

# **SEED PACKET**

## **July/August 2016**

### **“Spiritual Journey”**

*The Seed Packet is a resource to get things sprouting.  
For wherever you take your physical or metaphysical journeys this summer.*

#### **SEEDLINGS: Short excerpts or pieces**

##### **From ZiZhang and Confucius: “The Five Excellent Practices of Pilgrimages”**

“Practice the arts of attention and listening.  
Practice renewing yourself everyday.  
Practice meandering toward the center of every place.  
Practice the ritual of reading sacred texts.  
Practice gratitude and praise-singing.”

##### **From Thalia Zepatos: In “A Journey of One’s Own”**

“The humble traveler leaves behind her possessions, her pride, her assumptions. Carrying no more than a simple humanity, she is a student of going out to learn the lessons of the world.”

##### **From Henry David Thoreau: In “Walden”**

“It is remarkable how easily and insensibly we fall into a particular route, and make a beaten track for ourselves . . . The surface of the earth is soft and impressible by the feet of men; and so with the paths which the mind travels.”

##### **From Kim Chernin: In “Awakening the Stone”**

“Looking back, I recognize this urgent dissatisfaction as the beginning of initiation. It is a time of dislocation.”

##### **From Dante/Virgil:**

“You must journey down another road,” he answered when he saw me lost in tears, “if you ever hope to leave this wilderness.”

##### **From William H. Murray (Scottish Himalayan Expedition): In “Wilderness Mountaineering”**

“Until one is committed, there is a hesitancy, a chance to draw back, . . . Concerning all acts of initiative, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.”

##### **From Gloria Anzaldua: In “Chicana Ways”**

“And I now call it Nepantha, which is the Nahautl [from Native Mexico] word for the space between two bodies of water, the space between two worlds. . . . You haven’t got into the new identity yet and haven’t left the old identity behind you either—you are in a kind of transition . . . It’s very awkward, uncomfortable, and frustrating to be in Nepantha because you are in the midst of transformation.”

**From Emily Dickinson:**

"Exhultation is the going  
Of the inland soul to sea—  
Past the houses, past the headlands,  
Into deep Eternity."

**From Louise Erdrich: In "The Last Report on the Miracles of Little No Horse"**

"She was, of course, not afraid. She was curious, and her curious nature led her down tangled pathways. What was it like up there—wild? She could understand wild. Though her world was tame, the peace she sought was lost within the wilderness of her own heart."

**From Louise Glück: In "The Wild Iris"**

"You who do not remember  
passage from the other world,  
I tell you I could speak again: whatever  
returns from oblivion returns to find a voice."

**From Marion Woodman**

"But if you travel far enough, one day you will recognize yourself coming down the road to meet yourself. And you will say—yes."

**From Walt Whitman:**

"Afoot and light-hearted I take to the open road,  
Healthy, free, the world before me,  
The long brown path before me leading wherever I choose. . . .

You road I enter upon and look around, I believe you are not all that is here.  
I believe that much unseen is also here."

## On The Web

"The Journey of Transformation." <https://www.onbeing.org/blog/jim-marsden-the-journey-of-transformation/8717#comment-1680182>. The website "On Being" is a great collection of talks and essays to accompany every part of the spiritual journey. Host Krista Tippetts was evidently at the UUA General Assembly. The Hero's Journey is also present in literature and movies such as "Lord of the Rings" and "Star Wars."

The Way of the Labyrinth. <http://www.allsaints-cc.org/labyrinth.htm> There are walking labyrinths for spiritual journeys in all kinds of religious traditions. Scroll down the page on this to find some thorough info. Of course, Belfast will have a labyrinth soon.

## Reflective Activity

Here's a reflection for while you're out and about this summer or in your own quiet place. Spiritual journeys, like lives, are made up of moments. Reflect on a moment in your life that was an illumination, no matter how small, that led you to a turning point or a change in feeling, thought, or action—some kind of "aha" moment. You can write about it, have a conversation with someone else on the moment, or just mull it over on your own. Try to re-capture the sensory details of the scene and the feeling that was created.