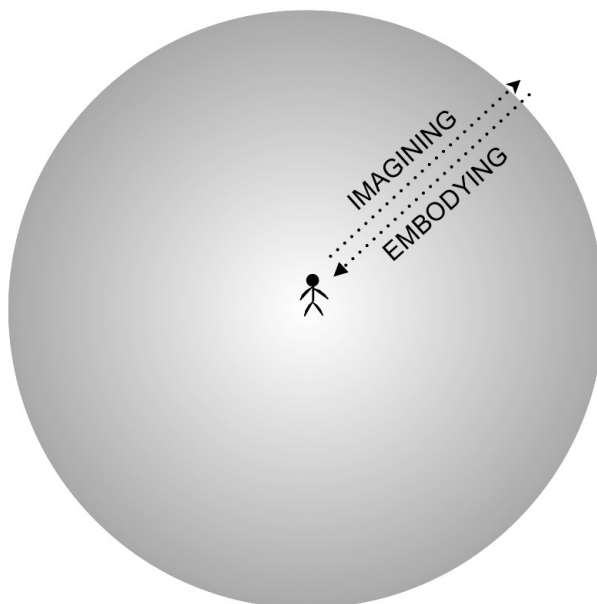


Journeying is a practice in navigating change and uncertainty – a way of learning to respond to those times in life when the circumstances, roles and stories we take for granted alter.

If we accept that the world appears to us in the way it does because it is storied in the way it is, we can begin to engage with the transformative potential of stories and story-telling as 'poets' of our own lifeworld. A poet – a word that derives its meaning from the word 'maker' – both questions existing metaphors or framings and invents a new language and story-line. Inquiring into the ways of thinking and seeing that have become naturalised as 'real' also involves building a vocabulary that enables a different way of moving in the world.

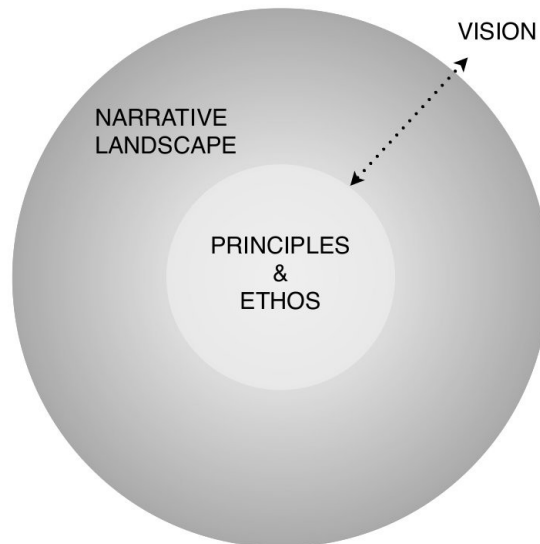
Based on my own life experience and my research with people who are undergoing different kinds of transformations in their lifeworld I have come to see this journey as an activity which involves both (re)imagining certain aspects of what we think the world is like and embodying new ways of relating to each other.



As an activity which brings new meanings into the lifeworld, journeying can be seen as a kind of conversation with those things which currently lie just beyond the horizon. Imagining, then, is a way of exploring new visions and new ways of seeing life by listening at the edge of our current understanding. Embodying is a gradual exploration of what such visions and ways of seeing are like in practice. Developing the skills that help discern what is imaginary (and unreal) and what is just beyond our current understanding (and not yet real) is key to differentiate between the things that are ultimately illusory and those things that will bring greater quality to the lifeworld.

By reflecting on the things that *matter* to us on our journey – the things we steer by, the obstacles on our paths, the people we travel with – we can begin to see wider features on the landscape we traverse. Bringing attention to both the presences and absences we experience is important to get a sense of where we want to go and to begin enacting stories that operate in that space.

Finding coherence in our own stories and beginning to align with wider stories about where we are going are important to avoid getting lost on the way. One way we can begin to gauge whether we are heading in the right direction is to find out whether there is correspondence between the principles and ethos we navigate by and our visions of where we are going.



Journeying, as a way of identifying new openings, obstacles and interconnections in the lifeworld, can help bring clarity when it is needed. It can also be a way of 'presencing' new paths, people and projects when we seem stuck in the mud.

This framework emerged from the work on my doctoral [thesis](#) where you can find out more about the ideas and concepts that underpin this way of thinking about journeying.