

Eric Olander FAQ

Describe your book, *12 Journeys*:

12 Journeys is an inspirational personal growth book that focuses on building positive outlooks and creates individual strategies for greater personal achievement.

The book presents 12 highly illuminating core values for achieving higher consciousness. These values are placed on two levels. With each core value is a familiar, structured set of activities.

Engaging quotations from several outstanding writers in the self improvement field follow each value.

How did you come to write the book?

As a young man, I was interested in the work of the psychologist Abraham Maslow and the philosophy of the Third Wave Movement. I read a book that translated Eastern metaphysical concepts into Western terms. I developed the motivational themes I felt could bridge this gap. The product of this inquiry is *12 Journeys: For Peace, Joy, and Fulfillment*.

What do you hope others will gain from reading the book and following this journey?

I hope readers may begin to recognize and form a stronger connection with the beauty and goodness that exists in their environment, no matter what personal challenges they are facing. I hope they may draw from positive healthy experiences and form new enlightened outlooks.

In what ways has this journey changed your life?

Beyond the obvious effort that was placed in writing the book, I believe I was changed by the need to direct my efforts wisely and effectively. I accepted the responsibility to simply do my best. I took time to consider possibilities and try different approaches. All the time I was preparing to express myself in another way -- something I don't think, I even realized while writing.

What are you trying to express with your sculpture?

Beauty and balance of natural lines are a primary theme. But I do find myself exploring divergent forms. The important thing is to be open and observant in my environments. I enjoy drawing. It's a form of relaxation and finding a quieted mind. A drawing may progress to a point where I begin to experiment with models. That's when I feel closest to a form, before metal and color are taken over by fabrication.

What are the 6 paths and the 6 fields and how do they work together to create a journey?

The book has three parts.

A first section of the book introduces skills important for making meaningful and lasting improvements in one's life. Focus is placed on strengthening the reader's affirmation, visualization and dialogue skills.

The 6 Paths, section two, contains foundation principles for higher awareness: Harmony, Relaxation, Reflection, Voice, Will and Energy.

The 6 Fields, section three, makes up the higher order principles of Faith, Order, Knowledge, Mind, Love and Power.

How do you recommend someone get started on this journey?

Follow a true path: dream, strive, relax.