



Giving Purpose

The One Page Guide To Authentic Living

I am not here for me
for there is no me alone
I am here for you alone
I am here for you to know
that which you are not
so that I can be
that which I am

Front Cover Photograph - 'Brocken Spectre'
Photograph by Miles Welsh, County Durham, UK

Brocken Spectre - a magnified shadow of the spectator thrown on a bank of cloud in high mountains when the sun is low.

V3.0

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So what - life purpose?

Finding your life's purpose is probably the most important thing that you can do right now to change your life for the better. Finding, living and giving your life's purpose is so important because it unlocks your authenticity. By becoming truly authentic, your life will begin to shape itself with great authority and purpose. A higher purpose will begin to work through you for the benefit of others. By surrendering your life to this purpose, your life will be truly fulfilling and joyful.

This is not a self-help book. It will not necessarily bring you any great material wealth, fame or fortune. This book will CHALLENGE you. It will challenge you to find 'who you really are'. It will challenge you to find who you really are.

Your 'authenticity' reveals itself when you embrace your life's purpose. That is why it is so important that you realise it. Nothing else in your life is more important – the question is whether or not you are ready to accept the consequences of discovering it?

Many people never seek or find their life's purpose and they are destined to live a life of mediocrity and compromise.

Start by seeking

Finding your life's purpose is actually quite straightforward because you already know it.

The good news is that you can find your purpose very quickly, even in just a few minutes.

The time and effort you need to spend on discovering your life's purpose will depend on how much you are investing in avoiding the truth of who you really are. If you just take the time to stop and look for it – your purpose will make itself known to you.

Discovering your purpose may be an important part of the process of your self discovery. Consider that unconsciously you may have given yourself the task of discovering your purpose in order to make the realisation more profound.

The time you spend without living your purpose will help you recognise the profound change that it brings about. The time you spend seeking for your purpose will give you the opportunity to develop the wisdom and integrity that you will need to express truly express your authenticity.

Authentic Purpose

Your true purpose is the key that to unlocking your authenticity, the medium through which you can express your gift to the world.

Living authentically is your highest purpose; it is the greatest manifestation of your living potential. It is the means by which you live your life in the most efficient and the most effective way.

As you become more and more connected with your life's purpose your 'authenticity' will begin to take hold of your life. Your authenticity will unlock your creative nature. It will bring you great passion and motivation. It will be the driving force behind the accomplishment of your greatest aspirations.

You may find that you acquire new knowledge or skills easily, that you speak effortlessly about your passions and that your life has a greater sense of completeness. You will have the sense of a greater intelligence working through you and you will hold an inner confidence that may even surprise yourself.

To truly express your authenticity you must work for the benefit of other people. Giving to others from the perspective of your life's purpose will bring you the greatest joy.

Your will feel passionate about living a greater purpose and you will be joyful as you bring this gift to others. Nothing will bring you greater pleasure.

You will delight in opportunities to give to others the radiance of your inner beauty and joy. You will constantly urged give what you are to others around you.

Everything you need will be given to you. People and resources will appear in your life when you need them. Unnecessary burdens will be lifted by choice or by context.

The only reward you will seek will be the opportunity to give more. You will be filled with a greater and greater sense of gratitude to all that you are and all you will seek is the opportunity to bring more and more of your gift to the world.

It is not 'what' you do

Your life's purpose is not necessarily 'what you do' or 'what you are' but rather 'how you do it'. Most of the time it will be unrelated to your job, your circumstances or your relationships. To a large extent it does not matter what you do, wherever you are or whoever you are with.

Your purpose is related to the underlying motivation behind what you do.

You may feel that a particular aspect of your life is not supporting you. You may feel that if you could just change this aspect then everything in your life would be fine. Well, it won't. All aspects of how you feel about your life depends on exactly how you feel about your life. By changing your feelings and beliefs, you can allow real change to occur.

Fundamentally, the problem is that you do not know how to express yourself authentically in what you do.

When you begin to act from your life's purpose, your authentic self will be realised and your life will begin to align itself with your purpose. What you do, may or may not change but how you do it will change fundamentally.

Your position, status or job, may or may not support your true life's purpose. Your authenticity will release you from your fears, your anxieties and your self-imposed limitations. Your authenticity will effortlessly bring about necessary changes and you will start to manifest the resources you will need to bring about other changes in yourself and others.

Your happiness does not depend on your state of health, your family, your relationships or any of your circumstances. There will always be someone worse or better off than you. If you can change the way you feel about your circumstances then your circumstances are likely to change also.

