

Spiral Path Soul Quests



My Soul Quest Guidebook & Journal

Written & Created by Jennifer A. Corbeau



Heartfelt Greetings to You, My Dear Friend!
Welcome to Your Soul Quest!

You are about to embark on a sacred journey that few people have the courage to take. Your Soul Quest is one of deep self-discovery. You will be spending an extended period of time alone with yourself, diving into who you are, what you want, and how you want to BE in your life.

A trip back to the UK was my first experience of transformational Solo Travel. The previous year I had taken my first trip to England with a group and felt such an immense connection to the land that I knew I had to go back by myself.

At that time, I didn't know how much Solo Travel would change my life. I hadn't yet experienced the magic that it would gift to me. I didn't understand the deep connection I would have not only with the land but the connection I would discover and nourish with myself. All I knew at that time was that I HAD to go, and go alone.

It wasn't just a want or desire; it was a Calling. And I suspect your Soul Quest is a Calling too.

Courageous Soul, my wish is that you will come away with gifts like those I have received through my own Soul Quests; including a knowing that you are a truly sovereign being, and the remembrance that you really can trust yourself.



I will remind you to be compassionate and gentle with yourself while extending yourself all the grace necessary to feel safe, seen, and loved.

Another important reminder; the best thing I have done for myself during my own Soul Quests is to learn to let go of expectations about how it is supposed to go, what I will experience, and who I will be on the other side. In doing this, I have received SO MUCH more from my travels! Would you be willing to do this too?

May you truly reconnect to yourself, be delighted in your own company and even become your own best friend.

Have fun and laugh! And know yourself as Light,

 Jennifer

Travel and Be Transformed



How to Use Your Soul Quest Guidebook and Journal

This guidebook is meant to reflect YOUR Soul Quest. I will offer suggestions, but honestly, use this journal however you are called to do so. The format is laid out in a specific order, but if you feel called to do it differently, please feel free, because you ARE free!

First, there are planning pages, a countdown calendar, and an itinerary calendar to use for the time leading up to your Soul Quest.

Then, your Soul Quest Journal is made up of three themed sections; Discovery, Cultivation, and Embodiment. In each section there is a theme-centered activity which you are invited to complete during that section's days or throughout the duration of your Soul Quest.

Each theme contains three days. Within each day you have a daily morning thought with an activity invitation, space for your own evening reflections, and a page for extra notes.

If your Soul Quest is 3 to 4 days, I suggest choosing one Discovery day, one Cultivation day, and one Embodiment day. For 7 days, choose 2 from each section, and 10 day, complete each section. If you are using this journal for a longer Soul Quest, the content is made to be able to practice over and over, while the digital version can be saved as many times as you'd like.

Enjoy, and have fun. This is for you!



My Soul Quest Countdown Calendar

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>



notes

☐
☐
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Countdown

My Soul Quest
Notes and Plans



Planning

My Soul Quest Notes and Plans



Planning

My Soul Quest Itinerary

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>

Things to Remember, Phone Numbers, or Addresses

notes

Itinerary



Discover

Y o u r W o r l d W i t h i n



Your Soul Quest is a Path of Self-Discovery, Self-Awareness, and Honesty.

Discovery is about becoming more aware of the authentic you, while getting honest about how you are living your life.

Consciously taking yourself out of your routine, as you are doing now, allows you to gently yet powerfully see yourself and the bigger picture of your life more fully.

Going through the motions of your day-to-day activities, you have a certain idea of the “reality” of where your dreams and desires fit into your life, and how they fit in with your responsibilities and expectations, either yours or someone else's.

In your familiar settings and routine, you know what needs to be done, when, and by whom. You know how to entertain yourself if you are bored, sooth yourself when you are uncomfortable, relax when you are tired or stressed, and distract yourself when you feel overwhelmed. You know who or what to blame when something goes wrong. You can freely act out your normal habits, patterns, and behaviors: morning, noon, and night, without even realizing you're doing it. Autopilot is a natural state here.

discovery

A photograph of a stone archway in a garden. The archway is made of grey stone and leads to a bright, sunlit path. The path is paved with light-colored stones and is flanked by green bushes and trees. The background is a soft, hazy landscape with more trees and a bright sky. The overall mood is peaceful and hopeful.

When you step outside your familiar setting and routine, autopilot will not serve you as a state of being. While you engage in your Soul Quest, what you will discover are different parts of yourself that you may not show in your “regular” life.

You may become very clear about what is working in your life and what isn't, what changes you will consider making, and what areas of your life you really appreciate. You may begin to see the sparks of new inspiration, new possibility, and new hopes.

During this time of Discovery, my hope is that you learn what an expansive and brilliant being you really are. Your capacity to feel, to know, and to love. How much freedom you truly have, and how strong you actually are to be able to pursue that which brings you so much joy.

