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Master The Art of Journey

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Everyone must have across such common phrases as, “Life is a journey and not a destination”, “Meditation is a journey”, “Relationship is a journey”, “Spiritual journey” etc. If almost everything is a journey, then it makes sense to understand more clearly this “Journey” thing and also to learn how to “Journey” well.

[Definition](#) of Journey:

Journey is moving in the right direction towards a destination of choice.

Types of Journeys:

Broadly there are 4 kinds of journeys:

Journey

3. Hybrid or Mixed-up Journey
4. Forced or Follow Journey

It is easy to conclude that “planned” journey is better than “unplanned” journey. Planned journey has at least the promise of progress and even if it does not make you reach the desired destination, it makes you closer to it and it is great to be at least on the right path.

[Hybrid](#) journey is the mixture of some part of journey as planned and others unplanned. One common example is a planned professional life and unplanned personal life or vice versa. If all parallel journeys do not lead to same direction and destination then it is a incoherent situation which will cause imbalance resulting in [pain](#), misery, unhappiness and unfulfillment. It is always better when all parallel journeys are inter-wined well leading to the same direction supporting, complementing, aiding and advancing the main journey.

Forced or follow journey is when someone is not living his or her life and is moving under the influence of others. This situation might make sense only when that particular person is minor, not mature enough or if adult either dependent or incapable of making decisions. Else one must find one’s own journey, the earlier the better, where [heart](#), mind, body and soul are in agreement, coherence and in synergistic harmony with each other.

Understanding Journey:

The best journey is clearly defined well planned broken down [mini](#) destinations, which we can call “Points”. Starting point (SP) of the journey is “A”, which is [present](#), the now, the current time where you are at. “Z” is the ultimate final end point (FEP) of any journey. The end point (EP) of the particular journey is higher than “A” but less than or equal to “Z”. The shortest journey is from point A to point B and the longest journey is from point A to Z. It is our choice to pick shorter or longer journeys. For shorter journeys the end point could be “E”, so the key is to identify the sequential points of “B”, “C” and “D”. Shorter journeys are from “A” to “H”, mid-size journeys are from “I” to “P” and longer journeys are from “Q” to “Z”.

The “perfect” journey is to reach fastest from start to finish. It can be accomplished only by fastest way to reach from point A to point B, then from point B to point C and so on till the last point. An “ideal” journey might not be the fastest way but still a surest way in the most enjoyable selected speed. The crux of the game is to somehow reach, not necessarily the fastest way, from current point (CP) to the next point (NP).

Fundamentals of Journey:

Below are some undeniable fundamentals, facts and pieces of Journey.

1. Journey is moving from current position to next position in the chosen direction.
2. At one point of time we can only be in one journey.
3. We can have few parallel journeys such as career, [business](#), personal development, relationship, family etc. Still at one single point of time we can be in only one journey.
4. Journey is made of “Movement” which are “Actions”.
5. “Destination” are the desired “Goals”.
6. “Right Direction” is when distance is reducing from the destination.
7. “Journey Plan” is breaking down the path into intermediate points setting up the progress path between the set points.

Mastering the Art of Journeying:



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standing and break-down should help us answering “How to journey well?”, “What are the secrets of a successful journey?”, “How to master the art of journeying?”

Successful journeys are planned and planning is the set-up of destination, direction, aligning all different journeys and setting up the comfortable needed pace.

The first step before embarking on any journey is to set the destination. If for some reason we can not very clearly identify the destination, but still we must approximate it. If we exceed our set destination than that is anyway a very good welcomed happy bonus. This important phase involves going deeper in having more self knowledge and awareness. A good level of honesty is needed in really figuring out who you really are and what you really want, how soon, how much and in which way and what price.

Once we decide the destination, the next step is to break it down into clearly identified points which can be viewed as stages, phases, legs or steps. Again self analysis is needed in knowing current capabilities, true potential and realistic gap analysis between desires and efforts. There can be and generally are multiple paths to the destination of your choice. Right wisdom, self-awareness, mindfulness and good judgement are needed in picking the path which is right for you.



After picking up the journey and deciding on the path, determined courageous consistent actions are needed to continue the movement without giving up. Everyone knows the Chinese proverb, “To get through the hardest journey we need to take only one step at a time, but we must keep on stepping.” So it is good enough to sometimes able to just know and see the next point, because when you reach that point you will be able to see further the next point. There is also an interesting Japanese proverb, “When you have completed 95 percent of your journey, you are only halfway there.” It is important to keep moving till you ultimately reach your destination without slowing down, keeping the focus and handling the challenges and roadblocks with creativity and raising your level higher continuously.

It might be helpful to have an experienced mentor, good guru, true friend and or a supporting competent team which helps in progressing faster, surer, on right path and in right direction. As everyone is on their own journeys it is conducive to collaborate with those who share your path and are in the same direction. Though the most important things are the unwavering faith, burning desire, enough inspiration and self motivation.

Periodic contemplation and gauging helps of where you are are, where you want to go and whether you are on right track or not. Self observation and corrective feedback can put you back on the right path if you loose your way. Different strategies can be thought of and applied in cruising between the two points. One can always improve the path, the speed, rewards and even [destinations](#) as one gets better with the progress.

The end of a journey can be a beginning of a new journey. If you learn and master the art of journey, then every journey becomes not only fun but also meaningful, purposeful and successful way of living. Difficult journeys enrich us even more bringing more learning and growth. Journey itself can become the greater reward then the destination itself as one can have so many outcomes on the way. Make every new journey better, more joyous, fulfilling and enlightening than the past journeys.

Enjoy, whistle, sing and dance in all of your journeys!

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