

## A BRIEF GUIDE TO TAKING AVENTURES

- 1) If you're interested in the idea of the aventure, and want to start working with them in your daily life, the best place to start is by remembering the adventures you've already had (and let it be so that the adventures you're working with are ones that came to you from realms that you trust). If you've signed up for my newsletter, you received a guided meditation to help you do that. If you're doing this on your own, take a bit of time, make yourself comfortable, relax (if candles help, light one; if a hot beverage helps, make one). Breathe in, and allow yourself to remember the opportunities that have come into your life that seemed to come out of nowhere. The one we all know best is "falling in love," so start there. You also probably can remember books you read as a child, or movies you saw, that changed how you looked at the world. You may have had mystical experiences. There were also, probably, experiences that seemed prosaic – offers you were given, or people you met, or information you came across – that "felt" more powerful than they "looked." Those count. Gather these instances together, in your mind; you can imagine putting them in a basket, or a box. Decide on a way to keep them handy – you might imagine putting the container into your heart. If there are any you know you don't want to deal with at the moment, you can contain those adventures in boxes, closed up. But otherwise, allow the adventures to visit you, in your thoughts, for the next piece of time.
- 2) Once you've got the idea of adventures clear in your mind, you're ready to start noticing them as they show up in your daily life. Start the day with the intention of noticing adventures, and take a few minutes to think of an activity that you do often during the day (I like to use the action of going through a door or a gate, since adventures are doors into other levels of reality and other realms), intending to remember, every time you perform that action, that you are in the business, in that day, of noticing adventures. Then, keep your mind open. Some adventures are very big and noticeable, but others are small and subtle. Let it be so, that sometimes an aventure is presented as bird song, or a beggar, or a new path you hadn't noticed before, or a message from a friend you haven't heard from in a long time. Notice what comes to you. See if it's an aventure.
- 3) The field of adventures is vast, but we don't want to take every aventure that comes our way. When you notice an aventure, check to see how it "feels." When you think about it, where does it land in your body? And what are the feelings that arise? Remember that uncomfortable feelings do not necessarily mean that an aventure is not one to take – the biggest adventures are scary, for instance, but often the most valuable. But you need to take them into account. I find, myself, that though my fear is not an indicator that I should stay away from an aventure, unease is. It tells me that something is wrong. But know that it's ok to go in new directions, and it's ok not to. This is just life. Things go well, things go badly, we get things right, we get things wrong. Aventures are not guides to doing things perfectly. They are guides to living more consciously and more deeply.
- 4) Once you take an aventure, be conscious of how much you talk about it – it's not necessarily supposed to be secret, but if we use our words carefully, we're more likely to

keep its power from disappearing. Likewise, choose your companions on the journey carefully. Not all of our friends and acquaintances are useful on every journey we take. As when you checked to see if the adventure was right for you at the time, you can check to see if your companions are right for you on this journey. When you think of them, how does it feel? Where does the thought of them land in your body? You need allies, and you need guides. And you get to choose who they are.

- 5) Finally, the bigger an adventure is, the longer it takes to walk through. So, for work in the long run, you need your tools of perseverance. Take things one day at a time. Keep checking in on how things feel. Practice daily, regularly, the work of noticing, evaluating, considering adventures. And have fun! You're creating a story.

I hope that this little guide has been useful. If you'd like more guidance, more information, more companionship on the journey, feel free to visit my website, at <http://annebrannen.com/>

May you be well, may you be blessed, may you be happy.

Anne Brannen  
anne@annebrannen.com