*When you travel,
You find yourself
Alone in a different way,
More attentive now
To the self you bring along,
Your more subtle eye watching
You abroad;
And how what meets you
Touches that part of the heart
That lies low at home.
Excerpt from 'For the Traveler'
by John O'Donohue
johnodonohue.com*

Solvitur Ambulando

It is Solved By Walking

"Solvitur Ambulando" is a Latin phrase that which roughly translates to "It is solved by walking," and you will use this concept throughout your Soul Quest.

During your Soul Quest, you will be invited to dive into some things that may be challenging or uncomfortable, and on these days especially, you'll be invited to walk with it, because, Solvitur Ambulando*.

Sometimes "solved" means actually realizing a solution, and sometimes it means just feeling better and more at peace with what is going on, even without the solution.

**You know what's best for your body. If walking is challenging, I invite you to simply move, and if possible, move in nature. Sway, stretch, circle your head, hands, and feet. Do any kind of movement that feels right in your body, just move.*



Discover

Discovery

Walk when you need your world to look a little brighter!

Good Morning, Discover Feelings

Be Aware of How You're Feeling

How do you feel? Be really honest. Are you excited to be away alone? Perhaps a little nervous? Relieved to be away from family, friends, work, the noise of your normal life? Afraid you'll be lonely? Are you ready to experience the peace that comes with only doing what YOU want to do? These are all natural responses to embarking on your Soul Quest. *And* on this first day, you may also experience emotions like feeling restless, bored, uncertain and guilty. These are all normal feelings too and completely ok!



The very best thing to do is accept all feelings that are there and recognize them as normal. When I started traveling alone, for some reason I always felt a little off on the first day. In fact, I still do! I don't always know why but it's usually a mixture of loneliness, sadness, the unknown, and just being tired, especially if I've travelled internationally. What I do now is prepare ahead of time by reminding myself it's likely I'll feel a little off that first day and that's ok. I remember that I always feel better in the morning.

Discovery



Feelings Continued

Today's Invitation

Can you be aware of your feelings and emotions throughout the day and then throughout your Soul Quest, without judging them to be good or bad, right or wrong? Listen and feel with curiosity. You don't even need to know WHY you are feeling what you're feeling. "Hmm, I'm sad right now, don't know why but it's ok." This will be powerful as you continue on your Discovery Quest.

Then!! Where do you feel this feeling in your body?

After noticing the emotion, take a deep breath and see if you can feel where it is sitting in your body. When I feel anxious, I usually feel it in my Solar Plexus and belly. When I feel joyful, I often feel it in the area of my heart. "Wow, I'm feeling the sadness in my throat, interesting." I may even shed tears when I feel this.

Feeling where the emotion resides, allows you to be even more present.

Let's start now. How are you feeling right now, in this moment? Take some deep breaths, and now where do you feel it in your body?

Tip: Neutral or "I can't quite explain it" are also ok and totally valid. Where do you feel even that in your body?

Mood Boosters: Eat a good meal, have a shower, get outside.

Today's Date



Today's Invitation Continued

A photograph of a garden path leading to a sunset over hills, framed by a stone archway. The path is made of stone tiles and is flanked by green grass and potted plants. In the background, there are trees and a sunset sky with orange and yellow hues. The entire image is framed by a stone archway.

Discovery

Today's Date



Location

Day's End Reflection

How was your day?



Did you accept
today's invitation?

YES

☐

NO

☐

What surprised you today?

What delighted you today?

Did anything cause you to feel anxious or fearful?

Today's Highlights



Reminder: Say something sweet to yourself before you go to sleep.

Today's Date



Notes

Discovery

Good Morning, Discover Presence

Presence

It will be natural to have thoughts about your life outside of your Soul Quest. You may be wondering what's going on at home or with your family. Is everyone ok without you? Are they eating? Did you forget this or that? You might even start thinking about what your life will be like when you return home.

Your Discovery invitation is to be wondrously present. Immerse yourself in the sights, sounds, smell, feels, tastes, and unseen energy of the NOW. Could you leave your phone off for a while? Or even just put it on mute? Stay off of email and social media for the day?

Today, go somewhere and really BE there. Truly see your surroundings. Look at the Beauty of the landscape, the brilliance of the architecture, the magnificence of the art. People watch as you walk or sit at a café or park. Taste the deliciousness of your food and drink. Feel the weather, whatever it may be, on your face and body. Listen to the sounds around you: other people, nature, the sound of your own breath.



Discover Presence Continued

Bringing your awareness to your breath is the best way to bring yourself into the present moment. And you don't have to breathe in any special way, just become aware of how you are breathing. Is it in your belly or chest? Fast or slow? In and out of your mouth or your nose? (Sneaky tip: This will automatically slow your breath and relax you)

Presence allows for peace. Your body and mind can relax. You come out of a habitual state of fight or flight and allow your nervous system to calm. It may feel like you're not doing much, especially in a human world that values productiveness above most things, but you're practicing an incredibly powerful way of living. Presence repairs and recreates your entire foundation. A foundation built on peace allows for more awareness, more inspiration, and more energy.

just
BREATHE

Today's Invitation

Find a place outside where you feel comfortable and close your eyes. Begin to bring your attention to the sound and feel of your breath.

