

*Heart + Soul*  
JOURNEYS

# The Transformational Travel Guidebook



An explorer's guide to harnessing travel to empower your true self, enlighten your mind and adventure with heart and soul

# Transformational Travel



Craving the type of adventure that will shake things up? Stir up the truth, transcend everyday banality and empower you to live with heart, soul and fearless courage? Kindred spirit, your adventure is waiting. Your journey, your transformational travel, is waiting for you.

After all, traveling isn't something you do - it's a way of life. It's a way of journeying across the globe, exploring your inner depths and discovering the truth - in yourself, and in the world around you. It's a way of seeing, feeling and experiencing. It is, in its very essence, a way of being. Always curious, ever mindful and constantly seeking the truth, light and love in all that surrounds you. Being the transformation.

Because really, traveling is transformation in motion.

And while your typical beach vacations and city-hopping explorations may leave you feeling refreshed (and longing for more adventure!), the truth is that the greatest possibilities and potential for transformation come from stepping off the beaten track and journeying to those ancient, wise and spiritually charged destinations that are ripe with energetic guidance.

This guidebook is my way of sharing the incredible and beautiful ways that transformational travel shook me up and stirred up my truth, along with the lessons and learnings I collected along the way, so you can begin to plan your own adventure of a lifetime.

# *Search*

for destinations that will expand and elevate your consciousness

Travel broadens your perspective in every aspect. Nothing changes the way you view your own life experience like seeing the way other people and cultures act, work, behave and live. These observations fill you with a deep sense of gratitude and you become more appreciative, more compassionate, with your life and those around you. These positive feelings bring you into alignment with your truth and who you really are.

Transformational travel also expands your values. You'll find yourself valuing experiences over material things, because experiences stay with you forever, Your whole being is wrapped into wonderful memories and whenever you recall these experiences you get enveloped in a warm feeling of bliss.

There's nothing like jumping in the back of a scooter in Ha Long Bay, Vietnam and feeling the cool air on your face, feeling happy and excited to learn about the life of the wonderful young man driving the scooter. Or seeing the smiles of children in Cambodia, with nothing to call their own but their own happiness and gratitude for simply being alive. It really puts things into perspective. These experiences have touched me so profoundly that I was never the same afterwards and I hold these memories close to my heart and call upon them whenever I need a reality check and a gratitude boost.

## *Transformational Tip*

Consider visiting cultures that are quite different to your own and destinations that have history and ancient wisdom to share and enlighten you with.





Wherever you go,  
go with all your *heart*

# Consider

your inner journey of discovery too

Transformational travel is an outward journey, but more than just visiting beautiful places around the world, it's a journey of self-discovery - a soul vacation that nourishes your mind, body, and spirit.

Travel in general enhances and facilitates your inward journey by connecting you further and deeper to your higher self and personal spiritual path and growth. You learn things about yourself, you get to know who you are on a deeper level, and you therefore gain great clarity and insights.

When I went to the kingdom of Ladakh in the Himalayas, I didn't expect to receive so many blessings and lessons. It definitely took me out of my comfort zone and it allowed me to go inward and to finally be able to hear the answers to my burning questions like, "What was I suppose to do with my life? What is my purpose exactly? What do I want in life? What kind of life do I dream of?"

In the chaos of Leh, I could see and hear clearly. My inner peace was palpable and my heart was cracked wide open. From the breathtaking views of the Himalayan mountain range to the sacred silence in Tibetan temples and the busy streets of Dharamsala and Manali, this spiritual journey took me on a trip of a lifetime, outward and most importantly ... inward, it took me back to myself.

## Transformational Tip

Bring a journal with you on your trip to help record your experiences and help you journey deeper into your own self-discovery.





# Find

## your kindred souls

There is something to be said about feeling deeply understood and connecting with people who simply get you. It takes sharing to another level and creates a loving and supportive environment for you to grow, expand, be vulnerable and heal.

Even though I often travel alone, I'm hooked on spiritual and transformational retreats, because they offer me morsels of both world. They allow me to visit exotic and sacred places around the world, while also traveling alongside like-minded people and travel alongside like-minded people. Every person I meet teaches me something new, brings my attention to something deeper and elevates my consciousness simply by meeting, sharing and traveling together.

