



Travelers Within Society

Member Monthly Newsletter

Traveling Within: Exploring Our Freedom of Choice and Balance of Being

Hello to all our TWS members. It's been a reflective month for me here in beautiful San Miguel de Allende, Mexico. Living alone has its advantages and disadvantages, but all in all, I'm in deep gratitude for my life and with each passing day I'm regaining my sense of equanimity and well-being. Because many of you recently downloaded my book, *Travelers Within* (Second Edition) I want to devote this month's Newsletter to some of the finer points of the inner journey. If you haven't started reading yet perhaps this article will spur you on. And if you have, I believe it will enhance your experience. I'll post an accompanying blog page so you can post your comments and insights, as your contributions are very valuable to me as well as to others. Once you've finished my book please remember to post your book reviews on Amazon and Goodreads as it means a great deal to me in that it will encourage new readers. And finally, I ask that you share about my book with your friends so we can get the word out about the extraordinary journeys awaiting those called to travel within. Blessings, stay well, and my best to you always. ~ Val Jon



"Everything you see has its roots in the unseen world. The forms may change yet the essence remains the same." – Rumi

We human beings are natural-born travelers. From the moment we can crawl we're compelled to explore life's unseen world. There are many places we can explore in our lives, but there are only two destinations we can ever investigate. They are the outer world and its counterpart, the inner world. Our journeys into the outer world are familiar to us in that they pertain to the external landscape and geographies associated with our physical surroundings. Traveling within, on the other hand, is about the lesser-known internal geography of our thoughts, emotions, experiences, and memories. This "inner terrain" as I call it is otherwise known as our "psyche," "identity," or "self" and it's the very private inner place where the "essence of our being" resides.

Essence Versus Objects

The essence of our being is a vague term for those who've spent little or no time traveling within. On the other hand, the "objects of our desires" is a far more familiar notion for many in that it's solely focused on physical attractions within the external world. There is a key distinction I want to clarify concerning these two very different destinations. Essence is the life force energy infused into all objects within the physical universe. Even inanimate objects possess the omnipotent energy of essence within their molecular structuring. (The science of quantum mechanics has

proven that at the subatomic level all objects, animated or not, vibrate with the same universal energy.) While exploring the outer world of objects is very important, without also venturing into the inner world of our Essence, the outer world is at best gratifying, but more likely is simply not nurturing or fulfilling.

The notion of essence also carries with it philosophical overtones including but not limited to spirituality, metaphysics, religious experience, and paranormal phenomenon. For purposes of this article, I will focus on the humanistic and spiritual aspects of essence. Short of venturing into the realm of the “soul,” I want to suggest to you that our spiritual essence, in its most empirical sense, can be understood as our finite and individual experience of the infinite expanse of the universe. In other words, the life force energy dwelling within us is our personal connection with the vast energetic expanse of the cosmos and the omnipotent forces residing within it.

The Essence of The Divine

A few words now about these “omnipotent forces” before I move on. Anything that can ever be written or claimed about regarding the nature of Divinity, (that which is sacred and exists beyond the scope of our direct human experience), in my opinion, is speculation. I don’t care what “book” it is written in, or how many people in the world believe. I’m specifically referring to the personalization of omnipotent phenomenon, the casting of human-like traits upon universal forces that have no mortal characteristics or human-like intent. I too am unqualified to make claims about such matters, but I do know there are “faceless forces” that are not speculative and do indeed exist because we can observe them with our own eyes moving within the frontiers of the cosmos. Through the wonders of modern science and astronomy, we can witness the evolution of massive stellar nurseries, the birth of new stars, the organization of billions of galaxies, as well as the ominous presence of supermassive black holes at their centers, dark forces that devour everything in their wake including light. So do I believe in God? The answer is “yes,” in the sense that for me, the essence of “GOD” refers to the forever regenerating process of *(G)eneration, (O)rganization, and (D)estruction*.

“God Almighty” in my reality, embraces the paradoxical pillars of existence and nonexistence along with everything that ever manifests between them.

It is this omnipotent *(O)rganization* existing between the pillars of *(G)eneration* and *(D)estruction* that I find myself revering because it is the celestial cradle for existence and life. It is Life itself that I consider to be the ultimate expression of the Divine, and I draw my strength and insight from it to endure the challenges of being alive and to constantly regenerate gratitude in the presence of whatever it is I experience in my short lifetime. I fully believe the ancients and civilizations of the distant past knew about and honored this universal omnipotent nexus. Why else would they have built stellar observatories and massive sacred stone structures to observe the heavens?



Here on Earth, two basic forms of life arise between these the pillars of existence and nonexistence. They are the naturally harmonious life-forms rooted into the Earth and those untethered life forms, (like us humans) who must strive for earthly grounding and harmony in other ways. With the liberty of mobility comes the responsibility of making choices, and the choices we bipeds make have a huge impact on our freedom, sense of peace, and more fundamentally, sustainability. Plants, on the other hand, while they have little freedom, exist in a natural state of peace and harmony because their choices are limited by wherever they happen to be rooted.



The Balance of Being

It is this need for earthly (and celestial) grounding that results from being untethered that makes “traveling within” an essential activity for us. I want to clarify that “us” does not mean everyone. It pertains only to those who realize that their freedom of choice requires a high degree of attention and intention to become fully available. Consider the challenge of “balance” and just how much attention and intention it takes to master. While you may not be able to recall the effort it took for you to stand up and take your first steps as an infantile untethered being, it was an enormous challenge. Gaining an internal balance of being in which we learn how to navigate (and walk within) the inner terrain of our psyche takes just as much effort if not more because unlike learning how to walk on solid ground successfully navigating our dynamic inner terrain requires constant conscious attention and intention. (Imagine trying to walk upon a gigantic waterbed and it will convey the difficulty.)

So how do we go about establishing this harmonious grounding? Those who do the inner work to “uncast” the early childhood emotional decisions inhibiting their ability to be the “chooser” in their own lives not only access the grounding they need, they gain access to an abundance of universal energetic essence for living their daily lives with resilience and enthusiasm.

In practical terms, go where you don’t want to go, step where you don’t want to step, explore to the depths that which frightens or concerns you and get down under it into the ground of your being. It is only by venturing into our deepest depths that we gain access to our highest heights. It was Meister Eckhart, the 13th century mystic who once wrote, “The deeper and lower the depth is, the higher and more immeasurable is the exaltation, for height and depth are the same thing.”

By navigating into our inner terrain and coming to terms with all that resides within us, both magical and mysterious, we come into accord with the taproot of our essential being. Once this omnipotent grounding is established within us we have available to us all the resources we will ever need to live a nurturing and fulfilling life.

The natural world holds an abundance of invitations for us to travel within as well as very wise organic messages for how to master balance and navigate our inner journeys. Just in one afternoon communing with Nature, these insights came to me, and as far as I can tell, they are available to anyone who takes the time to open themselves to the wisdom that exists within the world around and within them.

- > Life doesn't need to tolerate, forgive, or ask to receive anything because it's too busy giving.
- > Discomfort, threats, and adverse conditions never stop life from surviving or thriving.
- > The natural world never fights with other elements because it knows it is those elements.
- > If a tree is unstable, rather than reaching for more light, its roots venture into the darkness.
- > The Sun requires zero recognition or external support to keep shining into the void of darkness.

Be like Life, the Natural World, the Trees, and a Star because the honest to G.O.D. reality is that they truly are who you are. Blessings! ~ Val Jon

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