

## When You Feel Spiritually Lost

Many people feel lost because they haven't found the right spiritual community or teachings that resonate with their wants and needs. If you're feeling spiritually lost at sea, you can take steps to begin a new road:

- **Clarify inside yourself what you're looking for.** Clarity of intention brings great power to those intentions and can help draw to you exactly the right people, places, and things to keep your spiritual journey vibrant and nourishing.
- **Check out what spiritual paths, communities, teachers, and teachings are available.** Go shopping for spirituality. Visit different places, and read different kinds of spirituality-based books. Check out various houses of worship or spiritual discussions and find out what is available. Notice what you do or don't like about different communities, teachers, and teachings.

By actively seeking the right path and teachings, you're making a statement to the universe through your efforts that you want to find the right path and community for you. And while you're looking for the perfect path, you'll still be learning and growing from wherever you go. You can find more tips on finding the right path for you in Chapter 5.

### Consider

Reading spiritual books about seekers who have found the right teachers and communities for them can help you to imagine what the right community or teacher could look like for you and can guide you to recognize the right path when it comes along.