

The Pathway of Exultation

As we step onto the Pathway of Exultation, we are lifted up into a wide perspective; we are shown possibilities that surpass our imaginations; we are given glimpses of a larger Reality. On this path we are connected to an inner joy that is not dependent on outer circumstance. It is an inner joy that wants and needs to be expressed.

As we step beyond reason, this joy shatters cynicism and sends us to ecstasy, an ecstasy that is the experience of full surrender to the Life Force. In stepping on to this path, we also become profoundly vulnerable, and we risk being ridiculed by cynics everywhere including the ones that reside within our own heads. Skeptics, doubters and scoffers might attempt to keep us from walking this path. Yet we dare to shake off self-consciousness and venture forth into greater aliveness.

On the Pathway of Exultation our walk becomes a dance. Our exuberance becomes a healing force for a world that has numbed itself into complacency. On the Pathway of Exultation, we can delight in something as simple as the breath, the harmony of voices, the color of the sky, the solidity of the earth beneath this step. We can rejoice in a sense of connection with the cosmos, knowing that our small piece of the puzzle is welcomed and cherished by the whole.