Then begin to listen to all of the sounds around you: the wind in the leaves, the birds, the people walking by, cars driving, music in the distance. Just Listen.

If your mind begins to drift to something else, don't chastise yourself. Simply notice it and bring your focus either to your breath again or to one sound you hear. Do this for several minutes if possible and then notice how you feel.

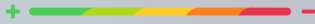
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Location

Day's End Reflection

How was your day?



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Today's Highlights



Reminder: Say something sweet to yourself before you go to sleep.

Today's Date



Notes

Discovery

Good Morning, Discover Inspiration

Sparks of Inspiration

Time alone allows you to feel sparks of inspiration. Sparks of inspiration are your Soul really trying to get your attention! These are quick thoughts and feelings of new ideas. Or maybe a resurfacing of ideas you had before but let go. Let them spark freely! Write them down without deciding whether or not they are good ideas.

Inspiration comes quickly and often out of nowhere and it only takes your mind 5 seconds to make a judgment. Your judgment may sound like; *"That's a dumb idea, there's no way I could do that."* *"Too expensive."* *"Not enough time."* *"What would people think?"* You may go directly to all the work potentially involved and feel overwhelmed. Or you may not want to admit to yourself yet that this is a true desire. These sparks of inspiration aren't a time to get deep into the "How's or Why's" yet.

Write them down before your judgment wins. Write them down even if you come up with 20 reasons why it's a bad idea. This is practice for receiving intuitive inspiration. The more you allow it in, the more you will experience it. These ideas may be about what to do today, or tomorrow. They may be concerning a new business idea or moving to a new town. Maybe it's about what to do about a family member or whether or not to leave your relationship. Big or little Sparks of Inspiration, it doesn't matter!

The feeling BEFORE the judgment is what is important and true. Let the seedlings burst through the dense earth and you will decide later which ones to cultivate.

***Let yourself be silently drawn by
the strange pull of what you really love.
It will not lead you astray.***

-Rumi

Inspiration Continued

Today's Invitation

Notice what you notice. Your external world is always giving you messages about what is going on internally, in your heart. Synchronicity is a beautiful thing, and it's really fun when you are aware of it!

A message in a song, a chance meeting, an overheard conversation where you hear an important message. Note these synchronicities. You don't have to know what they mean, just notice.

AND sometimes you'll know EXACTLY what they mean. After my dad died I traveled again to Glastonbury, England. Walking down the street I started thinking about him and asked him to let me know if he was around. Within steps, I looked over and saw a trash bin with the words "I love you." Pretty clear I'd say!

Another time, when I was in Italy, I was walking in the Tuscan countryside while feeling a little lonely. In fact, at the beginning of the walk, I asked the Universe to get my attention that day to tell me I wasn't alone. Out in the distance, I noticed a hill with one single tree on it. I thought to myself "That's me, I'm a lone tree in this world", and I took a picture. As I walked further I passed that tree and saw that there was another tree right behind it. Message received, I'm never alone and it's all perspective.



Inspiration Continued

Thank You, Bob Marley

I want to add one more story about my own travel synchronicities because I have SO MANY and just love them! You probably know the song by Bob Marley, 'Three Little Birds'. If not, listen! It's fantastic and so up-lifting. This song shows up for me A LOT, especially when I'm feeling a little down. So often, it's weird!

On my last night in Dublin Ireland, I was in a pub and feeling a little sad about my trip being over. I was pondering the life I was heading home to, after one of the most incredible Solo Travel trips I'd ever taken, and some of the challenges waiting for me.

I left the pub and at the exact moment of walking out the door, a street performer was singing "Don't worry about a thing, 'cause every little thing's gonna be all right."

Again! Message Received!

*The Wisdom of Your Inner Voice
is Always Showing Itself in the World
Around You.*

Discover

Today's Date



Inspiration Continued

Synchronicities and Sparks of Inspiration



Discover

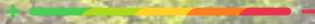
Today's Date



Location

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How was your day?



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Today's Highlights



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Today's Date



Notes

Discovery



Cultivate

Y o u r A u t h e n t i c i t y



Your Soul Quest is a Time of Nourishment and Growth.

Cultivation is about the nourishment and appreciation of yourself, who you are now and who you want to be. It is a time of incredible gentleness for, patience of, and trust in yourself. Each discovery is a small seedling and now it is time to tend to them.

Cultivation is bringing light to what you know you love, and encouraging the growth of new inspiration. Just as important, cultivation involves lovingly tending to your shadows. What are your shadows? These are thoughts, feelings, and emotions that are held in your body and mind, in a way “stuck,” consciously or unconsciously, because you don’t want to feel them and let them free.

During these days of Cultivation, allow rather than deny, face rather than distract, lovingly nourish rather than sabotage. It takes work, but we know how beautiful a garden becomes when Cultivation is a priority. You can be extremely proud of yourself for making nourishment a top priority.

