

## **YOUR DIVINE PASSION AND PURPOSE IS WITHIN YOU NOW**

*This paper is designed to help you see, feel and acknowledge the great potential that already lay within you. You may glean ideas about further study, or other forms of vocational and personal development from this seminar, but the way to unearth your true divine passion and purpose is to start with this premise – you are meant to grow into a mighty oak tree and the acorn that you currently are holds all the information on how to do that.*

The difference between a human “oak tree” and a regular oak tree is that the human gets to choose how creatively and inspirationally she wishes her journey into full demonstration of her potential to be!

Within you, you have all the information, talent and ability you need to manifest your life purpose. You and your life purpose are in essence, one and the same. You were designed to grow into yourself by a master intelligence. You are here to manifest your full potential, to be fully your Self and that is your life path.

Transforming that purpose into meaningful work is one important way to express your self this lifetime and to live your path and purpose – but you do not find it through simple ‘job hopping’, you find it through learning who you truly are. The more you know who you truly are, the easier and more enjoyable the journey into meaningful work.

That work may change shape or form over your lifetime, or it may be quite stable and fixed. It may be a career that you love, it may involve working for yourself or with others, starting a business, or writing – or something else altogether. An important principle in this work is to keep an open mind!

### You are already Co-Creating Your Life With Spirit

You have a huge say in what manifests in your life and through your work!

Many of us imagine that God wants us to work in a particular role, almost as if the Universal Employment Agency could hand us a copy of the Saturday paper employment section with a big red cosmic marker having circled our perfect job – and then it is done – that is what we are meant to do. End of search. End of story.

But that is a fantasy based on a society that believes in instant gratification. And it is also boring! A part of us may find it safe but our life path evolves along with us because we are our path. As we have already considered, the more you know yourself, the more you will know your path and purpose and as such, the easier you will be able to dream up work that really suits you and utilises your skills.

The process of uncovering life purpose and spiritual passion starts with a vision, a fantasy, if you like, that sits comfortably with who you know yourself to be.

When you have the dream clear in your own psyche, the manifestation can come through method, application and persistence. That might not be easy, and it can be time consuming, but without a clear dream, it will most certainly not manifest.

Does this make sense to you? For it to do so, you have to become comfortable with the notion of co-creatorship. God isn't trying to get your dream job to you, handing it down from on high as if you were Moses awaiting his commandments.

Our relationship to the Divine is evolving swiftly and at this point in human evolution. That means we need to be open to constantly growing in our relationship to Spirit just as we would in any healthy human-to-human relationship!

Co-operation with Divine Flow is perhaps a more apt way to describe what we are aiming for, rather than total surrender (which can end up with us sitting on the lounge waiting for the circled job to magically appear at our dining table on Sunday morning - even though we don't subscribe to the newspaper or have a dining table!)

So rather than waiting patiently (or impatiently) wondering what is going wrong, why aren't you getting the message or what have you yet to learn, master, perfect or study in order to manifest your life path, it could be more helpful to consider some other questions. Those questions can help you get the vision clearer within your own mind – and as we know, without a clear vision, or even a clear feeling, to start with, nothing will manifest.

Some Difficult Questions (which can actually be quite enjoyable to contemplate!)

Take some time to answer these questions designed to help you create your vision.

What feels exciting and enjoyable to you?

What do you love doing?

What is your favourite part of your life either now or from a time in your past?

Do you have hobbies or past-times that you love pursuing?

What do you feel passionate about? When you get into a conversation, what topics really get you interested and wound up?

If you forgot about needing to work to live, what would you live to work for?

In other words, what makes life worth living for you? What are the parts of your life that really bring meaning and fulfilment to you right now? What about in the past?

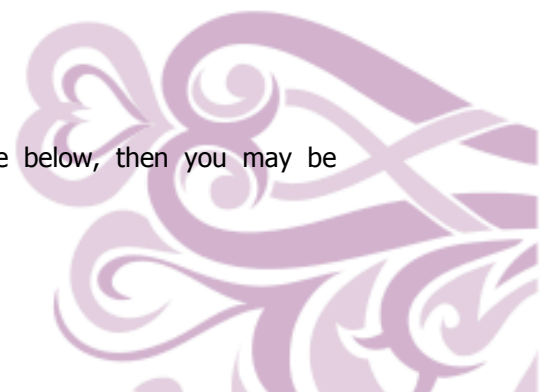
Describe your perfect day in your dream life. What would it look and feel like? What would you be doing?

