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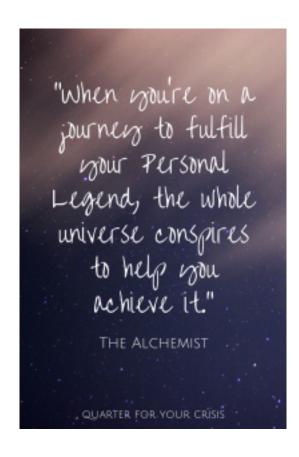
# The Alchemist: Pursuing Your Personal Legend

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<u>The Alchemist (http://www.amazon.com/gp/product/B0084X2GXY/ref=as\_li\_tl?</u>
ie=UTF8&camp=1789&creative=9325&creativeASIN=B0084X2GXY&linkCode=as2&tag=quafory
20&linkId=B4OWRTLFHMGOHQTE), written by Paulo Coelho, tells the tale of a
young shepherd boy, Santiago, on the quest for hidden treasure. The journey he
takes soon transforms into his mission to pursue his Personal Legend and to
understand the Soul of the World.

Simple and short (*it makes for the perfect beach read at only 167 pages!*), it's nothing less than profound. The lessons learned and the messages taught throughout the book are eye-opening, inspiring, and in a way – comforting.



(https://www.quarterforyourcrisis.com/wp-content/uploads/2014/08/When-youre-on-a-journey-to-fulfill-your.png)

Without giving too much away, Santiago learns that everyone is put on earth to pursue their Personal Legend. For some of us, we like to think of it as our calling. What sets your heart on fire? What passions and beliefs and dreams are at your core? Coelho describes it as "God's blessing" and the "path that God chose for you here on earth."

## The Four Obstacles to Pursuing Your Personal Legend

Unfortunately, not everyone has the courage, strength, or will to confront their own dream.

## Why?

Because of the following four obstacles:

# 1. We're told that everything is impossible.

As children, we still believe that we can grow up to be anything we want. We're going be acrobats, astronauts, anything our heart desires. There's no limit to the possibilities. As adults, we rationalize. We doubt. We settle. We think those dreams are perhaps a little far-fetched, and society agrees. So we ignore our Personal Legend, burying it and shushing it any time it tries to remind of us what we *truly* want.

## 2. Love

If we somehow start to listen to that voice inside of us, pushing us to pursue our calling, we then turn it away because of love. We don't want to leave those we love behind in pursuit of our dream.

Coelho explains, "We know what we want to do, but are afraid of hurting those around us by abandoning everything in order to pursue our dream. We do not realize that **love is just a further impetus**, not something that will prevent us going forward."

## 3. Fear of defeat

We've all heard this before. **We need to take risks**. We can't be afraid of failure (and all that jazz...). And while it's nice for those who have finally made it over to the other side to say that risks are a necessary part to pursuing your dream, it doesn't make it any less scary.

One of the things I loved most about Santiago in regards to facing this fear of defeat was his strength in his belief in God. He knew that he was pursuing God's will, and found comfort in knowing that no matter what happened, it was all written by the Hand of God.

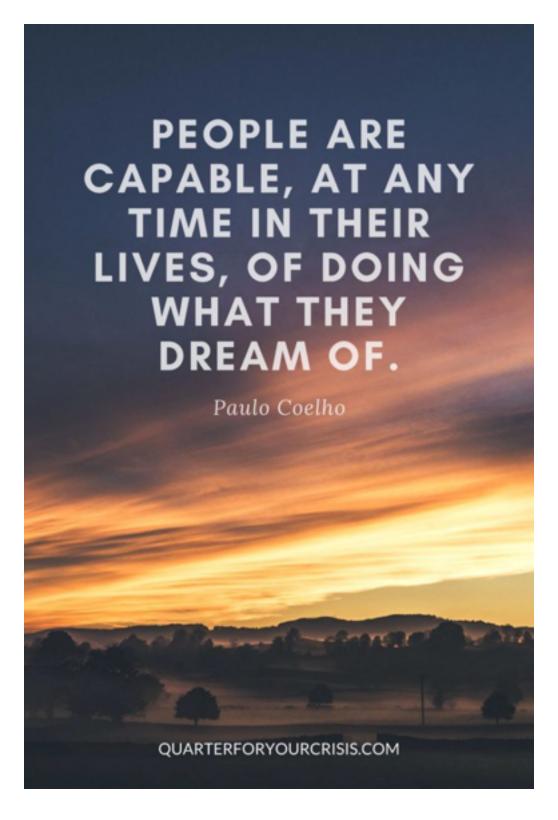
In fact, one of the simplest yet most profound ideas repeated throughout the book is this: when you're on a journey to fulfill your Personal Legend, the whole universe conspires to help you achieve it.