Cultivation

A Word in Pictures



Come up with a word that is meaningful to you, in general or for your Soul Quest. For example, Truth, Love, Peace, Soul, a name, a place, etc. As you continue this journey, be present and aware, and find each letter of your chosen word that happens naturally in your environment (meaning, not a printed letter.) A shape on a building could be an A, a tree may make up an E, a shadow that looks like a U, and take a picture of it.

Many years ago, after I got divorced, I decided I wanted to change my last name. Not back to my maiden name, but actually name myself. I chose Corbeau, which means Raven in French. A friend of mine suggested I SEE the name during my upcoming trip, as a way to really connect with the name before I changed it legally. Look into my surroundings and spell out CORBEAU. I loved the idea so much and did just that when I shortly after travelled to England. I still put this up on a wall wherever I'm living.



Cultivate

Cultivation

Good Morning, Cultivate Beauty



Know Yourself Through the Magic of Beauty

Have you ever noticed the magic that happens when you surround yourself in Beauty? The mountains, the opera, in a flower, a vulnerable interaction with your partner, children at play? It is a full mind, body, and Spirit experience.

Everything in my life feels completely manageable and completely wonderful when I see the Beauty around me. I feel peaceful, inspired, beautiful, free, and full of awe. It is when I am immersed in Beauty that I most remember and know myself as a Divine being. Maybe you've had this experience and maybe not, either way, today is the day for Beauty.

Here's a secret, the Beauty within is the magic that allows you to see the Beauty around you. You recognize Beauty externally because of how absolutely beautiful you are on the inside, and how Divinely beautiful your Soul is.

Are you willing to feel and know this as true?
Because it is.

Where do you find Beauty? A view, a garden, a wildlife refuge, in art, architecture, music, the forest, the water...? What do you already know these places gift to you? Would you be willing to open to even more?



Good Morning, Cultivate Beauty

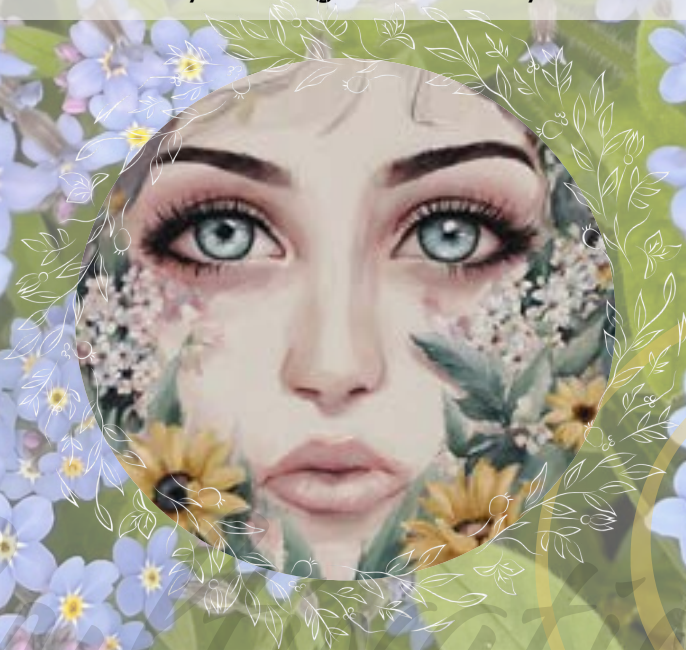
This Truth is Worth Saying Again;

You can see Beauty outside of you because of the Beauty you have within. If you don't believe me, I'm going to ask you to trust me on this. And guess what, just because you don't believe something doesn't make it not true.

Here's what I'll do, *I'll* know it FOR you while you are in the process of knowing it for yourself. You will never be able to convince me otherwise.

The Beauty you have inside of you is exquisite. The way you love, the way you care, your kindness and compassion, what makes you laugh, what makes you cry, what makes you angry, what makes you scared. And that Divine sacred spark that is You.

What would it take for you to open to what I already know about you? You actually have already opened to this by choosing to be here on your Soul Quest.



Beauty Continued



Today's Invitation Find Beauty in Known Places

Go to the place you already know your Heart and Soul finds beautiful. Maybe you found a trail you love or a spot by a lake. BE there, practice presence, breathe it in, soak it up. Have a meal, walk in it, bring a book to read or one to sketch in.

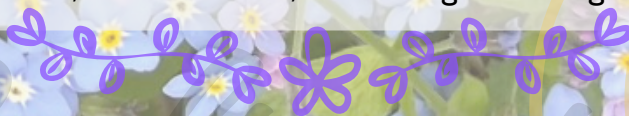
Just spend a good amount of time there. If you are unsure where to go, try something new: a museum, a botanical garden, a local hiking trail, the symphony. Fill your day nourishing yourself in Beauty.