Let your imagination run wild – don't abort your creative flow with the "how" and "buts", let your vision come into focus first. The practical application of that vision is a different process.

Don't suppress your creative envisioning before it even begins!

We so often stop ourselves before we start!

If during the above process you had any thoughts like those below, then you may be suffering from the "stop myself before I start" trap.



This thought pattern is based in fear – perhaps not fear of success, but rather the fear of breaking away from what you know and the rules that others play by (and that can make you feel accepted and part of a group – we should never underestimate how much human beings need to feel accepted and when we realise this, we can see the importance of self-acceptance if we ever want to start living our lives for ourselves, rather than others).

If you relate to these thoughts, then your belief systems need some tweaking to work with you rather than against you – and that may start with some basic self-acceptance work – but let us look at the common “stop ourselves before we start” beliefs.

This is ridiculous.

I can't do all that – who do I think I am?

I will be a laughing stock when I fall flat on my face and have to beg for a job.

My parents/family/children/husband/wife will be so worried and stressed by this.

This is a fantasy and I need to grow up and get a real job in the real world.

Changing our thoughts is the first way to change our experience and our concrete reality. This often means breaking out of old patterning we have inherited from our families around what work is meant to be (which may not sit with who we are at all!).

If you are a creative free spirit who needs flow, change, inspiration and freedom in order to work best and express yourself, plugging into your family programming about work needing to be stable, planned and structured, working for others in a defined role will be necessary.

Painful at times, but also liberating. Painful because you will be asked to give up parental approval perhaps. And perhaps also challenging because you are being asked to face the fears of not having enough, of being alone, of failing, of being poor and so on that have been held in the family psyche and led to the creation of their particular work ethic.

You will be breaking through family karma in order to manifest according to your own authentic beliefs – even though it may take a little while to work out what you want those to be.

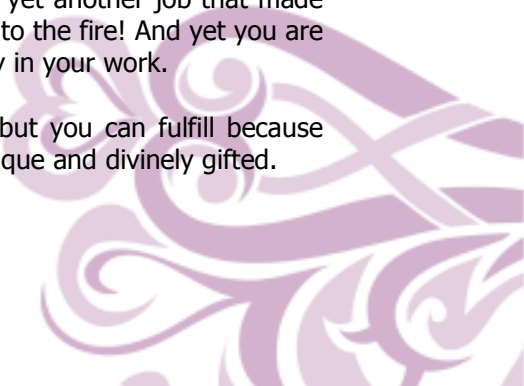
Boab Australian Bush Flower Essence and some well-chosen affirmations repeated twice a day (and at times of emotional crisis!) can be beneficial to this process.

We will look at creating affirmations a little later on during our day, so if you can, be prepared to temporarily shelve your inner “doubting Thomas” and give yourself the chance to play at creating a vision.

Imagining the perfect job, rather than focusing on where you can break free of limitations within yourself that have prevented you from creating your vision or taking steps to bring it more into reality can distract you from the real work necessary to avoid jumping from the frying pan into the fire.

If you have ever moved from a job that made you unhappy, into yet another job that made you even more unhappy you will know what it feels like to jump into the fire! And yet you are not meant to feel unfulfilled, frustrated, disconnected and unhappy in your work.

You have a unique purpose, a special destiny that no-one else but you can fulfill because there is no-one else quite like you in creation. You are special, unique and divinely gifted.



## Uncovering your Divine Path, Passion & Purpose

You were designed by a master intelligence, a master creator, to simply be who you are in all your beauty, glory and magnificence.

So often I find that accessing your life's work is less about learning new topics, acquiring new training and developing new skills (even though they are valuable steps in the process of creating new work) and so much more about learning to believe in yourself and your ability to do whatever you put your mind to achieve.

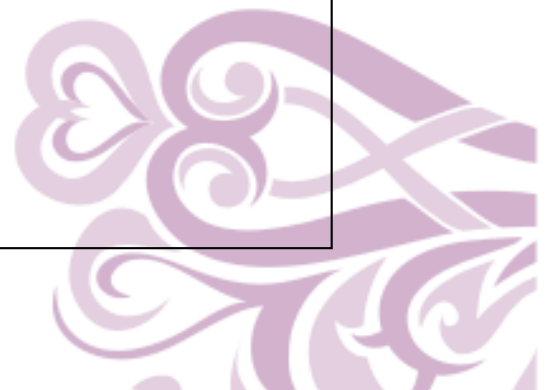
The Universe is an intelligent, guiding force that is in constant communication with us. It is a bit like having a conversation – you don't know the whole story in the first exchange of information, but as the conversation evolves, the snippets of information weave into a story and a clearer picture emerges.

