



“Authentic spirituality is revolutionary. It does not legitimate the world, it breaks the world; it does not console the world, it shatters it. And it does not render the self content, it renders it undone.”

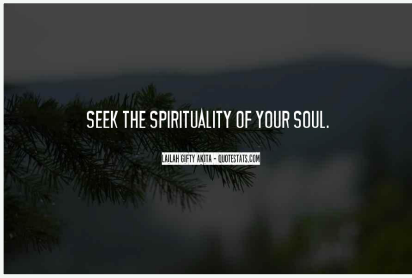
**Ken Wilber**

“Who looks outside, dreams.  
Who looks inside, awakens.”

Carl Jung

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**The rhythm of change always includes the powerful, but often disorienting, time of transition. Consider the quotes (above) and how transitions are at work in your life. If a transition you’re going through could speak to you, what would it say?**



### The Phases of The Seeker's Way

The path of the seeker includes three interrelated phases. These phases are not necessarily linear or sequential. They can be but often are integrated and interwoven.

**Lose Your Way:** This phase invites us to leave and/or lose what is familiar in order to venture out into new possibilities of transformation and transcendence

**Find Your Guides:** This phase invites us to find voices from the past and the present that challenge, support, and nurture us on the path

**Forge Your Path:** This phase invites us to make our own way rather than walk the path of another. The seeker's way values community, but also realizes it is a deeply personal journey

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**As a spiritual seeker, you are like a sailor, always wanting to go to a new place within yourself.**

*Sadhguru*

### Ponder

**Consider the three phases as they relate to you. Do you see them at work in your life? Is there a need to be more deliberate with one or more of the phases? What action or non-action is required in each phase?**

## The Call to Adventure - Leaving, Losing, Wanting

The path of the seeker begins with a call. This call is to an adventure awaiting the seeker. In Joseph Campbell's work, he describes the beginning of this adventure is this way:

You enter the forest  
at the darkest point,  
where there is no path.

Where there is a way or path,  
it is someone else's path.

You are not on your own path.

If you follow someone else's way,  
you are not going to realize  
your potential."

— Joseph Campbell, *The Hero's Journey: Joseph Campbell on His Life & Work*

When we choose the seeker's path, we choose a path that does not yet exist. It is a path we must make that is, in one very real sense, unique to us. It is the path *we must walk* because it is the path *we must make*. This is not a one-time event, but a way of life. We are always in some way making the path so we can walk the path. On the seeker's path, we are making a path to explore the transformation and transcendence of self.

**Transform:** Make changes that align actions with my values and desires

**Transcend:** Go beyond self to serve and change the world

Reflect on your own spiritual path. Does it require you to transform and transcend? Are you awakening to new inward changes? Are you creating a better world by going beyond self to serve others?

## To Make This Journey Is The Seeker's Dilemma



**The Seeker's Dilemma is a continual choice point to venture beyond what has been discovered into new places of transformation and transcendence. The seeker's dilemma is summed up in a question: Should I once again leave what is familiar to venture into the unknown?**

**Should I be born again?**

## The Call to Adventure - Leaving, Losing, Wanting

There are times in life when ordinary time and life no longer satisfies and we seek for something new. This “moment” is preceded by one or more, and often all three, of the following dynamics:

**Leaving** - Letting go of the familiar and “the safe” in order to lessen the sense of security or control

**Losing** - Separating from an important element of life that causes uncertainty, disorientation, and emptiness

**Wanting** - Desiring something different than the current experience in life or a particular part of life

These three dynamics require a choice. They bring us to a choice-point. Will we retreat or venture out? The seeker chooses the latter even though she does not know what that choice means.