Disengage yourself from the attachment you feel for your particular circumstance. Instead, focus on gratitude. Be grateful for the opportunities you have to express yourself and for the resources you have to bring about change. Your true purpose wants you to change; it really wants you to know who you are and what you are here to do.

Fearful of your purpose

Subtle but pervasive fear is likely to be masking your purpose. Getting to know your fears is the first part of overcoming them. Consider what your fears are really trying to tell you about yourself.

Your fear may be driving you away from your purpose. You may unconsciously be distracting yourself from your purpose. Perhaps you are cluttering up your life with unnecessary and unfulfilling distractions.

Consider that your fears are hiding the way to your true purpose. When you find your purpose, your fears may make more sense to you and they will have less hold on you.

By realising your purpose and expressing your authenticity your fears will be easily vanquished. Although it is likely that your true life's purpose will to some degree 'scare you', but your authenticity will bring you an abundance of courage.

Your greatest gift is to authentically express your life's purpose. It is the aspect of your life that will give you most joy when you give it to others. Finding the treasure of true authenticity is the key to living a fulfilled life.

Discovering my purpose

“When I realized my life’s purpose everything changed. Immediately I understood the reasons behind the choices I had made in my life. They were obvious. I began to understand how my fears had shaped my life. Suddenly I had a greater sense of my purpose and the direction that my life should begin to take. I realised that my life would never be the same again.

Increasingly I became aware of my inner joy. I felt passionate about the prospect of really living. I felt a sense of grace and peace mixed with a sense of urgency and challenge. My joy was difficult to contain. I wanted everyone to feel the way I felt. As it I was filled with a ‘divine spark’ which suddenly began resonating around me. I felt myself beginning to shine more brightly, lighting the way for others.

Anon.

No doubt – your purpose

Without the knowledge of your life's purpose you are lost. You have no map and no direction. Sure, you may find yourself successful or even blessed. You may be highly respected, titled, wealthy but without a connection to your purpose, you will have continue to experience a deep sense of disharmony or a feeling of dissatisfaction. You will recognise that something fundamental is missing from your life, that there is a gap in your soul.

Somehow you will lack real vitality. Your emotions will run rife and you will feel buffeted by the roller coaster ride of the 'ups and downs' that life brings you.

Without purpose - you will doubt yourself!

Without purpose you will carry the burden and angst of your guilt; the inner guilt of compromise. Decisions will be laboured, responsibilities heavy and fears will be ever present. Your life will remain dysfunctional or drab. You will lack true passion.

You will die. You will be entombed in a coffin of compromise beneath a mound of unfulfilled potential.

Purposeful recognition

Recognition of your life's purpose should be life changing. You will see your life as before and after this realisation. There will be an initial sense inner recognition. A feeling of alignment or resonance. This feeling will grow as you persevere.

However there may also be a sense of fear or anxiety, but as your inner strength and true authenticity begins to grow, the courage will come into your life.

Increasingly your life will express a more definite sense of 'rightness' of direction and purpose. There will be no room for self-doubt, self-pity, confusion, frustration, intimidation or annihilation.

Your life will start to resonate. You may feel pushed or carried along. Energy will flow and the needs of others will begin to take priority over your own more self-centred desires.

Missing your purpose

If you fail to find your life's purpose then you will lead a compromised life. You will make do and living will be bland, lacking colour and vibrancy. You will be entertained you will be amused, you will be delighted at times but mostly you will feel like a small frightened child lost in a frantic world.

You will look back at your life with a sense of loss and unfulfilled potential. You will have made a difference to some, brought some happiness to others and burdened others with your darker side.

Imagine attending your own funeral party. Consider, who will be there? How will you be remembered by those closest to you? Who will make the effort to go? What will your obituary say?

True wealth in life is measured by the people you touch. Imagine that for the rest of your life you only work to bring joy to others, to touch those around you at the deepest level. Now consider how your funeral will differ. Consider the type of life that you really want to live.

Ready your purpose

Ask yourself the question: 'Am I ready to recognise the truth of who I am?' Only you can answer this.

You are ready right now, if you allow yourself to be ready.

Finding your inner purpose is not like searching for an intellectual truth, a concept or an idea. It is not dry or sterile. It is not something that you can simply look up in a book. It is unique to your situation and to your life. It carries a special meaning for you.

It is like meeting an old friend or a lost relative. It is an overwhelming desire, a spark of deep recognition, a profound connection which may evoke a deep emotional response. It will feel like a light going on inside of you, it will feel like finding a piece of treasured jewellery that you have lost for many years.

