

## **Journey**

1 There are two questions that [a person] must ask [themselves]. The first is "Where am I going?" and the second is "Who will go with me?" If you ever get these questions in the wrong order, you are in trouble. **Howard Thurman**

2 What we reach for may be different, but what makes us reach is the same. **Mark Nepo**

3 The spiritual journey is like an archaeological dig through the various stages of our lives, from where we are now back through the midlife crisis, adult life, adolescence, puberty, early childhood, infancy. **Thomas Keating**

4 All spiritual journeys have a destination of which the traveler is unaware. **Martin Buber**

5 It is good to have an end to journey towards; but it is the journey that matters, in the end. **Ursula Le Guin**

6 Life is a journey in faith. If we dare stand against the systems of violence, war, and nuclear weapons, as Jesus taught, we need deep faith in the God of peace and justice. If we dare venture toward the other side to love our enemies, as Jesus taught, we need deep faith in the God of love and reconciliation to survive opposition and persecution. **John Dear**

7 The spiritual path is a process of unmasking ourselves rather than changing or repairing ourselves. **Charlotte Sophia Kasl**

8 When we take up the disciplined life, we need companions. The spiritual journey is joyful; it should not be made alone. Those who travel the path with us will share the adventure and the hardship. They will pull us up when we slide and relax with us beside refreshing streams. Even the great hermits had spiritual companions! Spiritual formation groups are one very practical and reliable way to join with others in spiritual disciplines. **Emilie Griffin**

9 When we tend our God-relationship with love and devotion, "take me to you" becomes our theme song. This cry in our heart echoes resoundingly in the Beloved's heart as we travel the wide river of life. **Joyce Rupp**

10 The story of my journey of faith has often amounted to the story of my struggle with anger. **Garret Keizer**

11 The spiritual task we are given is a simple one—to attend to that inner spark of radiance and hold vigil over it until we realize it to be ourself—to dig up and cast off all argument we have with its love. **Adyashanti**

12 Each individual man or woman is a unique and unrepeatable term of God's creative love. Each must find their path to God in a way that is proper to themselves. **Karl Rahner**

13 I have glimpsed the tiny illuminations, the whole sequence of awakenings, by which my spiritual life has been pieced together since I was a small child. Each awakening, followed by a deep sleep, each new illumination followed by a forgetting. These isolated, singular events now seem connected to one another, a sequence of transformational steps leading to this very moment. **Kim Chernin**

14 Growing spiritually can be like a roller coaster ride. Take comfort in the knowledge that the way down is only preparation for the way up. **Rebbe Nachman of Breslov**

15 We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. **Maya Angelou**

16 The spiritual journey is not a career or a success story. It is a series of humiliations of the false self that become more and more profound. **Thomas Keating**

17 You have to dance a little bit before you step out into the world each day, because it changes the way you walk. — **Sandra Bullock**

18 Where we had thought to travel outward, we will come to the center of our own existence; where we had thought to be alone, we shall be with all the world. Adapted from **Joseph Campbell**

19 Perhaps ultimately, spiritual simply means experiencing wholeness and interconnectedness directly, a seeing that individuality and the totality are interwoven, that nothing is separate or extraneous. If you see in this way, then everything becomes spiritual in its deepest sense. Doing science is spiritual. So is washing the dishes. It is the inner experience which counts. And you have to be there for it. All else is mere thinking. **Jon Kabat-Zinn**

## 20 **A Spiritual Journey**

And the world cannot be discovered by a journey of miles,  
no matter how long,  
but only by a spiritual journey,  
a journey of one inch,  
very arduous and humbling and joyful,  
by which we arrive at the ground at our feet,  
and learn to be at home.

**-Wendell Berry**

21 Untitled

The Props assist the House  
Until the House is built  
And then the Props withdraw  
And adequate, erect,  
The House support itself  
And cease to recollect  
The Auger and the Carpenter—  
Just such a retrospect  
Hath the perfected Life—  
A past of Plank and Nail  
And slowness—then the Scaffolds drop  
Affirming it a Soul.

**-Emily Dickinson (ca. 1863)**

**Reflection and Discussion**

A What do you consider the start of your spiritual journey? What events have played the largest role in your journey?

B Where are you now in your spiritual journal?

C Has your spiritual journey been a struggle that can be easily characterized; i.e., a struggle with anger?

D What has been the role of companions on your spiritual journey?

E What is the role of All Souls in your spiritual journey?

----Mary Beth Hatem, for covenant groups at All Souls Church, Unitarian

