

# **Where Are You Going?**

## **Night Journey to the New Year, the New You**

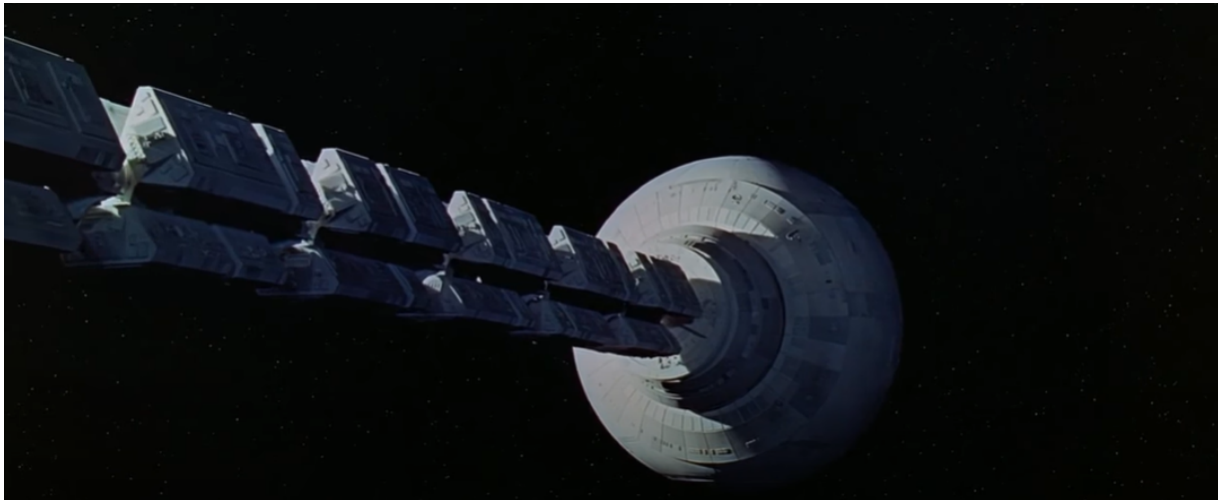
At the start of each year, many of us make resolutions, plan projects, promise to reach goals—essentially plotting out the future. But along with asking big questions and looking for sturdy solutions, we need to be more than ready for change. We need to remember how to search for options when very little of the future seems clear. Here’s a five-minute exercise to reawaken the Searcher in all of us.

### **Honing Your Night Vision to Quell Fear and Gain Inner Strength**

No amount of concrete planning can prepare us for cataclysmic disruption, whether globally or personally. But within humanity’s DNA resides the ingenuity and resolve to persevere. It may lie dormant in us, but it’s there.

Some people seem to access resilience quickly. Others...not so much. Catatonic fear can hit like a gut punch that knocks out any chance to respond with strength, optimism or the resolute readiness to perceive hidden opportunities. The Searcher can lead us through calamity, but only if it’s awake. That’s our task: awaken our Searcher.

### **Traveling Deeper into the Meaning of You**



What I’m calling the Searcher is merely a functional component of our imagination. We use it for such “flights of fancy” as exploring where we want to go on our next vacation. Bermuda? Brazil? Disneyland? With each of those possibilities, we send a surrogate of ourselves from our imagination to explore those places. But that’s like driving an airplane to the grocery store. The Searcher can do a lot more.

The following music–journey takes place in the darkness of outer space. It has no definitive conclusion—what happens depends almost entirely on each of us. And the journey meanders instead of moving in any type of direct path. Perhaps the universal benefit from this is allowing the Searcher in each of us to explore far beyond the real world with a freedom that our physical brains cannot bear or comprehend.

**Aram Katchaturian, Gayane Ballet Suite (Adagio)**, Leningrad Philharmonic Orchestra, Gennadi Razhdestvensky, conductor (approx. 5:25 minutes)  
<https://www.youtube.com/watch?v=EB3lokHelRk>

Stanley Kubrick used this music brilliantly in “2001: A Space Odyssey.” If you haven’t seen this film, for god’s sake, watch it! This music begins the “Jupiter Mission” section of the film—the part of the film that leads one astronaut (Dave Bowman) to his transformation...and the other astronauts to their deaths.

The music may sound haunting or threatening or terribly sad. That’s partly because it’s in a minor key and partly because the vastness of unknowing and aloneness is terrifying for most people. But serious journeys of personal transformation never happen in the daylight and they never happen with other people tagging along. And if you consciously undertake a night journey, it brings you profound catharsis, inner strength and ineffable joy.

This exercise isn’t a full-fledged Parsifal-like quest. This is more of a warm-up: experiencing the steps that lead your Searcher out from the “safety” of your normal, everyday life toward the realms of extraordinary adventure that enrich the wisdom of your Being.

**Exercise:** Sit with your eyes closed (preferably in a darkened room), feet flat on the floor and hands resting in your lap...and do your damndest not to fidget! Let the music put your physical self into a semi-trance. In other words, put the busy-ness—that *need* to know—of your physical eyes to sleep. That lets the Searcher within you travel out to the vast cosmic darkness (where this music is). Look through the eyes, the POV, of your Searcher and see what he or she sees and experiences. It may be vague and dreamlike, or specific and clear. Whatever your imagination sees (or doesn’t see), just go with it.

***Your imagination is much more imaginative than you could ever imagine. So use it!***

That’s it. That’s the exercise. However, there’s a framework to this music that might help guide you (and the Searcher) through a more structured experience of this exercise. You don’t *need* to know the milestones I’m giving here, but they can be helpful. (You might want to listen to the music first to hear these sections before doing the exercise.)

0:00 – 1:08 (Single note melody in strings) Physical body relaxes into semi-trance; Searcher floats to deep outer space  
1:08 – 2:13 (2<sup>nd</sup> voice in strings) Choosing/observing—where to go (meander) what’s out there  
2:13 – 3:30 (new theme) Searcher is drawn to something, follows where it leads, revelations begin  
3:30 – 3:54 (first theme calls then repeats octave higher) simple, first-stage revelations grasped  
3:54 – 4:05 pause, awareness that there are deeper, hidden revelations Searcher needs to find  
4:05 – 4:15 (string-plucked broken chord) break through!  
4:15 – 5:00 entering awareness of new realm/future; Searcher moves slowly toward a new threshold  
5:00 – 5:12 Searcher begins to understand who your next self can be  
5:12 (last low pluck seals the experience) Searcher stands at threshold, ready to go further

Relax your physical brain! Don't worry about what you do or don't see. But stay consciously alert via your Searcher eyes.

Don't be asleep or lapse into dull and dopey in this exercise! That didn't turn out too well for the astronauts in their suspended animation casket-pods. And don't cling to the simple surety of your physical brain and physical body. That's what Frank Poole (the other astronaut who's exercising when we first see him) does—to no avail.

Let the Wandering Searcher simply explore the vastness of what lies beyond our comprehension of consciousness. Travel without an agenda, without needing to find or see anything concrete. Your Searcher will grow stronger and more available to you for whatever you need to do next.