

Kate does... A Mystical Quest with Glyn Owen

YOUR wellbeing editor Kate tries out a treatment or event or activity each issue this time it is a mystical quest with Glyn Owen.



If I say the words 'a mystical quest' to you, what comes to mind? A spiritual journey through the foothills of the Himalayas? A pilgrimage along the Camino de Santiago?

You probably wouldn't immediately think of a walk through Totnes in the rain. But Glyn Owen, from Awakening Together Devon, sees things rather differently. He believes we can approach the whole of our lives as a mystical quest – from our most spiritually enlightening experiences through to the most mundane – and what better opportunity than a rainy Thursday in January to test this out?

Glyn believes if we see and engage with the world as a mystical quest, our lives can become transformed. He has been involved in coaching and personal development since the mid 1990s and became fascinated by the idea of pilgrimage after taking two months out to walk the Camino de Santiago in 2013. He experienced a series of quite extraordinary coincidences and serendipities along the way, which opened his eyes to the transformational potential of sacred inner and outer journeys and led to him writing a book 'Coaching The Pilgrims' Way' for therapists, counsellors and educators. Since that time, during periods of extreme uncertainty, Glyn has found that a commitment to living life as a mystical adventure has served as a foundational wellbeing practice.

Fast forward to 2023 and Glyn, with his partner Lynne, is continuing his journey towards spiritual fulfilment and personal growth albeit in a different way. They co-created Awakening Together Devon in response to what they see as a need for people to meet, acknowledge and make better sense of the anxieties and problems facing our world right now. The group holds monthly meetings on the second Tuesday evening of each month at Marldon Village Hall near Totnes. Glyn weaves the mystical journey theme into each meeting to supplement the content of inspirational guest speakers who share their insights, approaches to wellbeing and thoughts on how to thrive in these challenging times. Over the months, it has grown into



a lively community of supportive, like-minded people and everyone is welcome to attend.

On Saturday February 25, Awakening Together Devon is holding its first Wellbeing and Mystical Quest fair, which will include workshops, therapists, spiritual guides, talks and stalls. As a bit of fun, Glyn is inviting people attending the fair to approach it as their own 'mystical journey'. He demonstrated to me how this might work.

We set off on our walk through Totnes, noticing how our experience changed as we 'stepped over the threshold' (literally, walked out of the café into the rain). We walked mindfully along the wet pavement, calling in at shops on the way and noticing what our eye was drawn to. For me it was a piece of Tanzanite in the crystal shop. This stone, as it turns out, supports inner and outer journeys. Interesting.

We spoke about the Hero's Journey – an archetype of personal development and pilgrimage. Coincidentally I had been listening to excerpts of Will Craig's book *Living the Hero's Journey* that morning and we laughed about how we'd already experienced some of the stages of the journey, including 'refusal of the call' when our first meeting was thwarted by a series of quite extraordinary communication and transport breakdowns.

Our mystical quest ended – rather appropriately – at the sacred Leechwell Spring. As I trickled the water over my hand, I noticed it had the very same quality as the piece of Tanzanite I had been drawn to earlier. It made me think of the word 'flow'. Very appropriate for my life right now.

If you are interested in attending the wellbeing fair as a mystical quest, Glyn suggests holding a question in your mind – like 'What could 2023 bring me?' – and then noticing what shows up. If you want to just go and buy crystals, that's fine too.

● www.adventuresofawakening.co.uk

The inaugural Wellbeing & Mystical Quest Fair takes place on Saturday February 25, from 10am to 5pm at Marldon Village Hall TQ3 1SJ.

