

the
sun,

the
sea,

and

the
stars



JULIA BOCHIS

ANCIENT
WISDOM AS
A HEALING
JOURNEY





the
Sun,

the
Sea,
and

the
stars

ANCIENT WISDOM

AS A HEALING JOURNEY



JULIA BOCHIS



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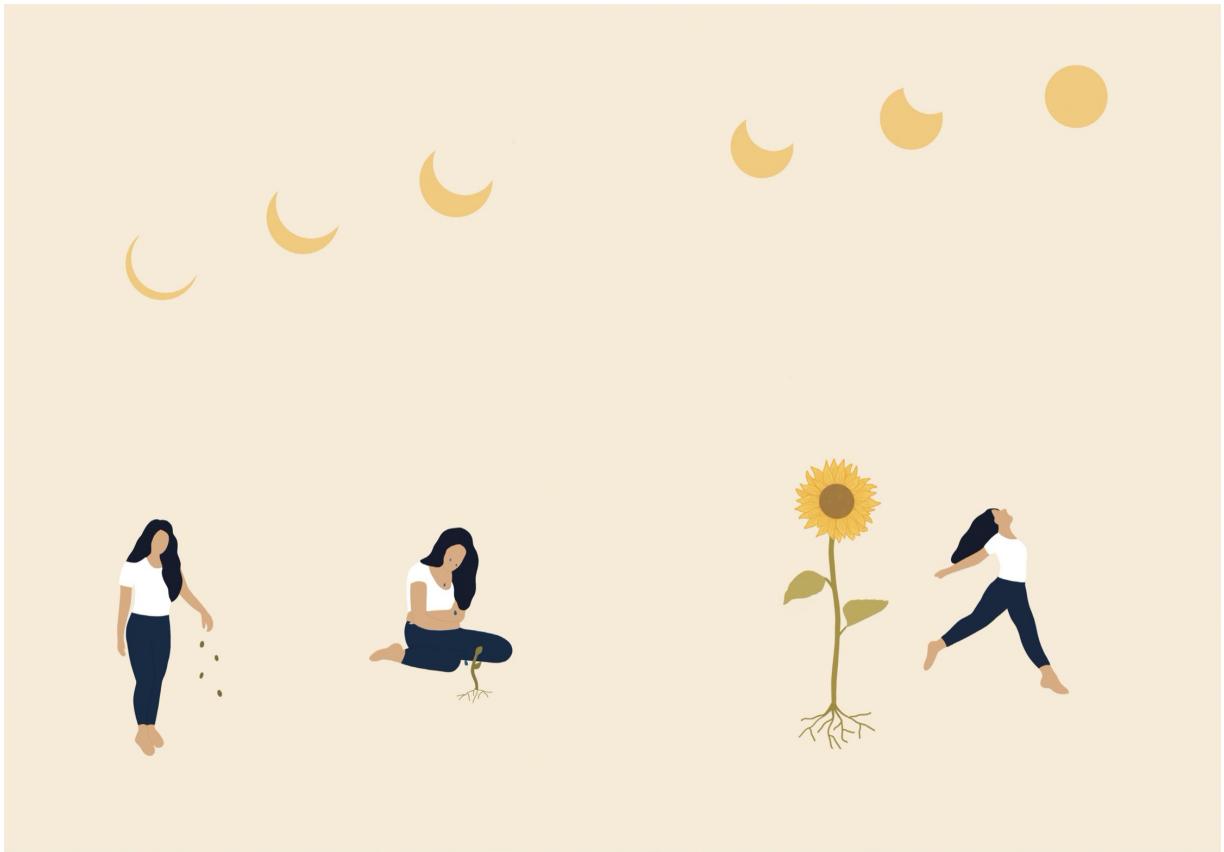
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FOR EVERYTHING
THERE IS A SEASON

I THINK GETTING STARTED IS OFTEN THE MOST DIFFICULT PART OF ANY TASK.

BEGINNINGS RARELY MEET US ALONE. THEY OFTEN BRING ALONG FEAR, DOUBT, UNCERTAINTY, AND MANY OTHER THOUGHTS THAT DON'T MAKE THINGS ANY EASIER. THOSE WERE EVEN THE FEELINGS I HAD BEFORE STARTING THIS BOOK. YET ONCE I GOT GOING, EVERYTHING STARTED FALLING INTO PLACE, AND SOON ENOUGH I FOUND MYSELF WALKING DOWN THIS PATH FULL OF JOY AND EXCITEMENT.

WHEN I TAKE A MOMENT TO THINK ABOUT IT, I REALIZE THIS APPLIES TO ALMOST EVERYTHING I HAVE EVER ATTEMPTED IN MY LIFE. FROM LEARNING TO RIDE A BICYCLE, TO MOVING AWAY FOR UNIVERSITY AND THEN SHARING MY ART WITH THE WORLD. IF I THINK EVEN FURTHER, I REALIZE THAT SO MANY OF THE MOMENTS I HAVE LIVED THROUGH, I HAVE ALSO READ ABOUT IN BOOKS, HEARD IN SONGS OR WITNESSED IN MY FRIENDS' LIVES.

THIS BOOK WAS BORN FROM A DEEP-ROOTED FEELING THAT, WHILE WE ARE ALL DIFFERENT IN SO MANY WAYS, WE ALSO HAVE SO MUCH IN COMMON. THIS BOOK IS A STORY ABOUT THE VARIOUS

MOMENTS OF SIGNIFICANCE WE FACE AS WE JOURNEY THROUGH OUR LIVES. SOME OF THESE MOMENTS ARE: CHANGE, LONELINESS, LOVE, AND HAPPINESS. HOWEVER, IN THIS STORY YOU WILL FIND THEM POSING AS: AUTUMN, WINTER, SPRING, AND SUMMER. AS MUCH AS I THINK OF THESE NAMES AS SEASONS IN THE OUTSIDE WORLD, I ALSO THINK OF THEM AS THE SEASONS OF OUR SOULS.

I WOULD LIKE YOU TO THINK OF THIS BOOK AS A MIRROR. A MIRROR THAT REFLECTS YOUR WONDERFUL INNER BEAUTY AND THE MAGIC OF THE WORLD SURROUNDING YOU. AND THE WORLD TRULY IS A MAGICAL PLACE, ISN'T IT? DURING THE DAY THE BIRDS SING THEIR SONGS AND THE SUN TRAVELS ACROSS THE SKY, ILLUMINATING EVERYTHING. IN THE DEPTHS OF DARKNESS, THE MOON AND THE STARS SHINE DOWN ON US, AND THE WAVES CRASH ENDLESSLY ALONG THE SHORES.

I HOPE THIS BOOK WILL REMIND YOU THAT THERE IS BEAUTY IN EVERYTHING, IF YOUR HEART IS OPEN TO RECEIVE IT. I ALSO HOPE THIS BOOK WILL SHOW YOU THAT, EVEN DURING THE DARKEST NIGHT, YOU ARE NEVER ALONE. WHEN IT SEEMS THAT YOU HAVE BEEN LEFT BEHIND, IN A MOMENT OF STILLNESS YOU MIGHT REALIZE THAT THE INFINITE STARS, THE

RESTLESS SEA, AND THE PATIENT MOON ARE ALL TRAVELING ALONG WITH YOU.

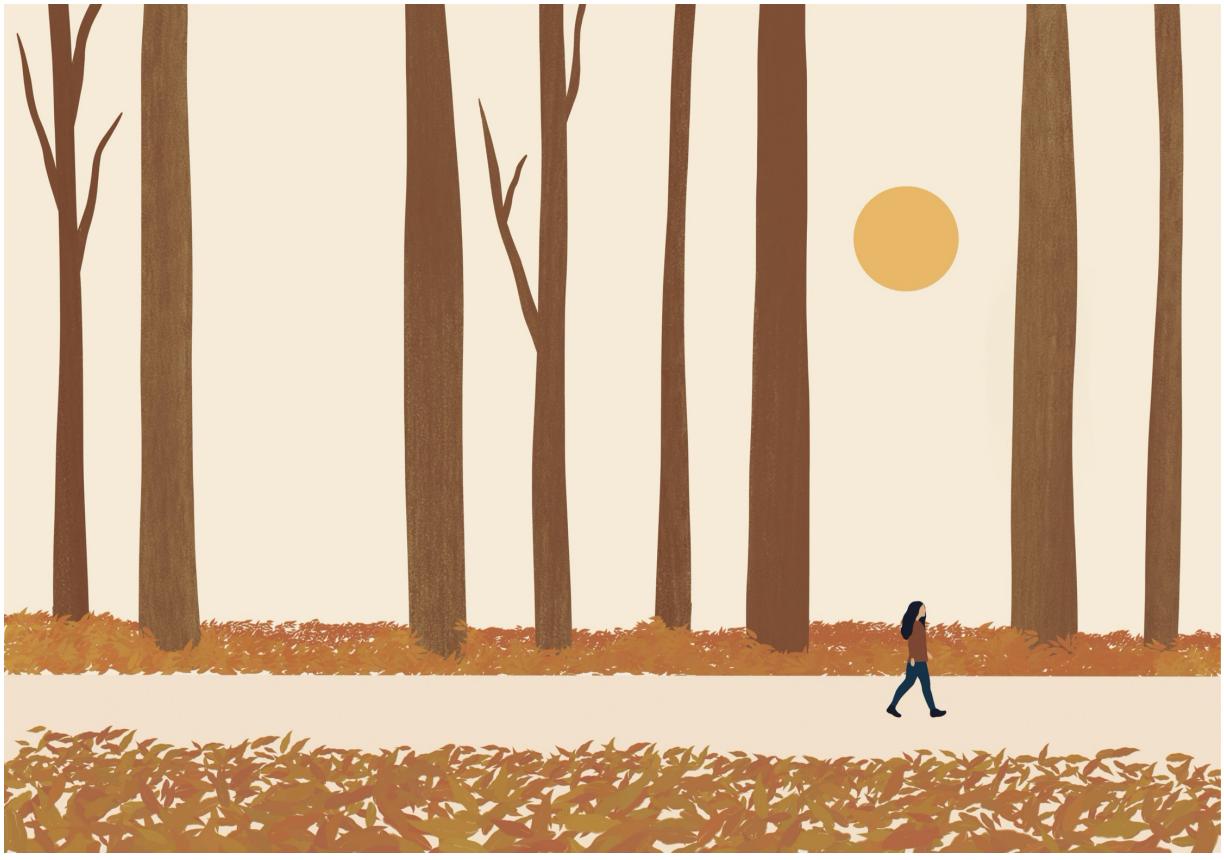
A TRAVELER HAS AGREED TO JOURNEY WITH US THROUGHOUT THIS BOOK. THE STARTING POINT OF THEIR ADVENTURE IS SOMEWHERE IN THE MIDST OF AUTUMN, THE SEASON OF CHANGE. I HAVE FOUND CHANGE TO BE A VERY DIFFICULT TOPIC IN MY LIFE, AND I KNOW THIS TO BE THE CASE FOR MANY OTHERS. SO LET THIS SEASON BE OUR FIRST TEACHER IN TRANSFORMING, SURRENDERING, AND LETTING GO.

