

Your Life is On Purpose

How Even the Painful Moments
Contribute to Your Career Path



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What if . . .

Your life really is on purpose. You were born to fulfill a certain role here on earth. Every event, decision, person you love, and career chose you make is part of a divine master plan. Sure, you have free will to do what you want with your life. But if you go too far off track divine intervention is right there to guide you back.

Life can seem harsh at times. I, myself, have suffered through very tough financial situations. But, my biggest learning lessons came from those moments. I have come to realize a very important thought about life. That my life was on purpose. The very experiences I loved and disliked were there for a reason: to teach me valuable lessons to share with others who will go through the similar experiences.

This little guide comes from those experiences and life lessons I learned. It contains the five steps I subconsciously went through to cope and move forward into a new career and into a new life.

The insights you can gain through *all* experiences are valuable. Everything you experience is unique and designed to move you to a new spiritual experience. It's up to each one of us to embrace our **life path** and move ourselves to a point where we can share our experiences in a *positive* way.

So, what is a life path you ask?

I think a visual description of a life path would be the best way for you to get the idea. Imagine your life as a single walking path. Your life's path can be curvy, long, or short, with many little branches leading away and then back to the original path. It leads through dark forests, sandy beaches, and along cliff, and beautiful meadows. Although this path varies along the way, all the branches leading away from your original path wind back towards the original one. How long that takes and what those branches look like is up to you.

The different scenery along the path reflects the “good” and the “bad” in your life. But the thing is, what seems to be a scary path along a rocky cliff can have also breath-taking views. It's all about how you look at the circumstances in our life.

The people who prosper and grow from these experiences learn to adapt quickly and find peace. They are people who accept the situations they are in and know intuitively they are learning a life lesson that will be valuable in the future. They realize their life's path may not be smooth and worry-free yet embrace life as an adventure.

Why is your pain on purpose?

It may be hard to understand but the tragedies, heartaches and miseries in your life relate to your life purpose and to a potential career. Think of all the good and bad experiences in your life as learning lessons. These are lessons you can teach to others some day. It's a lot harder to have empathy for others if you've never experienced something life changing and important. Think of it this way. Don't you trust a teacher more when you know that they have experienced what they teach and not just learned about it in a book?

There is only caveat. The longer you avoid living your life purpose the more the universe will prompt you to remember why you came to live your current life. This is something I learned the hard way. A few years ago I craved a meaningful career, working more closely with people. It was about the time when I became a business owner with a small staff. The job gave me the opportunity to counsel employees on career or life topics but it removed me from directly helping customers. I spent my days doing payroll, paying bills, and other financial duties. This daily existence removed me far from my dream career.

Or so I thought . . .

Not seeing any way to get out of this business, I began to experience business dramas that felt like "shoves" to get out. The more I resisted leaving and finding a solution to my career dramas, the more problems I encountered. Until one day it was out of my hands and I had to let the business go. As painful as the experience was, I recognized the wisdom I had gained from it. I now have empathy for anyone who has suffered the loss of a business and the lifestyle that went from it. I know what it's like to rediscover who you really are and find out how to take all the pieces of the past and create a new career for yourself.

It takes some skill and faith, but you *can* figure out why you are going through your current problems and why some of them seem to keep repeating. I like to think of them as nudges to move you along to your greater destiny. Some examples of pain becoming a career would be a person who has suffered from addictions could make an excellent addiction counselor, or a person who became overweight and lost the weight through an innovative healing program could become a weight loss coach.

Rethink your life and see the hidden gifts of your past pains.

As you go along your journey know that as you move away from grief you can head into a new level of spiritual understanding.

Something to ponder . .

Want to know what's stopping you from your dreams? You haven't taken the time to heal and reflect from your past pains. Your soul is protecting you from moving forward until you are ready. Resisting the urge to slow down and reflect on how you got to this point in your life builds up a wall of resistance. Everything you do seems to be like wadding through mud.

One more thing to ponder . . .

The fastest way to get from here to your awesome new life is taking daily, joyful action. Your focus should be on doing things you love and things that you are good at doing. Combine these two actions with feeling grateful for what you have now. Keep going. Everyday take a step then another. A small action today equals two or

more steps towards your new life. As you take more daily steps momentum builds and soon enough you'll start seeing results.