You will be filled with a sense of deep joy. Your only thought will be the delight in giving this treasure to another person.

So just decide if you are ready or if you are not. If you are ready then you are ready.

Living your purpose

When you find your life's purpose many aspects of your life will be affected and often your circumstances will begin to change.

The inner you

Inwardly you will be aware of a shift in your ability to express yourself. This internal shift may be increasingly followed by a shift in your personal circumstances, especially if these circumstances are not supporting you.

You will begin resonate with your purpose. You will feel it in your bones. You will feel as if your words and actions flow from an external source, from a place much greater, from a wisdom more profound, from a 'universal' knowledge that is made available to you.

When you are serving your purpose you have no attachment to own selfish needs. You are inwardly very free to be that which you are. There is nothing more fulfilling to you than living your purpose and sharing it with others.

People close to you will comment on the changes within you. You will naturally radiate your presence; you will be irresistible to others. They will delight in just being near you.

What you are doing or what you are conveying will not necessary be as important, but your natural expression will be overwhelming in its charm.

Your circumstance

Your life will seem insignificant to the expression of your life's purpose. Fundamentally you will recognise the greatness of the divine principles that you are serving. Your life will be enhanced and your 'living' will take second place.

It is likely that many things in your life will begin to change, your relationships, your work, your friendships, your finances, and your responsibilities. The burdens and distractions in your life will begin to shift and you will begin to recognise them as unnecessary. Your life will begin to flow more easily because you are no longer trying to live for yourself.

Your job or work

You will recognise how your purpose has shaped your decisions in the past and you will be filled with the authority to manifest more of your purpose through your work. You will seek to mould and change what you do, to resonate more of what you are. The change may be radical or subtle. In the end it does not matter what you do, but that you recognise that you are doing it with authenticity.

Relationships

Your relationships present new opportunities for your to offer your life's purpose. You will be less attached to others and share a greater sense of freedom. Those closest to you are your greatest teachers. Learn from them. When you have nothing to learn then others will appear to teach you. Be grateful for your lessons and for those who are teaching you.

Gratitude and Giving

Selfless giving will be your only purpose – why would you want for anything else? You will be filled with gratitude at every opportunity that is presented to you. As you manifest more in the lives of others you will continue to be blessed and be even more grateful for the blessing.

Finding the path

When you live your life's purpose, you are living a life of service. Therefore, you must abandon your own life, your own wants and desires. You must abandon your selfishness. But there is no 'loss', because the rewards are great.

So you have to live your life right. You have to get into the right state of being, the right state of mind. To some degree, this is a process of purification. It is helpful to have a healthy body and a healthy mind. You must begin to let go of negative thoughts and emotions.

If you seek the path of your life's purpose then you must abandon your life. The five steps to abandonment are

Take responsibility

Live honestly

Be conscious

Surrender

Be Grateful

Be Responsible

To be totally responsible you have to take responsibility for your life. So **start by taking responsibility for your life**, whatever the circumstances.

Taking responsibility for your life starts with total acceptance of it. Accepting that you are the totality of your life, may be difficult. There may be aspects of your life that you feel you would not have wanted, aspects which you cannot change. You can however, always change the way you feel about these aspects and you must accept responsibility for your feelings.

Be responsible for your beliefs. Be responsible for your actions. Fully accept the consequences of your actions.

Take responsibility for your dark side, your secrets and your darker desires as they are just as valid as your most positive attributes.

Personal transformation comes through an acceptance of personal responsibility for your life.

Live honestly

To live your life honestly, you must take responsibility for your life and accept it fully. Seek transparency in your affairs.

As you live your life honestly, you will be more accepting of it. You will understand the reasons and motivations behind the decisions you make. This helps you accept more responsibility for it.

Consider the aspects of your life you would be happy to share openly with friends and acquaintances. Consider the aspects of your life that you are fearful of sharing. Your fear is your guide. It will show you the way to greater transparency and to a greater acceptance of who you are.

Sharing all the various aspects of your life with those closest to you is a great step to personal transformation. It is likely that only a few or none of your current relationships will be able to sustain this deep level of openness and honesty. The significant relationships in your life must be strong enough to enable this process to occur.

Seek the courage to reveal yourself more fully at every level and you will seek liberation from your fears and emotional disharmony.

Be Conscious

Acceptance comes through a process of observation of your life. Observe your life unfolding moment by moment, observe your reaction, your personal expression and more importantly the effect this has on those around you.

