

31 DAYS  
TO FINDING  
YOUR WAY

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I encourage you to lean into your own sense of the unknown, to intuit and cultivate a personalized practise of listening to where life is nudging you, and calling you. I invite you to listen to that part of you that life is trying to wake up. That might be waiting just beyond the smallest curiosity. Your life could change by picking up a stone and rubbing it free of dirt which covers a blue vein, which somehow reminds you of a dream you've forgotten.

— Mark Nepo

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 *Finding your way...*

What part of you is life trying to wake up?

Follow your smallest curiosity today and see where it leads you.

Our bodies are always turning one thing into another... transforming food, air and water into movement, sweat, offspring (even when your body is finally dead, you will still be creative as you nourish the soil.) If you try to suppress that urge you will starve, your joints will freeze and you will die!

— Danny Gregory

Turn experience into that which keeps you alive as fish turn water into oxygen.

— Mark Nepo

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 *Finding your way...*

How could you express in some simple creative way your life experiences today?

One way I play with this is.....I collect quotes that impact me on index cards and transform them into a devotion (like the one you're reading).

Your soul can know everything at once but your body does one task at a time.

— Penny Peirce

Her poor body was in panic because it thought it was supposed to manifest the entire vision immediately.

— Penny Peirce

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 *Finding your way...*

Today can you rest in the fact that while you may see all that needs to be done, all that needs to be done today is the next right action, then the next and the next... one step, one breath at a time.

“The act of focusing on survival and limitation prevents you from getting in touch with your passion

— Ernest Chu

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 *Finding your way...*

Just for today could you focus on your passion rather than what you have to do to survive?

Here are a few questions to help you get in touch with your passion...

What are you most curious about? Or What could you be curious about? What aggravates you about life? What do you get most upset about? What really excites you? What are you doing when times just seems to fly by? What do people thank you for most often?

“We need to remember that shadows activate our story. The bleakness of Kansas is a tremendous shadow that prompts Dorothy (in the Wizard of Oz) to make a change. Without this prodding there would be no story.

— Jean Houston

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 *Finding your way...*

What “shadows” are moving you right now?

What’s the “bleakness” in your “Kansas” that is calling you to make a change?

Could you see the shadows as a positive force even though they might not feel comfortable in your landscape?

Who said peace, joy, sadness or —whatever else you want to fill in the blank with \_\_\_\_\_ is the next thing you should experience.

I don't know what I should experience it's not in my hands. This is the humility needed for Life to move our experience to whatever condition it wants to bring about, which is the condition we specifically, personally, need in that moment.

— A.H. Almaas

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 Finding your way...

Today could you be open to not trying to determine what the next thing is, that you should experience?

Could you be ok with whatever Life brings your way just for today? Whether that is joy, peace, anger, boredom....trusting that it's what you need to experience for your greater good?

What seeds of ideas are percolating inside of you?

In your imagination, test each idea by seeing yourself involved and acting on the concept. How does it feel? Which hold your interest? Which make you forget time? Which excite your body? If it feels good take one step in your physical world towards one of your ideas.

— Unknown

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 Finding your way...

Today I invite you to explore any ideas that are percolating in your mind or body, knowing they might have been dropped there for a reason.

Take one step in your physical world towards one of your ideas.

Something is being revealed in this moment that isn't going to be revealed in any other place or time or through any other person, and it is just as necessary as what is happening to someone else or what will be happening to someone else or what will be happening to you in a minute, a month or many years from now.

— A. H. Almaas

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 *Finding your way...*

Today I invite you to live in the freshness of each new moment eager to discover what wants to be revealed, through you.

We rock into clarity, then confusion, into motivation then apathy, into specific goal-orientation, then expansive overviews. We wake, we sleep, we inhale and exhale. Through this ongoing rhythm we're remembering the two extremes of our nature, and through cyclical oscillation eventually we integrate our spirit with our personality.

— Penny Pierce

Are you "coming down" from the place of wisdom ready to make things concrete? Or are you "lifting up" from the physical world of form ready to be inspired? Once you know, go with the movement until it changes naturally to its opposite flow.

— Penny Pierce

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 *Finding your way...*

Where are you in your creation cycle? Are you clear on your next period of self expression or confused? Motivated or apathetic?

Rather than try and fight the flow, why not follow the flow. If you're apathetic take a break until motivation returns. If you're confused, rest until the waters become clear and clarity returns, then take action.

