



JAN DESAI'S
COMPASS ROSE

A Roadmap to an Authentic Life

Get Your Bearings and Stay on Course to the Life of Your Dreams



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ISSUE

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Welcome to the
First Issue of
The Compass Rose!

Every journey involves risk. Here's my way to minimize those risks and keep on course to the life you deserve.

Think of a map.

However, don't think of the type that you have on your phone or GPS, electronic and sterile.

Instead, imagine a real map, one that you have to *hold and feel* and unfold to use. Think of spreading it across a table before you so that you can get a proper view, like a navigator of old unfurling a chart.

There before you is **every route, every destination, and every potential obstacle** that may throw you off course. Run your finger across it and you touch mountains, hills, rivers, and forests. In an instant, your hand can span miles. In a glance, you can understand the **entire kingdom**.

A map is a form of **magic**, three dimensions distilled into two. To use it is to know the names and directions of all the places on your journey. *In that knowledge is power*, for a good map is a **permanent guide, a perpetual set of bearings, and a perennial charm against being confused, unsure, and lost**. A true map will keep your feet on the path and your ship off the rocks, but only if you know how to use it and only if you're willing to learn.

For all experienced navigators and travelers of old, the most important and magical part of the map was in the lower right hand corner. There you would find an ornate figure aligned to the cardinal directions and the primary winds. This was the *compass rose* that showed true north and allowed you to find the bearings you needed to get back home.

Now, a confession. I am not a navigational whiz. When I fly into a city and rent a car, I'm that woman in line in front of you tapping her foot in nervous anticipation, giving off waves of frenetic energy. Then, when I'm on the road and make the *inevitable* wrong turn, I'm on the phone to my husband, a half a country away, asking him to tell me where to go rather than breathing deeply and retracing my route to a familiar point. There is a long-running joke among my family that I couldn't find my way out of a brown paper bag with a compass and a high-powered flashlight. A drive I had to take this past week to Miami for an early morning appointment is a perfect example of how directionally-challenged I am.



There I was, in the pitch-black, pre-dawn hours, battling rush hour traffic, detoured by road construction and delayed by crazy drivers around the Miami airport. It was an ugly situation, highly stressful, and it pushed **every button** that I have about my ability to navigate life. I was panicking because I was late. I was angry because I was lost, **YET AGAIN!** I was frustrated with having to deal with my apparent inability to get from point A to point B *without calling search and rescue*.

Near tears, I pulled the car over. I badly wanted to call my husband for directional guidance, but I wanted to find the way **on my own** even more. It was time to pull on my big girl panties and stop my internal compass from spinning. I pulled out my phone, figured out where I was, and what the best route was to my appointment. Breathing slowly and deeply, I pulled back into traffic. *Fifteen minutes later, I was there.*

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is that we are never
lost...

NEVER.

On the drive home, I had plenty of time for reflection. I realized that over the decades I've breathed so much life into this false belief of being directionally challenged that it's grown into a behemoth. It's become *so large and so much a part of what I believe* that I've learned to hide in its shadow, more than willing to let it undermine other areas of my life as well.

I saw that this belief had also made me uncomfortable about making decisions and less than gracious about making mistakes. It turned out that because I believed that I was directionally challenged, I came to second guess my overall wisdom. I became reluctant to follow my **inner compass**. Instead of forging ahead, I was terrified of not being able to find my way back. .

The universal truth is that we are never lost. **Never!** The road signs may be confusing. The shoulder may sharply drop off. It may rain so hard that for moments your visibility is eradicated. You may feel whipsawed by life's black ice, unable to find firm footing. Yet, day always follows night, and support is always closer than you may believe.

I know that **beginning again isn't easy**. Finding your way to a completely authentic life after years and sometimes decades of following a false belief - allowing yourself to be victimized by it - can stretch your very resolve. There will be difficult times when you believe that your old habits were easier. Yet, sheltering in a lie doesn't make it true. All it takes to embark on this journey is direction.



When you feel stranded in the wildest of places, apparently lost, *your map still remains* spread across your chart table, showing the way. If you remain present and follow the compass rose, you will see the path. Even when you choose to take an intriguing detour, it will always direct you back home.



This letter is your first *Compass Rose*. Each week, you'll find another one in your inbox, a sort of message in a bottle from me to you. They're my musings on life, family, and the outside world. Think of them as a set of bearings designed to keep you on course to the authentic life of your dreams. No matter what we end up talking about, I guarantee that it will be enlightening, enjoyable, and straight from my real life to yours.

There's **nothing to fear** on this journey to authenticity. **You will not get lost.** We will find the way. The *Compass Rose* will reveal north, south, east, and west. It will be your deep map, containing all of the lore that you need to chart a course of magnificent discovery, inspiring inner reflection, peaceful solace and radiant beauty.

Until next week,



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Make sure you never miss an issue of *The Compass Rose*! Sign up at JanDesai.com to receive *The Compass Rose* every week, along with new and exciting announcements from Jan!

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