

Lost

An excerpt from *The Moonletter*
by Steph Zabel

The loss of your direction, your path, or your next steps are not great losses after all, for you must be turned around, confused and disoriented in order to be re-directed and inspired once again. A dead end, a crushed hope, a wrong turn that leads to backtracking – all of these are part of the winding journey that you walk.

A sense of lostness is a call from the soul to grow and seek out new meaning. Being lost is a sign of being alive, a sign that new experiences will soon enough arrive. It is an indication that you are in the process of moving towards your innate desire to change. You are never wrong to be lost – this is the way in which a new direction is found.

There is no hierarchy of path or purpose. All earthly journeys are of equal value. It does not matter how long it takes to find or travel your path. Redirection will always happen. It arrives in its own timing, as life takes you from one twisting way to the next.

Previous signposts and path markers that were once useful may no longer be relevant. As you realize this you may feel bewildered, with no map at hand. But there cannot be a map for what is ahead, nor is there one single way to arrive. A diversity of different pathways – like sparking synapses in the brain – will cultivate interconnected creativity. A diversity of pathways will offer opportunities to make entirely new meanings and ways of existence.

There is power in the plurality of paths. And these pathways are revealed through loss.

Acknowledge and surrender to your times of disorientation so that life may have its way, so that your soul can lead you forward, so that new meaning can arrive. Accept your losses and your lostness and then move one single step towards what is meaningful for you.

There is no end, no final goal, no place of completion or perfection. There is only this: the voyage and the arrival, the movement and the pause, the being found and the being lost, over and over again.

These labyrinthine patterns will deliver you.

These undulations will reveal to you that which never changes and that which can never be lost.



stephzabel.substack.com