

(From the newsletter, "Keeping In Touch ..." Vol. 2, No. 16, April 21, 2002):

What is a Spirit Quest?

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I'm not sure if there is any concrete definition. In truth, we are each and all on a Spirit Quest daily on this plane. But, by defining a time, with the intent of discovery, forming the intention of specifically going on a Spirit Quest or journey assumes something of a "mission." Some, in the Australian aborigine tradition, might call it a "walkabout." Because we live so much of our lives in unconsciousness and routine, we become inured to the miracles constantly around us. We must step out of our lives to find what is within. The key is intent. The goal is not to set out from Point A to Point B, but to discover the alphabet around us all the time. We select certain spots to go to, or goals in place in time, in order to remind us of our goals in this larger journey we call life, incarnation, manifestation, on this plane, and the purpose of our journey here. It is a remembering of our soul's purpose. The destination is not important, for we will eventually return to where we began – like life itself. And we must remain open to whatever comes our way. For, if we expect more, we will certainly find less. The magic is in the moment, each and every one, no more, no less. A Spirit Quest is when you follow the dictates of your spirit, going where spirit takes you, to learn the lessons you must learn. It is a dedication to living from the heart, not the mind. It requires that you be present, totally present, so old habits, patterns and ideas don't dictate your actions, making you unconscious, leading you away from Spirit. If you take all your old emotional "baggage" along, and hold on to the old patterns of thinking, you will find nothing on a Spirit Quest. You will simply see the world in the same old way. Nothing will be learned. The baggage must be left behind. Old patterns of thinking and behavior must be smashed. (This takes constant attention to your inner state, the "chatter," or dialogue that continually "judges," placing limitations, barriers and blinders through ego/personality.) That is why you must be specially "present" in a Spirit Quest, seeing the wakan (sacred) in every object, every event that occurs. That is the dedication required. You are not a "tourist," wanting to be entertained, but a co-creator with God. By being present, totally present, allowing yourself to be totally in the moment, as your discernment and integrity allow, you learn from Spirit, your strides toward healing, growth and development become longer, your overall journey deepened and made more fulfilling. If all this sounds esoteric, it's not. Following a Spirit

Quest is not a journey into some great, mystical "beyond." It's a delving deeper in what is normal life, finding and building a greater appreciation for reality. You don't even have to leave your home or neighborhood to go on a Spirit Quest. The journey is within, not without. What makes a Spirit Quest to new environs of worth is that the "newness" of being away from normal surroundings aids in the search of Spirit. When everything is new and unknown, it makes the search for meaning a greater endeavor. It opens our eyes to every thing. It helps us focus. As fallible human beings, we often become lulled by our common surroundings. If we are used to the surroundings of the desert, for example, the desert may seem humdrum, "normal," routine. If we live by the seashore, the waves and sand -- far from being a wonder -- may be dulled into a nuisance or just tuned out. By forcing ourselves away from our "comfort zone" of the usual, the mundane, our accustomed way of seeing and doing, we are forced to see life in newness. We do associate certain places as having greater mystical powers or "energy" and local cultures that support those frameworks of reality, so why not take advantage? In addition, there are certain places where the walls between ordinary and non-ordinary reality are thinner, where greater perception and glimpses of Truth seem to come easier. Such sacred sites are worth exploring and act as reminders, as goals, of what the journey is all about. For, in truth, the learning is the journey, not the object of desire. We will always be disappointed in outcomes, for outcomes can never match expectation; the reality of any moment is always greater than any projection of mind, for a moment "is" -- and it is eternally now, eternally real -- while a projection is only a delusion of an illusion. Illusion is what we consider "real." So, on a Spirit Quest what is it we seek? We delude ourselves if we think we will find greater reality or Truth outside of ourselves or in any other place. The only place where miracles and Truth reside (eternally) is now, here. The moment, any moment, is perfect, timeless, the Mind of The Creator. If we are truly on the path of Spirit, we seek to create conditions so that we can glimpse the Mind of The Creator in all we do, every day, wherever we may be. For, the present, our present circumstance is the special gift of Spirit. If finding the Mind of The Creator, opening our eyes to miracles, requires motion, a movement to new places with few expectations, with the chosen expectations acting as goals for action (seeking Truth), then the Spirit Quest has meaning. When we return, we will see our surroundings with new eyes and, perhaps, then, realize the Truth, the Path of Spirit, is with us all the time, within us, here -- wherever we may be. For, if we were truly disciplined, we would find the world in a dew drop, the universe in a song. All along. For some of us, going on a Spirit Quest is a reminder of that Truth. Aho.