

Name _____ Date _____

Meditate on your answers to the questions that follow as you prepare to leave your old life behind to set out on the sacred journey of the seeker.

What ancient wisdom do you seek on your journey?

What is your initiation into the sacred path of the vision seeker? What do you need to begin the journey?

How might you call upon your own inner wisdom to make the spiritual quest of the sacred seeker the first and foremost thing in your life?

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What gives your life meaning?

Being a seer is not about refusing to own things. It's about refusing to let things own you. In what ways can you set aside the material world when seeking spiritual enlightenment? How might you seek nature instead of goods and possessions?

What things of spiritual significance can assist you in finding happiness and enlightenment?

How might these sacred things of spiritual significance assist you on the way of the Seeker?

Contemplate your answers to these questions. Call upon your own inner resolve to resist the temptation of material pleasures as you seek the pleasures of the spirit. Conclude this exercise in the spirit of peace and serenity, knowing that you already possess everything you need to achieve enlightenment: Mind, body, emotion and spirit.