

Sailing away from Fiji into the setting sun dolphins danced in front of the boat. "They led us out of the channel and into the ocean," said [Karen Mehringer](#) author of, "Sail into Your Dreams: Eight Steps to Living a More Purposeful Life." She transformed moments on

["The Healing Chick"](#)

show as she described her own transformation. Sailing from Fiji to Singapore, Karen and her husband spent six months on their 46 foot boat. The pair released the work-a-day world for a moment-to-moment simple life.

In 1998 Karen and her husband lived in Seattle and held corporate jobs. They had stock options, lived in the suburbs, had their dream cars in the garage, but they felt like they were dying inside. They would get home, exhausted, after work and plop down in front of the television for hours. To change things, they quit their jobs and went sailing. Once the decision was made their plan began falling into place. Karen said it was providence in action.

The experience was life-transforming. "There was no TV, no cell phones or internet. We could hear our own voices. Being in the moment, watching the sunset, washing dishes by hand, being separate from all the 'stuff' allowed us to go within which is the only way to find peace," she said. Even a storm at sea stirred her sense of purpose. As waves, eight to ten feet high, broke over the stern of the boat, she held fast to a rail and jammed her toes tightly into a wall. She was terrified but exhilarated, too. "I never felt so alive -- getting to land at the other side of the storm," she said.

Karen said that seeing the simple lives of the Fijians left a real impression. She and her husband had hiked across the island. After a long trek they began to hear music. They found 200 costumed Fijians in ceremony. After accepting an invitation to partake of the celebration she noticed two things -- these people were poor, and they were the happiest people she'd ever seen. They were smiling and had a sparkle in their eyes even though they lived in huts and had little to eat.

She has learned that she can find that peace, even in the busy world, if she makes an effort to slow down every day. She suggests singing, meditation or yoga, something simple, to keep in touch with the inner self. "We are creative beings," she said, "we are always creating anew. It's not about the destiny but the journey." Of the eight steps that Karen describes in her book, step number four says, "sail away from the safe harbor. Take risks. Often fear will come up. Just keep showing up." She said, "it's not some big, grand thing, but a bunch of little steps. Go for it. Life's too short."

[Karen Mehringer](#) is a motivational speaker and author.

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