

Conscious Being

Exercise Twelve: Living on Purpose

In our action-oriented society, people tend to think of their purpose as solely an external activity. When asked "What is your purpose in life?" most people say it is about the roles they play, or want to play, in the world. Some say they want to be a good mother, or a loving and supportive husband. Others say they hope to be successful in their career, or to fulfill certain goals and dreams. Rarely does it occur to them to take a step back and connect with their state of *being* first, before concerning themselves with *doing*. The experiences of my earlier life taught me that if my doing is not fully grounded in my being, then it is like building a house on sand rather than on solid ground. Another way of saying this is that *conscious being* naturally gives rise to *conscious doing*.

Releasing Statement

I release the dominance of my mind and its repression of my true being.

Affirming Statement

I allow my true being to align with my purpose.

Simple Meditation Practice

This module's meditation is movement meditation. Choose a place where you can be alone. Find an inspirational or meditative song you enjoy. Start the song, close your eyes, and allow yourself to move freely with the music. If this feels odd to you, simply remind yourself that no one is watching. This is an opportunity to connect with yourself through movement. Once the song has ended, sit in silence for at least one minute, then write about your experience.

1. **Outer Purpose Exercise:** Write about and then share with a partner (if you are in a group), what you have decided is your purpose in life.

- What are you here to do?

- When you reflect on whether or not you have achieved that purpose, what comes up for you?

Many people feel judgment, or a sense of being wrong because "I haven't found my purpose," or "I'm not living up to my potential." Notice how that feels when you consider it.

- What might happen if you were to look at it from another perspective?

Now, write out a positive life-changing experience you have had in your life. Write as much detail as possible, like who was there, what was happening, etc.

- How did that make you feel?

- What was the positive impact it had on your life?

Now, simply ask yourself the question: "What if my life's outer purpose is to bring this to other people and the world?" Take some time to meditate and reflect on this as a possibility in your life.

2. Heart and Mind Awareness Meditation: In what ways have you allowed your mind to dominate? To squelch or mute your deeper, intuitive heart's knowing and desires? Perhaps to even abuse you with its doubts and intimidations? Meditate upon this: If your mind were out of the way and not dominating you, if you were truly being who you authentically be, what would your life look and feel like? This is the energy of your inner purpose.

- What would it be like to express that inner purpose in the outer world?

- When you think about bringing that to fruition, what comes up for you?

- In what ways do you notice your mind going into limitations, judgments, and doubts?

- What would it take for you to consciously choose to let those go now?

3. Embodying the Energy Method: Go back to that sense of what your life would be like if you were being authentically yourself. Imagine that “your purpose” is already happening. Rather than focusing on words or images or how it will happen, connect with the energy of it, the feeling tone of it. Notice how it feels when you are living from your true “beingness.” In other words, if you want more love in your life, focus on the energy of love and become the love-energy you desire. The same is true for anything you desire to attract into your life.

Rather than using your mind to figure out the how of actualizing this, stay connected with the energy of that which you would like to create. This is what living on purpose means. For the next week, practice connecting with this energy. If your mind tries to interfere or intimidate, come back to that felt sense of your authentic self. Notice your language and feelings related to this process.

If you having a hard time with this, think about when you are in nature, and imagine how it makes you feel. What happens with your mind, your thoughts, your judgments? How about your heart? Do you feel more like your true self when you are in communion with the plants, animals, elements, etc.? Or how about when you are fully engaged in an activity like running or painting, creating, or even meditating, where you are so present and in the “flow” that your mind is not in control? These experiences are more in alignment with the state of being, when your heart is open, your mind is less dominant, you have a sense of expansion (vs. contraction) and you feel more connected to oneness.

