

## The Edge of a Spiritual Frontier

**Dear Stef,**

*Inspired by your journey years ago, I am about to venture out solo with my dog Lola on my own RV dream trip. Fear and anxiety keep creeping in, telling me I don't deserve to have what I want. I see Spirit's hand every step of the way, yet doubt comes up and I judge myself as selfish. It's as if being happy is not OK! How do I approach those moments when I veer off course spiritually? — Karen in California*

**Courageous Karen,**

Congratulations on reaching this launching point! Doing something as bold and unconventional as traveling across the country with just your dog is a soul adventure I highly recommend. The fact you are going, despite your inner demons, is proof Spirit is having Its way with you. Experiencing those uncomfortable feelings is *not* veering off course — to me, it is the course. In “A Year Without Fear,” Tama Kieves writes, “Honor the kind of struggle that gives way to conviction. The inner struggle defines your wingspan. You just can't know the breadth of flight without a certain kind of fight.”

You are at the edge of an entirely new spiritual frontier. While traversing unfamiliar roads with Lola, new neural pathways will forge in your mind and belief system. On long driving days and in quiet campgrounds, the happiness you doubt you deserve will sneak in past the old conditioning. You'll see! I am SO excited for you! May these perfect words from a “random opening” I did for you make clear your hero's journey. This selection is from “There Are Burning Bushes Everywhere: Poems and Prayers of a Rebel Mystic” by Jan Phillips:

*Farewell to jealousy, fear, pressure to behave this way or that. Farewell to pettiness of logic and laughter, to wishing it were otherwise, to pretty soon, any day now, almost ready.*

*Hello to yes, to this is the time. Hello to I deserve this, I created this, I make all things new. Hello to abundance begins with myself. To this is my one life, to these are my holy and precious hours. Hello to saying what is true, knowing what is mine. Hello to this is what I am called to do. This is why I came.*

Happy trails! ☘



**STEF SWINK, RScP**, has been a sought-after practitioner and licensed Heal Your Life® teacher for 17 years. Early on, she was the personal assistant to author Louise Hay, responding to thousands of “Dear Louise” letters and now has a thriving coaching practice in Evergreen, Colorado. Visit her online at [StefSwink.com](http://StefSwink.com).