WITH LOVE,

IULIA







THE TREES LOOK VULNERABLE, SHEDDING THEIR PAST
LIVES

"ALL THINGS CHANGE AND WE CHANGE WITH THEM"
THEY WHISPER



MAYBE IT'S TIME FOR A CHANGE

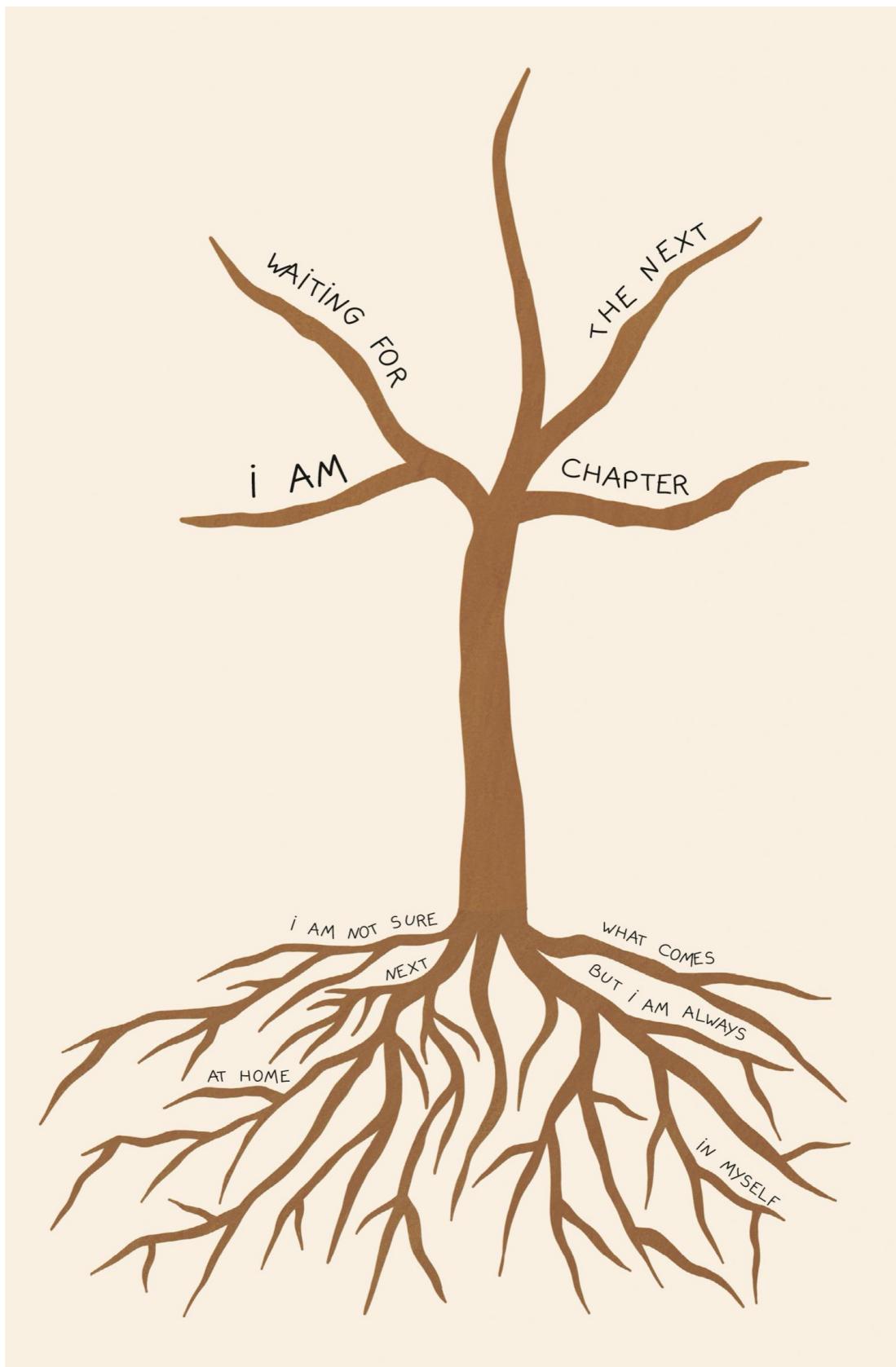


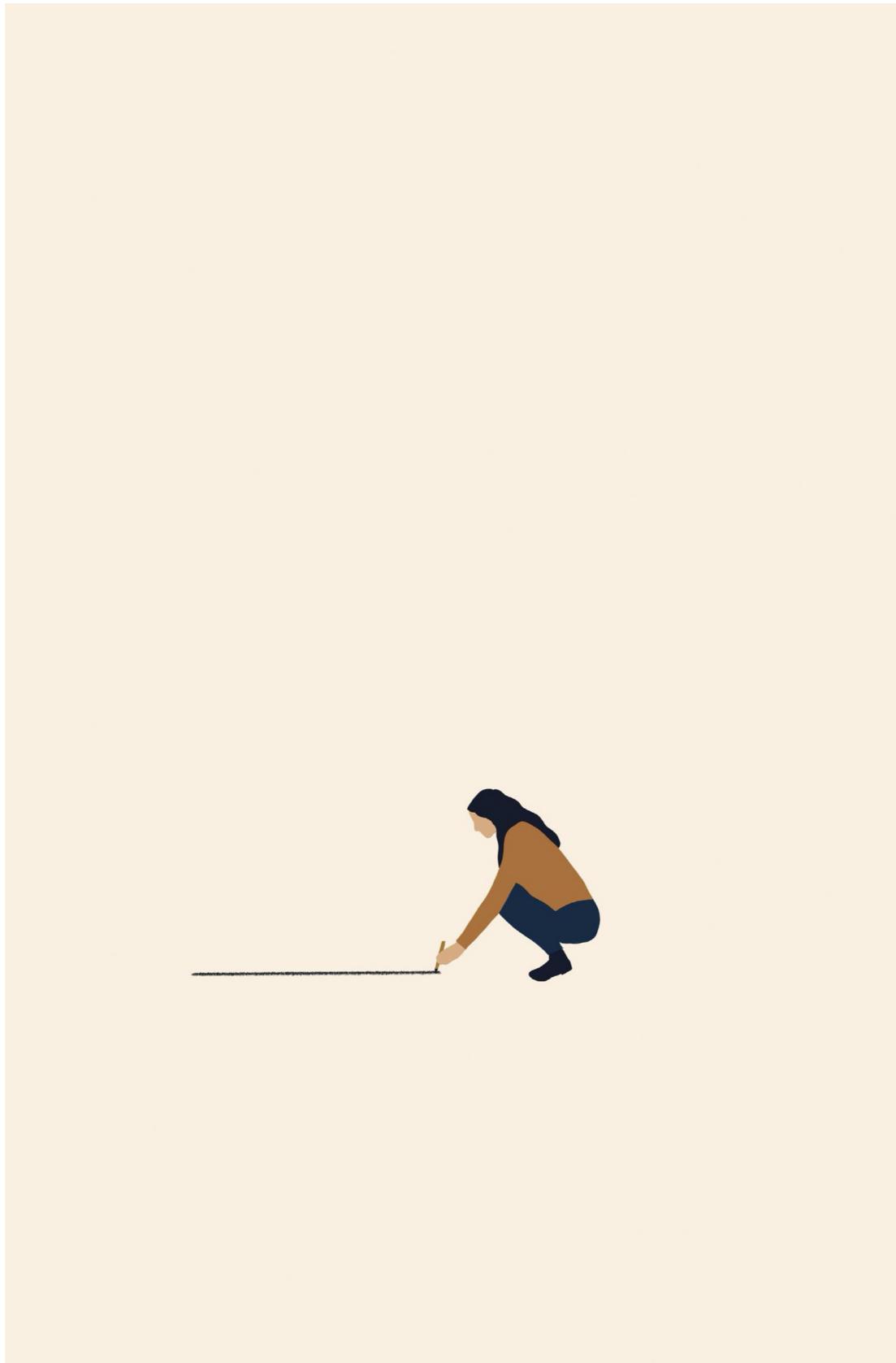


MAYBE YOU ARE SEARCHING THE
BRANCHES FOR WHAT ONLY
APPEARS AT THE ROOTS

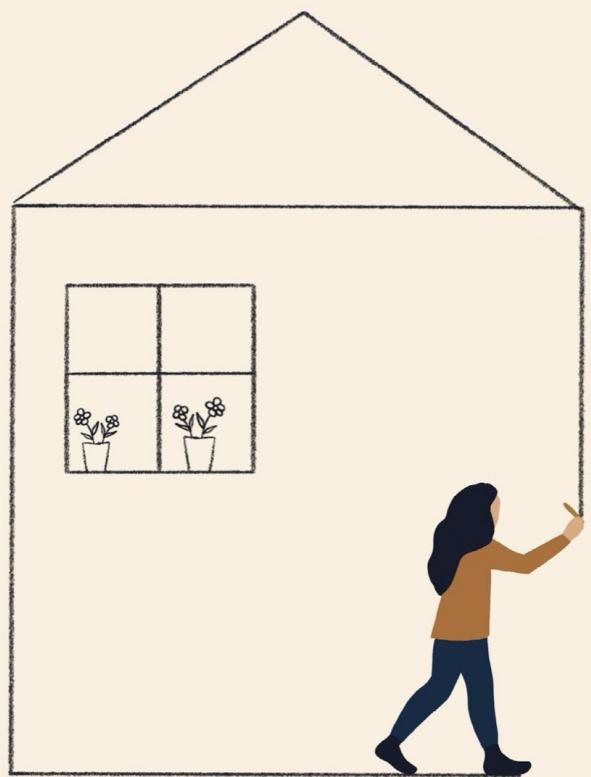
—RUMI



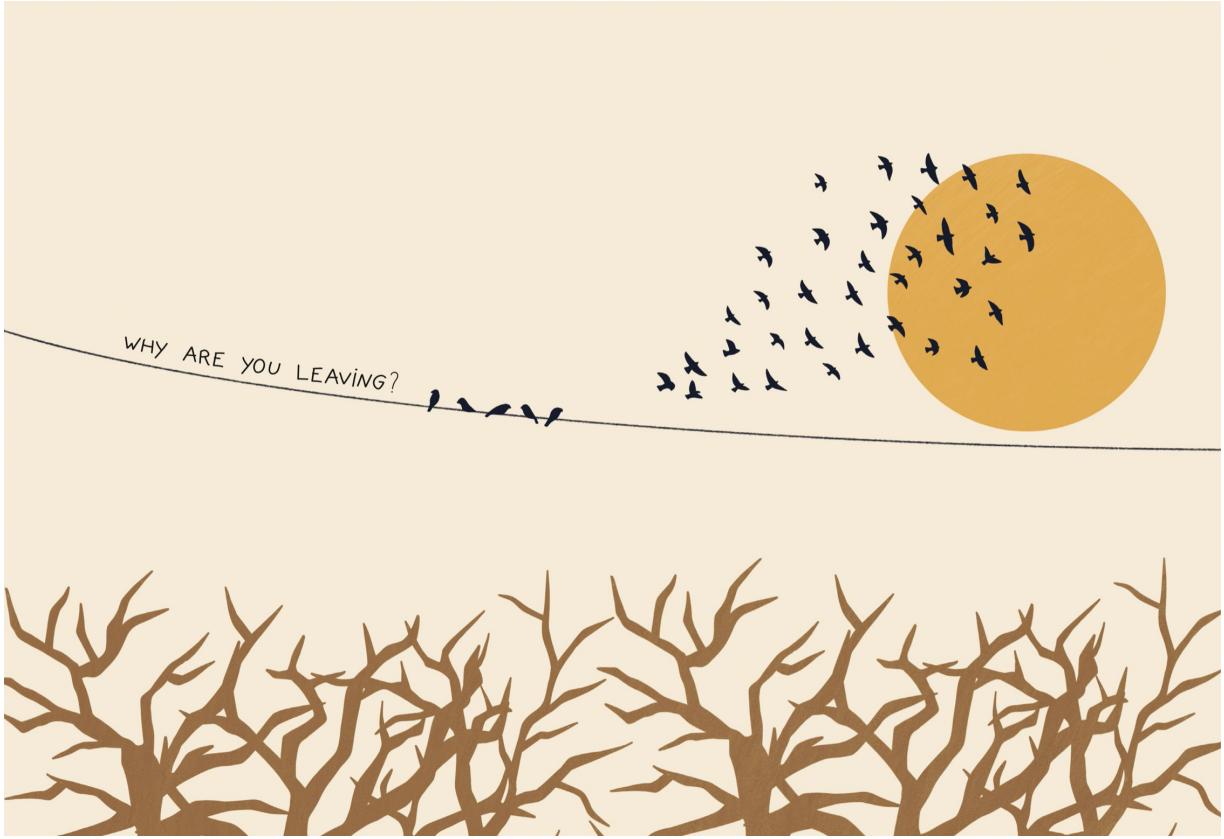


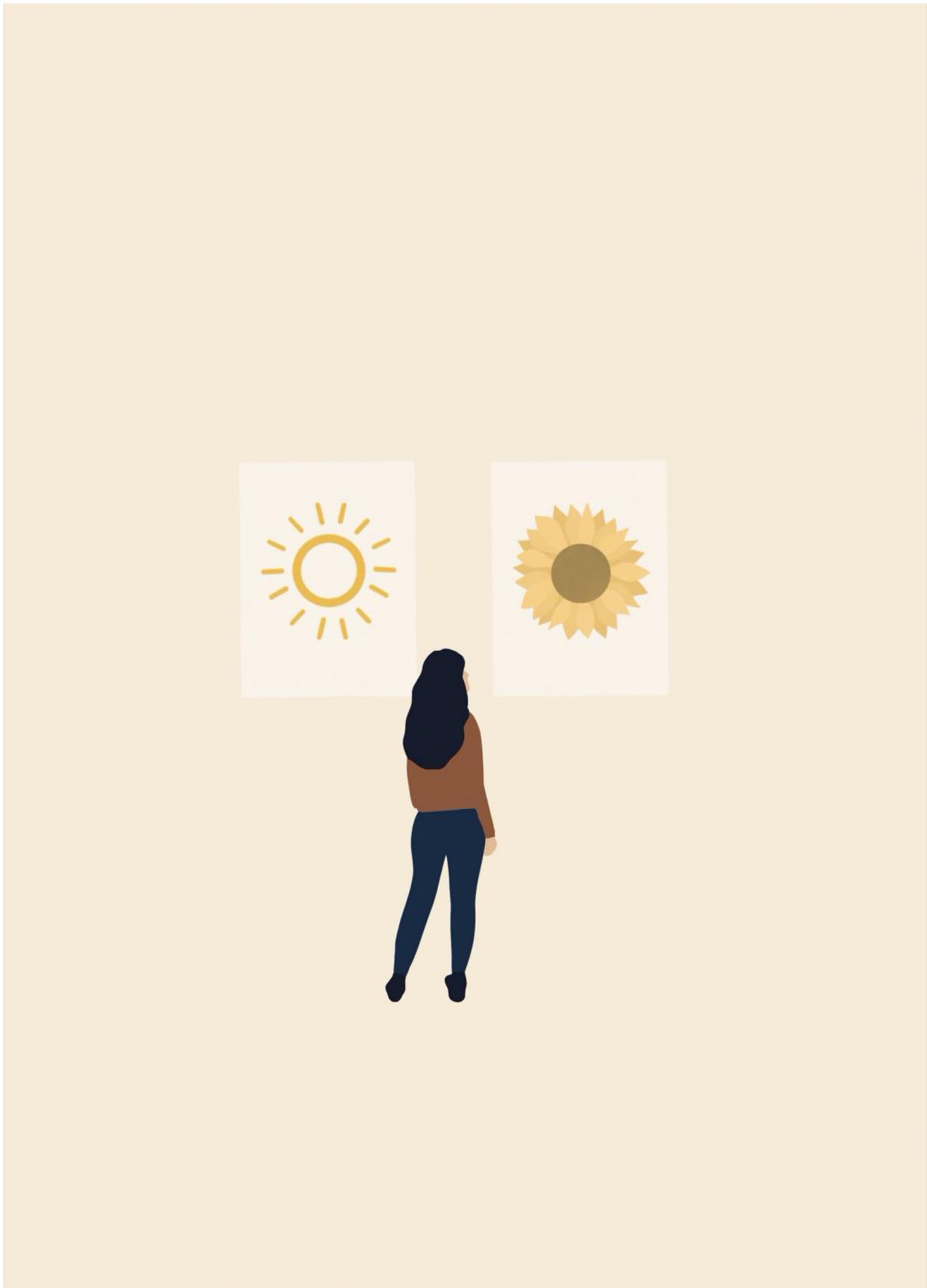


MY ROOTS LOOK DIFFERENT

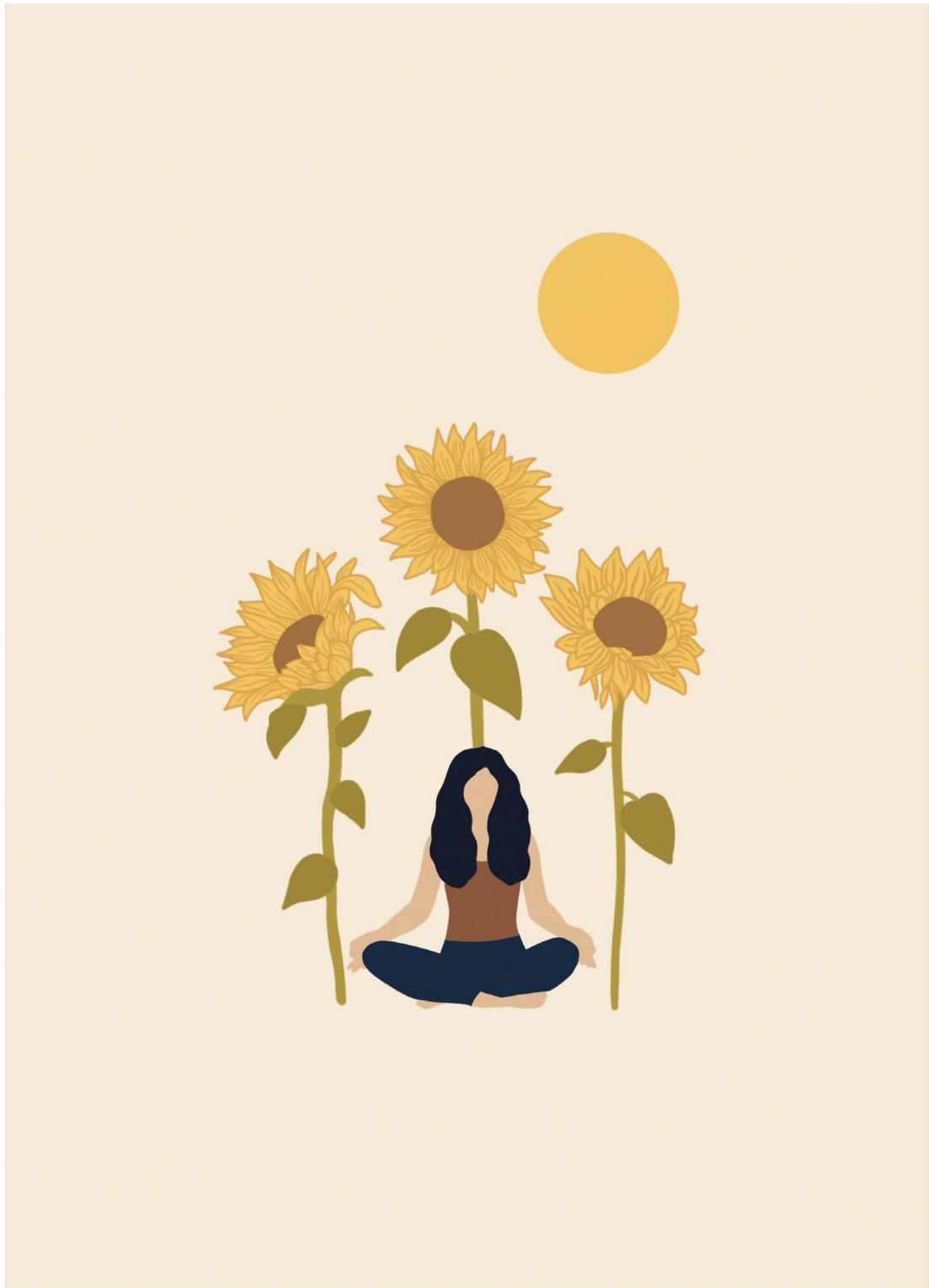


BUT I, TOO, AM MY OWN HOME





THERE ARE PLACES WE ARE YET TO GO

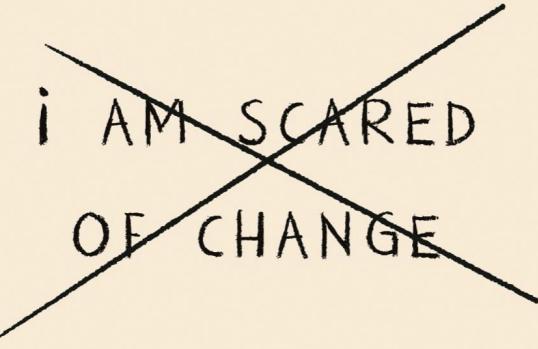


WHERE WE ALREADY BELONG



FORGETTING ONESELF
IS OPENING ONESELF

-DŌGEN



i AM SCARED
OF CHANGE

THERE ARE SO MANY PARTS OF ME

i AM TERRIFIED
OF STAYING
THE SAME



I HAVE YET TO DISCOVER

I THINK YOU SHOULD KEEP GOING,