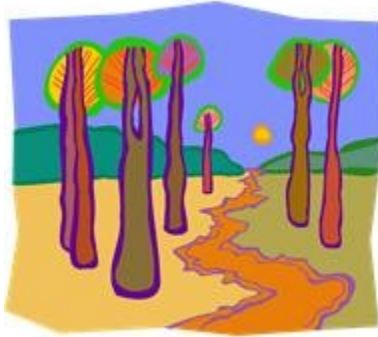
About the next section:

The next section is the five steps I used to get through a very stressful period in my life. Each page is designed to be printed out individually as you progress through each stage. Print them out one at a time and post on your bulletin board or fridge. Read it daily until you feel you understand each step.

"Life is complex. Each one of us must make his own path through life. There are no self-help manuals, no formulas, no easy answers. The right road for one is the wrong road for another ... The journey of life is not paved in blacktop; it is not brightly lit, and it has no road signs. It is a rocky path through the wilderness." M. Scott Peck

There is no wrong way only a path diverted temporarily.





Your First Step

Accept Where You are Now

Take a deep breath and close your eyes. Good. Now feel your heart rate slow and a sense of peace come over you.

This first step may be hard but it is critical. Begin to accept where you are in your life. Only when you do will you gain clarity about the big picture of your life, why you are here and where you could possibly go in your life.

Your outlook is what influences how you experience life events. It may be hard to accept what is going on in your life but think of accepting your life as a “*sacred act of power.*” Know deep down inside there are no wrong experiences, only experiences you learn and grow from. Reduce the judgments about your life.

Everything is a part of a divine plan to help your spiritual development. You deny the divine truth of who you are and why you are here when you try to bury what's going on in your life.

"Acceptance says, True, this is my situation at the moment. I'll look unblinkingly at the reality of it. But I'll also open my hands to accept

willingly whatever a loving Father sends me." Catherine Marshall



Your Second Step

Trust You're on the Right Path

In the last step you read that every situation is a learning experience created by your higher self to teach you how to gain more power and love.

The next step is to have trust that you are on the right path despite what seems like a roadblock. It will give you the strength to confidently move forward.

The power of faith is one of the many secrets of the universe. Another is you can release any past event by learning to love it despite how horrible it may seem. You gain some valuable lessons and skills from painful events. Combine the two secrets and you are moving towards the life you've been dreaming about.

Just remember, a lot of bad events like bankruptcy, foreclosures, job loss are just signs that you have been straying towards the wrong life path. The universe is loudly giving you a jarring course correction.

Now is the time to look at how your past experiences have served you. See the positive in all of them. Gather the things you have learned and let the rest go. Start

to visualize where you want to go from here.



Your Third Step

Have Faith Things Will Get Better

Let go of the belief that things will only get worse. Turn off the news, stop watching soaps operas, and minimize all drama in your life. Now is the time to put all your mind's strength into believing with your whole heart that the future holds lots of joy and promise.

Believe that the universe is friendly and has your best interest at heart. Trust that you are safe. Your belief that what you want is possible will speed up your progress. Be patient because things may take a little time to get better. That's where faith comes in. A change within yourself can happen in an instant but in the physical world it can take some time. Remember to have faith.

One false belief that you could be holding you back is the belief that security comes from the things you own or the status you have achieved. This is totally wrong. This belief has set up many people to feel like failures if they disappear.. Real security comes from taking risks and discovering who you really are. It's knowing you are growing and reaching out to the word and forming real human connections.

Bottom line? Develop trust that you are safe in the world.



Your Fourth Step

Find the Courage to Face Your Fears

Growing up and embracing who you are is like giving birth. You feel the fear and about the unexpected but find the strength to endure whatever happens. All because you can't wait to meet the new person who will appear in your life. Millions of women have varied and special war stories about the birth of their children. These stories rarely stop anyone from trying.

Think about your own life as that kind of story. Face your fears and confidently move forward using the story of your life as a motivator.

Make the decision to face and then embrace your story. It will set off a chain reaction of positive events and energy. Better yet, create something new from your past events and figure out how others can benefit from your knowledge.

Personal power comes the moment you take action and decide to create your future. Act on your passions, not your fears.

"I have not ceased being fearful, but I have ceased to let fear control me." Erica Jong



Your Fifth Step

Expect Miracles

After you've done the work in the past four steps it's time to let go and hold the expectation that miracles will happen.

Miracles can happen, small or large. Just don't place limits on those miracles. Know that you deserve a better life. Anchor that belief deep down inside.

Be open to new ideas and people in your life. Let yourself dream of possibilities. Go beyond manifesting material wealth and seek miracles in attracting love, freedom, new friendships and much more.

You can choose to see your world anyway you want. Just be clear on what you want. This will speed the work of miracles. Follow intuitive leads and keep moving forward with action.

Next, celebrate all miracles and acknowledge them with sincere THANKS!

“I am realistic, I expect miracles.” Wayne Dyer

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