Learn to be conscious.....learn to maintain a continuity of consciousness.

Be conscious. Be present. Be in the moment, moment to moment.

Being in your life from moment to moment, become evermore focused on the present. Absorbing yourself in the conscious observation of the present moment leaves little room for self-deprecating dialogue. It leaves little room for dwelling on negative emotions. It leaves little room for self gratification.

Maintaining this state of conscious awareness from moment to moment is not easy, but develops with time. It is just a matter of practice. If you loose your place, then lovingly notice the gaps in your awareness and then continue with your continuity of consciousness. Notice noticing the gaps until you no longer notice them.

Surrender

As your conscious awareness expands you will become progressively more passive and less externally focused. Life will present itself to you like and all you have to do is observe the process.

By surrendering to each and every moment in your life, you will begin to abandon yourself and your self-ishness. By learning to loose – you will loose the experience of the perception of yourself as separate from the life that is going on around you.

Surrender to your life and to your purpose.

By surrendering to your life, you begin to totally accept everything in your life as a part of your greater whole. As you accept your life and surrender to it, you surrender your own will and accept the greater divine will. Surrendering your own will enables the divine will that sparkles within you to shine through.

Surrendering to your external life is the 'outer' reflection of the inner process of surrender that you must cultivate towards your life's purpose.

You must agree to this, you must seek abandonment. You must make this your daily will. This will help you find your fears, face them and loose them. Fear will mask your purpose, it will hide it from you. Your fear is your guide, so use it your advantage.

You will be consciously observing the situation in which you find yourself and fully accept responsibility for the events that are unfolding.

At the point you become truly authentic in your purpose nothing else will really matter. The 'stuff' in your life will weigh you down unless it nurtures your path. By learning to let go in the here and now, you will offer less and less resistance. Without resistance, you offer enormous potential in which your purpose can manifest itself.

Fast track to your life's purpose

Serving your purpose

Your life's purpose is the key to mastering your life. However you can only serve it and it must become the master which you serve. You must be ready for this transformation, you must be willing to let go of everything else.

The following exercise is a kind of fast track to your life's purpose. This exercise may be all you need to do to find yourself. The difficulty comes in recognizing the truth of it when you meet it head on. If you are hanging on to your own thoughts and desires it is highly unlikely that you will be sensitive enough to recognise it.

The following exercise is very simple and will lead to a dramatic change within you, if you are ready. There are other exercises that follow which may also help you. Mostly these exercises will help you drop some of the unnecessary beliefs and baggage that are preventing you from progressing.

Your life's purpose is very close to the surface of your being and with a little exposure it will be obvious to you.

Crying out your purpose

This is an extremely simple exercise. It requires patience, perseverance and 'inner sensitivity'. This exercise is easily enough to give you the answers you seek, but you must be ready to listen to those answers. Realise that this is your gift and this is the gift that you must give to others.

In this exercise you are seeking to find the divine principle that underlies your life. You are looking for this principle in a short sentence or paragraph that summarises the key qualities held within your gift to the world. The true answer brings you the most joy and happiness. Your complete answer may be hidden from you and so you must keep writing. You must keep writing until you are moved to tears. Tears of joy.

You will find an immediate sense of inner recognition. It will just feel right for you. It will seem effortless. It's what you've been seeking for all of your life. You may feel tears welling up inside or you may even cry at the recognition of the truth of what you have written. There will be no yolk or burden to this discovery, although you may feel a slightly unsettled exhilaration.

Read the exercise and then read the examples given. Be clear about your task. Make an agreement with yourself to commit to finding your answer. Agree a timescale and then stick to it. Keep going.

Rewrite and rewrite until you are sure you have written the simplest and most complete answer possible.

Fast track exercise

The three steps to your life's purpose:

- 1) Sit down with a pen and a sheet of paper titled 'The purpose of my life is.....' (or equivalent).
- 2) Write as complete an answer as you feel able.
- 3) Notice your inner response you feel as you read your answer.
- 4) Rewrite and rewrite until you are sure you have written the simplest and most complete answer possible.
- 5) Keep writing and refining your answer until you are moved to the very core of your being*.
- 6) Go back to step 2 until you are sure you have the answer.

So that is it. Simple.

*tears of joy are the best indicator

To help you, here are some examples of the type of 'answer to your life's purpose' that you are seeking.

My life's purpose is.....

To teach others to be more conscious of the possibilities that exist within their lives.

To heal others of their inner wounds and to bring them more personal vitality.

To lead a path for others by showing them how they can access their full potential to benefit others.