So it is with your co-creation of your life path and purpose with the Divine.

God has been talking to you for ages, maybe now you are ready to let yourself dream a little and start listening more closely!

### Your vision of your life of divine passion and purpose

Take some time to note down key images, thoughts, feelings or fantasies about this life of divine fulfilment.

A large, empty rectangular box with a thin black border, intended for the user to write their vision of their life of divine passion and purpose.

## **Taking the Dream and Making it Real**

The art of manifestation is simple. That doesn't always make it easy as we often have to confront a number of inner demons in order to move more fully into our natural creative power. And yet the truth remains – every human being has innate manifestation ability. It is a part of being human and we are creating constantly – usually without much conscious awareness which is why we don't make the connection between what is happening in our lives and what we are creating (they are one and the same).

So we can think "stuff is just happening to us", but what we fail to recognise (because there is a shadow element of ourselves involved that we actually can't see at that moment) is that we are co-creating our reality.

This isn't meant to be punitive, to make us feel bad or to suggest that if we are pain or struggle, we aren't 'getting it'. Rather it is meant to suggest that there is a way out of any labyrinth of confusion or pain. That we can dare to hope that we can create a life that we want through increasing awareness. And that if we focus on what we want (how many of us know what we don't want and are very clear on that – rather than clear about what we do want?), we can create it!

**Manifestation follows clear, simple principles.**

**Energy follows thought.**

**Image first, then feeling, then action, then manifestation.**

Just like the tarot – wands or ideas first. Cups or feeling and desire second. Swords or activity third. Pentacles or manifestation into physical reality finally. We could also look at it from the perspective of the planes of reality.

Creation moves from Spirit, down through the mental plane, through the emotional or astral plane, and then into the etheric plane (which is where psychics can see what has happened or is about to happen) and into the physical.

Through learning to channel your energies through those planes of existence (especially the mental plane and emotional planes where conflicting thoughts or fears and doubts can truly slow down your manifestation of spiritual idea) you can build your ability to manifest your dreams.

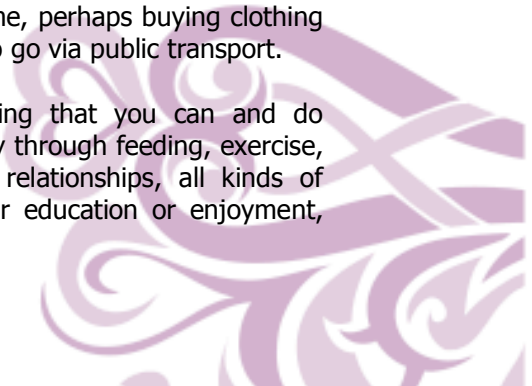
What do you need to do this? Clarity and conviction. Spiritual healing helps with building the belief in yourself – as Henry Ford has said "Whether you think you can or you can't – you are right!". Before we move into that territory, we need to consider the dream itself.

### Spiritual Healing Techniques for Vocation

#### Believing in Yourself

Take a moment to consider everything you have done in your life. From survival issues like caring for your body, putting food on the table, creating an income, perhaps buying clothing for yourself, owning a car or getting yourself to where you need to go via public transport.

Think of all the things you do everyday without acknowledging that you can and do accomplish these things – get yourself to work, care for your body through feeding, exercise, bathing, and so on, building friendships, relationships, family relationships, all kinds of personal relationships, self-healing work, reading books for your education or enjoyment,



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attending courses and social gatherings, completing tasks for work, and you also pay rent or the mortgage, pay your bills for electricity and so on.

You are already an amazing being.

You have already done and achieved so much for yourself.

Get into that feeling. Can you sense it? That is it safe to be in your skin – you have proven that over and over again. You have survived your troubles and challenges and come through with wisdom. You can rely on yourself. You can and do take care of yourself. You are still learning – but you have already done so well.

Allow yourself to sit in that feeling for a moment.

That is the feeling of believing in yourself. Trusting yourself.

To live your life path and create your divinely-inspired work, you need it.

### Who is sitting at your inner table?

Who taught you to believe in yourself and your abilities or dissuaded you from self-belief? Are those voices still around you today? Who inspires and supports you? Who challenges and dissuades you from living more fully into yourself?