# 4. The fear of realizing the dream for which we fought all our lives

This is the most difficult obstacle, because when we are finally so close to realizing our dream – we feel guilty. We know not everyone makes it to that point, and we start to wonder if we really deserve it. We forget about all of the trials and tribulations we went through to make it there, and instead think about those who failed to realize and pursue their own callings.

#### But we made it there.

And if you start to believe that you are worthy of your own dream, then "you become an instrument of God, you help the Soul of the World, and you understand why you are here."



Throughout this novel, I couldn't help but think of Santiago as a <u>Degenerate</u> (<a href="https://www.quarterforyourcrisis.com/redefining-degenerate/">https://www.quarterforyourcrisis.com/redefining-degenerate/</a>). Someone who knows there's something bigger than himself out there, and his heart just won't quiet down until he drops everything to pursue it. He takes many different paths to follow his dreams, and although he may fail over and over again, he never stops learning.

And more importantly, he never stops believing that there is a greater plan out there.

If you're on the search for your own purpose + happiness, we put together a free guide: 5 Simple Steps to Happiness.In this guide, we're sharing the **single best exercise** that has transformed the way we live our lives. Just click on the image below to grab your free copy!

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Has anyone else fallen in love with The Alchemist

(http://www.amazon.com/gp/product/B0084X2GXY/ref=as\_li\_tl?

ie=UTF8&camp=1789&creative=9325&creativeASIN=B0084X2GXY&linkCode=as2&tag=quafory
20&linkId=B4OWRTLFHMGOHQTE)? Do you have any other great summer reading
suggestions? Let us know in the comments!

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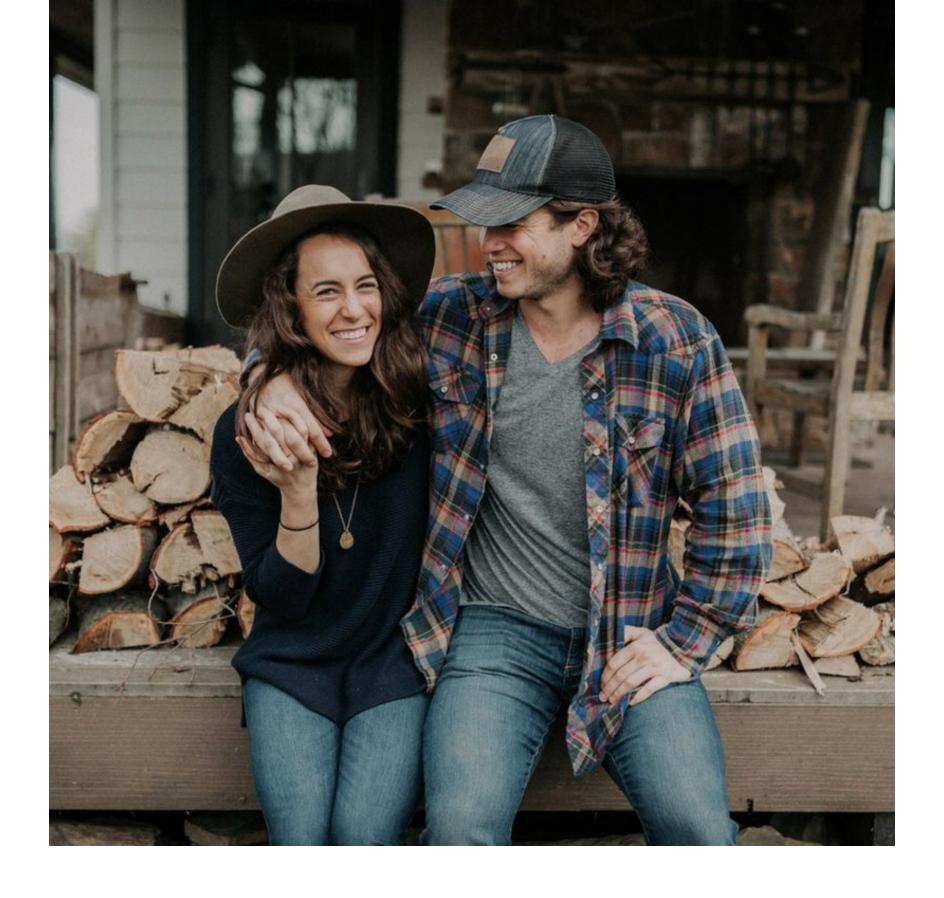
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