To bring greater peace to communities and develop the leadership in others to bring people closer together.

To give freedom and love to others.

To serve others through excellence.

To teach people to love animals and live in harmony together.

Your answer may not appear quite right initially. You must be determined and persevere. Keep writing and keep focussed. If you can, just keep going with the clear intention of getting to the route of your life's purpose. You may need to get a precise combination of words to really be moved at the deepest level.

Now write it down...now reflect...write it down now!

Write it down, look at it, rewrite it again and again until you have it. You may find that it takes time, minutes, hours or possibly days. Keep going however long it takes. There is always the possibility of instant change. You have to have a sense of the qualities that are really fundamental to you. You must be specific in your search.

When you know you know and if you don't know then you can always change it. You can change it deliberately just to be sure. Does it seem too complicated or do aspects seem unnecessary? Take away from it – does it seem incomplete or lacking in some way? You are always free to change it or be more specific at a later date but strive to do your best now and you will be rewarded.

Included in this book are some exercises to help you if you are struggling but finding your purpose is really no more complicated than this.

Supportive exercises

The following pages are filled with some other exercises to help you find your life's purpose. You are looking for specific qualities in a specific combination. No one can tell you what it is or how to get there – it is up to you to seek it and recognise it.

Avoid trying to focus on specific tasks or skills. You are not looking for 'things' you are looking for 'a sense of.....' such as a sense of love, compassion or freedom. In itself it has no object but exists just an expression of itself. Seek that which brings with it a sense of lightness or a deep emotional response.

Read the various exercises and decide which ones are right for you. The simpler the better. Choose one and persevere with it. If you get stuck then try a different approach until you make progress. It's rather like tasting soup without knowing the ingredients. Some flavours are immediately recognizable whilst others only become clear after careful consideration. Sometimes it will be easier to know which flavours are absent. Think about the balance of the flavours and how they go combine together. Some will be more dominant than others and sometimes it will be the quality of the combination that is dominant.

Once you know - you will know. One or two words may be enough. Trust yourself to know what is too much and what is too little.

If it helps then write down your ideas. Keep writing until you get 'closer and closer'. Add and take away from your wording until seems right.

Use any of the exercises in any combination to accurately complete the sentence:

My life's purpose is to:

Living your purpose

Perhaps you are already living your purpose. If so, life is pretty good to you and you are fulfilled by your daily activities.

Some people are fortunate enough to be living their life's purpose without perhaps ever realizing it or questioning it. It will just be normal for them. Life will be good.

If you are seeking an answer then it is unlikely you will be reading this for your own benefit, but you may be interested in helping others with some of the suggestions that are presented.

Think about the family members, friends, colleagues or school teachers that you have known. Think about the people that stand out because their lives are productive and empowering. Think of those people that you know that are touching the lives of many people and benefiting them in some way. As an exercise, imagine attending their funeral and think about all the people that would be there and the sort of comments that would be said. Now imagine your own funeral and how it would compare.

Dying for your purpose

Some people never engage with their life's purpose. They miss the point and the power within, for the whole of their lives.

There are many accounts of near death experiences which include the subjective review of significant life events. There are feelings of great insight and understanding associated with these experiences.

So if this is true for you, in these moments your life's purpose will be revealed to you but it will be too late to do anything about it or change anything in the life that you are no longer living, unless you are fortunate enough to return.

Imagine how you will feel? Imagine your regrets? Imagine your sadness? Imagine the frustration of those around you who have sacrificed for you and sought to bring you to your senses, to wake you up to that which is rightfully yours.

Destitution

Some people will have to loose everything to come to their senses. They will have to let go of all the distractions that are cluttering up their empty lives.

Imagine loosing your job, your relationships, your family, your friends, your financial security, your home, your car, your investments. Imagine loosing everything, living on the street, dependant on hand-outs from others. By owning nothing, with just yourself for company and plenty of time to think and reflect, perhaps your life's purpose will become clear.

Free of your attachments you are free to choose what is really important to you.

Few people would consciously choose this path, but some find themselves in this predicament. Somehow their choices are unconsciously taking them to point of true realization, a point in which the only way out is through the pursuit of their true nature.

Dreaming of your purpose

Dreams offer a tremendous opportunity to tap into your inner unconscious knowledge. This approach takes time and will not appeal to everyone. If you have vivid dreams then try using them to solve your problems and help you find your deeper purpose. Keep a pen and paper next to your bed, or if you prefer, use a voice recorder.

Just before you fall asleep, simply ask yourself the question 'Tonight my dreams reveal my life's purpose which is...'

