



Normality is  
a paved  
road; it's  
comfortable  
to walk, but  
no flowers  
grow on it.

Vincent van Gogh  
(1853 - 1890)  
Painter

During this time when ease is fleeting and comfort often out of reach, some of us are surprising ourselves. We're discovering more of who we are and uncovering more of how we hope to be. These discernments are the rewards of self-exploration.

We can use self-discovery to re-align our life.

Self-discovery teaches us about our commitments. We all have values we profess and interests we pursue. Looking inward, we can see the projects or passions or relationships that drive us and excite us. We notice the limits we are happy to cross over and those we will not violate at any cost. There are demands of justice that captivate us, and activities of beauty that fascinate us. Self-aware, we can re-align with the promises we seek to maintain.

Self-discovery reveals to us our deepest hungers. When our movements are limited, our desires are loosed. Grief is exposing the things that bring us pleasure, or solace, or stability. Through their absence, we are discovering what is absolutely crucial for our survival. We're being re-introduced to our spirit's necessities. Self-reflective, we can re-align with the longings we find most pressing.

Self-discovery frees us to follow our unique path. Weaving our commitments and our hungers can show us our journey. Self-discovery allows us to know exactly how singularly precious we are. We can hear the call of the divine; we can firmly inhabit our place within the universe. Self-accepting, we can re-align with the distinctive gifts we've been given to contribute to the common good.

Self-discovery liberates us to align with our unique joy.

*What is a hunger I've recently discovered? What commitments do I want to maintain?*