When I went to Morocco on a retreat, I made so many beautiful connections, some that I know will last a lifetime. I could not imagine my life without these beautiful souls. I am so grateful our paths crossed and to this day I cherish these connections as we are all adding so much love, laughter and value to each others lives.

## Transformational Tip

Consider traveling alone, going to retreats where you can meet like-minded people, or traveling with a loved one that you know gets you and will give you the space to grow and expand.

# Learn

## to trust your intuition

Life in your comfort zone is just that: pretty cozy. But it's not until you step out from within that comfort zone and challenge yourself that you realize just how powerful and valuable your intuition is. Every day it guides, protects and inspires you. And traveling around the world, relying on your intuition, provides you with a beautiful opportunity to reconnect with your truth and your confidence in your abilities.

Through traveling, you collect stories, experiences and emotions and pretty quickly you realize that you have accomplished and learned a lot. You relied on YOU and you trusted yourself, your amazing emotions, knowledge and skills.

Intuition has guided me more times than I can count during my journeys. One time, I was traveling to St Johns, Antigua with some friends and they had all chosen to do a guided tour of the island. They wanted me to sign up as well, but for some reason and I don't know why, I just wasn't feeling it. Since I took too long to make a decision, it booked out and became full. I thought "just as well". I actually had never been to St Johns before, so while everyone else was on their tour, I walked around town, taking pictures and enjoying the local sights and sounds.

Then, for the second time that day, my intuition spoke to me. "Take a cab, go to the nearest beach," it whispered and I didn't fight it. I listened. The cab driver was so nice and full of knowledge about the island. He took me to the nicest beach, although not the closest. There, I met a horse riding tour guide and something told me to try that as well. So I did, he even gave me discount even though I was by myself. We rode the horses along the beautiful beaches and surrounding hills. The landscape was absolutely breathtaking and I had never felt this content before. In that moment, I knew what happiness was. It wasn't attached to a condition, to an expectation, to an outcome. And in that moment, I was happy to simply be.

Going with the flow and trusting that everything would be okay was a wonderful experience and when I told my friends about my day, it was clear I had made the right choice. By listening to my intuition, I managed to enjoy a valuable, meaningful and memorable experience that is still with me today. It showed me that happiness is easy ... when we simply let go, trust, and be.

## Transformational Tip

While planning your vacation, really make a concerted effort to tune into your intuition and allow it to guide your journey - before you've even leave home.

# Practice

## mindfulness

Have you ever driven to work and upon your arrival had no memory of the trip? Instead, all you're left with is the vaguest sense of 'how did I get here?' Our day-to-day lives encourage unmindfulness. Multi-tasking, multiple demands and daily stress can force us to pop out of the real world and become lost in our own minds.

I've learnt firsthand that taking this unmindfulness with you on holiday is a sure-fire way to ruin the experience and diminish your opportunity for growth and expansion. But the good news is that traveling is its own teacher and it guides you to gently and lovingly live in the moment.

Whether you are seeing the Himalayas for the first time or exploring the beaches of Hawaii, traveling becomes your guide. It teaches you to absorb that moment of awe and make the most of it. It teaches you to step back, unplug, explore and discover new parts of yourself. It is a feast for your senses and encourages you to stop and live in that second, minute and moment, because you will carry that moment forever. It is now part of you, part of your being.



## Transformational Tip

Whenever you feel yourself slipping out of the moment and into worries of the future or the past, return your attention to your breath. Your breath is an anchor to the present moment and will guide you towards regular mindfulness.





Go

with the flow and detach from the outcome

“When I get a promotion, then I’ll be happy,” I told my friend. “Then I’ll have time to hang out more and appreciate everything.” The only problem? Once I got that promotion, there was another one to reach for. And another. And another. Until I realized I was caught on a hamster wheel of constant striving and ever-falling short of the magical outcome that would then make me happy, wealthy and wise.

