

CREATIVE INPUT

The Journey to Self

Frank Henninger

The mandala wheel spins, as the shaman speaks
Moving the focus of our hearts from lesser self to higher
Up the chakra ladder to enlightenment
Opening the mystery for us, shining light into every corner
An eightfold path to truth
We, a community of believers- In ourselves, in the One
And our vision of unity, harmony and peace
A blessing to the world

We tell our stories, draw our wheels of life
Make contracts with ourselves,
And record crystal moments
Points of impact in the lives we lead, and those we touch
Gathering images to express who we are-history, soul and identity
What lessons we have learned, what we can let loose
Transformation the reward
Living by design, not default
The future undetermined, waiting for our direction
The creative impulse revealed-in scripts rewritten, in master plans
The mandala wheel turns, as the shaman speaks
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For our true selves we search
Personality, purpose, passions and principles
The keys to our vision, ley lines for our journey inward
The wheels we draw of fire, earth, wind and water
A portrait, fleeting snapshots,
Like dreams seen through water, liquid and clear
What passions do we find, looking deeply into our hearts
Harmony, intimacy, adventure, spirituality, and more
What principles are reflected there
What epitaph will we leave, our mark upon the world
The truth we speak without words
A credo, the secret of our being

Purpose, intent and symbol, personal emblem, a touchstone
Reminding us of who we really are, who we want to be
On the paths we have chosen, in our life's quest . . .

We follow our bliss, on the hero's journey
To do more, be more, have more
Our paradigms filtering the external world to our inner experience
Striving for serenity, perfect wellness
Alignment, and congruence
Fulfillment- whole and complete
Key moments are clues to the trail of our truth
Those moments we choose to be
True to our selves, our intention clear
Moments of growth, presence and clarity
The mandala spins again, as the shaman speaks
Moving the focus of our hearts from lesser self to higher
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We are partners in peace, we are partners in purpose
We are partners in prosperity . . .
We are gods and goddesses
Centers of Christ consciousness
Buddhas all, enlightened ones
Zen masters of our worlds
Beings of light disguised as living flesh
As we embrace the reality of our lives
We see the truth, we choose the meaning
We surrender to it to claim our power
And find new energy and synergy
Empowerment and freedom
Masters of our own destinies, we have come so far together
Weeks and months shared and lived
But our journey has only just begun . . .

Excerpted from "The Journey to Self" by Frank Henninger. Frank is a member of the Greater Philadelphia Church of Religious Science, Paoli, PA. His first book, Compass Points: Finding a Mid-Life Bearing on Mount Rainier, will soon be available at borders.com. This poem was inspired by his completion of the yearlong course "Mastery: Designing Your Life for Fulfillment & Success," taught by Rev. John DePalma. For information about this course see www.ticl.org.