

My Journey To Find The Lost And Myself



Have you ever felt lost in life? Unsure of your purpose or direction? I certainly have. My journey to find the lost and myself was a transformative experience that led me down a path of self-discovery and personal growth. In this article, I will share my story, the challenges I faced, and the lessons I learned along the way.

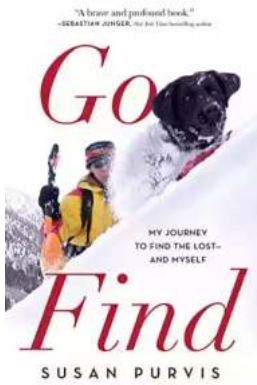
Chapter 1: The Beginning

It all started when I found myself in a state of deep dissatisfaction with my life. I was going through the motions, but I couldn't shake the feeling that something was missing. I decided to embark on a journey to find answers and rediscover myself.

Go Find: My Journey to Find the Lost—and Myself

by Susan Purvis (Kindle Edition)

★★★★☆ 4.5 out of 5



Language	: English
File size	: 14686 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Screen Reader	: Supported
Print length	: 343 pages



My first step was to research different spiritual retreats and workshops that could provide guidance and facilitate introspection. After carefully selecting one that resonated with me, I packed my bags and set off on a new adventure.

Chapter 2: The Retreat

The retreat was set in a serene location, surrounded by nature's beauty. From the moment I arrived, I could feel a sense of calm washing over me. This was exactly what I needed - a peaceful environment to immerse myself in self-reflection and exploration.

Throughout the retreat, we engaged in various activities, including meditation, yoga, and group discussions. Each day brought new insights and revelations. I met incredible people who were also on their own paths of discovery, and their stories inspired me.

Chapter 3: Facing My Fears

One of the most challenging aspects of my journey was confronting my fears. I had to dig deep and face the things that had been holding me back. It was uncomfortable and at times painful, but it was necessary for my growth.

I realized that fear was an illusion that had kept me from taking risks and pursuing my passions. I made a commitment to myself to push past my comfort zone and embrace the unknown. This newfound courage opened up doors I had never imagined.

Chapter 4: The Inner Self

As my journey progressed, I delved into the depths of my inner self. I discovered hidden talents, passions, and dreams that had long been buried beneath the surface. Through journaling and creative expression, I found a voice I had never known existed.

This chapter of my journey was about reconnecting with my authentic self. I let go of societal expectations and judgments, and instead, focused on listening to my intuition. It was liberating and empowering to embrace who I truly was.

Chapter 5: The Return Home

After weeks of self-reflection and growth, it was time to return home. I had come a long way on my journey to find the lost and myself. I carried the lessons I had learned and the renewed sense of purpose with me.

Back in familiar surroundings, I realized that the external world hadn't changed; it was my internal transformation that made all the difference. I now viewed challenges as opportunities for growth, and I approached life with a renewed sense of gratitude and curiosity.

Chapter 6: Forever Changed

My journey to find the lost and myself deeply changed me. I discovered that the search for answers and purpose is an ongoing process, and it requires a

commitment to self-discovery. I now prioritize self-care, meditation, and mindful living as essential parts of my daily life.

If you are feeling lost or disconnected from yourself, I encourage you to embark on your own journey of self-discovery. It might not be easy, but the rewards are immeasurable. Remember, you have the power to find the lost and embrace the incredible person you truly are.

My journey to find the lost and myself has been a transformative and enlightening experience. Through self-reflection, facing fears, and reconnecting with my authentic self, I discovered a newfound sense of purpose and fulfillment.

Remember, life is a journey of self-discovery. Embrace the unknown, face your fears, and reconnect with your true self. The adventure awaits!