Be aware of your allies and your challengers. Then you can make the choice of who you want 'sitting at your inner table of advisors' – that group of internalised voices in your head. If you don't know who is already in there, you can't invite new guests and tell inappropriate guests that they don't belong there anymore!

You can create new guests – like a supportive inner parent self – through imagination. Even if you didn't have such a parent – or they supported you in some ways and were destructive to your self-esteem in other ways – you can choose the voices you want running inside of you.

Indeed you must choose them if you want to feel that you are creating your destiny right now instead of waiting for it to maybe happen one day (or believing it will never happen for you, if that happens to be the message of one of those random voices inside of your psyche).

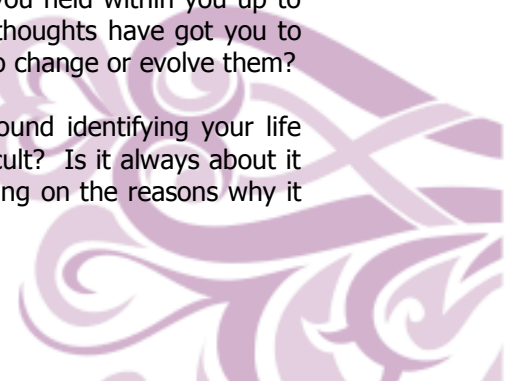
### Affirmations and Visualisations

These are techniques to support transformation. They can trigger awareness of your blocks and help bring those blocks to the surface. Used in conjunction with flower essences, they can be powerful. They are a way of understanding your creative power. You do not need to force or will your new consciousness into being. Affirmations are a way of clearing blocks that have prevented your true inner radiance from shining through.

### **What You Speak About, You Bring About.**

What is your life path vocabulary? What words or thoughts have you held within you up to this point in your working life? Remember that those words and thoughts have got you to where you are right now. Are they working for you? Do you wish to change or evolve them?

What is the nature of the language or belief system you have around identifying your life purpose and creating your life path? Is such an act elusive or difficult? Is it always about it happening tomorrow rather than today? Do you find yourself focusing on the reasons why it will not, may not or cannot work?



Or do you believe that you are entitled and MUST live your destiny? That you have all the keys within you that you require right now in this very moment? That living your life path and manifesting work that you love is meant to be a natural phenomenon – and that our fears and programming are all that are keeping us from it and that we can shift those right now?

Florence Scovel Shinn is a wonderful example of a metaphysician who truly understood the power of the spoken word and how we can build positivity, hope, light and eventually demonstration (which was her word for manifestation) into our daily lives. An excerpt from her collected works is included for some inspiration.

In order to construct effective personalised affirmations and visualisations, you need to know what you want to create (your dream) and where you are starting from (your current belief systems). You need to get the two of these to match in a manner that is believable and real to you.

There is no point creating affirmations that you truly do not believe in the depths of your soul! That is why personalised affirmations that you can repeat to yourself without cringing is so important. Otherwise you will have one part of you, barely credible to yourself saying, 'my life is easy and full of blessings' whilst the other louder voice inside of you will be saying 'you bloody idiot, what the hell are you talking about – are you blind?'

So let's start with awareness of current belief systems.

What are your work beliefs?

Your beliefs about your talents and competencies?

Is money hard to come by? Can you not make an income from work you love because it will be unstable, unsuitable or 'not a real job'? Will you be letting someone down in moving away from your current career? Do you fear you don't have any skills to do anything else (I am always amazed at the people who believe this about themselves but it is a very common belief). Do you believe you will be abandoning your children, your financial responsibilities, your sanity, your reputation and so on if you pursue some 'pipe dream'?

I remember hearing a story recently about the successful pop-singer Jewell who spent a year living in her car because she struggled for so long financially as she attempted to get her music heard. I like this story because it tells us the difference between someone who gets on their path and someone who stays stuck and unhappy – self belief.

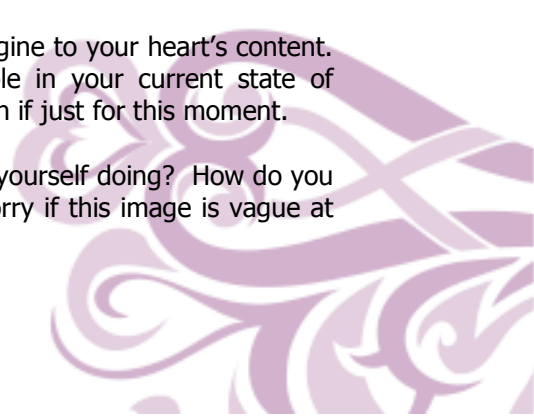
So take note of all those inner voices that don't believe in you. If you don't know about it, you can't heal it – so don't be afraid to air your doubts and confront your demons head on.

