

MELODY BEATTIE

Author of *The Language of Letting Go*

JOURNEY

— to the —

HEART

OVER
100,000
SOLD

DAILY MEDITATIONS
ON THE PATH TO
FREEING YOUR SOUL

Journey to the Heart



Daily Meditations on the Path to Freeing Your Soul

Melody Beattie



HarperOne

Dedication

This book is dedicated to life, the creative force in this universe, and the Creator. I wrote it for people on the path of discovering and trusting their soul. I hope that people interested in spiritual growth and those involved in creative endeavors, including artists, writers, and healers, will find it useful.

[Acknowledgments](#)

My heartfelt thanks to Nichole Marie and Shane Anthony for their continual love and support.

My thanks to Dr. Steve Sherwin.

I also want to acknowledge and thank Ann Poe. She was again more than an editor. For the third time in my writing career, she was a midwife.

The meditations and stories in this book were written on a journey across the western part of the United States. I don't know the names of many of the people who shared their stories with me. Some were strangers I talked to for just a short while. But I thank them for opening their hearts to me.

I also want to acknowledge the places I visited that inspired and breathed life into me and the book. The meditations were actually written in the places I visited. I did it so the energy of the magical, mysterious places I found could find its way into the pages of this book. Because of the influence of these places on the pages of this book, I wish to thank them too.

Here they are, listed in the order I visited them:

Desert Hot Springs, California

Sedona, Arizona

Petrified Forest National Park, Arizona

Chaco Canyon, New Mexico

Ojo Caliente, New Mexico

Chimayo, New Mexico

Pike's Peak, Colorado

Cottonwood, Colorado

Mesa Verde National Park, Colorado

Tempe, Arizona

Grand Canyon, Arizona

Bryce Canyon National Park, Utah

Lava Hot Springs, Idaho

Yellowstone National Park, Wyoming

Hot Springs, Montana
Olympic National Park, Washington
Hoh Rain Forest, Washington
Willamette National Forest, Oregon
Mount Shasta, California
Redwood National Park, California
Cleone, California
Kings Canyon National Park, California
Sequoia National Park, California
Colony Beach, California

Melody Beattie
July 17, 1995

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Introduction

Meditations take us to a different place...

After weeks of wrestling with trying to write this book, I finally got the message. The idea, the vision, for how to write this book came suddenly, spontaneously, clearly, the way ideas come lately. I would drive to sacred, healing, spiritual places around the country, absorb the energy from these Meccas, and let it infuse me, and this book. I would begin this pilgrimage with no set plan, no itinerary—just a map, my intuition, some vague notions of where I was going, and faith that the universe would take care of the rest. That the journey would unfold.

The trip would test my beliefs, remind me of old lessons, and teach me some new ones. It would breathe life into this book. I would take the journey of a lifetime and transform it into the adventure of a year.

Two days later, I loaded some boxes into my Jeep, bought a portable computer, said my good-byes, and headed out for parts unknown, at least to me. As I traveled down the 10 East past the clamor of LA, wondering if I had brought enough supplies but fairly certain I had brought too many, a friend's prophetic words from years ago worked their way back into my consciousness. "You're not going to be *finding* your stories anymore, Melody," she had said. "You're going to be *living* them."

Soon, I became aware of another idea. In my sixteen years of professional writing, this is the eighth book I've worked or collaborated on and the second meditation book I've written. Yet it is a first. It is the *only* one that has not been based on, rooted in, *grounded in*, the concept of overcoming devastating pain. Instead, the book, like my journey, reflects a spirit of excitement, adventure, freedom, and joy. Yes, sometimes pain is still part of it, but suffering no longer plays the role it once did.

Meditations open the heart, free the soul...

That's what I've attempted to do in the pages of this book, in the pages of my life. This is not a travelogue, nor a book about recovery. It is a book about discovery. Use it as a map or guide for your soul's journey through the year. Read each day according to the date. Or meditate on your need, then read where

you open the book. Or just open the book and read consecutively, obsessively, until you find what you need.

Meditations take us to places of power, healing, peace...

Come with me now, as we travel to the mystical, healing vortexes of Sedona, the ancient ruins of Chaco Canyon, the enchanted forests of the Pacific Northwest. Let the healing mineral waters of Desert Hot Springs wash away your aches and pains. Touch the sacred earth at the sanctuary in Chimayo. Breathe in the magic and the mystery of the universe around us, then return to your life renewed, refreshed.

Meditations take us to a different place...

Come with me now as we travel to places of peace, healing, and power; then know that you can find those places, each day, in yourself.

Begin your journey to the heart.

January





JANUARY 1

Honor the Beginning

Beginnings can be delicate or explosive. They can start almost invisibly or arrive with a big bang. Beginnings hold the promise of new lessons to be learned, new territory to be explored, and old lessons to be recalled, practiced, and appreciated. Beginnings hold ambiguity, promise, fear, and hope.

Don't let the lessons, the experiences of the past, dampen your enthusiasm for beginnings. Just because it's been hard doesn't mean it will always be that difficult. Don't let the heartbreaks of the past cause you to become cynical, close you off to life's magic and promise. Open yourself wide to all that the universe has to say.

Let yourself begin anew. Pack your bags. Choose carefully what you bring, because packing is an important ritual. Take along some humility and the lessons of the past. Toss in some curiosity and excitement about what you haven't yet learned. Say your good-byes to those you're leaving behind. Don't worry who you will meet or where you will go. The way has been prepared. The people you are to meet will be expecting you. A new journey has begun. Let it be magical. Let it unfold.

*All parts of the journey are sacred and holy.
Take time now to honor the beginning.*

JANUARY 2

Map Your Own Journey

Go on your own journey. Don't let others hold you back; don't hold them back. Don't judge their journey, and don't let them judge yours.

All persons are free to have the experiences their souls lead them to. Many of us started our journey by having the experiences others thought we should. Some of us tried to dictate the lessons and adventures of others, too. This caused pain and confusion for all. Learning those lessons, the lessons of setting each other