## Adult First Day School 9/10/12

## The Journey

The journey of the hero is about the courage to seek the depths; the eternal cycle of change within us; the uncanny discovery that the seeker is the mystery which the seeker seeks to know.

~ Joseph Campbell

I knew that if I allowed fear to overtake me, my journey was doomed. Fear, to a great extent, is born of a story we tell ourselves, and so I chose to tell myself a different story. I decided I was safe. I was strong. Nothing could vanquish me.

~ Cheryl Strayed

You have everything needed for the extravagant journey that is your life.

~ Carlos Castaneda

People think my life has been tough, but I think it has been a wonderful journey. The older you get, the more you realize it's not what happens, but how you deal with it.

~ Tina Turner

Sometimes, reaching out and taking someone's hand is the beginning of a journey.

~ Vera Nazarian

I am not my wound, or my defense against my wound. I am my journey.

~ James Hollis

It's not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you.

~ Tyler Perry

Some journeys are direct, and some are circuitous; some are heroic, and some are fearful and muddled. But every journey, honestly undertaken, stands a chance of taking us toward the place where our deep gladness meets the world's deep need. ~ Parker Palmer

## For discussion:

Do any of these quotes particularly draw you? If so, why?

Do you have another quote about journeys to share?