JUST TO SEE WHAT HAPPENS





NEW BEGINNINGS ARE OFTEN DISGUISED



AS PAINFUL ENDINGS

-LAO TZU

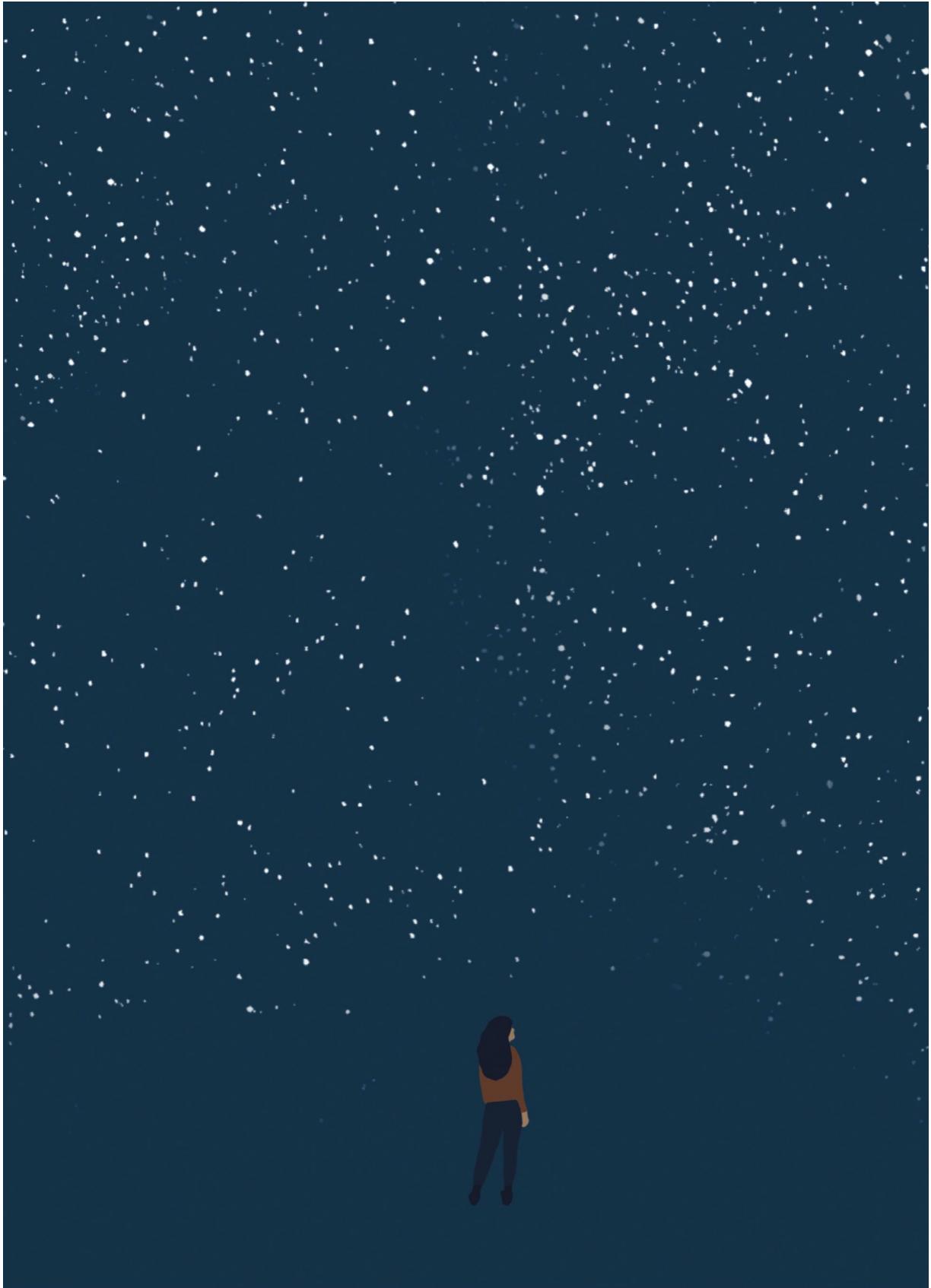




AS AUTUMN MOVES INTO WINTER, THE OUTSIDE WORLD BEGINS TO APPEAR LESS AND LESS FRIENDLY. THE NIGHTS GROW COLDER AND LONGER, AND THE DAYS SEEM TO BE SHRINKING AWAY FROM US. IN THE SAME WAY, AT CERTAIN TIMES IN OUR LIVES, WE CAN FIND DARKNESS DESCENDS UPON US. IT SEEMS LIKE THE SUN HAS SET, THE LIGHTS HAVE GONE OUT, AND THERE IS NOTHING LEFT TO SHOW US THE WAY FORWARD. WE ARE LOST.

THE NEXT PART OF OUR JOURNEY TAKES US THROUGH THIS SEASON OF TEMPORARY DARKNESS. AS COLD AND UNAPPEALING AS IT MAY SEEM AT FIRST, THE DARKNESS OF WINTER CAN BE A BEAUTIFUL TIME. A TIME TO REST, REFLECT, AND LEARN MORE ABOUT OURSELVES.

AND IF WE ARE WILLING TO WAIT JUST A LITTLE LONGER, THE MOON AND THE STARS WILL JOIN US, GUIDING THE WAY.