We in the west with our obsession to problem solve, have stubbornly made a devotion of eliminating obstacles, a devotion that often avoids relating to obstacles and staying in conversation with them. But as older traditions confirm, it is the very journey through the life of obstacles that is the labor we must endure in order to birth wisdom.

— Mark Nepo

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 *Finding your way...*

What obstacles are you trying to eliminate in your life today?

Just for today could you be open to stay in conversation with your obstacles and learn their message for you?

Being human , we constantly slip from intergrating our experience to being consumed by our experience. We move, almost daily, from having our fear, pain and worry live in us, to living within our fear, pain and worry. We want to keep each other company when we're drowning in our experience and awash in our feelings, until it all can right-size, until our expereince and feelings can once again sustain us.

— Shaki Gawain

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 *Finding your way...*

Where do you find yourself today? Having fear, pain and worry or living within your fear, pain and worry?

Who could keep you company if you begin to drown in your expereince? Who could help you right-size it and help you intergrate your expereinces?

Saying what we see, openly and without judgement, is imperative if we are to grow from aspects of life that are not us. Paradoxically saying what we see is a fresh way of listening. It is how the soul puts things out in the open so we can begin to make sense of them. It is the first step in bearing witness

— Don Ruiz

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 *Finding your way...*

For one day, practice “saying what you see” to yourself; that is, take the time to write down and affirm your DIRECT experience of life and the feelings and thoughts that living generates.

When you bear witness to your life in this way, do you find you can make more sense of your experiences?

In the beginning was the word, and the word grew out of silence. So to the degree we’re each waiting for word of our callings, we ought to tend the soil of silence.

— Gregg Levoy

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 *Finding your way...*

Today how could you cultivate the soil of silence?

How could you become aware of the silence in which everything is happening?

Within that silence can you hear an answer via thoughts, images or feelings that are surfacing?

“Much as we'd like, we can't be happy all the time, any more than we can dilate and constrict, and inhale and exhale, in order to live. And so, the heart, mind and soul need to open and close to the entirety of the human experience in order to make sense of things as they move through. Difficult as they are, pain, loss, and obstacles are dynamic forces of life that make us open and close

— A.H. Almaas

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 *Finding your way...*

Are you trying to be happy all the time as if trying to only inhale and not exhale?

Does your heart, mind and soul need permission to be closed and constricted today?

“Is it possible to cover over your negative thoughts? That's very much like trying to control the waves on a lake. You can do it, but you have to freeze the lake or drain it first. And you can control the thoughts you don't want if you're willing to freeze over huge areas of your life experience. When you freeze out the pain, however, you also numb the joy, and your enthusiasm for life.

— Maria Nemeth

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 *Finding your way...*

Today I invite you to become aware of any part of your life you're trying to freeze out to numb it's pain, at the expense of your joy and enthusiasm. You don't have to do anything about it (today) just become aware and accept it.

Then notice what happens.

“So the deeper lesson is that adapting to the flow of life is more than reacting to things that just seem to happen. It requires our continual attention and movement with life around us, the way underwater sea grass sways with the currents. For existence is a constant work in progress, not a still life.

— Mark Nepo

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 *Finding your way...*

How adaptable and flexible do you feel you are with your life experience today? Could more flexibility make for a more free flowing, energy filled life?

Would you be willing to lean into life and “go with the flow” trusting that life can be trusted to take care of you?

“Often what may appear as a detour in life is actually the most direct and empowering path to your destination.

— James Arthur Ray

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 *Finding your way...*

Have you had an experience where a “detour” has been the most direct way to your destination?

Would you be willing to be sidetracked (and detoured) today, and to see where that leads you?

It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.

— John Stienbeck

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 *Finding your way...*

Is there a difficult problem you haven't been able to make progress on?

Would you be open to surrendering it to life before you go to sleep tonight, and seeing if the "committee of sleep" could offer you some insights and next steps?

A quilt may take a year, but if you just keep doing it, you get a quilt.

— Chuck Close

The slogan "press on" has solved and always will solve the problems of the human race

— Calvin Coolidge

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 *Finding your way...*

Remember the compounding effect of taking daily action towards your dreams and goals.

What are three small steps you could take today to move you towards completing your "quilt"?

I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail

— Abraham Maslow

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 *Finding your way...*

How do you see the world today? Are you limiting what you see in the world by what you hold in your hand?

