

Soul Snack: The Journey Begins



Every journey must begin with you in the beginner's mind or showing up as the Fool from the Tarot Deck. One must come from this place of not knowing to truly begin a spiritual journey worth taking. My friend and teacher, Beatrex Quntanna, describes the Fool Card in her book, **Tarot: A Universal Language**, as “a leap of faith, a new beginning, a ‘go-for-it’ attitude, and willing to play full out.” This is how I suggest you begin your spiritual journey. The Fool makes the promise of things to come. If you undertake this journey from the beginner's mind who admittedly knows he or she does not have all the answers but is seeking and seeking without preconceived notions or expectations, then you are truly ready to embrace the journey ahead and make it meaningful.

This means that it might be best to take your logic, reason, and past beliefs and just put them to the side—just for the moment. The beginner's mind or the starting place needs to be pure and unburdened. Think of starting out this journey as an eight-year-old child. That is the optimal frame of mind for this journey. Don't worry. You can go back and pick up your logic and reason at any time. But a sense of wonder and curiosity will carry you much further along the path.

In **Star Wars: The Magic of Myth**, Mary Henderson, writes that “Luke [Skywalker] is like the Fool, the first card in the Tarot deck, which is an ancient fortune-telling tool. This card shows an inexperienced youth setting out on a journey; the way ahead is unknown, and the youth is completely unaware of the dangers that await him.” Luke is only ready to undertake his journey because he encompasses a naivete about the world around him and the journey ahead. He has no idea what is in store for him by the end of Episode 6 let alone Episode 4: A New Hope. He begins his journey as the Fool on the Tarot card deck who is happily moving forward and stepping off the cliff. Beatrex Quntanna, author of **Tarot: A Universal Language**, describes this stepping off the cliff as the “symbol of risking, being on the edge” and goes on to write that this “Indicates the instant before risk, the moment that expands beyond logic.”



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Not only must the Fool step into the unknown but he must also expand his faith in reason to include more, much more. He must take a risk. He must leave behind his beliefs about the world he has known so far and be ready for more—a bigger view, a wider perspective. Life is not just this dusty reality he has known on Tatooine. It's much, much bigger. This is what Luke Skywalker does when he agrees to Ben Kenobi's request that he go with him to Alderaan. He leaves behind his preconceptions and logic and reasoning. He jumps. He does not know what lies ahead and his whole world will be left behind just as the Fool steps off the cliff. This is the starting point of any journey worth taking.

Let go of all expectations for where this journey will go and what you will look like by the end. The Fool is the promise of things to come. Know that there will be twists and turns, high and low points, and interesting people along the way and that if you have faith, you will not fall but you will fly.

It is from this point of view that I recommend supplementing this lesson with a story and rather than create my own, I am choosing to draw from existing stories that are told so well and with such visual enjoyment that I could not tell it with nearly as much entertainment value.

The Story

Star Trek Voyager TV Show: Season 3 Episode 7 called "Sacred Ground"

Available from Amazon Video (free to Amazon Prime members) for \$1.99 (as of May 2016).

http://www.amazon.com/Scorpion-Part-1/dp/B005HEVCFG/ref=sr_1_1?ie=UTF8&qid=1464295802&sr=8-1&keywords=star+trek+voyager+season+3

Description

If you have never watched Star Trek Voyager, this TV series is about the crew that gets lost in the Delta Quadrant far from home because of a wormhole type disaster. They are doing their best to explore while trying to make their way home as quickly as possible. In this episode, Captain Janeway, who relies on her logic and scientific reasoning to come to most decisions must rely on faith this time and take a spiritual journey of her own to save one of her crew.

After you have watched this episode, come back here to read the conclusion and discussion questions about the story.

**Don't read the next page until after you've watched the STORY!
SPOILERS!**

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Discussion



So, what did you think of this episode of Star Trek Voyager? Did it make you think? The Fool's Journey is so clearly depicted in this episode. Did you see it? Captain Janeway says, "I don't know what I'm seeking" and the guide replies, "Then you are ready to begin." That is the journey of the fool. You cannot begin until you leave all expectations behind and admit you do not know what you are seeking.