When you wake, write down the content of your dreams. You may wake through the night. Keep the discipline of writing it down immediately. Even if you are hardly awake to know what you are writing but write legibly.

You may not get the answer you are looking for immediately. You may have to do this for a few nights or longer but with time your dreams will become clearer and more vivid. Write out all the dreams and write out your interpretations of them.

Look for common themes and then use the ideas that are presented to write your purpose more clearly.

Visualising your purpose

Take some time to relax. Sit or lie comfortably and close your eyes. Use any technique you know to become deeply relaxed and then start to reflect on your life. Visualise a screen in front of you. Now visualize yourself and your life situation on the screen. Review the various aspects of your life. Try to be as honest as you can as you see the various aspects of your life in your mind's eye displayed for you.

Once you have a clear representation of 'who you are right now' then allow yourself the freedom to transform the life that you are visualizing in front of you. Imagine that you can direct what you are seeing on the screen. You have to transcend the limiting perspectives you have, you have to give yourself absolute freedom to allow yourself to see yourself living a totally fulfilled life. If it helps imagine 'waving a magic wand' which will suddenly allow you the freedom to live any life you choose.

Begin to see yourself in your new life. Begin to see yourself living your life's of purpose and fulfillment more and more clearly in your mind's eye. Make a mental note of the important features and project your feelings inside of yourself and feel how it feels. Decide if these feelings are right for you and if not then change the content that you see, so that is closer to your 'perfect life'. Focus on the feelings and the qualities that you are reflecting in your 'new life'. Focus less on specific activities that you see yourself doing rather than on the feelings associated with them. Focus on the aspects that are joyful.

Not everybody can visualize well and even relaxing well is challenging for some people. Try the exercise without visualizing but just reflect on your life in the same way and focus on the feelings associated with it. Give yourself that permission to make changes that may be limiting you. It is helpful to be deeply relaxed so that you can dissociate yourself from your existing beliefs and opinions. You are trying to access your unconscious wisdom and give yourself permission to live the life that you really deserve.

Access your inner wisdom.

Your unconscious mind knows your true path. You can access this inner wisdom. Quieten your mind in a relaxed place. Ask your subconscious mind to show you your true purpose. Focus on the outcome of understanding your true life's purpose. Practice emptying your mind of any conscious thought. Your unconscious mind may speak to you in a variety of different ways. It may communicate with you through imagery, through specific sounds or voices or by certain feelings which you may or may not recognise as coming from a source of intelligence rather than your imagination.

It is very important that you do not rely on your thoughts, your desires or your logic. These are the tools that you have used in your life and so far they have failed to direct you. In any case it is unlikely that you will believe any answer that they bring you unless you feel that somehow your answer has come to from an 'external source'. You have to feel that your answer is 'given' to you. It is very important to understand that your true purpose is not your own. It is given to you in order to benefit the lives of others.

Eventually your unconscious mind will speak to you, either through dream-like images, sounds or feelings. Be sensitive and inquisitive to these messages. You may not initially understand them. Write them down if it helps. If you are unsure, simply ask your unconscious mind to 'show you' the meaning behind the communication that you are receiving.

You may have to practice this exercise repeatedly. A lot depends on how easily you can let go of your conscious thoughts and how easily you can tune into your unconscious intelligence.

Use the communication that you receive to write your life's purpose statement. Repeat the exercise until you have a clear and authentic understanding.

If you know your life's purpose and are not sure what to do about it, then this may be a useful exercise to help you make decisions in order to live your life's purpose more effectively.

A passionate purpose

In a relaxed state reflect on your life. Think about the major decisions you have made? Think about your career choice or lack of choice. How about the relationships you have created? Think about your habits and your hobbies. Think about what may lie behind the choices you have made.

The key to your purpose is your passion. Passion arises within you and it carries with it a great power and a great authority.

Answer the following statement – I am passionate about my life because?

If you were totally fulfilled and living life to the full. How would your life change? What would you change, what would you leave unchanged, what would you transform, what would you abandon? Why would you make these changes? What are you seeking to add more of?

Are there positive common themes arising? Write them down. Condense your answers to a few lines that encompass the essence of your answers.

Living in fear

In a relaxed state reflect on your life. Have the important decisions you have made in your life been driven by fear or by passion? Are you driven towards a higher purpose or are you running from deep insecurities and personal anxieties.

Are you finding freedom or seeking security?

Are you giving love or fearful of loneliness?

Are you helping others or manipulating dependence?

Are you living your life or are you running from death?