Find Beauty in Unknown Places

Try finding Beauty where you might not normally see it; an abandoned building, a dead tree, a stray dog, a spider in your bathroom, a lot full of 'weeds', traffic, any and every person walking down the street, humanity.

Is there Beauty in the colors, the sounds, the expressions, the mere fact that it exists or is alive at the same time you are?

What happens is that the more Beauty you open to externally, the more Beauty you recognize internally. And the more Beauty you recognize, immerse yourself in, and cultivate, life changes in magical ways.



*"When we awaken to the call of Beauty, we become aware of new ways
of being in the world"*

~John O'Donohue

Today's Date



Location

Day's End Reflection

How was your day?



Did you accept
today's invitation?

YES

☐

NO

☐

What surprised you today?

What delighted you today?

Did anything cause you to feel anxious or fearful?

Today's Highlights



Reminder: Say something sweet to yourself before you go to sleep.

Today's Date



Notes

Cultivation

Good Morning, Cultivate Worthiness

Today is a Big Day!

And may be a little uncomfortable. Your Soul Quest is a time to grow and expand into more Self-Love. It is very important that you open to unconditional compassion and patience for yourself. And it is a day that I am asking you to please practice the powerful Solvitur Ambulando.

Say to Yourself, Out Loud:

I am worthy.

I am good enough.

I deserve to be truly joyful.

I'm allowed to put myself first.

It's ok if I say no.

It's ok if I say yes.

I am free.



How do these statements feel in your body? How do they feel in your mind? Do you believe them?

I can honestly tell you, every statement here is the truth! Whether you know them to be or not. This is a challenge for me too! My mind doesn't always believe these statements, but the core of who I really am KNOWS their truth. It may even be a lifelong practice for me and I know that every little bit of practice solidifies the truth a little bit more. And by practice, I mean simply saying, "I am open to this being true." Try it.

If you have trouble knowing these truths, some circumstances are likely to manifest in your life. Are you experiencing any of the following? And BEFORE you answer, know this is a practice in awareness. Not to judge yourself for how you are "doing life," not to even come up with fixes. I'm asking you to simply feel what comes up.

You doubt yourself and your abilities.

You feel unworthy of love and happiness

You feel like you have to do everything perfectly.

You feel like you are not good enough.

You put other people's needs before your own.

You compare yourself to others and always come up short.

Worthiness is not something you gain or strive for,

Worthiness is what you already are.



Worthiness Continued

Your Own Feelings of Unworthiness May Manifest in These Ways.

Mark next to the ways you may be experiencing unworthiness:

_____ You might stay in a job you hate.

_____ You might stay in an unhealthy relationship.

_____ You keep tolerating bad treatment from others.

_____ You might not pursue your dreams.

_____ You constantly feel like you're not good enough and compare yourself to others.

_____ You allow others to take advantage of you.

_____ You have a hard time accepting compliments.

_____ You find it difficult to ask for help because you feel like you should be able to do everything on your own.

_____ You constantly put yourself down and focus on your flaws instead of your strengths.

You may believe you have to fix every problem, when actually, that desire to “fix” is often just a distraction. Allowing space for the hard stuff and grace for yourself helps you open up to authentic power. It gives you the ability to make the necessary changes you want to make, while truly accepting and loving who you are.

By the end of today, you may have experienced a whole myriad of emotions. How can you nourish yourself this evening? A bath, a nice dinner, a walk in a beautiful park, meditation, calling a friend?

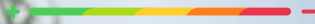
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☐

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☐

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What delighted you today?

Did anything cause you to feel anxious or fearful?

Today's Highlights



Reminder: Say something sweet to yourself before you go to sleep.

Today's Date



Notes

Cultivation

Good Morning, Cultivate Humanness

Celebrate Your Humanness

Yes, being human certainly comes with its challenges, it comes with pain and suffering. But this is not, by ANY means, the entirety of your humanness. Part of the Beauty of being human is that you are able to identify how you are feeling, and freely make choices and participate in activities that feel good to you. In fact, feeling good is crucial to being a healthy human.

Every area of life--health, relationship, career and calling, money, self-discovery--will indeed suffer if conscious measures aren't taken to feel good. To relax, to laugh, to play, to soften into your humanness. It's not a luxury, it's not some concept that comes from an external source or is unreachable, it is a built-in necessary part of the human experience.

Today's Invitation

What would most feel good for your body, your mind, and your heart? Take a day at the beach, go to a spa, get a massage, go shopping, see a movie, have a picnic, go back to your place of Beauty.

Or maybe you just want to stay in and do nothing but read, watch TV, and nap.

Indulge in delicious food. Pamper your body in any way that feels good. Relax your mind, you've been processing a lot!

Allow any emotions that come up today. Any thoughts. Any feelings. Allow yourself to be fully Human.

*The Imperfection of Being Human
is What Makes it Perfectly Divine*

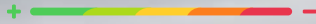
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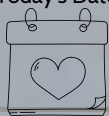
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Today's Highlights



Reminder: Say something sweet to yourself before you go to sleep.

