

## Explore an Interconnected World



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Is travel on your bucket list? Have you committed to it thoroughly enough that you actually have a travel account?

I see local travel averaging \$2,000 for a professionally organized trip. That's \$166 a month earmarked for one year for domestic travel. An overseas trip costing \$5,000 would require \$416 of monthly savings for one year. Another common approach is to invest a specific amount that currently fits into your cash flow. When the pot gets large enough, off you go!

There are additional ways to build this account: unexpected income, tax returns, gifts, etc. When we declare an intention, the universe moves. Our job is to be clear about our intention; the universe's job is the "how."

That advice is perfect for debt reduction and other financial goals. So why not focus on your dreams of seeing the world?

Once, as a Catholic girl from the United States with enough money to allow a trip, I remember feeling pretty privileged. *Boom!* Time to grow up. Travel has been the most important ingredient in my maturational process. I didn't even realize how much my mind and my soul needed to expand. I had no idea how narrow my world was. The cultures, the world religions and the value systems all awaited my exploration.

Later, as a successful, assertive woman in a man's world, I immersed myself in a culture where family and relationships are synonymous with success. I remember getting the full realization of this and crying on a flight home from Japan.

Being present in the moment, not multitasking, was a huge insight from that trip. Deeply exhaling as I watched the sun slowly set on the African desert allowed a realization of my oneness with this power we call Mother Nature. At home from my balcony, I recently watched the sun rise, paid homage and asked, "So how was the Serengeti this morning?" Travel connects us with our world.

Is travel a line item in your budget? Is it important? I think so. Should we place it above the goals we hold more dearly? No. But will our lives be changed and enriched? There's only one way to find out — go enjoy! ☘



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