Your fears are your friends. Getting to know your fears is fundamental to overcoming them. Phobias, panic episodes and irrational overwhelming fear usually arise from a psychological imbalance. Consider the fears that are 'hidden' in your life. You are unlikely to recognise these fears unless you start to look for them.

These fears subtly influence your choices and life situation.

Try writing a list of your top twenty fears. Ignore fears that have a specific focus, rather concentrate on the fears that can arise in you life in any situation.

Now write another list of 10 of your fears and reflect on the common themes that link your fears together.

Be sensitive to how your fears create inner anxiety or tension. Remember how they feel to you.

Reflect on how these fears may have influenced the decisions you have made in your life. The type of career you have, the relationships you have created.

Reflect on what you are not doing in your life? Are your fears preventing you from living your life fully? Are there aspects of your life that you recognise as unhealthy or limiting? Are your fears creating unnecessary imbalance or steering you away from your happiness?

When you are clear about your life's purpose, your fears will become more apparent and they will have less control over you. One way of recognizing your true life's purpose is by noticing the physical change in the sensations of inner tension and anxiety created by these fears. Living authentically will transform these feelings and enable you to accept and overcome your inner fears more readily.

Words of purpose

Your life's purpose is much more likely to relate to the way you live your life rather than the content of your life or the particular circumstances that you find yourself.

To live authentically you must live your life in a way which is true to a higher principle. Consider the principles such as truth, love, honesty, wisdom or clarity. You will find that you are naturally drawn to some principles more than others. Be sensitive to inner feelings you have when you read these words.

You may find that specific combinations of these principles have a more fundamental meaning to you. Notice the principles which create an inner shift, that move your spirit in some way. As you add more, you may find that you feel overwhelmed and possibly burdened, so use these feelings help you to be precise about the specific combinations that are more meaningful to you.

Here are some words to help you. Which stand out especially? Which have a special meaning for you? Try writing out the words on small cards or notes. Mix them up, lay them out, add any words you are moved to add and then slowly remove the ones that are redundant or the ones that have little importance to you.

Earth	Physical	Mental	Communal	Spiritual
Growth	Excellence	Focus	Teaching	Consciousness
Light	Health	Thought	Leading	Enlightenment
Motherhood	Freedom	Intellect	Learning	Spirit
Fatherhood	Grace	Memory	Gratitude	Love
Child	Tranquillity	Psyche	Connection	God
Plant	Silence	Psychology	Duty	Angelic
Animal	Sexuality	Conception	Sacrifice	Truth
Water	Music	Understand	Devotion	Absolute
Life	Dance	Clarity	Honesty	Wisdom
_____	_____	_____	Family	_____
_____	_____	_____	Community	_____
_____	_____	_____	Compassion	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Prayer

If you are deeply religious and are used to praying, then you find it helpful to pray for a deeper understanding of your life's purpose. Take part of your day, every day to focus on the intention to know your life's purpose more fully. First consider the aspects of your life for which you are grateful and for your personal insights both positive and negative. Give your prayer honestly and whole-heartedly. Patiently await your answer. Repeat this daily until you receive the answer to your prayer. The answer must move you in some way and you must feel that your answer is genuine. Be receptive to whatever answer you receive. Ask for the wisdom to recognise any answers to your prayer. Ask for the courage to put your purpose into action.

Affirmations

"I give thanks for the beauty that I am and for that which I am giving freely to this world. I desire to know my true purpose so that I can express myself more honestly and completely".

"I recognise my highest purpose in others."

"Everyday my true life's purpose is clearer to me."

"I find new ways of living my true life's purpose moment to moment."

"Every day, I am letting go more of the unnecessary distractions from my true life's purpose."

"I am grateful for the opportunity to give of my purpose for the benefit of others around me."

Write your own affirmations and use them until you no longer need them.

Who knows you?

Often we are the last to know about the aspects which relate to our own circumstances or lives. We fail to see our own limiting beliefs and remain trapped by our individual perception of the world in which we live.

Consider discussing your life more openly with a friend or colleague who knows you well enough to be honest in their appraisal. Choose someone you trust and feel connected enough to speak with straightforwardly.

Discuss your strengths and weaknesses, discuss your passions and fears. Try asking the question "What do you think I was born to do in this lifetime?" or "What of my attributes could most easily use to help other people?".

Agree to distance any emotional response and try to look at your life through the eyes of another person. Pay attention to the answers you receive and write them down. Reflect on how they may be relevant and on your own reaction to hearing them.