Today's Date



Notes

Cultivation



Embody

Y o u r R a d i a n c e

Your Soul Quest is a Knowing That You Have it All Within.

Often, when taking a journey like you have on your Soul Quest, thoughts come up like, *"How will I remember this feeling?" "How can I take home everything I've learned?" "What's going to happen when I get back to my 'real life'?"*

My dear Soul Friend, this IS real life! Putting yourself first is a part of real life. Discovering more of who you are and what you want, IS real life! Treating yourself with more grace, more patience, and more love, IS real life. It is something that is waiting for you every day and you are FREE to experience it anytime and always. It's not yours just once or twice a year, or once in a lifetime when you have put aside special time to do something amazing for yourself.

Embodiment is truly knowing that everything you need is already within you.

You have felt joy, peace, inspiration, confidence, etc. on your Soul Quest, because you already have it all inside of you, your Mind, your Body, your Heart, and your Soul. You don't need to be anywhere special, do anything special, or be anyone other than who you are RIGHT NOW.

Embodiment



Making a Commitment

During this part of your Soul Quest, I am going to offer that you make a commitment to yourself.

Would you be willing to make a promise:
To treat yourself more compassionately?
To be aware of your own self-talk and
commit to being more kind?

Would you be willing to commit to putting
yourself as a top priority? To make your
own dreams and desires as important as
anyone else's?

Now that you've seen your life from a
different perspective, maybe it's time to
make some changes. Change comes in
many forms: physical changes, changes in
your thoughts and beliefs, behavioral
changes, a simple (although not always
easy) shift in your perspective.

What have you decided during your Soul
Quest is important to you? What would
YOU like to commit to?

*You are now going to be invited to have a special
commitment ceremony. I did a very similar version of the
following ceremony on the highest point of Arthur's Seat in
Edinburgh, Scotland and it was incredibly powerful!*

Embodiment

Embodiment

Commitment Ceremony

Decide What Kind of Commitment You Want to Make to Yourself and Honor It with a Beautiful and Powerful Commitment Ceremony.

*Find or buy a ring, a pin, a flower for your hair, some item you can wear on your body that will symbolize your promise to yourself. Preferably not something you already own and brought with you.

*Pack some delicious food and drink or make specific plans to go somewhere special afterwards.

*Go to a peaceful and beautiful place, take a challenging walk to a high-up point, or even set a sacred space wherever you are staying.

*Meditate quietly on the commitment you are making to yourself.

*Put your promise item on and send yourself deep love while feeling the power of what you are sending out into the Universe.

*Enjoy your celebration meal.

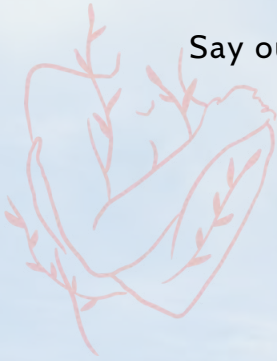
*Tonight, when the stars have come out, go outside and repeat the sacred promise you have made to yourself.

Embodiment

Embodiment

Good Morning, Embody Your Body

Acknowledge Your Beautiful, Incredible, Awesome Body!



Say out loud these statements about your body:

My body is incredible.

My body is wise.

My body is beautiful.

My body supports my highest good.

My body loves me.

How do these statements feel? Do you believe them? Would you be willing to accept their truth even if you don't feel like it's true?

Your body is a powerful vehicle that has carried you for your entire life. Your body IS made from actual stardust and holds Universal wisdom, past, present, and future. Your body is guiding and signaling to you constantly. Your body LOVES you. You don't have to believe it, but it's the truth.

We hold everything in our bodies: ALL of our memories, desires, thoughts, and experiences. We even hold information from past generations! Your body knows everything about you, even what is unconscious, forgotten, or unnoticed in your mind.

And with this, you can use your body to help you process difficult emotions or a chaotic mind. It can even come up with solutions to a problem!

Remember Solvitur Ambulando? This is using the body (and the land) to bring peace to a situation or even become aware of a creative solution!

Embodiment

Good Morning, Embody Your Body

We're taking a little extra time with the Body because body-kindness is so important, yet can be very challenging. Loving your body may be something you have already been practicing or it may feel like an unreachable concept. If that latter is true, that's OK!

If you have been practicing hating your body for a long time, it will take a while to shift those practices and beliefs. And slowly, with time, it happens.

A gentle way to begin supporting your body is to be aware of how you talk to it. How do you tell your body you feel about it? What do you say when you're looking at yourself in a mirror? What do you say when you are tired or in pain? What do you tell it when it doesn't move exactly how you want it to?

It's likely you communicate to your body (not only in words) in unkind ways without even realizing it; it is a very human thing to do. It looks like that feeling of disappointment or even disgust when you catch a glimpse in the mirror while getting out of the shower, shying away from touching areas of your body, or not letting your partner touch you. I actually flinch, seemingly involuntary, when an intimate partner touches my belly.

