

# Journey

All human beings are journeying into something. What is it they are looking for? Is it an inward journey or an outward journey?

You have heard the expression - if you don't go within, you would go without. What drives human beings to seek an inward experience or an outward objective.

Human beings know intrinsically what they want and that is Unity and Oneness. Through all the journeys they take in life - inward or outward, they are seeking this Oneness. Through all the experiences of their life, they are seeking to find themselves.

Since they cannot find themselves in the outer world or objective they are chasing, they will seek more of the experiences in the hope that through more, they will find themselves.

Their motivation then becomes - to create more experiences.

Your beloved Soul is seeking to join with your fullness (mind, feelings, emotions and physical reality) and is gently nudging you through all the experiences, through the quietness of your mind, through your feelings, through your intuitions and inspirations and also through nature - through all of creation.

Your gentle Soul wants to return to the Oneness within you and desires this expression of Oneness in all moments of your life.

So, take a few quiet moments and ponder - what do I seek? Is my journey leading me to what I seek? Am I willing to alter, change my journey, to experience what I seek? How can I enhance my journey?

The journey into Oneness is many and varied. Which journey suits me at this present moment in time? The Outer journey and the Inner Journey will both bring you what you seek, but in **DIFFERENT TIME ZONES/DIFFERENT LIFE STREAMS.**

Each journey has its own merits and pitfalls. Like a river which knows that its ultimate destination is to merge with the vastness of the Sea, it never stops flowing and continues its journey through rocky terrains, you must also preserve in your journey into Oneness.

There may be times when you will have self-doubt and want to stop your journey. Then again, your Soul will nudge you to continue the path. Soul never gives up on you and it will continue to nudge you over many life streams till it achieves its objective goal.

This journey is called the River of Life. Your back is the Mountain and from this mountain springs forth the nourishing water of your Soul and it passes through the secret caves of your Pineal Gland and through the valleys of your heart and intestine, and it flows down through your feet into the vastness of the Cosmic Ocean held by Mother Earth and she holds this as a remembrance energy for you through the Soles of your feet.

*Make a statement when you wake up  
in the morning -*

*I am in the Journey into Myself*

*I experience my Journey through*

*Love, Hope, Courage, Determination  
and Joy.*

*I experience Bliss in my Journey.*

*I experience Fullness in my Journey*

*I experience Oneness in my Journey.*

*I AM THE JOURNEY AND I AM*

*THE COMPLETION*

*I AM, I AM, I Am*