

What do you think of when you think of Life Purpose? _____

How do you feel?

Many people feel anxious and confused about their Life Purpose. For me it used to feel like a big 'something' I *had* to identify and fulfil or my life would be a failure.

I have come to the conclusion that Life Purpose is in fact many layered, and encompasses everything from the attitude we bring to wash the dishes, drive the car and hand over money at the supermarket, through to our vocation and ideal work. Given such a breadth of opportunity I figure that everyone is going to be fulfilling some aspect of their Life Purpose all the time.

It seems to me that our Purpose starts first with who we *are* – the special 'us-ness' that we bring to life – and expands out of that be-ingness into everything we do.

I have identified five Aspects of Life Purpose which I describe in some detail below. The five aspects are intertwined, but it is easier to talk about them individually.

An Overview of Five Aspects of Life Purpose

1. Your Basic Purpose: Becoming a Conscious Co-Creator
2. Acting Out Of Your Spiritual Essence - Virtues
3. Practicing Gratitude and Forgiveness: Responding To Earth's Realities From Your Divine Nature
4. Managing Your Primary Emotional Challenge: Being Compassionate With Your Humanity
5. Your Unique Contribution: Using Your gifts

Most people start with Aspect 5 when thinking about their Purpose, and can become discouraged and confused when that aspect is not clear to them.

What I have come to see is that our Unique Contribution is grounded in the foundation of Conscious awareness of our Spiritual Nature. It then grows out of the dynamic relationship between the things we find easy (our gifts) and the things we find hard (the challenges of aspects 3 and 4) These two aspects of how we deal with life are refined and polished by how well we develop the virtues (2) and living all of that fulfils our Unique Life Purpose.

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I also think that our Purpose is not set in concrete – the choices we make along the way influence how our lives develop and how our Purpose is ultimately expressed.

Write down your initial thoughts and feelings about the idea of 5 Aspects to your Life

Purpose _____

As you read, remember that your life is more complex than I have presented here – and that *you are living some aspect of your Purpose every minute*. The trick is to become conscious of it.

Aspect 1 – Your Primary Purpose Is To Become Conscious and Take Responsibility For What You Are Co-Creating

Part of the human condition involves forgetting who we are – i.e. Spiritual Beings having a human experience. Writers suggest that Earth is primarily a ‘school for the soul’ – and that becoming immersed in the physical world is part of the lesson. Most children have some degree of awareness of ‘the invisible realm’. For example many report being able to see ‘fairies’ and angels. Or they may have a ‘make-believe friend’ who is very real to them.

In most cases, this awareness is dismissed or laughed at. Without a cultural framework to talk about and make sense of ‘supernatural’ experiences, generally speaking, the invisible realm is blocked out of conscious awareness by the early teens. The responsibilities of adult years tend to complete the process of driving most people to rely almost exclusively on their rational brain. In effect most adults are supremely ‘unconscious’ – living lives focused almost exclusively around the physical world.

A fundamental purpose then, for every human being, is to wake up, or reclaim consciousness, and become a ‘Conscious Co-Creator’ with the Universe. I am still discovering what this means. Here are some ideas from where I am right now.

- The physical world is a tiny manifestation of a much larger reality. I am much bigger than my body
- Every aspect of the visible and invisible Cosmos is connected
- The basic building block of all matter is energy (this has been proved by science)
- Everything I experience in life arises out of this field of energy
- My thoughts and emotions have an impact on every aspect of my life
- Taking full responsibility for my life means taking full responsibility for my emotions and thoughts as well as my actions
- To change anything in my life I need to change my emotional and thought life that is connected to it.

For more about this I highly recommend the work of Greg Braden – especially *The Divine Matrix* which gives a useful explanation of the ‘daily life’ implications from the latest research in the field of Quantum Physics.

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Aspect 2: Acting Out Of Your Spiritual Essence

I believe the next aspect of purpose is to act out of our essential nature which is Love. I believe that **learning to find and express Love in every aspect of life is our most important purpose.**

Love has many faces. Every time you bring Peace, Joy, or Kindness to a situation you are bringing Love. Whenever you show Compassion, Patience, Gentleness and Generosity, or exhibit Faithfulness and Self control you demonstrate Love. They are tangible expressions of the Divine Essence within you.

Which expressions of Love appeal to you most? _____

As human beings we live life in relationship – with ourselves, with each other and with the Earth itself. For a balanced life, the virtues need to be practiced in all three areas.

Write down 3 ways you express Love to yourself

1. _____
2. _____
3. _____

Write down 3 ways you express Love to other people

1. _____
2. _____
3. _____

Write down 3 ways you express Love to the planet

1. _____
2. _____
3. _____

Write down your favourite Virtues

1. _____
2. _____
3. _____

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From this perspective, **if you are growing in the practice of even one virtue, then you are working towards fulfilling a primary purpose to be a decent human being**, and becoming more deeply in touch with your Spiritual Self. Everything else is built upon the foundation of Aspects 1 & 2.

To me this aspect of consciously choosing to practice the virtues, is the most important part of fulfilling our Life Purpose – and the one that is least talked about. When enough people simply focus their attention at this aspect, the world will be utterly transformed.

