

# TRAVEL - AN OUTWARD JOURNEY INWARDS (PART 1)

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My mantra for my life is to live in purpose, to live a life fully lived, and to find the wisdom held within each experience. Travel has become a great teacher as I open myself up to new landscapes, new cultures, new experiences and perspectives that give me more insight and understanding of this world we live in.

Travel for me is about the inner and outer journey of discovery of self and destination. To take my external experience, and see how it affects the internal, and to see how the internal affects my external experience. A contemplative journey of the soul.

What better place to do this, than India.

My dear friend Shayne Traviss was offering a Vividlife Travel experience to India and I knew this was a trip I could not miss. ([www.vividlife.me](http://www.vividlife.me)) We spent two weeks immersed in the culture, tastes, scents, sounds, and traditions of India. A definite journey for the senses.

Part of travel is widening our experience, hence widening and deepening our perspective. Immersing myself in a culture so very different from the west, I was intrigued to see how people in other parts of the world experience life. And equally curious to see my response to it.

I found India to be rugged and raw in her beauty. The separateness of us and them diminishes as we meet people of another culture, and experience them in us and us in them. All an integral, beautiful part of the whole.

When we reach out and want to learn and know one another, it creates an energy of inclusiveness and understanding, as we celebrate the similarities and differences that make us uniquely who we are.

So how can travel change me? How does the internal affect the external? As I experience a different culture than my own, I ask myself... What lens am I looking through? What assumptions am I making? What conditioning do I have that is feeding my perceptions and my assumptions? Am I accepting? Judging? Intolerant? Curious? Open? Adventurous? What are my expectations? And how does all of this translate into my experience?

I must first look within. Who am I? What do I believe? And how rigid and structured are these beliefs? Is there room for a new perspective? Am I able to let go of assumptions? Of beliefs? To be open to new experiences and perspectives? Am I fearful? And where does this come from?

So much is experienced on so many levels in each interaction. If we can be open, and curious, there is much for us to learn and integrate within ourselves and our lives, as we move beyond any resistance and

soften into each moment with curiosity and acceptance.

A change of perspective can be life changing. As we open ourselves up to new experiences with a spirit of receptivity, we nourish both ourselves, and the world, with loving kindness.



I have learned through travel that I determine my experience, and what I choose to see directly impacts my experience. There is great beauty to behold when we have eyes to see, in all circumstances.

I can be in the same circumstance as the person standing beside me, but my inner experience, my interpretation, my outcome may be very different. This is the outer journey inward. This is where we can explore ourselves in relation to our world, to our circumstance, and see who we are, and perhaps even, who we want to be.

My journey to India has been full of exploration and contemplation. We have spent two weeks exploring Jaipur, Rishikesh, Agra, and Delhi, each place giving me a unique flavour, from a heritage walk in Jaipur, exploring arts at the local market, textile making demonstrations, a traditional Indian dance class, visiting an elephant sanctuary, Indian cooking classes, staying at an Ashram in Rishikesh, participating in the evening Ganga Aarti ceremony, lunch at Hare Krishna temple, visiting the Beatles Ashram, a jungle safari through Rajaji National Park, participating in Holi Festival celebrations, exploring old Delhi by Rickshaw, and seeing the Taj Mahal. An incredible journey of discovery.



My final destination after a full two week schedule of exploring, is to relax and rejuvenate at **Veda5 Ayurveda and Yoga Retreat** in Rishikesh, amongst the foothills of the Himalayas. [www.vedafive.com](http://www.vedafive.com) It is here where the pace is slowed down to the natural rhythm of nature. Here, I can relax and reflect on my journey and integrate the many experiences I have had, and embark on a new journey of healing as I immerse myself in

Ayurvedic treatments.

I have been changed by India, softened, deepened in the understanding of the human experience. I look forward to my next two weeks and sharing my experience with you.

Namaste.

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