



Life's a Cruise

By Mark Woodlief

We've all heard the expression “life's a cruise.” Or some variation thereof.

When I was walking the labyrinth about a year ago, I was painfully aware that some major transitions and challenges were transpiring. I had just been laid off, my marriage was unraveling. As I began my walk, I asked the question, “What do I need to help me through this time in my life?”

As I reflected on my question, words and concepts clearly arose. Unsurprised, I continued toward the center, where I knelt and meditated further. I felt calmness, re-assurance, and clarity. I could also feel the “answers” to my question emerging, even as – somehow, without my mental involvement – the context of the question was changing.

By the completion of my walk, the answers had taken this shape: “I want to visit the following ports of call along my journey – Connection, Consistency, Fitness, Stability, and Tranquility.” Upon later reflection, I decided to add a “bonus destination”: Resiliency.

Of course, life is still difficult. But you might say I'm “cruising along” regardless.



About the Author:

Mark Woodlief has lived in Portland, OR, since 2002, and co-facilitates a labyrinth group at First Unitarian Church. A former contributor to numerous local, regional, and national publications, he is now a freelance editor/writer. Contact him at markwoodlief@gmail.com.