

THE FOUNDATION

It starts where you stand. The Mystics Path is a journey. It is a journey in the sense that you start in one place and end up somewhere else. Granted, not all journeys are created equal. This particular journey is about your purpose. It's about remembering who you really are. It is a pathway to your true self. The key to embarking on any great journey is to acknowledge you're already on it. But, why journey? Why take the leap and risk disruption to the status quo? Why sacrifice what is for what awaits on the other side of the threshold?

If you are on a journey to find yourself, to live

your purpose and be who you are really meant to be, then

where are you now, who are you now, what are you doing,

and why?

The journey begins with questions like these. Delving into this kind of deep inquiry is no small feat. We call this "sacred inquiry" because—when asked with intention—the inquiry itself is a force of transformation. Sacred inquiry pulls us into more thoughtful ways of meaning and being. Maybe you have been feeling deep inside that something needs to change. Perhaps the foundations of the old have already begun to crumble around you. You may be feeling the urgency to move away from the ruins, or the void. It's possible that this book made its way to you through a winding path of coincidences, and you're starting to wonder if there's something to it. Hold on to this wonder, this inquiry. Hold fast to your curiosity, your doubt, your whys. Play with them in your mind. Feed them with your thoughts. They will fuel your fire, bringing light when things begin to feel dark. Your wonder will illuminate the path as you begin to step forward.

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THE EXPERIENCE

The Mystics Path is a caesura invoked by sacred inquiry. It creates a break from the world that limits and confines us. It empowers us to step in a different direction, allows us the space to move towards alignment and away from what no longer serves. The first step into alignment is standing still for a moment, claiming the "pause." The old pattern of struggling and grinding comes to a halt in this instant. The pause is a moment of connection. This is when we can stand very still, listen deeply. When we commit to being present for the pause, we can begin to see things in new ways and hear things in new ways. When you stand very still, when you commit to being present in the pause, you are choosing to move away from old stories, habits, and patterns that chain your being. You are choosing to walk the path of the Mystic.



ENERGETICS

Many drawn to the journey are sensitive souls, often feeling the pain of everything and everyone around them. Sensitive souls see the wounds, the trauma, and all that wants to be healed. Sensitive souls often experience connectedness through discomfort or even longing. Over time, this can be exhausting. Overwhelming. Unsustainable. Painful.

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PERSONAL ALCHEMY

Pain is real, but it's also a force of awakening. Pain can deceive you by tempting you to resist the journey before you. It can make you believe the journey is not yours to embark upon. It can make you believe that maybe you'd be better off as is, in the status quo. This is a lie. Pain can lie. Pain does lie; yet, while the pain you feel is real, its message need not hold you back. You've walked this path before. You've been on it all your life. The path is your life. It has twists and turns, joy and heartache.

It is peppered with hazards. It is filled with breath-taking beauty the likes of which you have yet to comprehend. The Mystics Path is such a path. It can be your journey back home. There are no wrong turns. Everything is in its right place, beginning with you. All is right. All is in divine timing. Right here, right now, in making the choice to proceed, we give gratitude for blessings already on their way.

Every single thing that no longer serves you has brought you right here. Feel the ground under your feet. This is your path. The real journey often starts with pain. It starts with heartbreak, illness, financial crisis, depression. Our health, our hearts, our livelihood: We call these the three transformational "levers." When one of these levers is activated, the others experience strain as well. When our heart breaks, our health suffers, and it can be hard to get up and get out the door in the morning to work—which impacts our earning. When our health is suffering, there can be great costs associated with getting well, which can create stress in our household or in our relationships. These are common examples of how pain in one area of our lives can create strain in other areas as well.

If one transformational lever is at play,
the other two are often
right behind

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MANIFESTATION

However your transformation manifests, it's important to emphasize that the pages of The Mystics Path book are not a recipe for a new life free of hard times or challenges. "Disposable" is an idea made by factories. In nature, all things serve a purpose and are in eternal continuity. By its very nature, the human journey is a quest filled with challenge and opportunity, joy and hardship, love and loss. It's best to honor the light and acknowledge the shadow. Nothing you will learn in The Mystics Path requires you to stop being you or become someone you're not. It is simply meant, with love, to be a guide. It is a guide that seeks to offer tools to help you design your own map of the journey, your own map of the world you want to live in.



INTEGRATION

While the journey is entirely individual, at the end of the path you will have acquired new tools, and new medicine for your toolbox. The Mystics Path leads you to recognize your own cycles, to be aware of the signs and act—or pause—accordingly.

You'll learn to notice what's working and what's not, when to push through, and when to try something different.

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MASTERY

This path will teach you how to call in opportunity, and how to work with alignment and synchronicity, so that when challenges do present themselves and you lose hope, you'll have a chest full of tools available to help you cope. It will give you the tools to connect with your inner healer and expand the communication channels to your instincts.



THE NAUTILUS

The remembering of what has been forgotten is a powerful process. It is worthy of every moment it takes. Remembering is a different kind of learning because it assumes a form of prior knowing. The Mystics Path invites you to playfully explore your beliefs and stories. We say "playfully" because, while this journey to purpose and meaning is deeply important, and while we will be working with deep intention, we can hold it lightly. Allow yourself to pick things up, experiment, and then, possibly, put them down again. We are invited to hold space for what we don't yet know about ourselves. The challenge is to remain aware, to resist falling back into our somnambulatory lives, and to open our eyes in the darkness.

Step forward into the not knowing in trust. There are many footsteps on the path before you.

You do not need to journey alone.

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