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Purpose in Action

Very soon, we're going to get into depth about how to find out your purpose. Before we do that, I want you to know what happens when you recover your purpose. That way you'll be better prepared for what comes next.

When you reclaim your authentic self and your purpose, you will quickly realize that it requires courage to change into a person who consciously lives your purpose. You'll also realize how important it is to be able to deal with what feels and looks like chaos during the process.

Creating any sort of change is challenging for most of us. We might yearn for the change to occur, but very often our true reaction to the call to change is to either shrink back from the amount of work we think it will take, or we get consumed with worry about the tribe's reaction. What will they think? How will they treat us when we change?

Social scientists say that the three universal human fears are:

1. The need to be accepted (so we have a fear of being rejected or being unloveable)
2. The need to be understood – who we are and why we think the way we do (so we have a fear of being misunderstood)
3. The need to be treated fairly (so we have a fear of betrayal, disrespect, injustice)

To change means bringing these fears to the surface. On top of that, as creatures of habit, we tend to crave stability.

The good news is that you have an internal guidance system to rely upon, which means the answers to questions about where you need to go are already encoded in you. You also have a built-in personal tool inside your brain for getting what you want. So, you come already equipped with what you need to put your purpose into action. But first, let's start by getting a few things straight regarding your purpose.

THE TRUTH ABOUT YOUR PURPOSE

You are here at this time and in this place to do something only you can do. You are here to carry out a mission that you knew about and agreed to do before you even incarnated into this lifetime. The contract you have with your Higher Self, God, I Am presence, the Source – whatever name you prefer to use – is that you are doing something with your life. It's a precious thing to have a mind and a body to

use on the playground called “life on Planet Earth.” And, in order to get to play here, you have agreed to do something that makes a difference in some way to your own soul’s journey and maybe also to the journey of others’ souls.

This isn’t a random thing. Nothing in the universe is random. It is all interconnected in some way, shape or form. The mission need not be so lofty as to be in service to others. Because if you want to make a difference in this place and at this time, you must simply focus on raising your own vibrational level. You can’t bring others up unless you first bring yourself up anyway. Therefore, bringing yourself up while bringing others up is the noblest of all ways you can make a difference.

Here’s what I mean. Let’s say that you are tucked away somewhere in a loft, attic or garage making paintings or sculpting or writing poetry. You’re not showing this work to anyone. That’s okay. As long as you’re painting, sculpting or writing for the pure joy of it, you don’t have to show people the fruits of your labor in order to still be serving humankind by using your gift in the creation of these works. That’s because when you are in joy, you are resonating at a higher vibrational frequency. Your thoughts are raised up. Just simply bringing this extra high vibration into the planet spreads out in waves, and through an unseen touch, it affects others’ vibrational frequency. You raise yourself, and therefore, you can’t help but raise others.

Of course, you can choose to actually touch or influence others’ vibrations by the direct work you do with them and/or for them. Or, like I’ve mentioned, you can do it indirectly by just being in joy. Every second you spend in a joyful place bringing joyful energy into the human experience is a second spent raising the human consciousness in general. Wallace D. Wattles said it well: “The very best thing you can do for the whole world is to make the most of yourself.”

Your mission in life is to simply be here to do what you will with the gifts you have brought in with you, and to do it while being as vibrant, healthy and conscious as you can. That’s all there is to it. There’s no deep convoluted secret involving martyrdom either. In my opinion, sainthood through sacrifice is overrated anyway. Knowing God doesn’t mean you must give up yourself. Actually, that would be an insult to God, who endowed you with the gifts and the capacity for joy. To squander this is actually casting aside the very mission you seek to know and understand.

We humans have a way of trying to make things harder than they have to be. I used to think the same way. Just because something is complicated doesn’t mean it’s more valuable.

