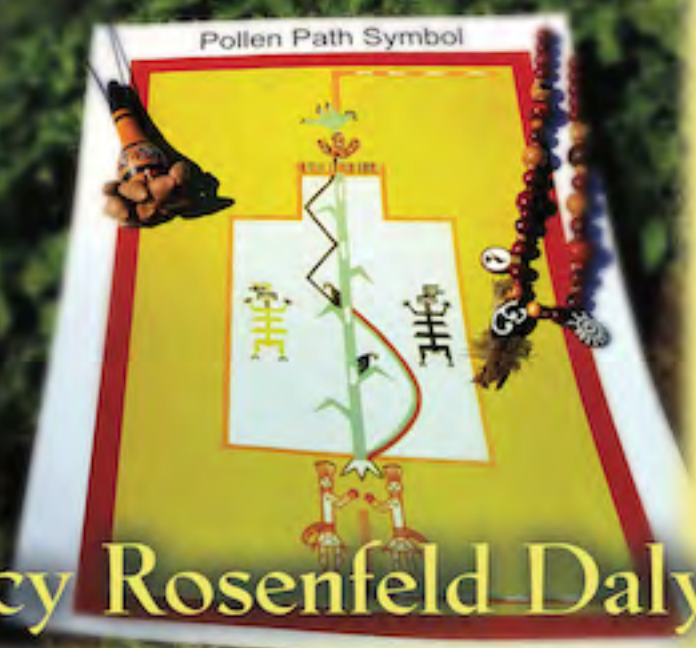


# A Path to Higher Self

Ancient Tribal Wisdom  
Shows the Way



Nancy Rosenfeld-Daly

## Notes from Readers

“Many intelligent teachers exhibit a great deal of knowledge for which we are all grateful; but, few share true insight and wisdom that forever change us for the better. I have been privileged to see Nancy speak and walk her Truth in every area of her life. Her wealth of awareness is a gift to all who are open to accepting!” **R.G., lawyer and reiki master**

“It was as if you gave me permission to feel okay about my desire to do something as irresponsible as pursue my dream! I am using the tools you provided, and though the new shoes occasionally feel a little uncomfortable, I am loving every step.” **J.M., executive**

“Learning how to apply the Pollen Path to my life was easy once I made the decision to jump into the point of “No More.” I have successfully started my own business! I cannot thank you enough for sharing this priceless lesson. I am no longer fearful of change because I now have the tool to help me be successful in life.” **R.R. business owner**

“I am greatly inspired by people like you as I contemplate the next twist or turn in my own journey. Your book is excellent!” **D.J., not-for-profit executive**

**Other Books by**  
**Nancy Rosenfeld Daly**

*A Left-Brain Thinker On a Right-Brain Journey*

*Finding Joy Amidst the Chaos*

*Leaders Who Win, Leaders Who Lose:  
The Fly-On-The-Wall Tells All*

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Author contact: [www.nancyrdaly.com](http://www.nancyrdaly.com)

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## *Chapter 2*

### **Receiving the Pollen Path Teachings**

*“Ancient and today, the path is instructive,  
relevant, and valid.”*

The human life map used here, the Pollen Path, was created as an instructive sand drawing from the Navajo tribe. The sand drawing was used during times of struggle for an individual, a family, or issues for the tribe as a whole, as a visual platform for discovery and healing. Ceremonies included families or the whole tribe who supported the discovery and passage that lasted usually two to five days. The sand drawing was explored specifically for the occasion, the issues, or the “therapy” and healing needed.

Ultimately, once the cycle of transformation for the specific need is completed or healed, the tribe or individual is forever different. The way they view the world, themselves, life, opportunities, and challenges also transforms. Their relationships and engagement in life shifts to a higher, more evolved existence.

The process of applying the sand drawing requires reflecting at each stage to create a clearer understanding of what came before, what is, and identify a pathway to possibilities for future action. The model is holistic, it considers the whole of the individual, tribe, or issue. The tribe would reflect, discuss, and together reveal the next step and when to move forward. They incorporated dimensions of a journey that are physical and emotional to acknowledge feelings and readiness.

Thus, within the teachings of the Pollen Path, the tribe acknowledges that part of life does include struggles and there is a path from which to emerge healed. There is an inherent message of sacrifice within the process outlined in the map, the act of sacrificing limiting thoughts and beliefs from the mind. Instead, the initiate is continuously encouraged to expand with

new courageous thoughts and beliefs leading to new growth on a higher path.

When I first received the gift of the tribal Pollen Path teachings in 2003, my reaction was immediate. With the map interpreted, I recognized its incredible thoroughness of the change process experienced during my many years of facilitating strategic planning processes for client companies. More exciting, however, was that this ancient tribal map completely retraced the personal transformation experience that I had recently undergone and to which I was still adapting. Ancient and today, the path is instructive, relevant, and valid. In a moment, we will enter the sand drawing, however, first its transferability to our current world deserves a brief reference.