Now let's get into clarity about your dream.

Imagine someone happy and fulfilled, highly successful in a chosen career – what would they feel like? What would their day be like? Use this image to help you come up with the FEELING associated with your vocational success.

Let go of doubts and fears and use this as a free exercise to imagine to your heart's content. Forget limitation for a moment. Forget about what is possible in your current state of consciousness and allow yourself to open up to the Infinite. Even if just for this moment.

Describe the image and the feelings it evokes. What do you see yourself doing? How do you look and feel? Get into as much detail as you can, but don't worry if this image is vague at



first. The more you clear old beliefs, the easier it will be to see this image in greater detail over time.

And now we need to create the affirmations that are essentially the new beliefs you need to program into yourself to allow the dream to manifest in the physical (it has already manifested on the spiritual and higher mental planes or you wouldn't be able to sense it or see it and if you could feel it too, then it is likely it has already begun to manifest on the emotional planes as well).

Take each blocking belief that you identified earlier and rephrase it so that it supports your dream/vision. Be specific. Address each feeling or point raised. Be thorough with yourself and know that you are worth spending this time and effort on!

Take your time and ask for the angels to help you.

Use only positive words (such as "I naturally feel courageous and positive about my work" rather than "I no longer feel fear and negativity about my work").

The subconscious mind responds to feeling – irrespective of how it is phrased. If you feel the difference between those two examples you will understand this – the former feels upbeat and the latter depressive.

This work gets easier with practice. You can also consult affirmation writers like Florence Scovel Shinn and Louise Hay to help you create your own affirmations.

When these affirmations are refined, you may like to make a tape that is a few minutes long and record them so you can listen to them before you go to sleep and when you first awake in the morning for at least a few weeks before making some new ones. They are effective. Treat it as an experiment if you need to. The more you believe in the power of affirmations, the more they work for you!

The flower essences I recommend for working with these beliefs are Walnut Bach Flower Essence (which helps disconnect from the past and reconnect with your star of destiny) and Boab Australian Bush Flower Essence (for clearing family karmic patterning from your auric field).

#### Angelic Healing Techniques

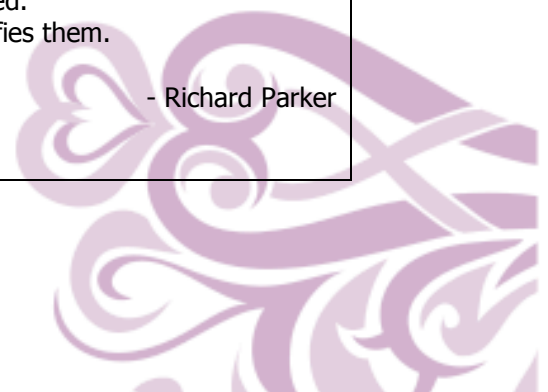
Worthiness. Competence. Self-Belief.

The power of prayer and meditation with the angels cannot be overestimated. I highly recommend that you call upon the angels before you go to sleep at night and ask for healing and assistance during sleep to fully embrace your life path and purpose.

The angels want to help you. All you need to do is ask and then pay attention!

God doesn't call people who are qualified.  
He calls people who are willing and then qualifies them.

- Richard Parker



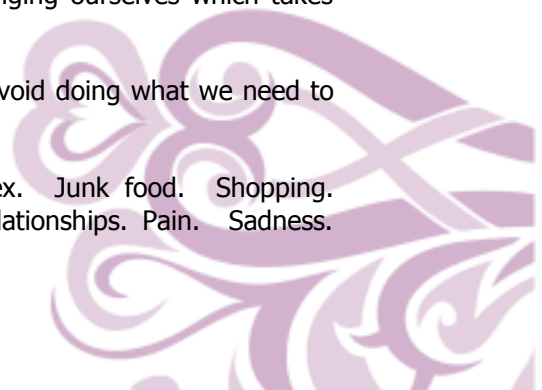


Remember that you and your life path are one and the same. You cannot miss your calling. It is impossible. The opportunities that are meant to come to you will do so – but you can certainly enjoy your journey more by picking up your creative reigns and directing your divine gifts into conscious expression – starting right now.