SOMETIMES, I REALLY MISS...
MYSELF

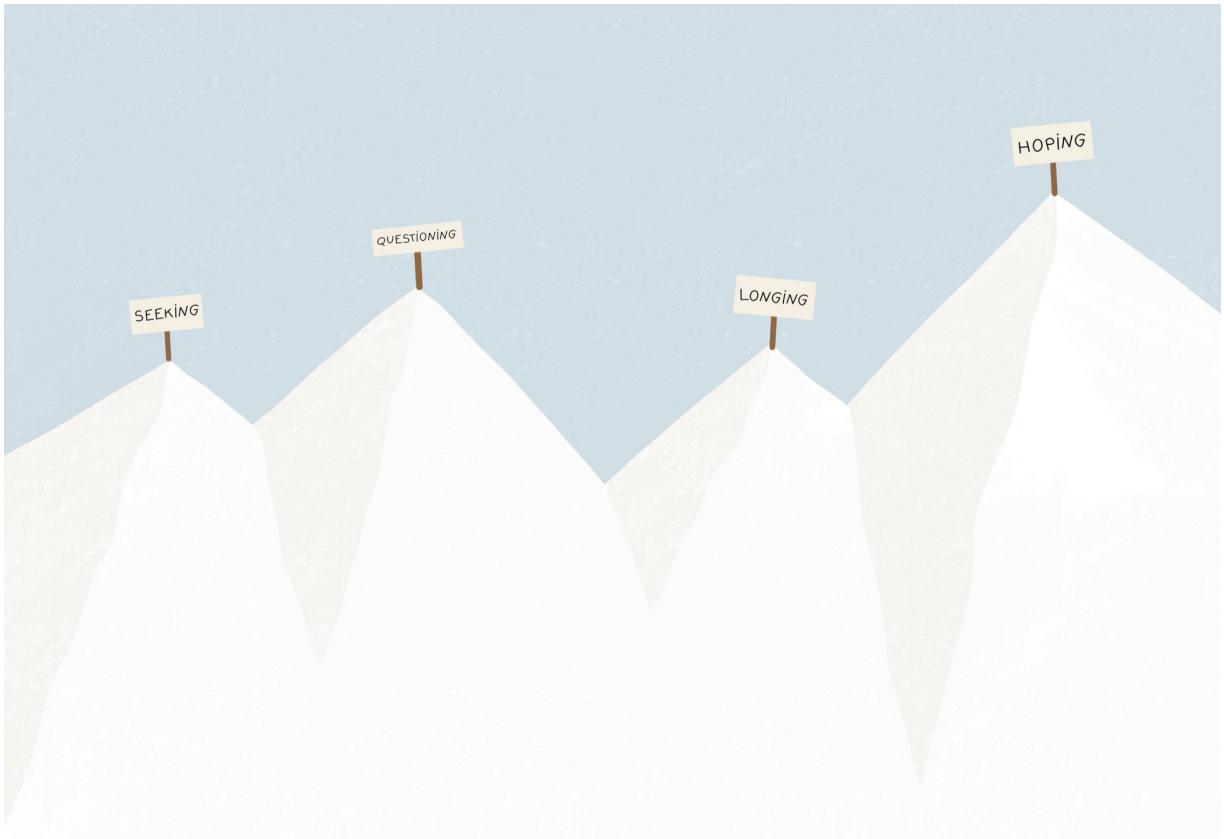


THE DARKEST NIGHT
REVEALS THE BRIGHTEST STARS

WHAT YOU SEEK
IS SEEKING YOU

—RUMI



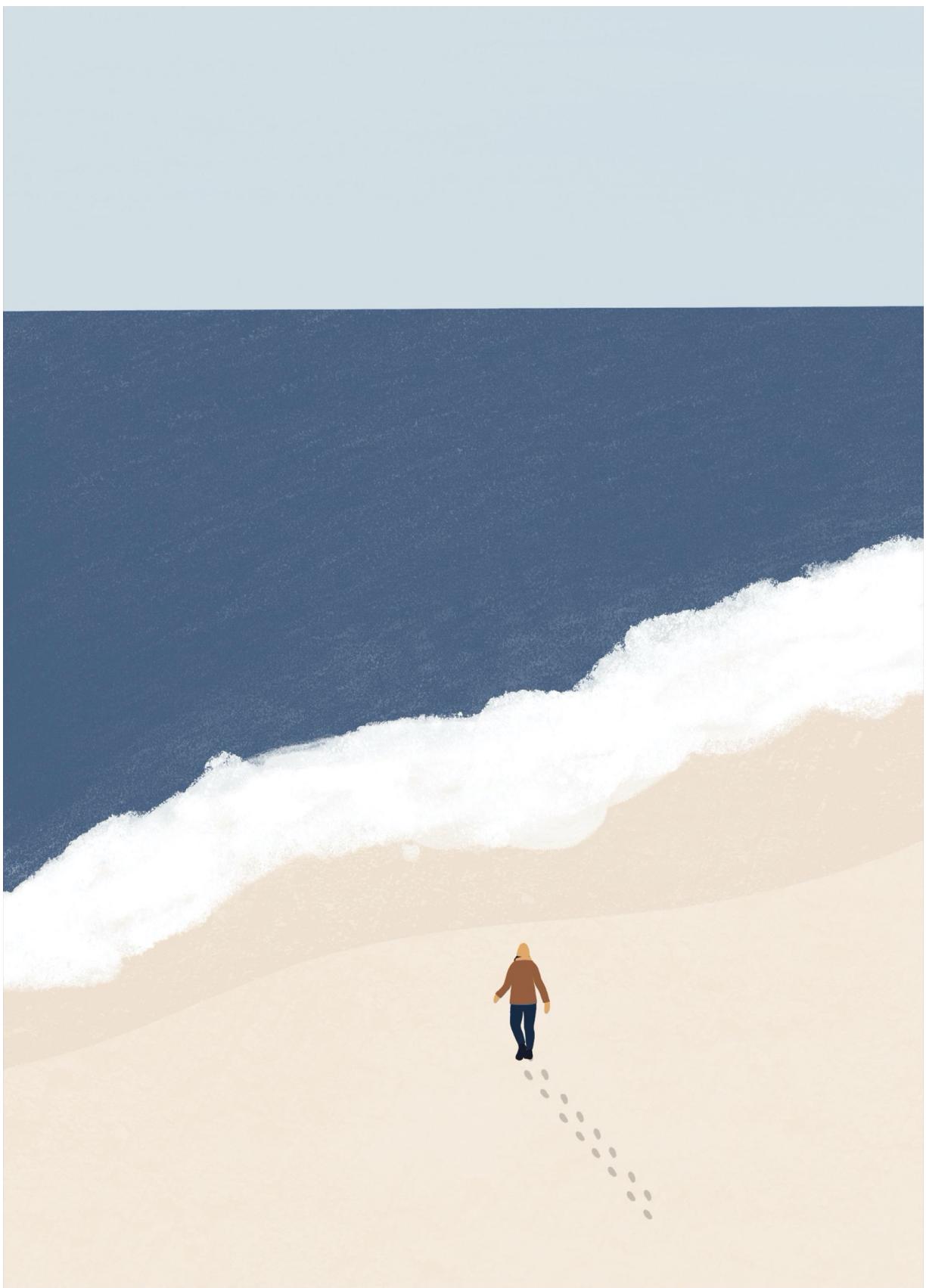


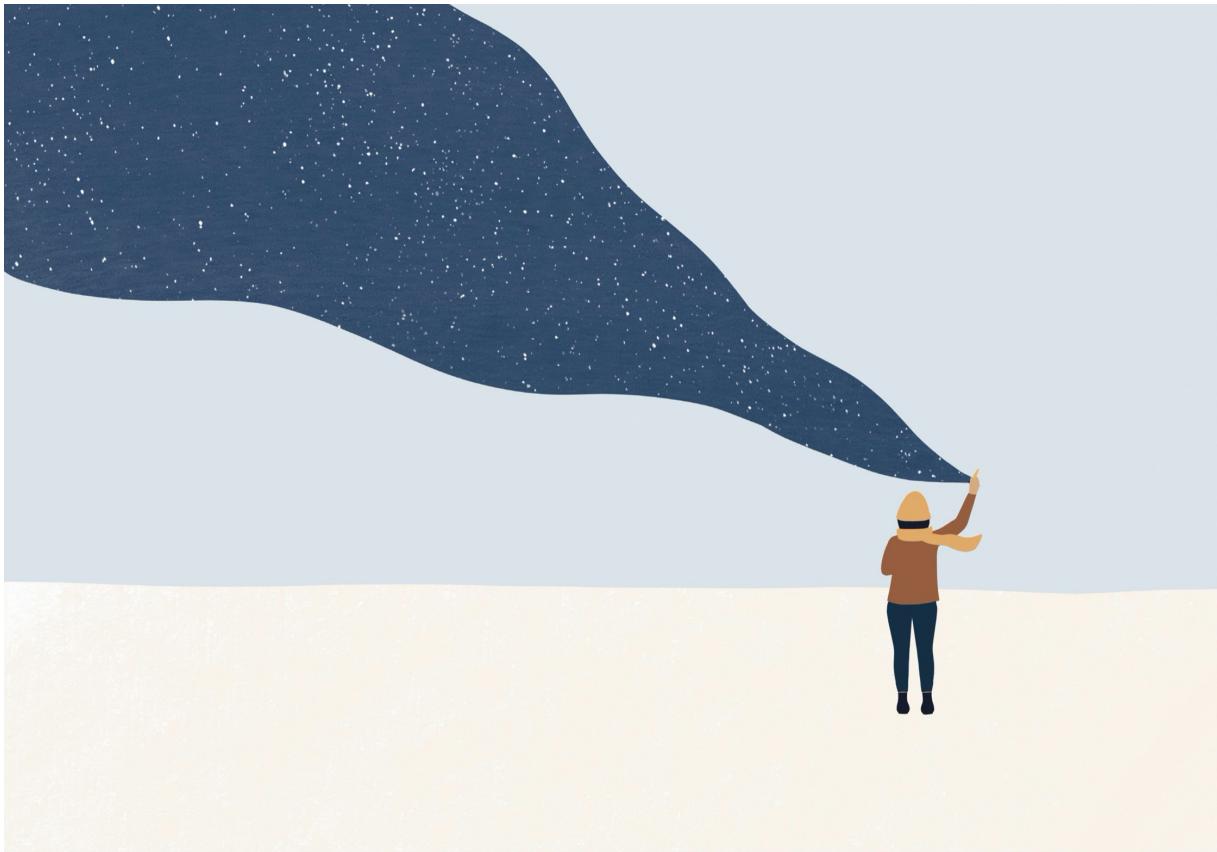
THE FURTHER I SEARCH
THE LONELIER IT GETS



SOMETIMES THE PATH LEADS YOU AWAY
FROM OTHERS AND CLOSER TO YOURSELF

THE PRICE OF SOLITUDE
IS LEARNING
WHO YOU ARE





AN AWAKE HEART IS LIKE
A SKY THAT POURS LIGHT

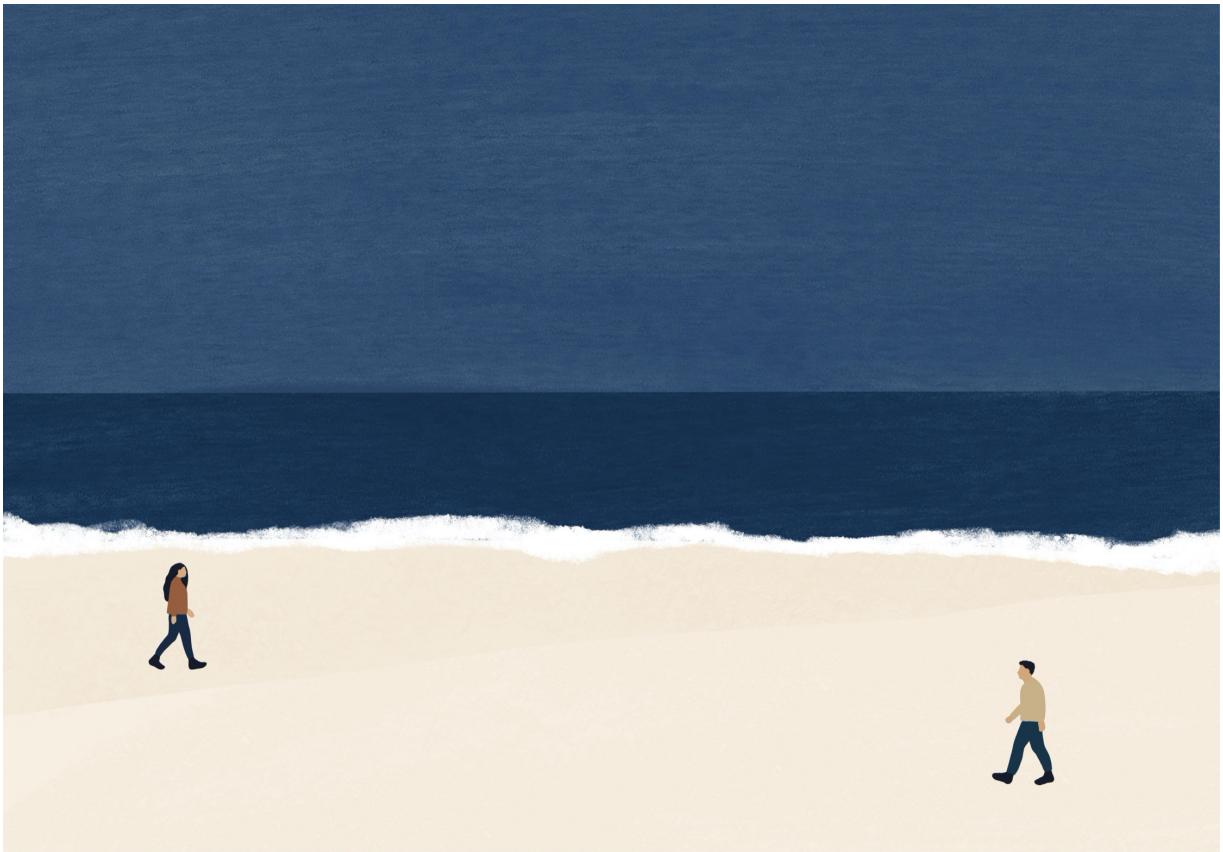
-HAFIZ



WHO SAYS THE MOON HAS NO HEART?
A THOUSAND LONG MILES IT HAS FOLLOWED ME

-BAI JUYI





PATIENCE IS NOT SITTING
AND WAITING,
PATIENCE IS FORESEEING
IT IS LOOKING AT THE THORN
AND SEEING THE ROSE,
LOOKING AT THE NIGHT
AND SEEING THE DAY

—RUMI

IF TIME BROUGHT US TOGETHER,
I AM GRATEFUL

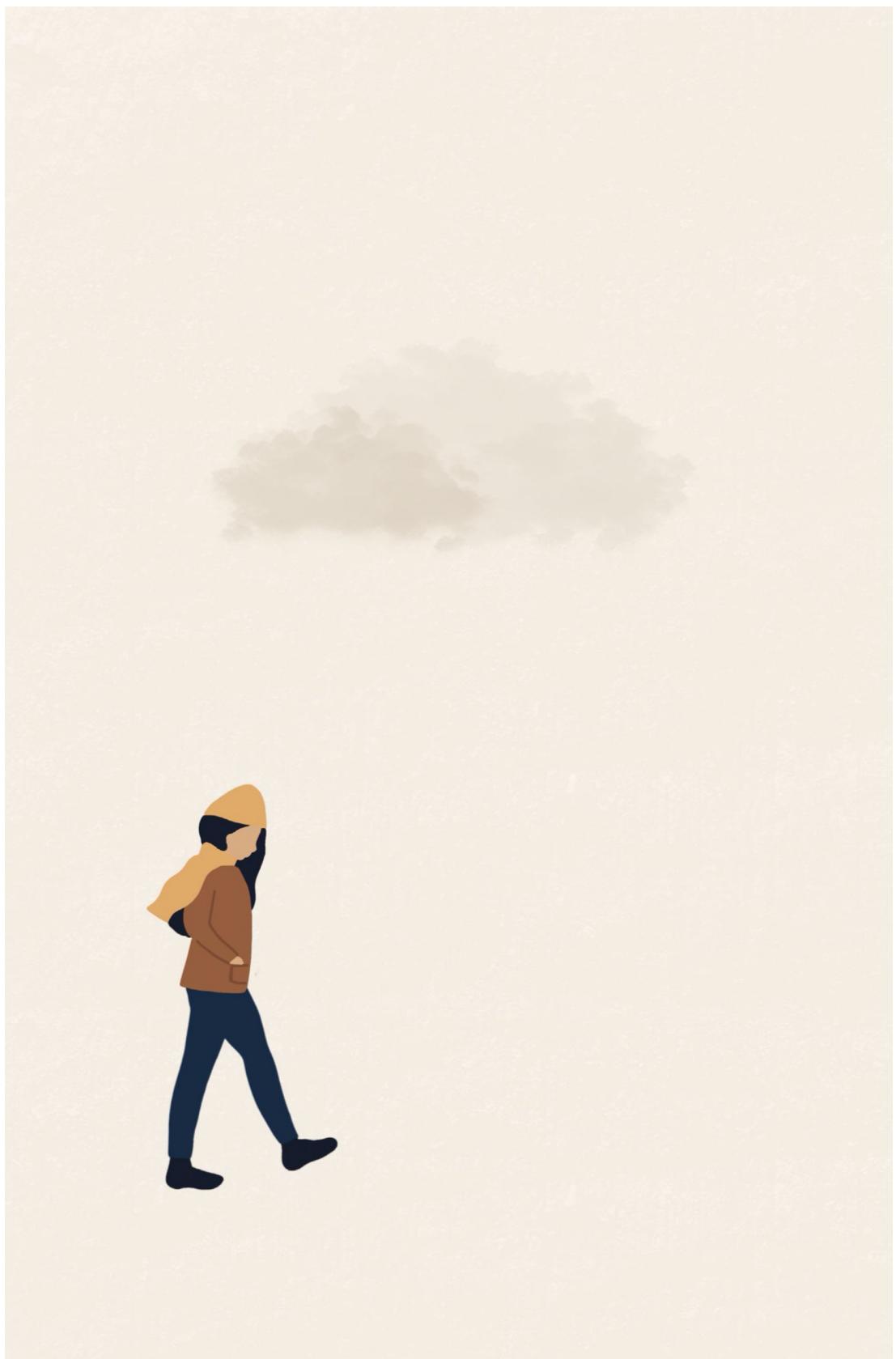




BUT NOT EVERYTHING IS MEANT TO LAST FOREVER

SOMETIMES TO BE STRONG is TO LET GO





IT'S OK TO BE SAD AFTER MAKING THE RIGHT DECISION



WHEN I LOOK AROUND, I REALIZE
WE EACH HAVE OUR OWN STORY





A TIME OF DARKNESS IS A TIME OF APPROACHING LIGHT. IF YOU ARE TRAVELING THROUGH THE DEPTHS, KEEP GOING, THE LIGHT IS ON ITS WAY TO MEET YOU. AS WINTER MELTS INTO SPRING, WE FIND OURSELVES EMBRACED BY THE GENTLE LIGHT OF THE SUN.