Learn from the wise

There are a number of books and courses that are designed to help you discover your purpose. Reading the experience of others may help direct you and bring you closer to your goal.

There are many accounts of people who's life has been totally transformed by a certain set of circumstances. Seek the experience and advice of those people who live their lives passionately or those people who are constantly looking for opportunities to make a difference to other people's lives.

Unfortunately there are many false prophets and many people who want to manipulate you in some way. Some people however are truly genuine and seek inspiration from them. Nobody has every aspect of their life completely sorted, everybody has to make a living, has challenges to face and areas where they need opportunities to grow. Don't be too judgmental or be put off because you disagree with some small point. You are unique and you live a unique life. Your gift to the world is unique and that is the wonder of it.

Inspirations will come to you from the battles that others have fought, from their willingness to reveal their struggle and power they have gained from overcoming their difficulties.

Learning from the experience of others maybe a shortcut to wisdom for some. It is often easy to recognise but much harder to put into practice.

Consider attending courses and seminars, seeking out coaches or mentors, reading books and magazines. Searching the internet for articles and personal correspondence, listening to audio or watching films or videos. Seek your inspiration from many sources. Enjoy the process and the people you meet. Learn to listen to others and to share yourself honestly with others. Cultivate gratitude for the opportunities that you find and the experiences that you share.

Be attentive to the small things you encounter in your life. There may be clues to your true purpose in the briefest of encounters.

What now?

If you have your answer to your life's purpose then be grateful for the progress you have made.

If you are closer to your life's purpose then be grateful for the progress you have made.

Take time to reflect on your life and see how your purpose has influenced the decisions you have made both positively and negatively.

Notice the difference in the way you feel about yourself now that you are clearer about your purpose.

Notice how your life is unfolding before you. Accept responsibility for it. Surrender and accept it joyfully.

Throughout your day, notice how your life's is giving you the opportunity to give more of what you have chosen.

Be thankful.

Seek to give up what you know.

Do nothing more!

What next?

Focus on living your life's purpose from day to day. As you do this you will find greater opportunities to express your purpose within your life and to give your purpose to others around you. Allow your purpose to come into your life more fully.

Do not seek it as it has already found you. Recognise the clutter in your life. Recognise the aspects of your life that are limiting you in the expression of your life's purpose. Become healthier so that you have greater physical stamina to carry out your purpose. Observe your purpose manifesting more and more in your life. Reflect on how you feel and be grateful.

To really live your purpose you must start to focus on other people and begin to seek ways to bring about the gift of your purpose to others. Be open to the people that come into your life. Treat them with honour and respect and do not evangelise or force a situation for your own benefit.

The more you surrender to your external life and your inner purpose, the more your life will begin to flow with unbounded potential, wonder and fulfilment.

**Whenever an opportunity presents itself for you to give
the gift of your life's purpose then give it!**

Live it

Give it!

Be thankful

Do nothing more.

**God has bestowed
such tears overflowing
to know who I am
the joy of my knowing**

A one page guide to self-realisation

'Self –realised living is experienced in the moment in which all of the moment's experience is realised and co-created.'

If you are not clear about the meaning of this statement then you are still searching

Self realisation is easy to obtain and to all intent and purposes. You just have to be ready. If you are ready you will know.

First ask yourself these simple questions:

Are you ready to know who you are?

Are you absolutely ready beyond any doubt that you are ready to know who you are?

Is there any possibility that you are not ready to know who you are?

Now if you are sure that you are ready then turn to the next page, otherwise review the remainder of the book and only turn to page two when you are absolutely sure that you are ready.

You already know your answer

DO NOT Read this unless you have read the previous page.

Answer the question in as short a sentence as you are able. Do not answer the question with your mind, answer if with your feelings. You will know your answer to be true because you will know the truth of it in the same way as you know when you truthfully love someone. You will be ready to give up everything for it. If you write the truth you will know and your tears will show you the truth of it.

I am _____

Know that

I am that

**I am absolutely sure beyond any shadow of a doubt
that I am that**

There is no possibility that I am not that

now that you have it you must learn to give it up.....

Inspired by the teachings of CWG

If you are inspired by these words please visit www.lovingfreedom.com. Any comments or feedback would be grateful appreciated.

It is hoped that you have found 'Giving Purpose' useful in your search for a more productive and joyful life.

If you have found this book helpful and wish to share your thoughts, comments, or donate then please contact:

Adel Sable at

adel@lovingfreedom.com

Please accept this prayer for you, for the development of greater personal freedom and love within your life. May you give more to others.