#### PRACTICAL GUIDANCE FOR ACCESSING YOUR DIVINE PASSION

##### Building Self-Esteem - Breaking through the distraction of Addiction

- Self esteem is built and reinforced each and every time you choose to own your power
- It is diminished each time you choose to hand it over
- As a race, humanity is suffering from a huge inferiority complex!
- We are only just starting to learn that we are divine beings who are constantly creating like the gods that we are
- Whether or not we realise it, we create each and every day. We may do so unconsciously and without awareness (and therefore not realise that we are creating) but we are still creating
- Or we may choose to own our creative power and learn how to harness it.
- Why would we deny our creative power?
- Because if we do not feel ready, willing, able and worthy of our dreams, we will not allow ourselves to honour our true divinity
- We are still remembering our divinity, our creative power and sometimes that remembering (even if it is only partially conscious at this stage) frightens us
- We can be frightened because remembering and honouring our spiritual power asks us to break away from the group that says "you are not in control of what happens in your life" and "you need us and our systems to take care of you and keep you safe"
- How do we choose to deny and dissipate our spiritual power – to keep it at a 'safe distance' from us? The path of addiction.
- If you are not in control of your emotional processes, your life choices and your relationship with yourself, then you are addicted to those processes, choices and relationship patterns – for better or worse
- Addiction is not just pleasurable – we can just as easily (and are more often) addicted to pain
- Why would we be addicted to pain? Because it reinforces our known inner script – that we are not worthy, that we are not loveable, that if we can only try harder, we can change another person (rather than looking at changing ourselves which takes real work)
- Addiction is the path of avoidance. Addiction helps us avoid doing what we need to do – it is the ultimate procrastination!
- What can we be addicted to? Anything. Work. Sex. Junk food. Shopping. Chocolate. Emotionally and psychologically abusive relationships. Pain. Sadness.



Anger and Rage. Alcohol. Noise. Meditation. Spiritual highs. Physical highs. Depression. DVDs. Fear. Adrenaline. Extreme sport. Exercise. Self- mutilation. TV. Overeating. Undereating. The list is potentially endless.

- There is a difference between enjoyment and addiction. You may enjoy sex, for example, but you can also be addicted to the high that sexual release or even the psychology of conquest brings you.
- How can you tell if it is an addiction or simply enjoyment? Addiction will push you to make choices that do not enhance your self esteem but are geared towards bringing you the next hit.
- Enjoyment on the other hand can be walked away from because there is no compulsion – enjoyment can be had another day.
- As soon as there is a charge, a need, a compulsion, obsession, release, hit or change in mood that registers a chemical shift in the body that was being craved by the psyche – that indicates something more than mere enjoyment through a choice, it indicates addictive patterning in action
- Healthy self-esteem grows with breaking through addiction one step at a time – breaking the addictive patterning in the psyche is a way to personal power and self-esteem (and western society, which thrives on addiction and disempowerment of the masses) will fight you, tempt you and challenge you all the way through that journey

How to break an addictive cycle and begin reclaiming your power and building your self-esteem – some tips ...

- getting in touch with your observer or soul self – that part of you that is always present, always witnessing, always creating, always regarding you with non-judgement
- as you build a relationship with the observer or soul self, you become increasingly aware (you begin to witness your self in action)
- with awareness comes the capacity for conscious choice (rather than being compulsively driven by subconscious desires)
- with the capacity for conscious choice comes the ability to make choices that boost your self esteem and sense of self – and you begin to own your power
- with each choice that you make to hold a vision and manifest it, your self esteem grows and you begin to believe in your creative ability
- you begin to know yourself as a creative being of tremendous power and you break the reactive patterning of addiction
- as the patterns of addiction begin to break, the physical brain goes through changes, as does the physical body
- once we get through withdrawal (which is where we really need our self esteem to get us through) the old patterns begin to lose their attractiveness
- instead we create new patterns that are healthier and more fulfilling – we are on the upward cycle towards greater health on all levels