Maybe you get down on yourself when you get sick or hurt, or even fatigued. And maybe you push your body even though it needs to rest. And dear Soul, maybe you even say, "I hate you."

Your Soul Quest is a great opportunity to just become aware of how you are treating your sweet body and begin to appreciate what your body does for you. And it is a perfect time to forgive yourself. You are human, and you are OK.

Embodiment

Your Body Continued

Here is something to think about, how does your self-talk differ from what you would say to a child or a friend? Would you say the same things to a child or your dear friend that you say to yourself?

If your self talk IS different, why do you think that is? Why are you receiving different treatment than your loved ones? Being aware is the first step, then it takes conscious practice to change the way you speak to yourself and your body.

You may be asking, "How can I change my self-talk when I actually believe what I am saying to myself?" Honestly, you don't need to jump to LOVING your body.

Would you be open to moving towards acceptance? Can you appreciate what your body does for you? Think of your 5 senses: your body sees beauty, feels comfort and expresses through touch, tastes deliciousness, hears brilliance in words and music, and smells beautiful fragrances. Your body made it possible to be on your Soul Quest!

My Soul Quests have several times included walking tours. During one of my trips I had posted some pictures on social media of a walk on Rathlin Island in Northern Ireland. A dear friend of mine, who is unable to walk very much, said how she enjoyed living vicariously through me since she wasn't able to do it herself.

Wow, did this put things in perspective for me!! Ways in which I have taken my body for granted I am now full of gratitude! I thank my body so very much for letting me do that which brings me SO MUCH JOY!

Embodiment
Revisit Cultivation Day 3 and allow your body pleasure.

Your Body Continued

Today's invitation

Did you know YOUR body also holds Universal/Infinite wisdom? Meaning it holds information that not even your brain knows or understands.

Back in 2017 when I started my business, I was wanting a name that felt like it encompassed my Spirit as well as what I was offering, but couldn't think of anything that sounded right.

Knowing my body knows stuff my brain doesn't, I decided to give the question to it. I began to move softly, circle my hips, allow my arms and hands to flow. And within a minute, I heard "Spiral Path Journeys."

Try it out: Think about a question you have. It could be a universal question or a question that is personal to you. Something your curious about how the Universe works, or maybe a personal situation you are wondering how to navigate, like whether or not to stay in a relationship, or the naming your business.

Ask the question or bring up the situation in your mind, close your eyes, and begin to run it through your body. This means move, dance, sway, stretch. Make circles with your body parts, move like a snake, or jump, shake, and shimmy. Standing or sitting. Move the question through your body, bringing it down from your mind into throat, neck, and shoulders, your belly, your hands and feet, your hips, your back, everywhere.

Give your body time to send you signals, messages, feelings, visions, etc. What your body tells you may actually be a message in words, and it may also be a feeling, or a knowingness.

And know this is also a practice of patience and listening, if you don't feel like you've received guidance, give yourself more time and/or try again later today.

Shine on you crazy diamond!

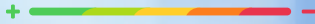
Today's Date



Location

Day's End Reflection

How was your day?



Did you accept
today's invitation?

YES

☐

NO

☐

What surprised you today?

What delighted you today?

Did anything cause you to feel anxious or fearful?

Today's Highlights



Reminder: Say something sweet to yourself before you go to sleep.

Today's Date



Notes

Embodiment

Good Morning, Embody Empowerment

Empowerment Through Taking Risks and Stepping Out of Your Comfort Zone...In a Fun Way!

Whether you know it or not, you have done so much throughout your Soul Quest that supports your own self-empowerment. Today, have some fun with it! Would you be willing to do at least 5 suggestions on the following list?

This is for fun! It's not another way you get to judge yourself. And if there's something that gives you anxiety just thinking about it, leave that one. Again, this is meant to be a playful activity and you may surprise yourself!

- _____ Ask a local what their favorite place in town to relax or that they find beautiful and go there.
- _____ Ask a question to someone you find attractive: directions, the time, their favorite place in town.
- _____ Attend a community event or class.
- _____ Sing out loud while you're walking down the street or in a park.
- _____ Buy some flowers and give them to a random person/people.
- _____ Pay someone a complement.
- _____ Say something authentically nice to someone who looks down.
- _____ Go to a church service of a faith that is not your own.
- _____ Take a challenging walk/hike.
- _____ Go to a park and play; swing, slide, monkey bars.
- _____ Ask someone to take a picture of you.
- _____ Take yourself to a fancy restaurant.
- _____ Go to a local bookstore and buy a book from a local author, living or dead.

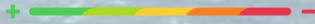
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Embodiment

Good Morning, Embodiment & Reflect

You've Given Yourself an Incredible Gift!