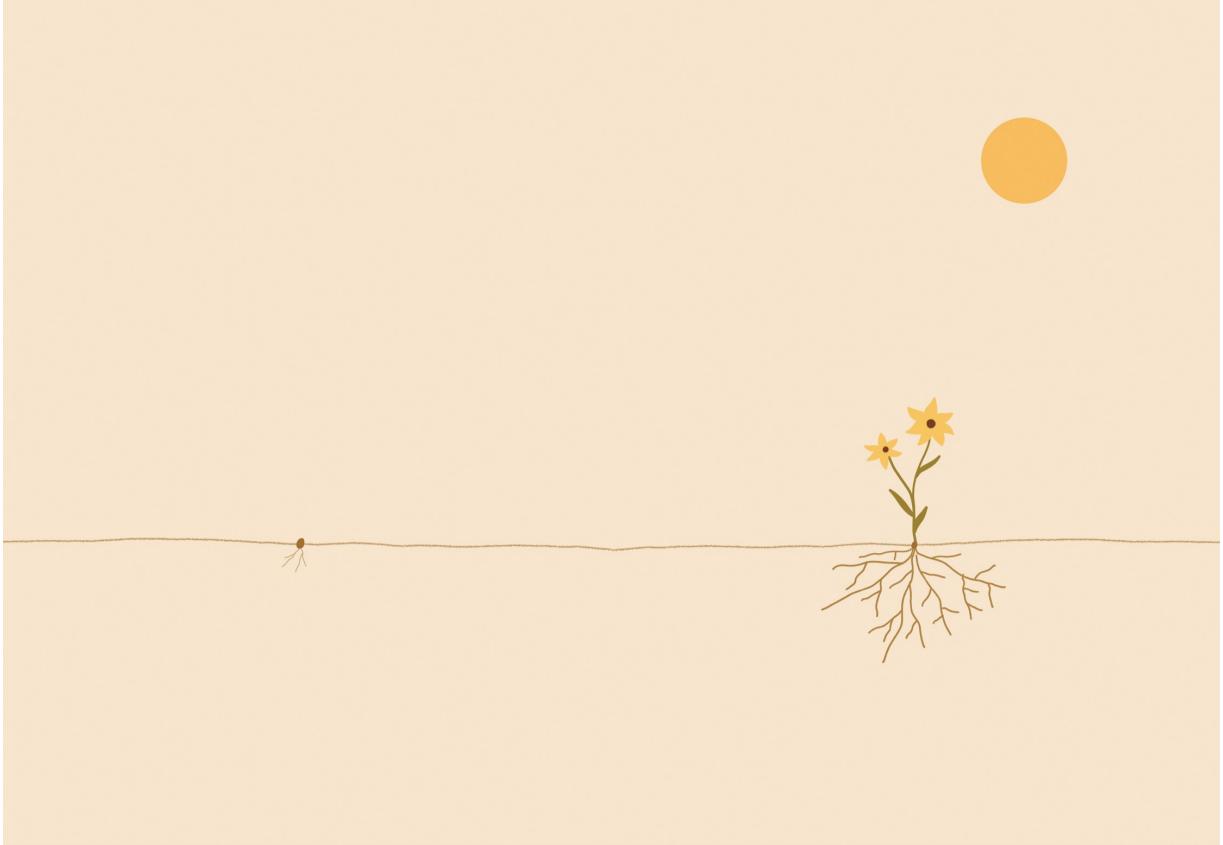
A BREATH OF SPRING IS LIKE A THOUSAND GIFTS. EVERY MOMENT IS INFUSED WITH HOPE AND LIGHT. LOOK AROUND YOU. THIS IS THE SEASON OF CELEBRATION. EVERY BLOOMING FLOWER CELEBRATES THE STRENGTH OF HAVING GONE THROUGH WINTER. AND IN MANY WAYS, I THINK ALL OF US ARE LIKE FLOWERS. WE NEED WINTER, THE DARKNESS IN WHICH WE SPEND TIME WITH OURSELVES, TENDING TO OUR ROOTS. THEN SUDDENLY, AT THE FIRST RAY OF SUNSHINE, WE TURN OUR FACES TOWARD THE LIGHT...AND WE BLOOM.

THIS SEASON, LET US CELEBRATE THE STRENGTH THAT BROUGHT US HERE.