Go Find: My Journey to Find the Lost—and Myself

by Susan Purvis (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 14686 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Screen Reader	: Supported
Print length	: 343 pages



*An Apple iBooks bestseller in Biographies and Memoirs

*A Bend Magazine Pick of 10 Best New Books for Fall

“A love story about a woman and her amazing rescue dog. A tale of exciting, life-

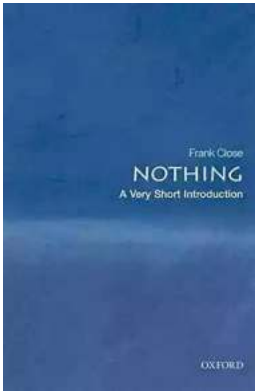
changing adventures.” -- Kat Martin, New York Times bestselling author
Somewhere between hunting for gold in Latin America as a geologist and getting married to a new husband, thirty-three-year-old Susan Purvis loses her way.

Susan comes to believe that a puppy and working on ski patrol at the last great ski town in Colorado will improve her life. When she learns about avalanches that bury people without warning, she challenges herself: “What if I teach a dog to save lives?” This quest propels her to train the best possible search dog, vowing to never leave anyone behind.

With no clue how to care for a houseplant, let alone a dog, she chooses a five-week-old Labrador retriever, Tasha. With the face of a baby bear and the temperament of an NFL linebacker, Tasha constantly tests Susan’s determination to transform her into a rescue dog. Susan and Tasha jockey for alpha position as they pursue certification in avalanche, water, and wilderness recovery. Susan eventually learns to truly communicate with Tasha by seeing the world through her dog’s nose.

As the first female team in a male-dominated search-and-rescue community, they face resistance at every turn. They won’t get paid even a bag of kibble for their efforts, yet they launch dozens of missions to rescue the missing or recover the remains of victims of nature and crime.

Training with Tasha in the field to find, recover, and rescue the lost became Susan’s passion. But it was also her circumstance—she was in many ways as lost as anyone she ever pulled out of an avalanche or found huddled in the woods. “Lostness” doesn’t only apply to losing the trail. People can get lost in a relationship, a business, or a life. Susan was convinced that only happened to other people, until Tasha and a life in the mountains taught her otherwise.



The Most Insightful and Liberating Experiences Found in Very Short Introductions

When it comes to expanding our knowledge and exploring new concepts, Very Short Introductions (VSIs) have proven to be an invaluable resource. These compact books are packed with...



Dax To The Max Imagination: Unlock the Power of Creativity!

Welcome to the world of Dax To The Max Imagination, where creativity knows no bounds! If you're looking to unlock your creative potential, dive into a realm...



The Hidden Case of Ewan Forbes: Uncovering the Mystery Behind an Enigmatic Figure

Ewan Forbes: a name that sends shivers down the spine of those who have heard of him. Yet, despite the intrigue and the countless rumors...



When Newport Beat New Zealand: A Historic Rugby Upset

The rivalry between Newport and New Zealand in the world of rugby is well known and deeply rooted in history. The All Blacks have long been considered one of the most...



The Soul of an Astronomer: Women of Spirit

Astronomy, the study of celestial objects and phenomena, has fascinated human beings for centuries. It has allowed us to explore the vastness of the universe and...



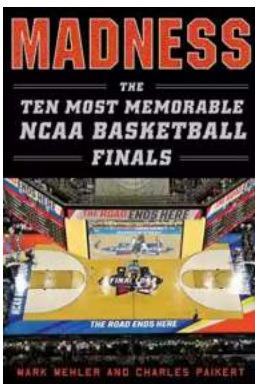
The Military Origins Of The Republic 1763-1789

When we think about the birth of the United States, it is often images of the Founding Fathers, the Declaration of Independence, and the Revolutionary War that come to...



RPO System for 10 and 11 Personnel: Durell Fain

When it comes to offensive strategies in football, one name that stands out is Durell Fain. Fain is renowned for his innovative and successful RPO...



Madness: The Ten Most Memorable NCAA Basketball Finals

College basketball fans eagerly await the annual NCAA Basketball Tournament, lovingly referred to as "March Madness," where the best teams compete for dominance on the court...