Discussion Questions

1. What did you think of all the challenges Janeway created as a part of her "spiritual journey?" Do you think we do that to ourselves sometimes? The guide said, "Most of the challenges in life are the ones we create ourselves." How true is that do you think?
2. At another point, one of the three ancient spirits in the waiting room says, "If you can explain everything, what's left to believe?" What is your take on having faith in things you cannot see? This is an ancient debate. Are you willing to believe a bit beyond reason to see what is there? Captain Janeway, being of such a scientific mind, does not seem ready by the end of the episode to simply explain all of what happened scientifically. Did she step off the cliff with the Fool? Do you think her reason and logic softened to allow a little spirituality and faith to come in? Is that a good thing?
3. What part do you think belief plays in creating your life? Do you think your thoughts create the circumstances of your life? At one point, the Guide says, "If you believe you are ready, then you are." Has the power of believing ever been a turning point in your own life? How do you feel about "faith" in something larger than yourself?
4. Just before Captain Janeway picks up Kes to walk towards the shrine, she says, "I want to believe it's possible." Does that represent the Fool's mind? How important is that frame of mind when undergoing a new spiritual journey? Can someone with a closed mind expect to find wisdom on their journey? What can you do to maintain an open mind and let go of expectations as you follow your path?

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Further Study



Beginning a journey requires action. Nothing happens until you take that first step. But where can you begin your Fool's Journey? What do you do? To help you out, here are a few ideas to start you off the cliff.



Activities

- 1. Start a new hobby.** Learn how to do Tarot Card readings or learn how to meditate or take a yoga class. Look through Meetups in your area or a list of community activities and see what draws your eye.
- 2. Learn a new skill.** Learn a language or a new sport like archery, paddleboarding, or badminton. Learn how to cook or mix your own essential oils. Take a chance. Get out of your comfort zone and meet new people.
- 3. Use affirmations.** These can help you start a new journey. Write an affirmation and put it on your mirror for a week or near your bed to say every morning. Keep them positive like, "I welcome new people and new adventures for my best and highest good" or "I am full of courage and zeal on my new journey through life." You can get ideas for affirmations from New Thought decks of cards like Louise Hay's Power Thought Cards or Wisdom Cards. Just place the card where you can see it and say it out loud every day. This will shake things up.
- 4. Tidy up your living area.** Feng Shui is the ancient Chinese art of placement of objects in your home for optimal energy flow. If you have piles and piles of things in various places, tidy them up. There is a Feng Shui saying that if you want to change your life, move 27 things in your home. Tidying up and getting rid of old items frees up more energy to flow to you and through your space.
- 5. Change it up.** Go a different route to work, blow dry your hair with your other hand, go to a different coffee shop, or visit a new yoga studio. Change up your habits and do something different. This will allow the energy around to get unstuck allowing for new synchronicities and adventures to find you.

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Resources



Moving Forward

If you would like to know more, here are some resources for you. Tarot Cards have been around a long time and contain much wisdom if you are ready to begin learning about them. Pick up a deck of Tarot Cards and read the instruction book that comes with it. Start giving mini Tarot Card readings to yourself using these resources. It's great fun. There are also some great resources that can help you on your journey. These are listed below.

Tarot: A Universal Language by Beatrex Quntanna
http://www.beatrex.com/books_tapes.html

Star Wars: The Magic of Myth by Mary Henderson

The Hero With a Thousand Faces by Joseph Campbell
Joseph Campbell mapped out the mythology from native stories around the world and pinpoints the plot of every hero's journey. The Star Wars story will start to look very familiar when you read this book.

The Rider Waite Tarot Card Deck
This is the beginning deck and many Tarot books are based upon these images.

The Psychic Tarot Oracle Cards
This deck of cards by medium John Holland is my current favorite deck. I like the pictures and the book is very descriptive and helpful.

There are many other fun decks to choose from. Pick one that speaks to your soul. My first deck was the Housewives Tarot Deck which was fun and playful. I understand there is now a Zombie Tarot and decks based on Fairies, Native Americans, Steampunk, Angels, and even DC Comics superheroes.

The Western Guide to Feng Shui: Room by Room by Terah Kathryn Collins
A great beginner's book that is friendly and easy to understand. Plus, I took her certificate program and learned all about Feng Shui from Terah. She's great.

Louise Hay's Power Thought Cards
An excellent resource for the beginner with fantastic affirmations you can look through, set out where you can see them, and then shake up the deck and choose another. Fun and beautiful.

Louise Hay's Wisdom Cards
Another take on her original Power Thought Cards with beautiful artwork and wonderful affirmations.