ALL THE FLOWERS OF ALL THE TOMORROWS
ARE IN THE SEEDS OF TODAY

-ZEN PROVERB

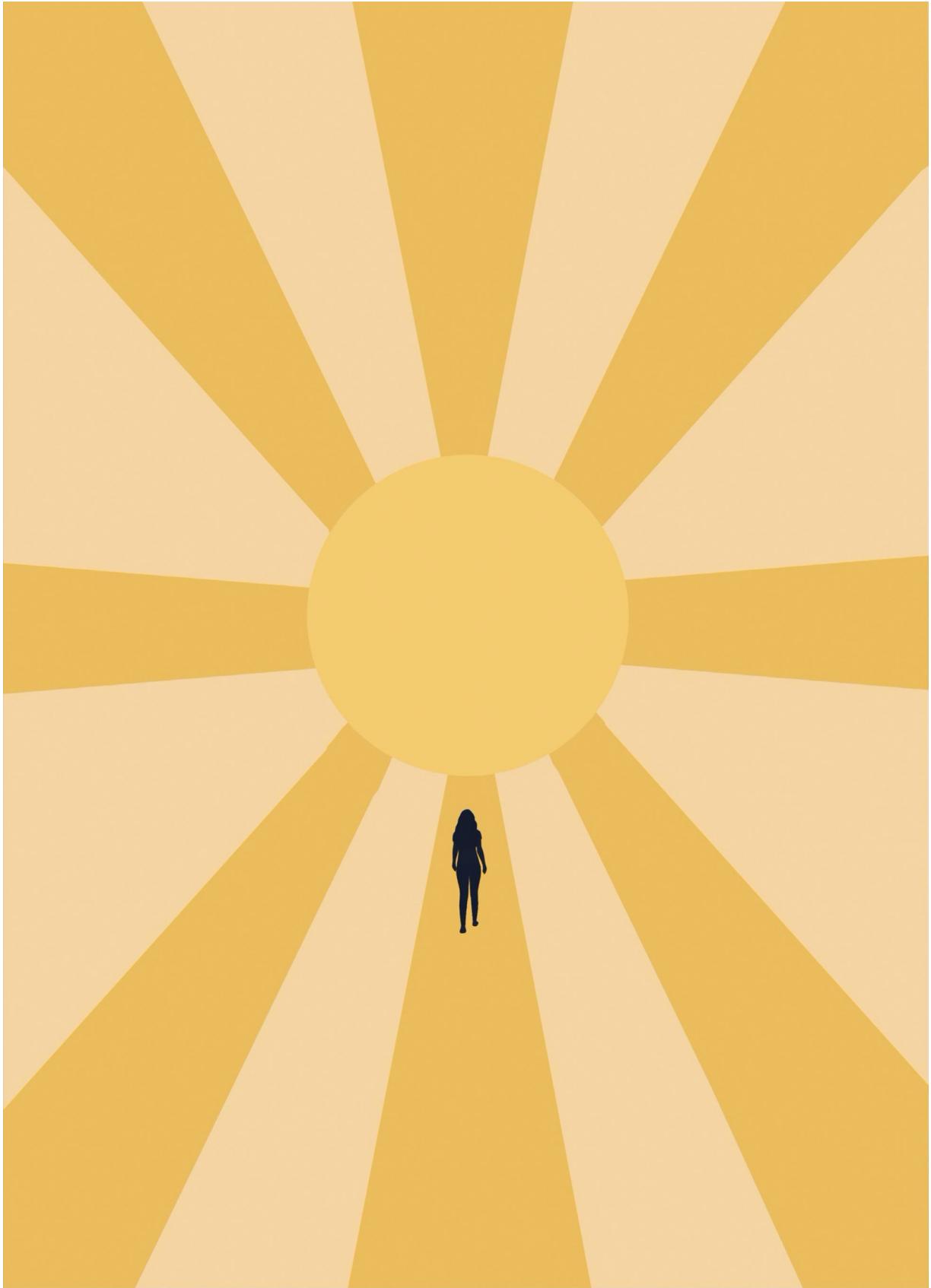


BE PATIENT WITH YOURSELF
NO SEED EVER SEES THE FLOWER

-ZEN PROVERB



THE MAP OF LIFE



I WISH THAT I COULD SHOW YOU
WHEN YOU ARE LONELY OR IN
DARKNESS THE ASTONISHING LIGHT
OF YOUR OWN BEING

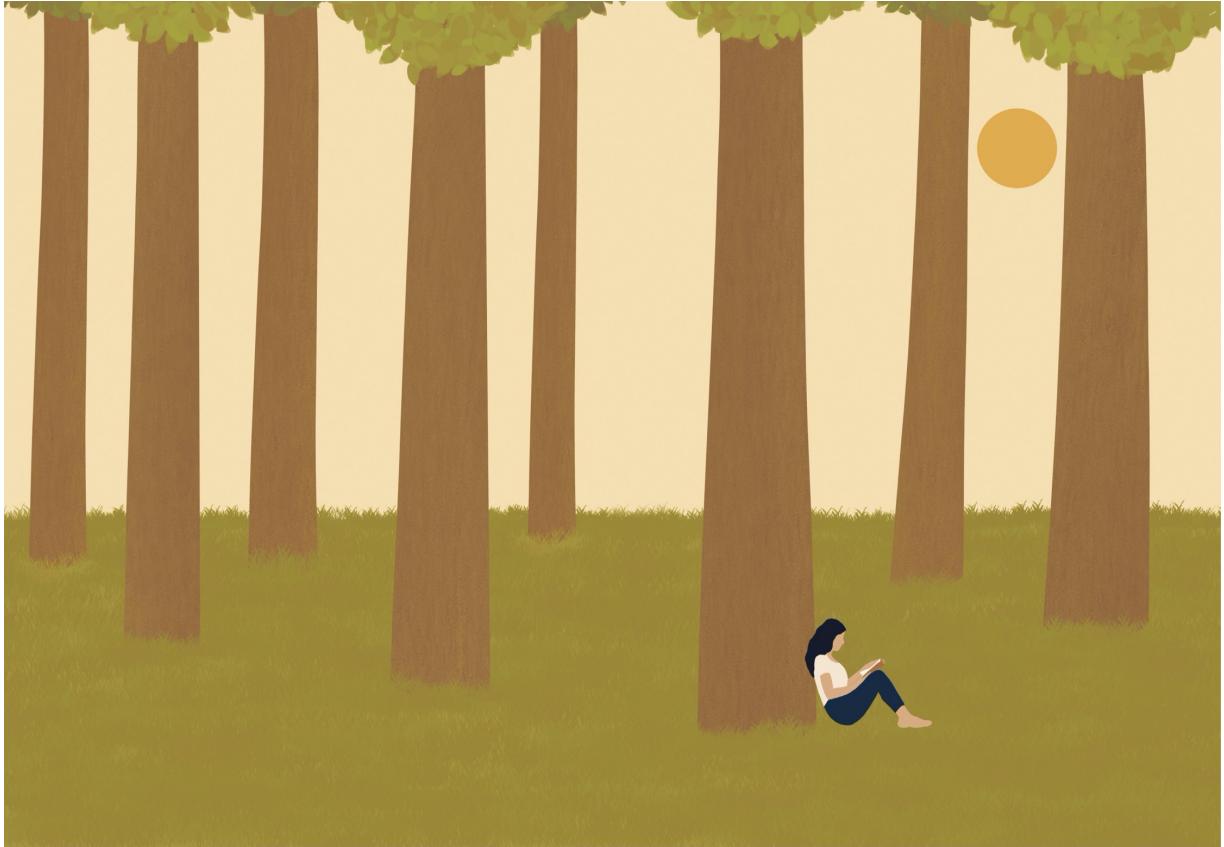
-HAFIZ



GROWTH DOESN'T HAPPEN OVERNIGHT



EACH MOMENT COUNTS



BEING STILL DOES NOT MEAN DON'T MOVE
IT MEANS MOVE IN PEACE

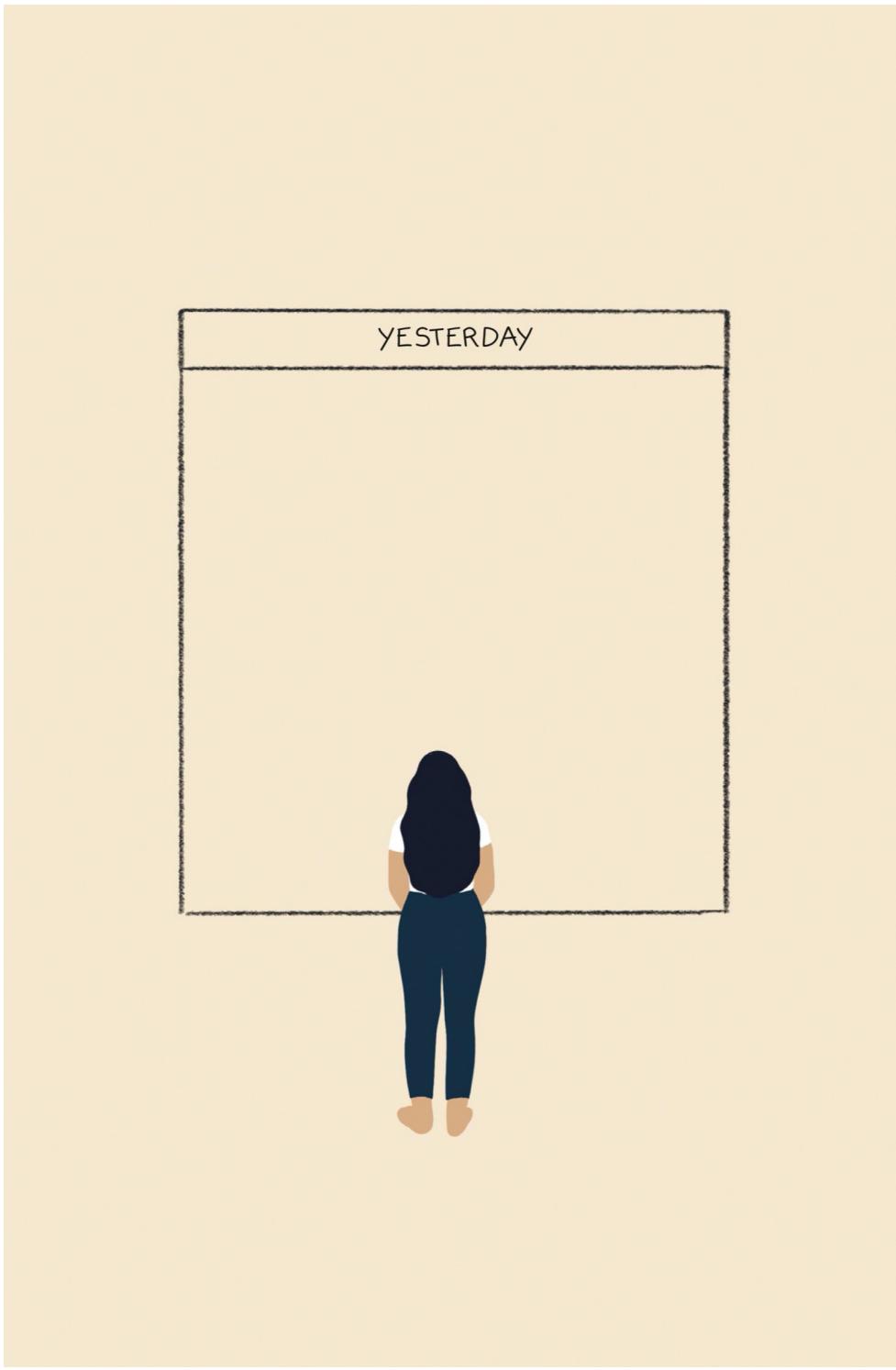
-LAO TZU



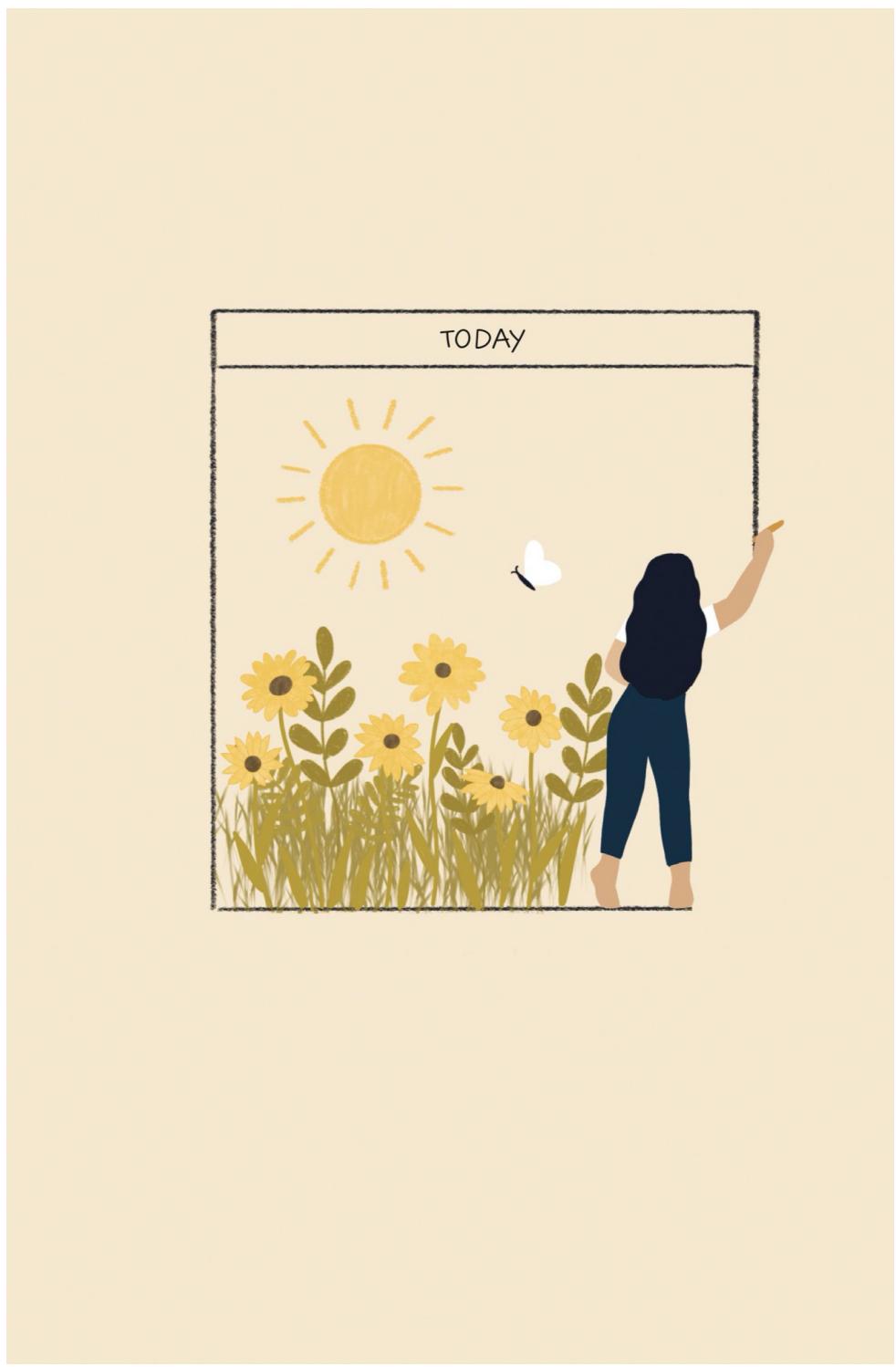
EVERY STEP OF THE JOURNEY HELPED BRING YOU HERE
CELEBRATE YOUR STRENGTH

TODAY IS A GREAT DAY
TO BE PROUD
OF HOW FAR
YOU HAVE COME





YESTERDAY I WAS CLEVER
SO I WANTED TO CHANGE THE WORLD



TODAY I AM WISE
SO I AM CHANGING MYSELF

-RUMI



RELAX. THE FUTURE IS ALREADY
UNFOLDING FROM LONG-PLANTED SEEDS

-ZEN PROVERB



WALKING THROUGH MY INNER GARDEN,