### **Receiving the Gift of the Pollen Path**

In 2003, I returned to speaking at national conferences and workshops on the topic of transformations in organizations and people. Previously, I was actively involved in a career of strategic business planning, first in the banking industry, next as a Chief Financial Officer executive, then as an independent



consultant to leaders and organizations. Change was my business, analytical thinking and planning processes were my tools, managing projects or teams was my playground.

In the year 2000, I took off a year from busy consulting and client travel to refuel and recharge. I was exhausted and just wanted to learn to relax and find a better life balance. By the end of that year, something very different had occurred. I had unknowingly transformed without knowing what that meant. My outlook and priorities had dramatically shifted. I was yet to realize the full effect.

Years later, I learned that you don't know when you are transforming until afterwards, when you reflect on the stark differences between now and before. There were huge differences in how I approached life, family, friends, challenges, and joys, by the end of 2000.

To analyze, judge, or compare what is changing or how you are doing during a journey to a better way is a waste of energy and a distraction. It is important to keep exploring with openness and move forward with new experiences. Much later when you are living on a new path, through deeper review, conversation and reflecting, awareness of the milestones of

your specific journey and the distance of your path will be revealed.

As a result of the positive discoveries during my year off in 2000 to recharge and refuel, I spent the following two years exploring even more, considering anew the question “*what can be?*” for myself and my journey. It was a time of deeper discovery to my true self and authentic desires in life. I was awakening and learning to let go of past professional success priorities that had been so dominant to my identity and time. (Note: My personal story and journey are found in my book ***A Left-Brain Thinker On a Right-Brain Journey***, available at [www.nancyrdaly.com](http://www.nancyrdaly.com).)

Part of my journey at that tender time was to publicly share my personal story and process in a setting where I was previously identified as the diligent, candid, and innovative professional strategic planning facilitator for leadership teams. In 2003, for the first time, I shared my personal story, process, and learnings about transformation while speaking at a national conference with many of my business clients in the audience. This was a significant milestone, to emerge from a private journey and share with others who knew me as the old

ambitious professional identity. This reintegration with new identity is an important part of the journey, as you will later see.

After I spoke and responded to questions for 90 minutes, with nervous anticipation about the reaction, the standing-room-only audience of more than 150 business professionals loudly applauded my sharing of an unusual journey. There was a look of bewilderment on their faces and verbal response of: “If she can do it, maybe so can I!” That was exactly the response desired.

Later that day at the conference, I had the pleasure of being introduced to the director of a not-for-profit organization that studied and focused on quality of life. After an enthusiastic discussion, Burt Woolf invited me to Amherst, Massachusetts for a special and unique gathering that was taking place in a few months. I paused to consider, then decided to go for it! I was practicing a new step on my journey, to shred barriers of previous cautious patterns.

Traveling to a remote part of Massachusetts from my home in Florida, not knowing who would be there, what the agenda included, or what to expect, was a leap of faith in what

this experience would harvest. I went and I am forever grateful that I participated in that quality of life retreat. My life was forever different with another huge jump forward unbeknownst to me at the time I said, yes, I will participate.

I was introduced to the Pollen Path at the invited gathering of 20 professionals in fields of quality of life. These individuals were visionary leaders serving as psychologists, ministers, mayors, authors, deans of healthcare, and others. It was at this special gathering that I received the Pollen Path teachings and I realized this sand drawing described my own transformation and that of my clients. Perfectly. The full account of what occurred during that time is included in my earlier mentioned book. For us now, I want to focus on the Pollen Path as an enlightened and instructive map to help people consciously march forward on the path to highest self, dreams, and goals.

### **Transformation Defined**

In physics, to “transform” refers to creating a new form of energy, such as to transform ice to water, or water to steam.

The energy of matter changes during and after transformation. You do not recognize what it was before because it is so different from that now. The way it interacts with other objects or energy is also different.

The same is very true when individuals transform, when they align with their higher path and live with complete authenticity. They are forever different in how they approach life. A new form of energy is created. The excitement is palpable! There are new observations, new conversations, new plans, new collaboration, and new possibilities for ever-greater achievements.

Transformation may occur with intention, but when, how, and with whom, are dynamic variables that require a letting go of past processes and identities. Trust, encouragement, and patience are important fuel for exploration and positive change to occur. Transformation in an individual can occur in a spontaneous moment, unpredictable. Buoyed by courage and desire to live your best path with your best self are lasting ingredients for the recipe to find your way.

Transformation in how you think, behave, and make choices results in significant changes in your life. A different

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scope, perspective, and direction are outcomes. It can happen slowly over time or quickly in response to a crisis or trauma. It truly is heightened awe and wonder to witness one who has completed all stages within the Pollen Path. Are you ready to enter?