



# 12 JOURNEYS

*To Peace,  
Joy &  
Fulfillment*

**ERIC OLANDER**

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ISBN (EPUB)

ISBN (EPDF)

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Published by MCM Publishing, a division of Monkey C Media,  
MCMPublishing.com

Book Design by Monkey C Media, MonkeyCMedia.com

Edited by Chris Zook, theconsciouswriter.com

Publishing consulting by Karla Olson, BookStudio, BookStudioBooks.com



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# *Rush*

A Journey can begin with  
just a rush of cool wind that straightens us  
and awakens the senses within.

# Introduction

*Fill your thoughts* with harmony. Feel at peace and experience the unity that connects you with the world. Meet life with a heightened sense of well-being. Allow new positive experiences to help shape new constructive outlooks. Achieve a greater sense of meaning and purpose for your life.

When we think about higher awareness as a journey rather than a destination, as an unfolding of experience, we open ourselves to a world of opportunity and growth. We can transform our lives with new, genuine insights. Higher awareness happens as we realize that

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knowledge starts from within and that incredible possibilities lie before us.

The 12 Journeys are founded on the principles of quiet appreciation, self-knowledge, and constructive expressions. The realization that deeper reflection brings about more satisfying life experiences can inspire you to stay on a course of great personal achievement.

The 6 Paths help to clarify the foundations of higher awareness. Practical exercises encourage active participation and offer immediate returns for your efforts. The 6 Fields help to broaden your inquiry and lead you to even more meaningful personal growth and achievement.

Three tools are introduced with the 12 Journeys to support your progress: Affirmations, Visualizations, and Dialogues help you make the changes you feel are important to the journey you undertake. Flexible exercises are included to assist you in reaching your individual objective.

Structured activities enable us to transform our view of ourselves and the way we interact with our world. With 12 Journeys, you determine your own action plan and review your own progress before moving on to a new challenge.

Creating sound objectives is the key to success. Consider progressing from start to finish, one objective at a time. You may, however, wish to develop more than one objective for an individual journey. Stay with a successful strategy. With experience, you may find that developing objectives for two associated journeys at once can bring added efficiency. Keep a notebook record of your progress.

If you decide to target just one or two objectives from the first three journeys, Harmony, Relaxation and Reflection, the experience will bring you real, measurable rewards. You will be gaining new insights and greater peace of mind.

As you grow and overcome obstacles to greater insight, you become more accepting of where you have been. You see the value of the lessons you have learned. You appreciate more

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the accomplishments you have achieved by your own merit and motivation. Your heart opens as you begin to take solid, practical steps toward renewing a connection with yourself and the world around you.

Start your journey of higher personal consciousness by first seeking meaning in quiet reflection in your own familiar surroundings. Rediscover the fundamental goodness you can find within. Realize the graces in living with a realistic, constructive view of yourself. Develop a strong, personal sense of your identity and extend a message of dignity to everyone you meet.