I REALIZED SOMETHING





i



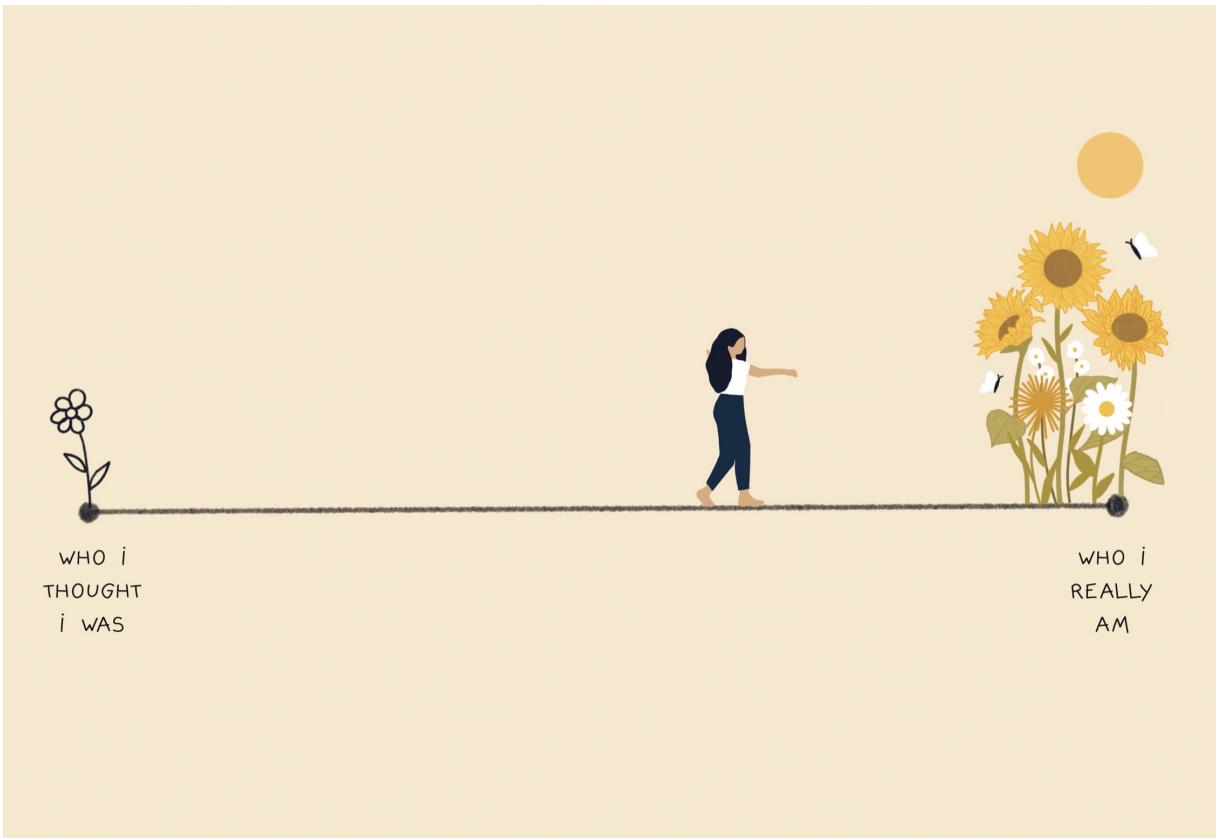
AM



BLOOMING

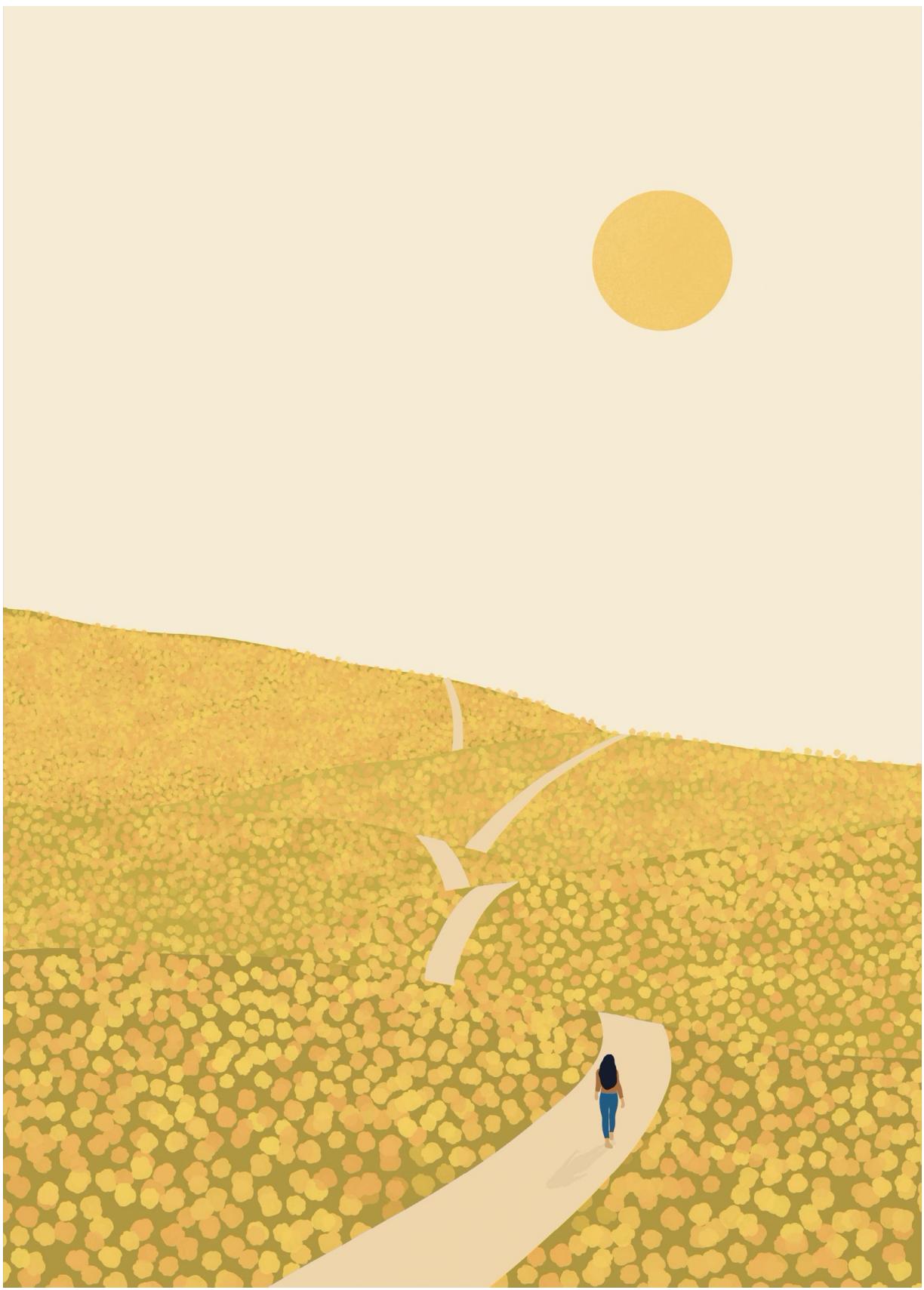


TOO



WHO I
THOUGHT
I WAS

WHO I
REALLY
AM



MAY I ALWAYS REMEMBER HOW LONG I
HAVE DREAMED OF WHERE I AM NOW



EVER SINCE HAPPINESS HEARD YOUR NAME IT HAS BEEN
RUNNING THROUGH THE STREETS, TRYING TO FIND YOU

-HAFIZ

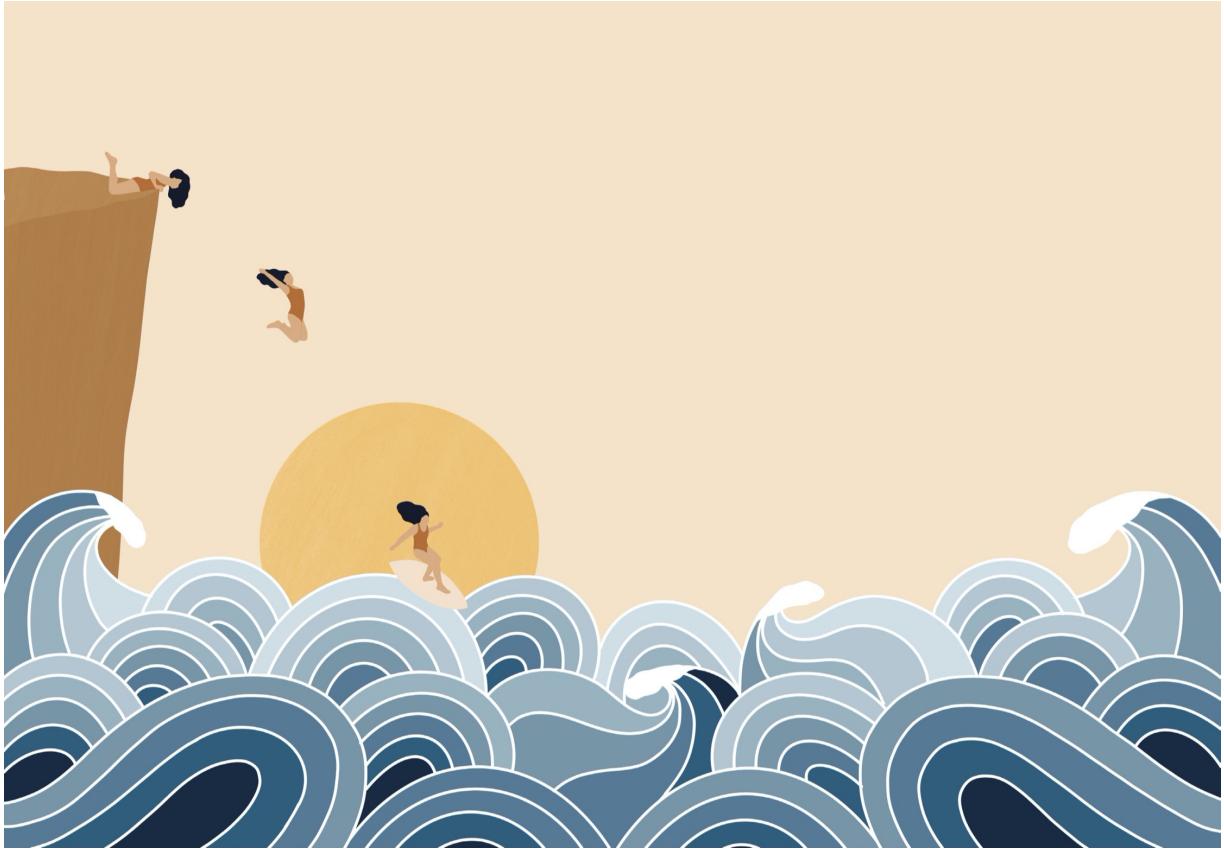




THIS JOURNEY HAS TAKEN US THROUGH THE UNPREDICTABLE WINDS OF CHANGE, THE UNCERTAIN TIMES OF DARKNESS, AND THE HEALING BREATH OF SPRING. OUR LAST STEPS BRING US NOW TO THE EDGE OF THE VISIBLE WORLD. IT IS AN ENDLESS SEASHORE, FILLED WITH LIGHT AND PEACE.

I BELIEVE INSIDE OUR HEARTS IT CAN ALWAYS BE SUMMER. THE FARTHER WE TRAVEL, THE MORE WE REALIZE WE ALWAYS HAVE OURSELVES. AND THE LONGER WE ARE WITH OURSELVES, THE MORE WE UNDERSTAND THAT IN OUR INNER WORLD, WE CAN ALWAYS HAVE SUNSHINE IF WE CHOOSE.

LET THE LIGHT IN.