So here we are in this paradigm of not remembering yet remembering and wondering if what we think is the right thing. It is because it is. You know exactly what to do. You know exactly who you are. But instead of seeing it, you busy yourself with looking outside yourself so much that you never stop to

realize that the answers are right there inside you. Inside the patterns of your likes and dislikes, your strengths and gifts. It's all in there. No one outside of you has the answers you seek. The answers they supposedly have are different because those answers they profess are for them alone. If there is something in what they say that resonates with you – truly resonates – then, yes, you might share that truth with them.

The truth is that there is not one truth, no real absoluteness that says your perception is wrong while mine is correct. And, guess what? Even in science and math, we see this to be the case. The answer you get to your math equation depends on the numeral system in which you've chosen to operate. In quantum mechanics there are many multiple possible outcomes that originate from the same instance. You expect to see light as a particle, and you'll see it as a particle. You expect to see light as a wave, and you'll see it as a wave. The same light is defined differently depending on how you choose to look at it. There is no absolute outcome – the observer determines the outcome.

What seems like the answer to you probably is. You'll know it is because it resonates deeply with the truth inside you. If it feels totally foreign then ask yourself why you are even considering it as the possible truth for you. And, by the way, this includes anything that I'm telling you as well! When something is your truth, it won't feel foreign and out of sync with you and your path.

RECOVERY OF PURPOSE

According to the Merriam-Webster Dictionary, a calling is “a strong inner impulse toward a particular course of action especially when accompanied by conviction of divine influence.” When you notice such a powerful impulse, it usually also comes with a strong sense of excitement – your life has meaning and you finally remember your purpose.

However, what follows the realization of your purpose is the actual “taking action” part. And here's where it gets tricky for many of us. That's because it's one thing to “hear” a calling; it's quite another to act on it. In his book, *Callings: Finding and Following an Authentic Life*, Gregg Levoy offers a sound theory as to why we don't always act immediately when being called to change something: “Unfortunately, we often simply tune out the longings we feel, rather than confront and act on them. Perhaps we do not really forget our calls but we fear what they might demand of us in pursuing them. Anticipating the connotations of change blocks us from acknowledging that we do know, and always have known, what our calls are.”

This reminds me of Joseph Campbell's famous words of wisdom: “We must let go of the life we have planned, so as to accept the one that is waiting for us.”

I had to follow Campbell's advice when I made my transition into work as a full-time career development professional in late 2008. When I took this step, I had been following a different plan. Back then I thought I was going to be a recruiter for at least three more years. However, just like millions of others who were affected by the economic recession that began that year, circumstances that I could not have foreseen shifted my path. I had to put aside what I thought I was going to do in order to get where I was meant to go.

To follow your calling in life requires courage and faith in yourself. Courage, because you're going to act anyway in spite of the fear. Faith, because you realize that you have carried yourself this far (which at one time was a new direction for you, by the way) and that you can carry yourself into the new direction just as capably.

I'd be lying if I said I wasn't a little bit afraid while also feeling the excitement during my career transition. I was concerned about changing, yes, but I was also fearful about falling flat on my face. Fortunately, I was sustained by the steadfastness of my life's purpose. Something almost magical happens when you become crystal clear and focused on what your purpose is despite whatever events are occurring all around you. In fact, when you become adept at bringing who you really are to what you do in life, you learn how to use those events to your advantage.

In my case, I knew I wanted to eventually become a paid writer and speaker, and it made sense to leverage my knowledge from so many years spent as a recruiter. Becoming a full-time career development consultant, teaching job search workshops and writing career-related books and articles became a next logical step. As soon as I gained clarity about how it fit, put a new plan into motion to move closer toward my goal and started talking about it to other people, my life shifted hugely. It's as though the Universe seemed to say, "Why wait? Let's get on with it now!" The pieces quickly fell into place.

A wonderful advantage of recovering your life's purpose is that it will make you wildly successful in manifesting your intention. That's because acting on a true calling allows you to align yourself better for the next leg of your journey. It allows you to ignite and then harness the topmost form of creative energy there is and will inevitably bring forth the abundance you are meant to possess.