You can be extremely proud of yourself! Doing something like this, giving yourself your complete attention in this way, is an amazing act of kindness and self-love. Have gratitude that you were able to take your Soul Quest, AND have gratitude that you allowed yourself to do it! Spending extended time with yourself is not something easily done. You have been willing to truly BE with yourself, your thoughts, your feelings and emotions, your body, and your breath in a loving way. This takes courage, patience, and grace.

You've looked at how you talk to yourself, how you treat yourself, ways in which you distract and sabotage yourself and find yourself unworthy. You've seen ways in which you want to bring more joy into your life and in which areas, and you are ready to receive the "how's" to make it happen. You've made a commitment to yourself and this is an incredibly powerful message to the Universe, and All That Is.

And honestly, all of these gifts don't stop here. You are invited to continue this Soul Quest throughout your life. Maybe in the same ways, but more likely, they will evolve as your awareness evolves, expand as your awareness expands, and be recreated as you continue to remember who you authentically are, a blessed Divine being.

*Every day I see Beauty in this world, Even on
the days I do nothing but look in the mirror.*

Embodiment



Reflection

Today's Invitation

Go somewhere lovely: a park, a café, an outdoor art exhibit, or the comfy chair where you are staying, and write. Write sweet things to and about yourself. For example, how proud you are of yourself, how much fun you are to be around, how funny you are, how delightful it is how much you love chocolate. Write about what you especially want to remember during your Soul Quest. Did you realize any shifts or changes you want to make upon returning home, internal or external? Have you been inspired about ways to stay truly in the commitment you made to yourself during your ceremony? Write to remember.

Embodiment

Today's Date



Reflection



Today's Date



Location

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Notes



The logo features the words "Spiral Path" in a large, flowing, orange script font. Below "Path" is the phrase "Soul Quests" in a smaller, orange, sans-serif font. To the left of the text is a graphic of a spiral in shades of blue and green, with a small orange heart at its center. A trail of white sparkles extends from the bottom right of the spiral.

Spiral Path

Soul Quests

My Dearest Soul Traveler,

In deepest gratitude, I thank you for allowing me to guide you through your Soul Quest. I hope that you found it to be a meaningful experience. Maybe not always easy, but always powerful and perfect. I hope you were able to gain a deeper knowing and appreciation for yourself. And maybe it's made you want to make Solo Travel a regular part of your life!

I want to remind you that no matter where this journey took you, what awarenesses you had, or how you felt, the experience was exactly what you were meant to have. The magic you invoked and the process you started will stay with you as you continue on your life path.

You may be surprised how often what you experienced during your Soul Quest will show up later on. You will continue to gain understanding, and what maybe didn't make sense during this time will make perfect sense later.

Your Soul Quest was no small act. What you have done here was not only for you, but has contributed to the healing of the whole world. Can you take this in? Can you believe it? As more and more people understand the miraculous power and the greatest necessity for Self-Love, everything in this world will heal.

Blessed travels home. Be gentle with yourself, be compassionate and accepting of all thoughts, feelings, and emotions you experience. Trust yourself, because you absolutely can.

Until we meet again. Infinite Love & Blessings,

A stylized signature of the name "Jennifer" in a cursive script, accompanied by a small heart symbol.

Jennifer

Notes

Date

Date

Date

Date

Date

Date

Date



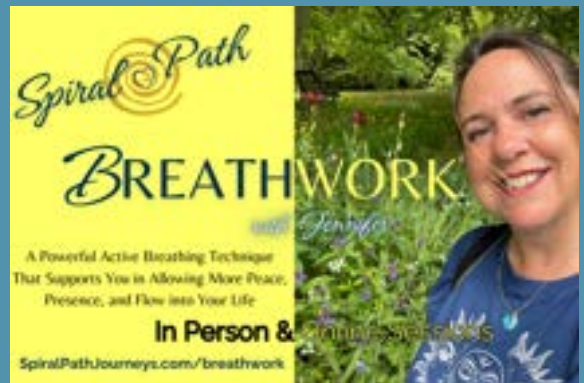


Further opportunities to work with Jennifer Corbeau and to experience Transformation through Travel:

Group Retreats



Breathwork



SpiralPathJourneys.com/group-retreats & SpiralPathJourneys.com/breathwork

Contact Jennifer,
jennifer@spiralpathjourneys.com, with the code
MYSOULQUEST for your special discounts to
these events!

Spiral Path JOURNEYS

Jennifer Corbeau is a long time Solo Traveler from New Mexico, traveling whenever the opportunity presents itself. Trips to the British Isles are Jennifer's favorite adventures to date, feeling she and her Heart and Soul are truly at home there. As part of her business, Spiral Path Journeys, she is the organizer and leader of women's group retreats to the British Isles and in New Mexico; and is the creator of Spiral Path Soul Quests, a Solo Travel coaching program. Jennifer is also a Transformational Guide, helping to support women along the path of their own journey of Self-Empowerment.

You can visit Jennifer's website;
SpiralPathJourneys.com or contact her via
email; jennifer@spiralpathjourneys.com



Jennifer at Giant's Causeway
Co. Antrim Northern Ireland

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