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Keys for Living: "Mission and Purpose"

I believe each of us has a divine and unique reason for being here. Yet for many of us, the nature of that purpose feels elusive. Or we may feel certain we have finally nailed it down, only to find our idea of our life mission changes again. Sometimes it feels like a continual search. If you have experienced any of these situations, you are not alone.

The only **two general rules** that cross all occasions to knowing your purpose is: **1) When you find it, you will know; it will feel right in your entire being 2) It will be a source of joy and peace and fun.**

First, it is important to let the Universe know, with regularity, that you are interested in knowing your life purpose and you are interested in fulfilling your unique and beautiful mission. State your intention in conversation with the Universe each day. **Intention and consistency are key.** If nothing else, having focus and consistency will help you remain grounded, which is essential to the greatest fulfillment of every person's mission. When you are grounded you are calm and slow enough in thought, word, deed and emotion to notice the entirety of a situation, another person, and your own body and self. As a therapist and spiritual guide/coach, I believe being grounded is a necessity for attaining any long-term change or growth.

Trust is also a practical key to discovering and expressing your greatest life purpose. If you stay grounded and focused in your intention, asking the Universe for Its help, then you can trust you are on the correct path. This, however, is where things may become confusing. At times we might feel certain we have found "our purpose." Then after years of such clarity, a new path arises that feels even more right.

Do not be tricked into thinking you have been on the "wrong" path if your focus changes or grows. This is how the Universe guides us in collecting the skills and experiences we need. Often we need to learn new skills, have new insights or experiences, or meet new people in order to be prepared for fulfilling our life purpose in its grandest form. **Preparing is a part of fulfilling one's life purpose.** Your responsibility is only to be fully engaged with your interests; seek to really know and understand the paths you choose to pursue.

I know I often felt frustrated waiting to know my true path and mission. I learned psychotherapy, then Native American Journeying, Reiki, and the MerKaBa meditation. Each of these were only a part of gathering the experiences, knowledge and skills important to accessing all of who I am intended to be. **Now, I realize each experience and each person I have met has helped prepare me to be ready.** The Universe heard my intention and guided me along as quickly as possible to grasp all the skills and experience needed to fulfill my intended purpose.

Whatever you feel drawn to pursue, it is important to have a daily spiritual practice. A spiritual practice is anything that brings you peace, joy, clarity, a sense of oneness with all, and an opportunity to connect with your inner self. Gardening mindfully can be a spiritual practice. **If**

you feel stuck or confused about your life path, the first question to ask is: Are you following through with your chosen spiritual practice on a daily basis?

There are also ways to influence your general being which can help with accomplishing your divine mission. Each person has a unique "vibration" which is the entirety of who they are; think of it as a unique mixture of notes and chords. Many of us "hear" these notes and chords (vibrations) unconsciously. We often use what we "hear" to know whether we can safely trust someone else, whether they are familiar to us, or if they are genuine.

Any spiritual activity which can raise your own vibration level will draw you closer to your fullest self. These activities might include things such as Reiki (where the attunements in training raise your vibration level) or the MerKaBa meditation, which activates the crystalline energy field around your body. I believe even psychotherapy can raise one's vibration level, by releasing old hurts and regrets, learning healthy boundaries and detachment, loving oneself more, and releasing mistaken beliefs.

Finally it is important to stop and take stock periodically. Set aside formal time at least every three months to recommit to your desire to live your greatest life purpose. Develop your own personal ritual. Schedule quiet time at home. Or schedule time at the House of Menuha, a church, or a temple, to reflect in an atmosphere of peaceful spirituality. The key is to schedule 1-2 hours of sacred time to assess what you have learned and experienced in the past few months, find gratitude, and re-commit to your highest purpose.

You are beautiful and unique with a purpose all your own. Trust you are here for a reason. Let the Universe know of your choice. Pursue practical and spiritual methods to speed your road. Then enjoy the peace which comes from being at-one with your truest self.