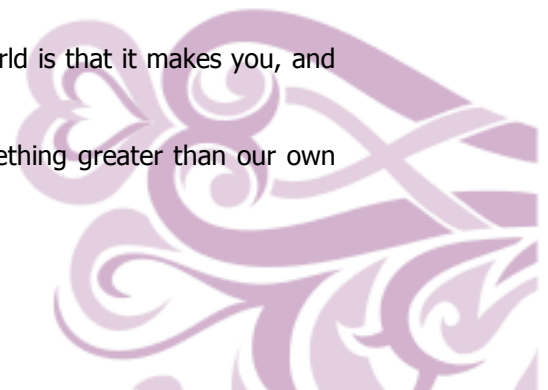


### Readiness to Receive

- As your self esteem grows, so does your readiness to receive
- self esteem doesn't mean you become ignorant of your flaws, but that you allow them to be used by spirit as a part of your perfect imperfection!
- the cracked pot story – two pots, one whole, one broken, delivered water to the master's table. The water bearer planted seeds on the path trail under the broken pot. The broken pot lamented to the water bearer that it was faulty, unable to deliver a full load of water to the master's house and felt sad and unworthy. The water bearer asked the broken pot to look at the row of flowers blooming on its side of the path – 'your flaws have brought about watering of these seeds that have created beautiful flowers to grace the master's table'. The pot felt better – all of you, even your supposed flaws, are used by the Creator in beautiful ways!
- the moral of this story? Forget about being perfect before you love and honour yourself. Let god or spirit use you right now, in all your perfect imperfection to reach his goals of spreading love throughout the universe.
- as you accept yourself and your worth, you accept that you are deserving – and you allow god to give to you in many ways.
- we live in an abundant universe with the ability to create anything that we want or need – think of that for a moment
- if you don't have what you want in your life, if you feel lacking in anyway, then it is not because life isn't delivering to you – it is that you are placing the wrong order! You may be focusing on what you don't have – and so life responds in kind, and when you instead focus with gratitude on how much you do have, life also responds in kind – for true abundance to manifest, you need to keep your gratitude in times of famine, not just during a feast – in the midst of the drought, give thanks for the rain
- This is how we build spiritual fortitude which in turn helps us boost our self esteem, which builds our sense of worth and makes us expect that life will support us (and so it responds in kind)
- When you have received, you have something to give – and your sense of purpose and destiny is revealed to you in increasing detail
- Don't be afraid to take, to receive, for then you have even more to give away in order to be empty enough to receive again and give again and so on – again we move upwards into a spiral of abundant thinking, prosperity and higher awareness

### Making Your Contribution

- do people feel better about the world because you are in it?
- as making a contribution becomes a priority for you, this question becomes increasingly important
- the best thing about making your contribution to the world is that it makes you, and everyone else in the world and all of creation, feel better!
- contribution requires us to align with a higher will, something greater than our own levels of personal comfort



## Uncovering your Divine Path, Passion & Purpose

- when a contribution (or we could call it a mission, a purpose or a sense of our own unique destiny) impels you to do something, to take a stand, reach out of your 'comfort zone' and actively seek to create a dream, you feel engaged, connected and a part (not apart) of a force of loving energy that infuses all of life
- there is no loneliness, isolation or despair in your contribution – there is sacrifice, but often it is these painful emotions that we are asked to sacrifice
- if we are feeling not 'on purpose', out of connection, alone, distanced or isolated, then we are looking through too narrow a lense!

