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## Traveling

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## Traveling

How far do we have to travel to get from here to there, and how long will it take? We might be concerned with details including transportation and baggage, as well as important factors such as our purposes for traveling, and whether or not we look forward to the trip. Whether we go to a store, a relative's dwelling, a school, or another country, travel requires that we make decisions, even if some of them are habitual and almost effortless.

What aspects of travel are required if we wish to meet God? We do not have to go to a place of worship, though we can encounter God there. The distance we must traverse is not measured in miles but we benefit by doing some planning, as we do before traveling. We do not need a ticket, and no price is involved, but only we can make the arrangements. No matter how strongly we might be invited to visit, no one can bring us to God unless we choose to go.

What purposes might we have for going to an interior place of encounter with God? Perhaps we are in need of healing, and we intuitively know that we should meet with God even before we make an appointment to go to a doctor's office, a counselor, or a friend who will listen to us. Or, we might be moved with gratitude after having succeeded with a difficult challenge or having appreciated a gorgeous sunset. We can travel to the sacred place inside us where we make our decisions, and there we can share who we are with One who fully appreciates what we experience, and delights in being with us.

Traveling within is always a round trip, because we come back to every-day tasks as we do after a vacation or a job-interview. But, like many trips we take that are habitual, we hardly think of them as traveling, but more as an ordinary part of life. From another perspective, we do not go to a particular place to meet God, but choose to become aware of someone who is already with us. Just as we can look up from reading or watching TV while sitting in a room with someone, and turn our attention from the media to the other person, we can instantly travel the distance from wherever we are and from whatever we are doing or thinking, to God, who is closer to us than air to our faces.

We can go to meet God with or without "baggage." There is no weight limitation, no extra charges for coming with hefty concerns, strongly held opinions, or unwholesome attitudes. We can bring with us anger, fear, regret, or hesitation though we can also come with joyful

expectation, hopefulness, or love. God does not screen out anything we might have with us, and nothing will be taken from us against our will, but we might well leave some of our baggage behind after meeting with God.

Travel, even to God, does not require that we begin with "holy" feelings, only that we decide to make the trip. We will be welcome, whenever we choose to visit with God.