

22 The Path

Key words: wandering, going with the flow

We wander in the Grove, following this golden path, trusting the journey will bring us what we need.

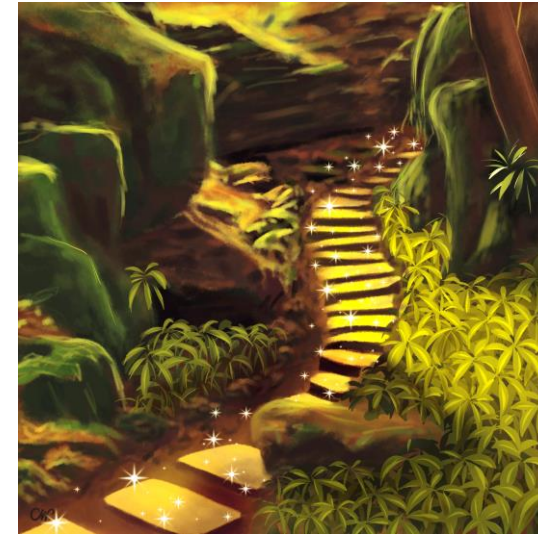
We enjoy this feeling of letting go. We don't need to make plans, we don't need to reach deadlines, we don't need to set goals. We just follow the flow of the Grove, step by step, discovering our path as we go.

And everything is a subject of wonder and meditation. We can choose to lie on this field of plants, or to rest on one of those rocks, to climb on them to see the landscape behind, or to follow the path. We can also choose to go by ourselves, take cross roads, we will always find a new path showing the way we can go, if we are willing to.

So we let our mind and body wander, in mindfulness, enjoying the journey, feeding our sensory library, We let our thoughts go their own way, reaching what they call for. We will see, if it's meant to be, what they will bring to our path. Or we will just go on in peace.

We know that everything will come and go when it's meant to come and go. Everything will make sense, everything will lead us on our path, helping us to choose the direction we need to take at that very moment. So we go on, breathing peacefully, looking at each detail that is offered to our eyes, smelling the wild essence of the Grove. We are home and guided, everything is fine. And if the destination is a mystery, it's because it changes as we go, each decision we take, each choice we make unveiling a new possibility.

So we smile as we decide that, this time, we will follow the path we are offered to walk today.



You need to let go and follow the flow.

Sometimes you don't need to take decisions, you don't need to make choices. You just have to walk step by step on the path that is offered to you.

You know you are on the 'right' path when everything seems to lead you to a specific place, following the same idea.

Be open to synchronicities, to patterns, and follow their lead. You just need to let them guide you. You are on an important path for you, here and now. Let go of doubt, or reasoning. Just follow the signs.

Let go of what doesn't resonate with your soul right now. Just go with the flow, let you be held by what comes, and enjoy the process.

You need to free yourself from those thoughts that prevent you to do or be who you need to do or be. Even if it is just for a moment.

You deserve it.