

# Voyagers

Take a moment and think - what motivates you? What gets you moving in the morning makes you shoot for the stars?

Not an easy one, eh? You may think - bah, I never shoot for the stars - but you'd be wrong! Because, you see, sometimes just going on living requires an heroic effort. But there's more. Have you ever fallen in love? Made a new career choice? Overcome illness? Voted? Helped someone when you didn't really have the energy? Our lives are threaded with an ongoing balance of inspiration and achievement, if we take the time to see it.

There are times when our motivation is for immediate gratification, and there are circumstances where knowing we've taken another step toward a bigger goal is in itself rewarding. Generally, tho, what gets us going is the promise of experiencing a good feeling, is it not? Whether of achievement and pride, or of being desirable, and loved; of having control over your world, or of simply knowing that you 'done good'? Isn't that moment when the good feeling sweeps over you deliciously sweet?! There you are, the self-satisfied fatcat that swallowed the canary, reveling in the experience! Well, YAY for you!

What do you need, those times when you can't get motivated? Maybe it's belief that the good feeling will come, or maybe it's hope that's missing. Stuck here? Then I will give you a magic key. Ready? Here goes... The joy comes from the journey. We are renewed by the very act of trying. Let me share with you a piece from my prayer book:

'What bridge spans the vast space we must cross to reach understanding? How small are we who attempt the journey! And yet we find our glory in the brave and endless struggle to comprehend eternal mysteries. We are voyagers in an infinite sea, our destination always beyond the horizon - but we are voyagers.'

Sail on, my fellow voyagers. Let us cry a hearty 'HEYHO!' when our paths cross - let us steer our ships to new shores - and let us celebrate every nuance of our own unique, special journey.