Is life just “nails” to be pounded, or could there be plants to be watered if you had a watering can in your hand, or people to be comforted if you held a blanket in your hand?

I think I'm the happiest I've ever been. Part of it is just learning what makes me happier and doing more of it, and learning what makes me unhappier and doing less of it.

— Mark Frauenfelder

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 *Finding your way...*

Today I invite you to become more aware of what makes you happier and unhappier.

What's one thing you could stop doing (that makes you unhappier) and one thing you could start doing (that makes you happier)?

The brick walls are there for a reason.  
They're not there to keep us out. The brick walls  
are there to give us a chance to show how  
badly we want something.

— Randy Pausch

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 *Finding your way...*

Today I invite you to see your “brick wall” as not something to keep you out but as a way to reveal to you how badly you want something. Maybe you don't really really really want what you say you want, or maybe you do.

Your awareness of your “hunger” level might be what makes the difference, enabling you to make a way through your wall.

It's a good thing to have all the props pulled out from under us occasionally. It gives us some sense of what is rock under our feet, and what is sand.

—Medeleine L'Engle

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 *Finding your way...*

Could your challenges and difficulties be revealing your foundation today?

Is there some sand that needs to be replaced with rock? If so, could you see that what's happening to you, is life supporting you, rather than trying to tear you down?

Everyday, take another step toward adventure.  
Let another piece of your special weirdness out.  
Before you know it, you'll be in a very different place  
—a far more interesting place

— Jessica Hagy

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 *Finding your way...*

What's the smallest step you could take today that would move you towards what makes you happy?

What would you say your "special weirdness" is?

Would you be willing to let it "out" into the world today in some way?

You are consciously trying to accomplish one thing but if you keep your eyes and ears open something else appears that may actually be better than what you had in mind.

— Rick Jarrow

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 *Finding your way...*

Today I invite you to keep your eyes and ears open for that unexpected "twist" which might be a better result than what you had in mind.

The more aware we are of what is happening the more that awareness becomes dynamic and reveals the meaning of what is going on.

— A.H Almaas

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 *Finding your way...*

How could you become more aware of what's going on around you and in you today, so that you could discover the meaning of what's happening?

Could you tune into what you are sensing rather than what you are thinking?

Yet I feel stuck. And being stuck is part of the journey. I might be stuck for a day or decade. Often I remain stuck because of the unexpected harshness of the weather of experience. And compassion to ourselves and others allow each other to move through the stuckness that incubates us while we grow.

— Mark Nepo

Let's sit with our feelings and trust this is getting us somewhere

— Rachel Awes

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 *Finding your way...*

What areas of your life do you feel "stuck" in?

Would you be willing to show compassion to that part of yourself (and your life) today?

Could you be open to the fact that just accepting, feeling and embracing your stuckness is in fact moving you through it?

“ Sometimes the way you find your next step is by simply paying attention to what people are asking you to do. It does not mean that you have to accept the requests, but you can sift through them and identify what has been genuinely calling you.

— Rich Jarow

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 *Finding your way...*

What have people been asking you to do lately?

Could what people are asking you to do, be your next step or your next calling?

“ Listening to someone explain something can sometimes be like walking into a movie after it's started - you need to know about the beginning to understand the middle and end. At other times it's not until you get to the end that the whole plot makes sense.

— Wendy Sullivan

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 *Finding your way...*

Today as you listen to people, become aware that you are walking into their movie and trying to put the pieces of what they are saying together. Realize that it might not be until the end that you fully understand what they are trying to communicate.

Whenever I go on a ride, I'm always thinking of what's wrong with the thing and how it can be improved.

— Walt Disney

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 *Finding your way...*

Chefs notice food. Counselors notice relational dynamics. Artists notice shapes, colors and designs.

What do you notice?

As you interact with life today, what do you naturally see that needs improving? Could this be a calling for you?

In this unexpected moment after pain, I realize that, when things fall apart, they make a lot of noise. When things come together, they do so quietly and slowly. And so, we often miss them. Our culture is obsessed with how things fall part. The news reports only the noise of things breaking down. Yet things are constantly coming together, though we have forgotten how to hear them.

— Mark Nepo

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 *Finding your way...*

Today become aware of what you're tuning into, in life. Are you only tuning into things that are falling apart?

Focus on one small thing that is coming together in your life today. How does that make you feel?