



### BEGINNING OF A JOURNEY

**I will never** forget that winter Sunday morning in Hamburg / Germany in 1984. I had been through a divorce and was taking a walk in the snow near the river Elbe with a wonderful new woman in my life.

**We had just** returned from three weeks in paradise on a tropical island, and were making plans for a future together in South Africa where my company wanted to send me.

**The snow crunching** under our boots, she casually mentioned that before we left she wanted to see her "little lady" one last time - a clairvoyant she used to visit once a year for reflection, guidance and direction in her life. I was stunned : the woman I wanted to share my life with was into this sort of nonsense !

**The only contact** I had ever had with the more mysterious aspects of life was horoscopes in magazines I sometimes read for a good laugh. And yet, on occasion, I had wondered how these astrologers could seriously maintain that there is a connection between people's human characteristics and the date and place of their birth.

**I found the** answer to this particular quest - the quality aspect of time - through years of study in Johannesburg while my work took me to many interesting places in the world.

**For a long** time, though, I didn't realize that I had embarked on another journey to destinations I never even knew existed, a road spiked with a myriad of new challenges I had never planned to travel.

**Over the years** I have now been confronted with many new spiritual concepts and techniques, some of them at first seeming alien - even absurd - yet most of them comfortable now.

**Gradually what used** to be an intellectual pastime transcended every activity with amazing synchronicity and became a way of life : perceiving the environment as a mirror-image of myself helps me take responsibility for everything I experience; understanding cause & effect makes me conscious of the immense power we have as human beings; accepting means and ends as being the same humbles my approach towards life.



"Lightning" by Stephen Cruickshank [www.stephenc.co.za](http://www.stephenc.co.za)



**Difficult as it** may be sometimes, I strive to see problems as challenges and try to welcome them as the great teachers they truly are. Needless to say, I have consulted clairvoyants myself now, with astonishing results.

**And yet** - sitting here in my study overlooking Cape Town's False Bay on another Sunday morning, in yet another chapter of my life - it is beginning to dawn on me that the mastery of life might be a simple act of faith, rather than the skillful application of many useful techniques.

**The acceptance that** nature is something much more magnificent than we can comprehend as human beings may still be relatively easy, but the barrier to the true knowledge that life is perfect as it is, seems to be beyond our technology. We are so proud of our development, but it seems to take an act of discovery to overcome it.

**Should we stop** questioning the essence of our being then ? Or accept everything at face value in the hope that it will be for our greater good ? "Either - Or". Back in the world of polarity, I know these choices do not exclude each other; there are no right or wrong answers; options are only two sides of the same coin, as are beginnings and ends.

**Oh, and one more thing** : I have given up planning my journeys. We always travel towards our own horizons anyway, and since they travel along with us wherever we go, what's the use of planning ? I'd rather be guided by my purpose these days and create the journey in pursuit.

**"I find the great thing  
in this world  
is not so much  
where we stand,  
as in what direction  
we are moving -  
we must sail,  
sometimes with the wind  
and sometimes against it -  
but we must sail,  
and not drift,  
nor lie at anchor."**

**Oliver Wendell Holmes Jr.  
1841 - 1935**