CHAOS & CHANGE

The dictionary definition for the scientific theory of chaos is: "the study of unpredictable and complex dynamic systems that are highly sensitive to small changes in external conditions." Chaos theory shows us that what seems like random phenomena actually have underlying order.

The first time I heard about this theory and that it could be shown mathematically, I wasn't surprised. It simply gave validity to what I'd already realized to be true all of my life. Nothing happens randomly or without reason. Even Albert Einstein agreed that “God doesn't play dice with the universe.”

Change is inevitable. The universe and all its bodies, atoms, and molecules are in constant motion. Just as our physical bodies change, our lives must change.

In her book, *Capitalizing on Career Chaos*, Dr. Helen Harkness' observations about chaos theory and change point out the inevitability of change in spite of our resistance to it:

Instead of being orderly, stable, and in equilibrium, as expected from our past, our reality is seething and bubbling with change, disorder, and process. However, our system of thinking has forced order over it – made it fit and ignored all information that didn't seem to belong. Disorder has been treated as negative noise to be avoided at all costs. However, all systems have subsystems that are continually fluctuating, and at times a combination of these will become so powerful that they reach a bifurcation point, a branching or forking, that shatters our preexisting organization. This can be a huge catastrophe or merely a fringe benefit. It is impossible to predict which direction change will take – whether the system will become chaotic, from which a higher order spontaneously arises through a process of self-organization, or be a barely noticeable ripple.

Harkness goes on to say later, “It is clear to me now that all the uncertainty, chaos, and triggering events I experienced forced me to cultivate and release my creativity, resilience, commitment, and indeed the cornerstones of my resourcefulness and strength.”

What our dark nights give us and what the seemingly chaotic twists and turns in life gives us is a chance to shift direction. Whether it's a literal change in course direction or it's simply a chance to raise our awareness, we can use the triggering events to reclaim our authentic selves and reconnect to our purpose. Embrace the adversity because the crucible of experience leads to wisdom.

When I was youngster, I read Kahlil Gibran's *The Prophet*, and a phrase from the book has never left me, “The deeper that sorrow carves into your being, the more joy you can contain.” It's true. If not for the contrasts in life, we would lack the depth of understanding of ourselves and of each other.

YOUR INTERNAL GUIDANCE SYSTEM... YOUR PERSONAL POLARIS

The word “Polaris” (poh-lair-is), shortened from the Latin term, *Stella Polaris*, simply means Pole Star. The Polaris is unique as compared to other stars in that it gives the appearance of never changing position in the sky because it lines up with the Earth's North Pole. Since ancient times, sailors have navigated their voyages by the constancy of this star.

Your *Personal Polaris* is your personal navigation constant for your voyage through this earthly life. It is a guidance tool that helps you determine direction and make course corrections along the way.

Making Well-Aligned Decisions

When you know and engage your Personal Polaris, it's easier to choose the answer that's "right" for you. It helps you navigate the crossroads of your life more smoothly. You quickly make decisions which align well with who you are.

You know if it's right for you to take that promotion, accept that project, work with that client, volunteer for that program, etc. You know that all parts of your life are in sync and that you're not straying off into a limbo land far from your path of abundance and success.

Law of Abundance

A life of abundance and fulfillment is your birthright. The Law of Abundance says that when you are aligned with your purpose, using your inborn gifts and honoring the driving force in your life, you will naturally be provided for.

Even Jesus was said to have recognized this fact: "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (*Matthew 6:26*)

When we deny our inborn gifts, we deny our birthright of abundance. Knowing and engaging your Personal Polaris will help you reclaim your birthright.

It's Not Just a Mission Statement

A well-respected business training firm suggests that when you write a personal mission statement you need to "uncover your core values and highest goals." Another resource says that a mission statement "defines who you are and how you will live."

