

## SOUL LIGHT - One

### THE JOURNEY

Life is a wonderful and exciting journey.

Some of us regularly visit foreign countries; others regularly find new friends; still others regularly enjoy new jobs, new addresses, new partners. All of us find ourselves in the midst of change – new opportunities and fresh possibilities seem to be around every corner.

No matter how static we may wish our life to be, change just seems to happen – it seems to take us onward.

Yet, in truth it takes us inward.  
The only journey we ever take is within.

Everything we seem to do outside in the great big world of action and activities is simply our way of expressing to ourselves the intent and content of the journey we're taking within.

Everything we see outside – our perspectives on the world – are illusions of great merit. That's because they help us to recognize where we are on our real trip – the journey within.

See an angry person out there – and you're really seeing an angry person in yourself.

Feel insecure about your circumstances out there – and you're really feeling your own insecurity: it has nothing at all to do with 'out there'.

Be scared about where society is heading – and you're really scared about where you yourself seem to be heading.

There is no definitive "out there" for any of us – only our own "in here".

This is what we explore during our many lives.  
Ourselves.

Ultimately, we come to know that there is no other journey except the trip back to truth.

And when we know that truth, when we fully experience it, we also know that the journey has stripped us of all illusion and taken us back to One-ness.

My 'in here' is the same as your 'in here'.  
We simply choose different experiences to find it.  
We simply choose different journeys, individual adventures that best resonate with where we each find ourselves.

As we adventure deeply within - taking as baggage only our awareness - we find there are only loving people in the world; we sense only optimism for the road ahead; and we delight in every experience, every roadside stall, we come across.

What we perceive as "out there" reflects the richness and beauty we find "in here".

Are you enjoying your personal journey?  
I hope so - you're meant to!

In this series I will share with you what I have found along the way during my journey in this and previous lifetimes.

I trust my own experiences may be of some assistance to you with your own inward travels.

Love and Blessings,

*Les*