

## 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  
Moving the focus of our hearts from lesser self to higher  
Up the chakra ladder to enlightenment

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  
Up the chakra ladder to enlightenment

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](http://www.ticl.org).*