Every time you make a conscious choice to practice a virtue regardless of what is happening around you, you contribute to the evolution of human consciousness. You make a difference. You make your difference – in your situation. Here and now. The difference that no-one but you can make. Now how is that for taking a unique place? How is that for living a life filled with Purpose?

Your own notes.

Aspect 3 - Practicing Gratitude and Forgiveness: Responding To Earth's Realities From Your Divine Nature

We are not only Spiritual Beings – we are having a human experience. And by definition that means forgetting who we really are, and becoming immersed in the challenges of the human condition.

Life hurts sometimes. People let us down. They leave us. They die. You put all your effort into something that matters hugely to you, and you don't achieve it. Or you do and it turns sour. The list is endless. We all experience daily challenges to our sense of wellbeing and generosity.

I have heard it said that as souls we have chosen to work with an aspect of Earth's pain and suffering and to bring it to healing. We don't need to know what this is. We just need to make a habit of practicing two skills – Forgiveness, and Gratitude.

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Gratitude and Forgiveness bring the power of heaven into the earthly scene. When we choose these practices things shift on the inner realm. Changes happen inside of us – and this flows out to the people and situations around us.

In fulfilling my life Purpose I need to practice Forgiveness (of myself as well as other people) on a daily basis. And I need to practice Gratitude. Personally speaking my Forgiveness skills are better developed than my Gratitude ones. So I need to practice – as if I were an athlete or a musician. And I need to do it daily.

Which is easier for you? Gratitude or Forgiveness?

When have you experienced the transformative power of Gratitude or Forgiveness?

Your own notes.

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Aspect 4 - Managing Your Primary Emotional Challenge: Being Compassionate With Your Humanity

A number of traditions identify 5 basic rhythms or bio-energetic patterns, each with a signature emotional strength and weakness.

These patterns are woven into our biology and show up as *our primary emotional response to stress*. It is the **first emotion that arises when we are confronted with something that feels like it threatens our security or stability**. The five basic responses are Fear, Anger, Impatience, Worry and Sorrow. To identify yours, have a think about how you respond when something 'goes wrong' in life.

Is your *first* response to:

- Freeze or panic and hope that someone else will sort it out? (Fear)
- Fly off the handle and look for someone to blame? (Anger)
- Try to sort it out and get frustrated that it takes longer than it should? (Impatience)
- Imagine all the ways the situation could get worse? (Worry)
- Feel sad and heavy? (Sorrow)

My primary response is _____

These patterns are beyond your conscious control. They are woven into your hormones and your basic energy patterns. They are instinctive, and they happen much, much faster than you can think.

Your prevailing tendency to succumb to fear or anger or sorrow is not a weakness. It is part of your humanity. It is part of what you signed up for as a soul, and something to have compassion for, in yourself and in others.

Each of these emotions has a corresponding strength which develops as you learn to manage your instinctive response to threat.

Challenge	Potential Strength
Fear	Gentleness
Anger	Kindness
Impatience	Joy
Worry	Compassion
Sorrow	Courage

My Potential Strength is



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Aspect 5 - Your Unique Contribution: Using Your Gifts

What am I good at? What do I like doing? Where do I excel? What is my dream? How can I make a living from this? This is what most people think of when they think about Life Purpose. Identifying it is the goal, making a living doing what you are gifted to do is the dream.

For a few of us this is easy. For most (including me) it seems to be much more challenging.

In practice I think your unique contribution is probably identified by considering together both your skills and natural talents, and your primary emotional challenge.

In other words I suspect that **our greatest contribution comes through the dynamic relationship between the things we excel in and the things that challenge us most deeply.** We develop and refine our strengths and capacity for service in the nitty-gritty of life. As we bring our best selves to the daily demands of life, so we expand into larger responsibilities and possibilities.

If your talents and skills and role are not clear to you – perhaps *think in terms of the significant role you play in bringing your unique energy to every situation you are in.* In my garden the humble and overlooked grass adds just as much beauty to the scene as the showiest poppy or rose.

This is even more true in the world of Spirit which does not judge your effectiveness in the same way you do.

Some possibilities to help you develop these ideas further

1. What virtues most appeal to you? Choose one of these and begin to apply it consciously to your daily activities.
2. What is the earliest memory of pain, hurt or sadness you can recall? Spend some time forgiving those involved. Get help if needed. Decide to make forgiveness of yourself and others a life choice that you practice on a daily basis. Start a Gratitude Journal.
3. Talk to your family and friends to help you identify the emotional challenge you experience most often. Notice the corresponding strength. Next time you feel this energy stirring, be compassionate with yourself and take time to listen to the energy without having to act upon it. Use Tapping to help you process this emotion more quickly and easily. Practice working with your body to transform this challenge into strength.
4. List your gifts and strengths. Talk to other people about their perspective. Write down your dreams. At another time sit with all this material and ask yourself “How might my challenges and my strengths complement each other in what I have to offer the world?”

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What do I find easy in life?

What is/has been difficult or challenging for me?

How might these 2 things complement each other to create my unique contribution?

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