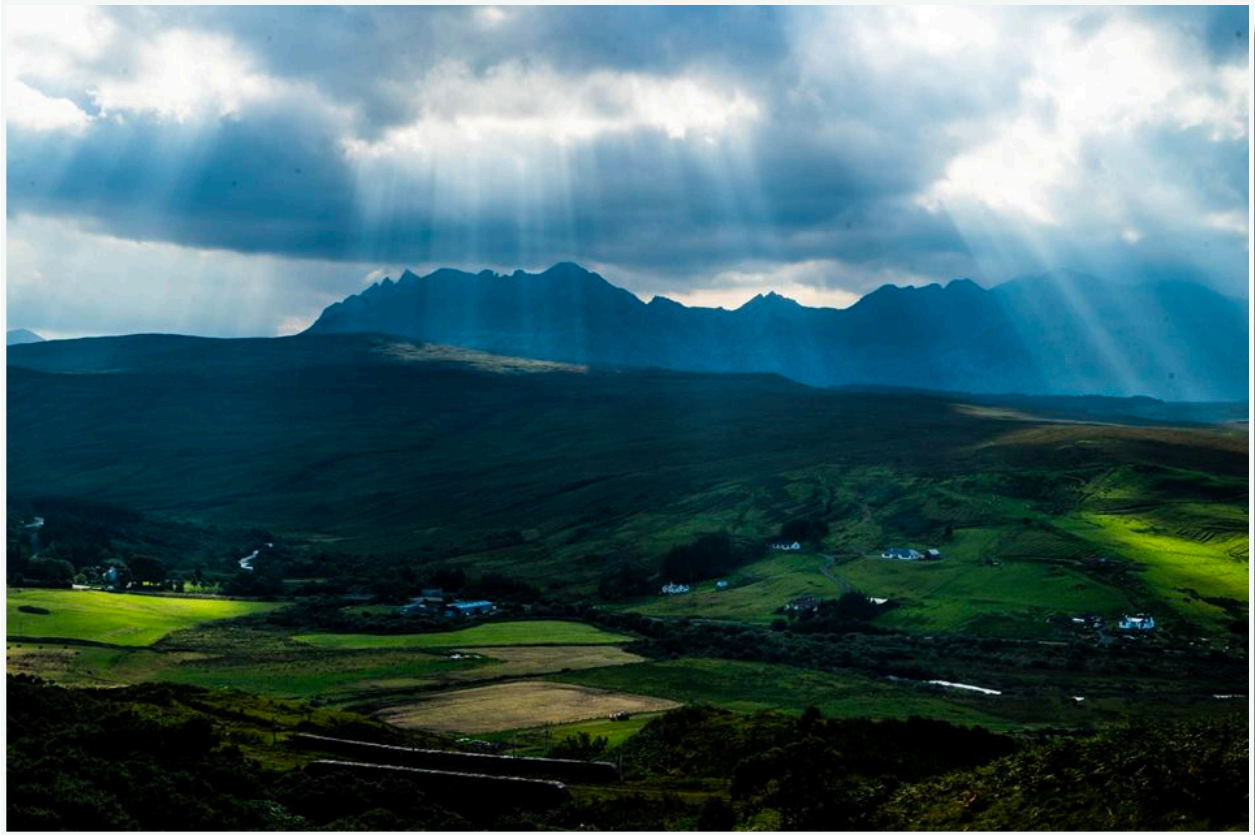
For a spiritual seeker this means venturing out into the worlds of transformation (change of self) and transcendence (a life beyond self). This inward journey sets someone on a path of both discovery and release.

Discovery of new forms of being is the result of releasing the current way. Here we find the inner path of spiritual seeking - we release in order to discover and we do it over and over again.

Can you see these three dynamics at work in your life? Are you, like so many others, no longer satisfied with your ordinary inner life? Are you looking for more? Ponder what it would mean for you to leave, lose, or want an inner life different than your current one. How might you self transform or transcend?

The exploration of that question puts on on the seeker’s path.

## Going Deeper - The Call to Adventure



Below is a link to an article about the call to adventure and the spiritual life. In every spiritual tradition, there are stories of the call to adventure. These stories become myths and metaphors to the call to the inward journey. Read the article and then spend time reflecting on your own inner call and how you might more fully enter it this week by leaving, losing, or wanting.

<https://www.patheos.com/blogs/spiritualitychannelseries/2016/03/it-all-begins-with-the-call-to-adventure/>