Within your Personal Polaris reside the elements of a mission statement because it is about attempting to live with purpose and fulfilling your mission. But a mission statement is definitely different from a Personal Polaris in several ways:

- A Personal Polaris is not about "uncovering core values" because core values are often learned. Instead, your Personal Polaris examines the unique *gifts* that you were born with, holding these up as the true clues to your mission.

- A Personal Polaris is not about “setting highest goals” because goals are too often externally influenced, and such goals might not be aligned with your purpose. Rather, once you discover your Personal Polaris, it guides you to set goals and make decisions that are purely aligned with who you are.
- In a way, your Personal Polaris does help you to define who you are, though no labels are suggested since your Personal Polaris is unique to you. Your Personal Polaris points to the ways that you, as a unique being on this planet with billions of other unique beings, make your mark... while honoring *how* you do it.

Simply put, your Personal Polaris is a statement made of up of *what* you uniquely bring to the world, *how* you uniquely bring it and *why* you are bringing it. This what, how and why makes your Personal Polaris more than a mere mission statement.

The Attraction Factor

Your innate gifts are the key to unlocking your internal guidance system – your Personal Polaris. So at the heart of this process is the remembering and respecting of your gifts. You come to know your Personal Polaris when you comprehend how your gifts, passions and purpose tie together. You get it at an almost cellular level. You know it in your bones. You say with conviction, “I am here to do this in this way with these gifts.”

Then when you articulate your Personal Polaris, you attract opportunities to yourself. You also attract the people who better align with you and your gifts. Imagine using your Personal Polaris Statement to introduce yourself to someone? Now they know you authentically, rather than as the person you’ve previously “pretended” to be. Your authentic self projects the energy and intention that attracts what serves you (and them) best.

You can use a variation your Personal Polaris to explain your value to a future employer during a job interview or to a future client during a business transaction. You will be more likely to attract that which serves your purpose best, while the employer or client clearly gets to see what it is that they want from you.

There’s also a great deal of value to your personal relationships when you put your purpose into action. First of all, you will attract others who align with you. Secondly, having confidence in who you are and about what you’re here to do in the world leads to less confusing communications about your shared life direction with loved ones.

Basically, when you are infused with authenticity and exude enthusiasm because you are filled with a sense of purpose, you become very attractive to others. Those who are able and willing to resonate with you will be irresistibly drawn to you.

WHAT YOUR BRAIN HAS TO DO WITH IT

Did you know you have a built-in mechanism inside your brain that is designed to help you get what you want? It is a messaging system at the base of your skull called the RAS (Reticular Activating System) that connects the brain with the rest of the body.

In fact, if you've been thinking, "I really want to know my life purpose," "What am I meant to do with my life?" or some similar thing, your RAS probably led you to find this book.

The RAS is what gets you to notice things that you might not otherwise notice, such as when you're thinking of buying a car or a new pair of shoes, and everywhere you look you see other people driving that same car or wearing those same shoes. A highly-efficient filter, it's the RAS that allows a mother to nap in spite of all sorts of noises – like the television blaring, her husband talking on the phone and the kids playing outside her bedroom window – and yet the slightest noise from her newborn baby in the other room wakes her. The RAS says, "This is what's you've decided is important, so I'll look and listen for it."

In *Getting It Together*, author Christina Randle explains that using the RAS "makes it easier to get what we want – and in a more organic and easy manner." She says that our brains are "designed to have us be right" and adds: "One of the best aspects about an Intention is that you are telling your brain and the body what you want. It will figure out the how. Once you have clearly identified your Intention, the RAS immediately begins to scan your environment for options, ideas and resources. This way, you don't have to worry and focus on the specifics of how this will happen. You focus and get clear on the what – the Outcome. The RAS focuses on the how."

When consciously used, the RAS can help you create change and get what you want. So, keep on telling it you want to know your life purpose, and let's use it for the process of discovering your Personal Polaris.