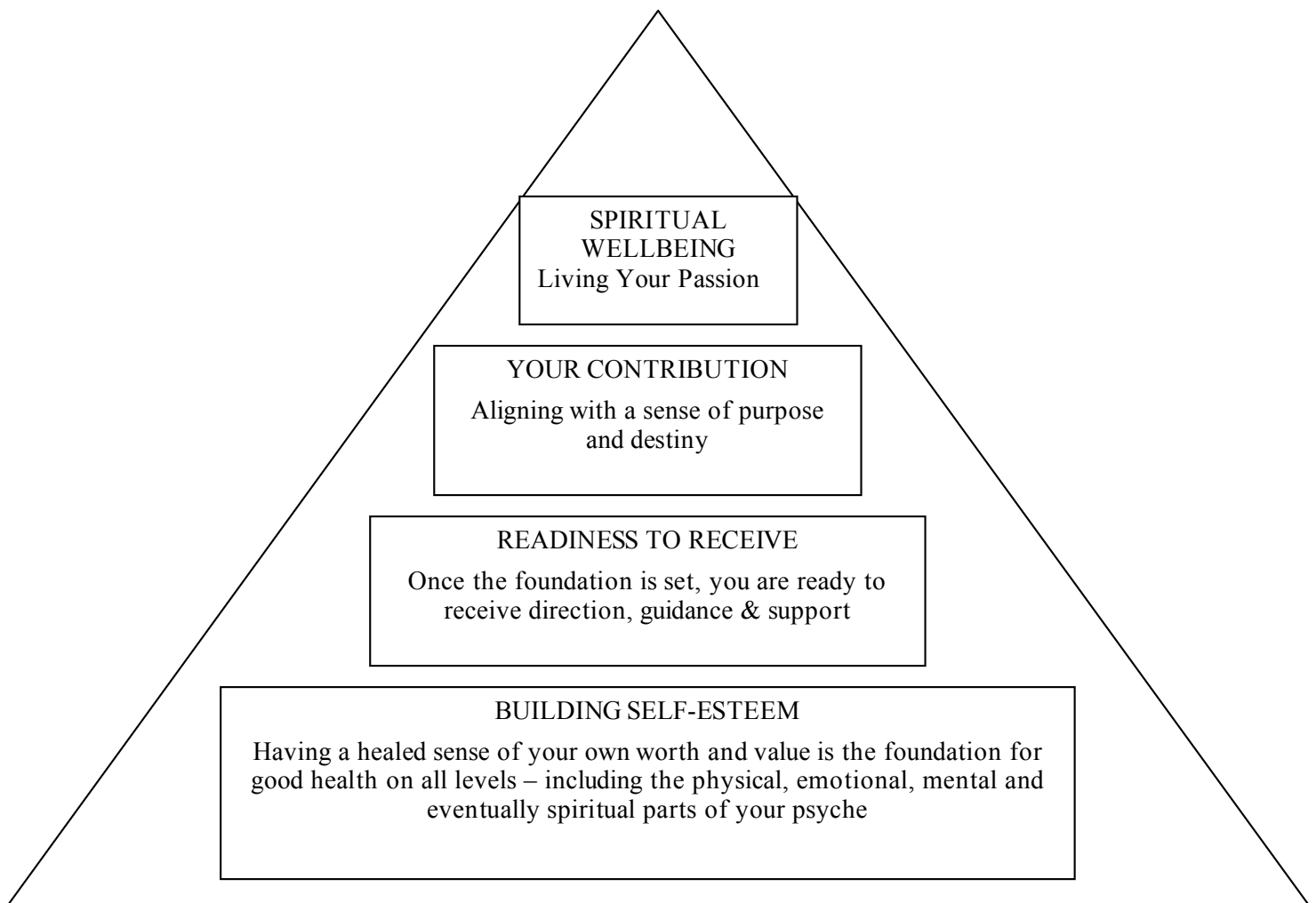
### Experiencing Spiritual Wellbeing

- spiritual wellbeing essentially manifests as we allow our sense of our divinity to flow through us – we realise that we are not just a body, or a mind, or feelings – but a bigger spirit and that these other parts of us are like parts of a car – necessary and important, but not the whole picture
- one of the great blessings of spiritual wellbeing is being able to see the bigger picture – and with that comes a sense of trust and increased inner peace about life and how it is unfolding.
- without that sense of the bigger picture, we judge stuff only to later realise that it was OK and we didn't need to put ourselves through the pain and stress that we did and that we didn't need to add to the overload of pain and stress already floating about in mass consciousness!
- without spiritual awareness, we only see the part, rather than the whole – and that leads us astray – the elephant story – everyone may have been 'right' but also none of them were!
- The more we experience spiritual wellbeing, the more we are able to see not because we try to or have to, but simply because we are detached enough from the unfolding of life's events (because we trust that it will all work out according to a higher master intelligence) and we can sit back and observe the show
- with that deepening connection with our observer or soul self, we become able to witness the miracles that occur every day through continuous and marvellous synchronicity. We begin to understand that although we are co-creators, and we are not subjected to blind fate, there is a master plan unfolding through each and every one of us, and thank god, the universe does know what its doing (even if sometimes we just don't get it)!



THE PYRAMID OF SPIRITUAL HEALTH

Creating A Life of Divine Purpose and Passion



Good spiritual health translates into a sense of **purpose** and **meaning** in your life.

Feeling spiritually healthy manifests as a deepening relationship with life all around you – whether that include religious or spiritual beings, fellow humankind, nature, or simply a sense that **you have a place in the Universe set aside by a master creative intelligence just for you.**

Spiritual health blossoms as you enter into connection with yourself and realise that you are unique and individual and vastly creative and powerful, and yet that you only exist as a part of something greater than yourself with which you can choose to align and therefore enter into a sense of destiny, co-creatorship and purpose that gives your every day meaning and direction.

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