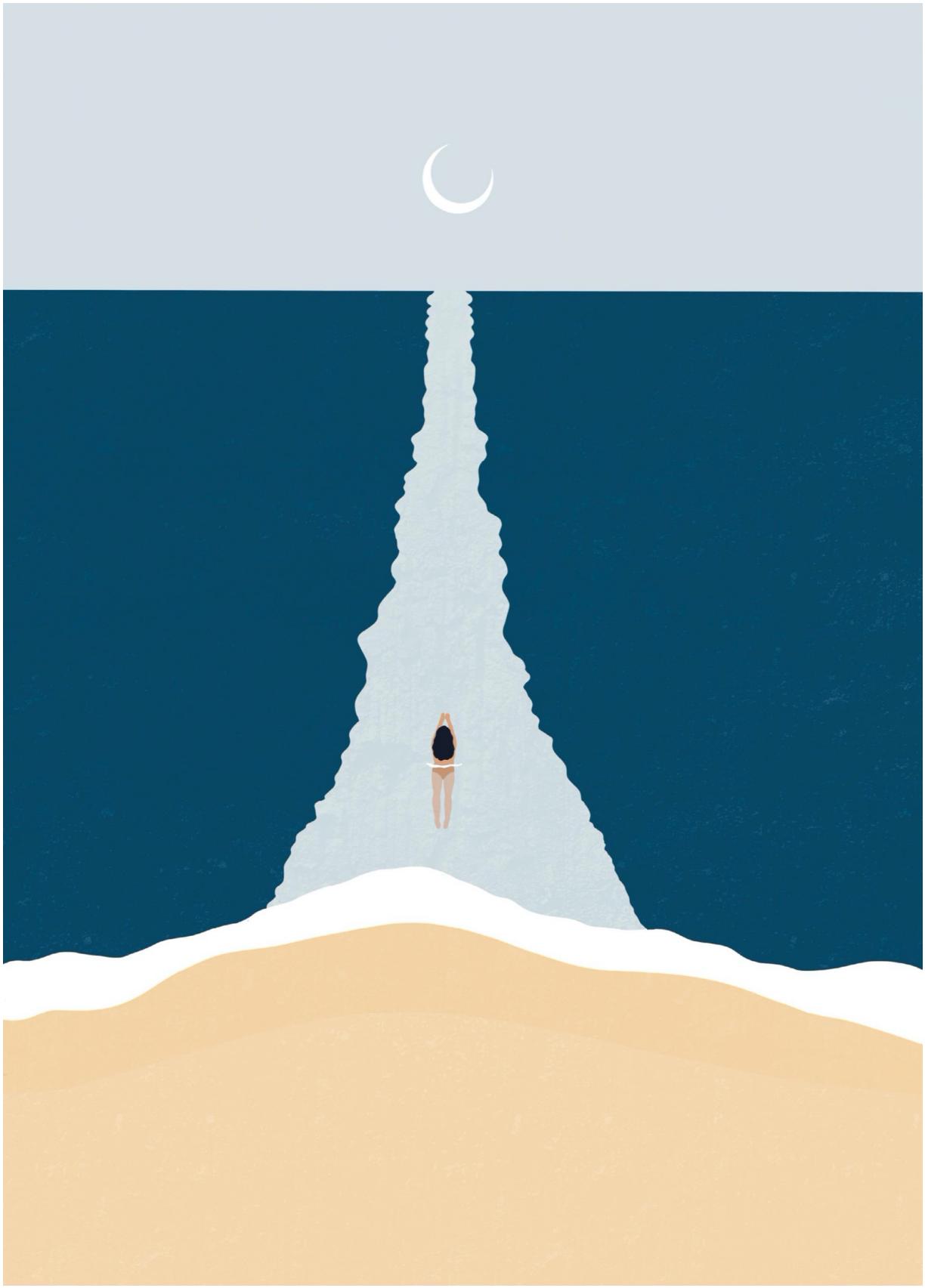
SOMETIMES, IN THE WAVES OF CHANGE WE
FIND OUR TRUE DIRECTION



DON'T WORRY IF
YOUR PATH LOOKS DIFFERENT

THERE IS NO STRAIGHT
PATH IN LIFE



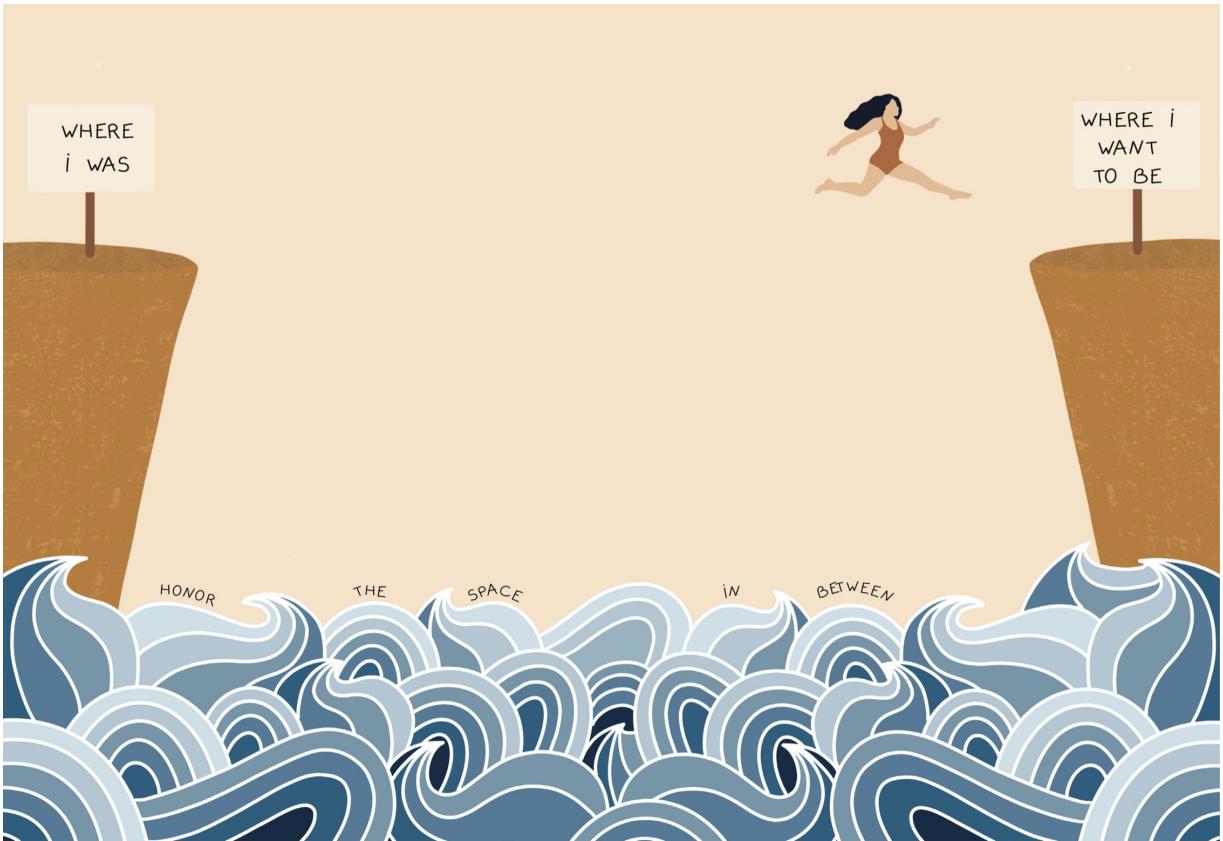


GO YOUR OWN WAY, EVEN IF...YOU GO ALONE

PROGRESS
IS NOT
LINEAR









BE THANKFUL FOR THIS MOMENT
THIS MOMENT IS YOUR LIFE

—OMAR KHAYYAM



A GRATEFUL HEART IS A MAGNET FOR MIRACLES

WATCHING THE MOON AT DAWN...
I KNEW MYSELF COMPLETELY,
NO PART LEFT OUT

—IZUMI SHIKIBU



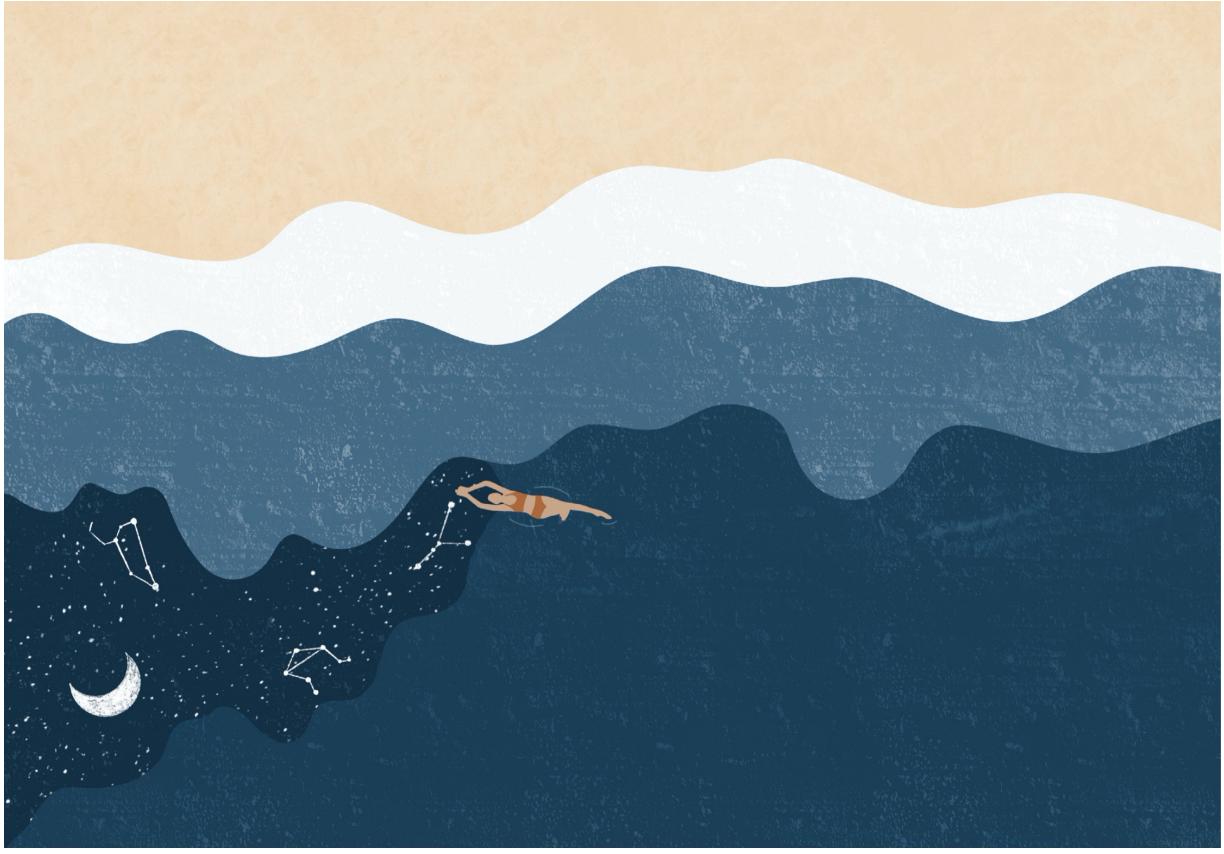




MY BODY IS HOME

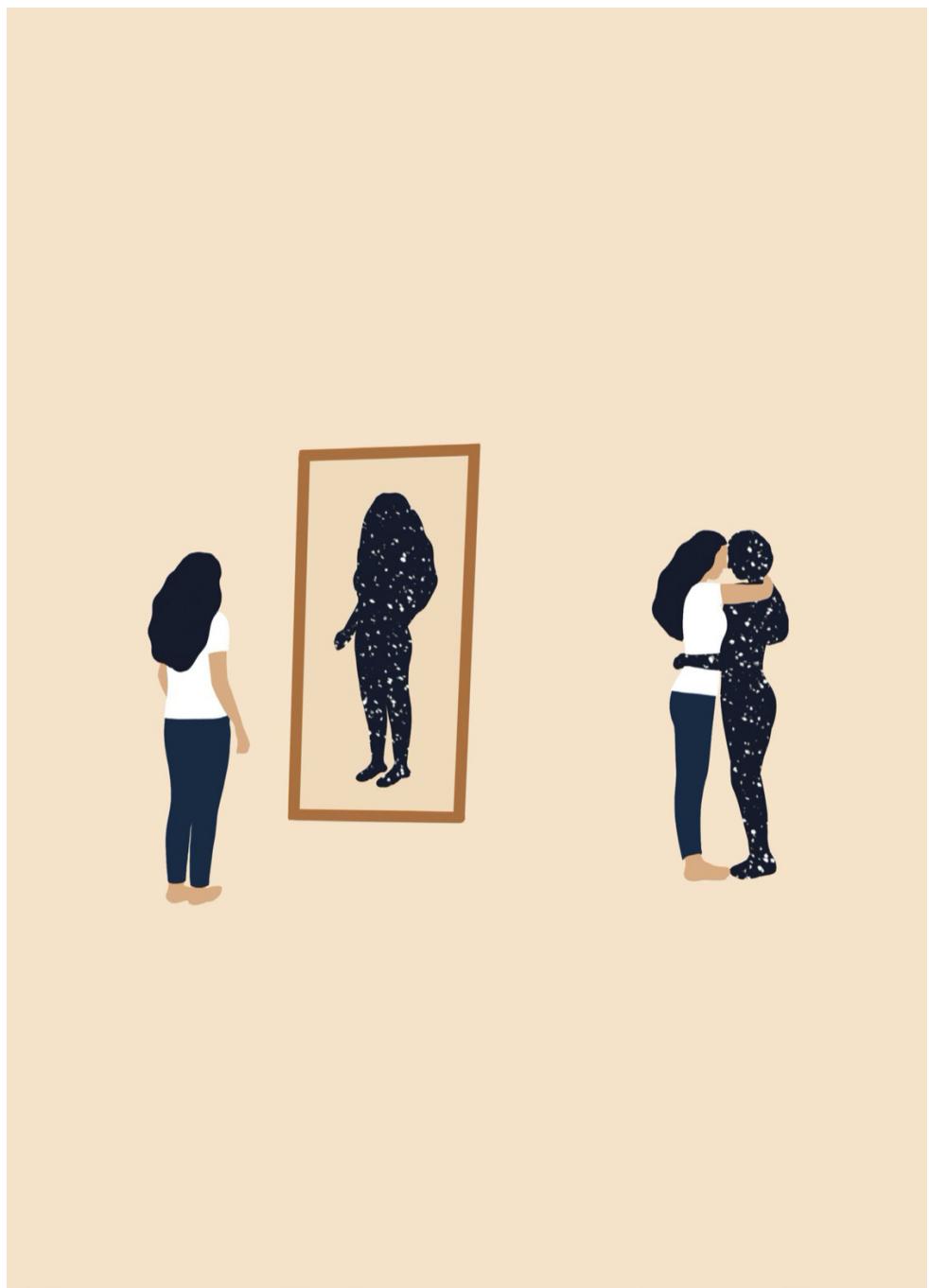


TO AN INFINITE UNIVERSE

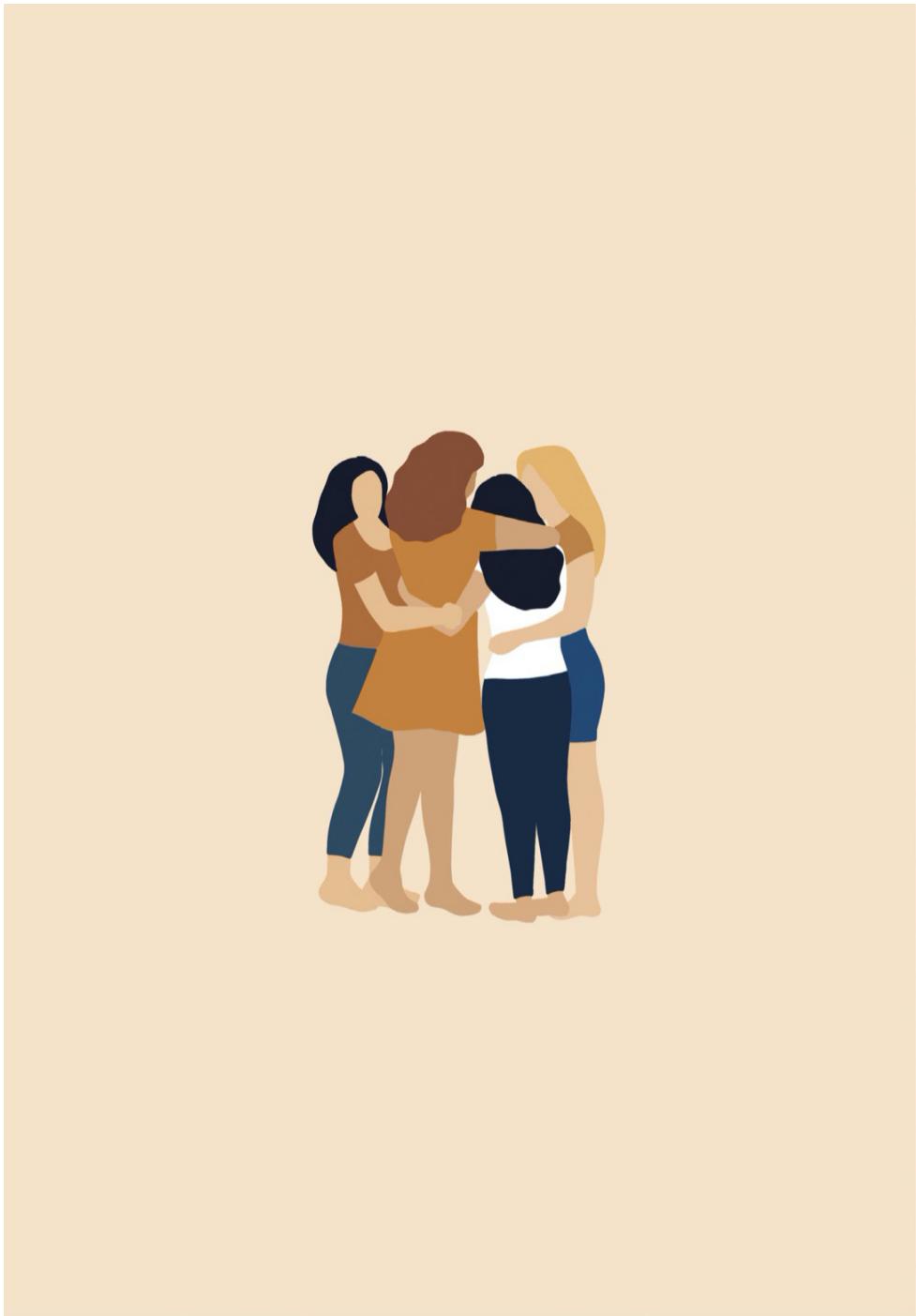


LET THE WATERS SETTLE AND YOU WILL SEE
THE MOON AND THE STARS REFLECTED IN
YOUR OWN BEING

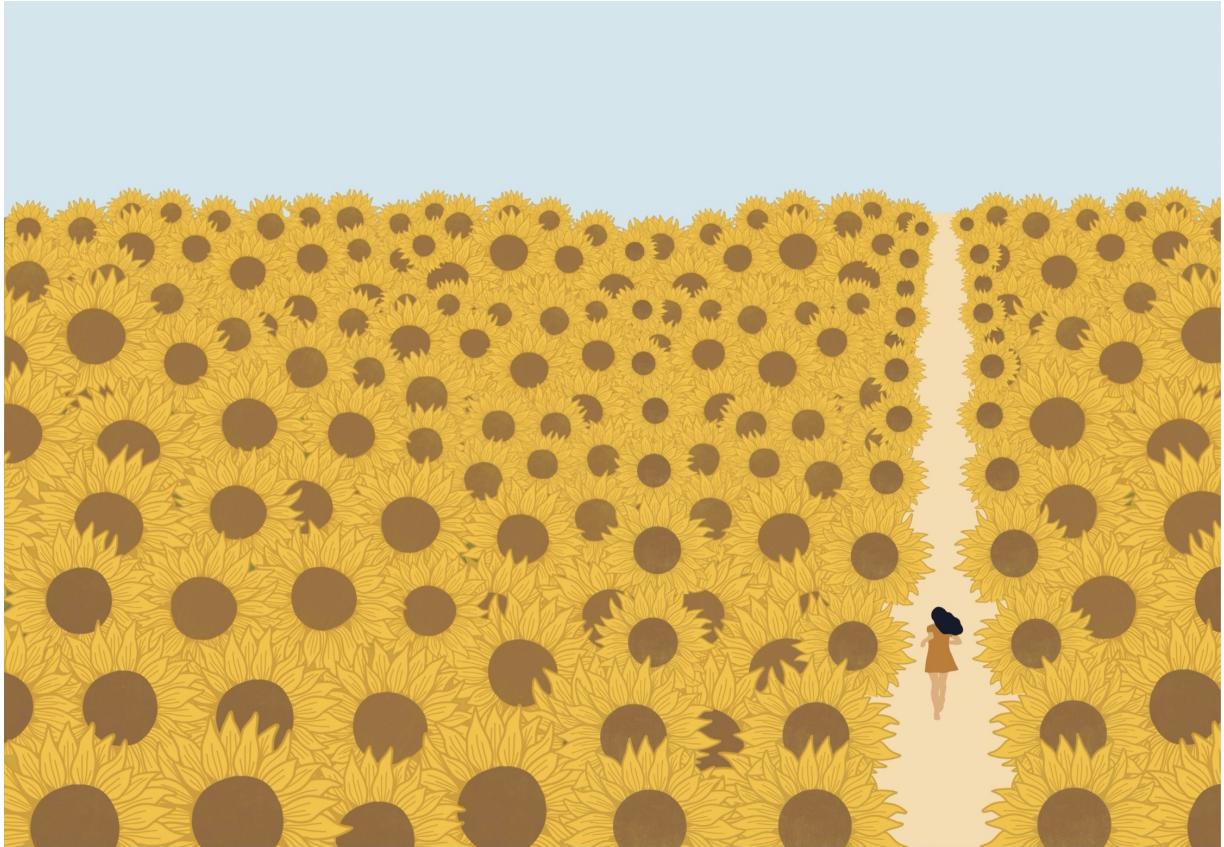
-RUMI



LOVING MYSELF



I CAN LOVE OTHERS



KNOWING MYSELF
I AM FREE



WHAT FEELS LIKE THE END
IS OFTEN THE BEGINNING

WE STARTED ON THIS JOURNEY TALKING ABOUT BEGINNINGS, AND HOW THEY CAN OFTEN BE DIFFICULT AND SCARY. BUT HOW ABOUT ENDINGS?

JUST AS THE START OF SOMETHING NEW CAN QUICKLY BECOME EXCITING AFTER SEEMING DAUNTING AT FIRST, I THINK ENDINGS HAVE THEIR BEAUTY TOO. WHEN WE END A CHAPTER, WE CAN CHOOSE TO HONOR WHAT IT HAS TAUGHT US BY TAKING ITS LESSONS AWAY WITH US INTO THE NEXT ONE.

IN THE SAME WAY, I HOPE YOU CLOSE THIS BOOK WITH A SMILE. THERE IS A LITTLE RAY OF SUNSHINE HIDDEN IN ITS PAGES. I HOPE YOU TAKE IT WITH YOU ON THE NEXT PART OF YOUR JOURNEY, KNOWING IT IS ALWAYS THERE FOR YOU WHENEVER YOU NEED A LITTLE EXTRA LIGHT.





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