Sound familiar? As humans we are dreamers and creators. We like to set goals and then reach them in a quick, successful fashion. But by attaching meaning and pinning our hopes on our goals, we are setting ourselves up for heartache. Even when we travel. Every setback and obstacle is crushing. Every perceived failure stomps on our self-esteem. And every success seems small and meek compared to our shortcomings. But these things - and these expectations - hold us back from being our brightest, truest self.

Somehow, instinctually, we seem to understand this a little more when we’re traveling. While on holidays we often handle frustrations better and are able to put things into perspective easily. We don’t sweat the small stuff and instead just feel lucky to be where we are, experiencing the beauty of our adventures. Lost luggage, delayed flights and all.

By handling these hurdles calmly, we grow into a different state of consciousness, choosing to go with the flow instead of putting up resistance. When we get home, these skills remain with us and we can apply them to everyday life.

*Transformational Tip*

Feeling some resistance in your daily life (or in planning your vacation)? Drop your shoulders, close your eyes and repeat to yourself “I am safe. Everything is okay.

Things always work out for me.”



## oneness and openness to infinite possibilities

One of the things I adore about travel is that no country or city and its citizens lives the same way. Countries have different cultures, and people have different beliefs, but when you travel, you see that no matter how different people are or how strange the way they live is, there is inherent goodness in people. It's the common thread that ties us all together. We are not so different after all. We all have the same dreams and needs, the same aspirations and the same love for our family.

Meeting so many amazing people throughout our travels opens us up to so many extraordinary experiences. Some people touch us forever, even if only with a smile; their gifts, love and kindness open us to more of the same. A precious gift we take home with us and pay forward.

On our way to Pagong Lake at 14,270 ft high, through the Nubra Valley, we stopped for lunch and some chai tea. A tent was situated on the other side of the road, and the strong smell was unmistakable. Yak manure. It's strong, it's invasive, and it stays in your nostril for quite a while afterwards. Our group leader knew the nomadic yak shepherds' family and we were invited inside the tent for lunch and some yak cheese.

Honestly, I didn't want to go ... for multiple reasons, the first of which was that I had to walk across the manure mine field just to get the tent. It was also clear to me that the tent could not hold all of us, plus their family. I did everything not to go in, even though I couldn't understand why at this particular moment I was resisting this experience. Finally, I caved, and went in.

We did all fit inside the tent. We were packed tight like sardines, but we fit. It was cozy. Lunch was really good, and the yak cheese, well that was good too! The family explained to us how they lived, what they did every day and how they used the yak manure to create a sustainable income and living. They had a little girl who was maybe four or five years old and that tent was their home. They had everything they owned in it. They were happy, content, in the moment and everything I was not in that moment. I felt guilty and ashamed for allowing these thoughts of discomfort and judgement to come to my awareness.

What I received from this powerful experience was that I set my own limitations. I didn't think people could be happy living in a small tent, all five of them, all day every day. But they did and do. I didn't think that someone could be happy breathing in that foul smell all day every day, but they did, and still do. I didn't think that I could do that, but I did, although for a short while, I did it, and I actually enjoyed it (okay not the smell, but after a while you don't smell it anymore). It reminded me about the conditions we put on happiness, and the limitations we give ourselves without being aware of it. I left there happier, more aware of myself, of my thoughts, of my self-inflicted limitations and most importantly surprised with myself. In a good way. Travel does that to you, it's like magic.

Let go of feeling comfortable, you never know what knowledge or wisdom you will find on the other side.

# *Transformational Tip*

Say 'YES' when you're on holidays. The allure of our comfort zone can often pull us away from transformational opportunities, but the more open you are to life, the more open it will be to you.

I hope you've enjoyed this short  
and sweet guide to  
transformational travel!

## *Ready*

to go on  
your Heart and Soul Journey?

I'd love to be your guide and share some of the most spiritually enlightening and energetically humbling destinations I have stumbled across in my wanderlust-bitten journeys. From 15-day treks across the Himalayas through Asia, Africa, Australia, South America and Europe, I can help you (re)discover your truth, unleash your true self and go on the adventure of a lifetime.

*With Love and Gratitude,  
Nadia*

Click [here](#) to find out more and book your next Heart and Soul Journey.

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