

# The Spirit Walk

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A Spirit Walk is when you follow the calling of your destiny, going where your spirit leads you, to experience that which you need to learn.

It is living not from ego, but from complete being. It requires that you be totally present and totally accepting, so that old habits and ideas do not continue to foster illusions and lead you away from your true self.

As much literal as figurative, the Spirit Walk is a rite of passage. It is a pilgrimage from one state of being to another. While it may involve a journey from home, it is actually a journey to return home, a returning to the spiritual home that you wandered from in the course of living.

If in finding harmony, in body, mind and spirit, you can turn away from illusion, awaken to a new awareness and find what is the truth for you, then the Spirit Walk has returned you home to your true way.