music that opens your heart to God. Music can become a means of meditation, connecting you to others and connecting you to God. This God-Union is also often attained by Path Four Mystics through devotion — be it via shrines, worship, or service — with the results consistently manifested in love, respect, kindness, and a peaceful heart.

1) How well do you forgive yourself? Describe an event — from today or from the past — in which you said or did something you regret. What actions can you take to first correct your behavior? What lessons have you learned, and what words will you use to ask for God's forgiveness?

2) How well do you forgive others? Remember a time someone hurt you through word or deed. What process have you established in your life to forgive them?

3) How does forgiving another person make you feel? How would you suspect a Path Four Mystic would feel about it?

Path Five: Discipline, Ethics, and Will



The energy of order is reflected through the fifth chakra, the throat or thyroid center representing discipline, will, and responsibility. The bottom line for Path Five Mystics is whether their acts are kind and compassionate — not in the abstract, but in the particular moment — and for the particular person with whom they are interacting. Path Five Mystics think seriously about such oxymorons like “Holy Wars.” They may struggle with the question of whether war is ever justified. Path Five Mystics might wonder if a higher morality ever overturns one of the Ten Commandments.

Compassion and kindness are the crux for true Path Five Mystics. They take the Commandment not to covet seriously, and probably won’t be found writing advertisements on Madison Avenue. Nor will they be found working for a tabloid newspaper — or even reading one.

You can accomplish great acts of compassion, creativity, healing, and service through the path of discipline. Some of these gifts include such skills as prophecy, healing, bi-location, mind reading, and the ability to levitate or walk on water. Jesus, in fact, was one of the best-known Path Five Mystics.

1) Describe your own personal code of ethics.

2) Define integrity. How do you measure up to your own definition? Where is there still work to be done?

3) In what do you passionately, fervently, and completely believe?

Path Six: Opening the Wisdom Eye



Path Six is related to the sixth chakra, the “seat of the soul.” Every person, not only mystics, will eventually experience a “dark night of the soul” — for example, being diagnosed with a life-threatening illness. During this time, such questions as “Who am I?” and “What is the meaning of life?” may arise. Path Six Mystics are willing to view the dark night of the soul as a spiritual opportunity — as an initiation into a new life — to awaken faith, love, compassion, and the recognition that a whole person is more than a body. The archetype of the wiseman or wisewoman on the mountaintop to whom people make spiritual pilgrimages fits the Path Six Mystic.

But not all Path Six Mystics are catapulted into a spiritual awakening by crisis, nor do all people who endure crisis end up on a spiritual quest. The need to explore the riddle of existence, to overcome suffering, to be of service to others, and the willingness to devote long periods of time to meditation, contemplation, and spiritual inquiry are prerequisites for this path.

Self-inquiry, mindfulness meditation, centering, and contemplation are processes that can help you attain greater God-Union.

- 1) Have you experienced a “dark night of the soul?” What was it?
What did you learn from it?

2) When you ask yourself “Who am I?,” how do you answer?

3) In looking for spiritual answers, where do you search? To whom do you turn? Do you have a mentor or teacher? What are the specific questions whose answers you seek?

Path Seven: The Way of Faith



Path Seven correlates with the seventh, or crown chakra, where the life force energy enters the body and God becomes manifest in physical form. Path Seven Mystics eventually have the faith to recognize that graces are a paradox: seemingly wonderful events can curb growth, while devastating events may spur it. They then can receive the higher of grace of nonattachment.

The nature of life is a process of evolution in which people become progressively more whole, psychologically and spiritually. Faith is a measure of that evolution, whether practicing Jews or Christians, Hindus or Buddhists, Moslems, Taoists, Native Americans, or free spirits who adhere to no particular tradition. Every religion and system for growth has its own teaching stories and precepts for living. Understanding the existence of one universal faith can illuminate the beauty in all traditions and heighten appreciation of the way in which the various paths lend themselves to people of different types and traditions.

As you develop faith and come into a relationship with God, you touch the lives of others and become a force for good. Your faith can be likened a stone tossed in a pond, the ripples of every prayer, every meditation, every discipline, every loving act spreading throughout the universe for the benefit of all beings.

1) What negative events have proven positive teachers in your life?

2) Did any of these events threaten your faith? In what way? How did you go about maintaining faith despite these events?