

Come With Me



Life gives us unusual situations we have to work through. If we don't work through them, we will find them in another way and another case. Sometimes we run away. The situation is too much for us, and we can't look at what the teaching is all about. We can't grow. Growing is not a fun thing to do. It seems like that baby is having fun doing it but really, the internal obstacles of development are just as overwhelming to that little one as what we have to face in our daily lives.

One of the transformative events for me was walking on The Camino de Santiago. There are several routes one can walk, but I walked the way from Saint-Jean-Pied-de-Port, France to Santiago de Compostela, Spain. It is 465 miles and takes between 4-6 weeks to walk. Walking with yourself, meeting others and walking, carrying your backpack and letting go of items along the way that make the backpack lighter. Burdens you no longer need. The process is transformative, cleansing and rejuvenating.

However, you don't have to walk The Camino to gain insight. You ([Read More](#))

[follow on Twitter](#) | [follow on Facebook](#)



Beth Lord
Write Heart Memories



[Share](#) your heart warming stories through an easy and simple process. [Let's talk.](#)
Write Heart Memories. PO Box 25774, Seattle, WA. 98165