

Living My Life Purpose (COURSE SAMPLER)



**Revealing the Divine Purpose
and True Calling of My Life**

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in affiliation with
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Course Overview

'Living My Life Purpose' is an eight week course of spiritual instruction dedicated to assisting students in clarifying and revealing the Divine Purpose and True Calling of their life expression. The actual '*Purpose, Vision and Intentions*' of the Class are set forth in the '**Class Covenant**,' on Page 2.

The Course materials have been prepared utilizing the latest '*whole-brain*' learning technologies, as partially explained on Page 3. An example of how these principles are incorporated into the materials is demonstrated on Page 4, entitled '**The Call of God**.' The Spiritual Principles upon which the Class is based are set forth in the '**Declaration of Principles**,' on Page 5.

The outcome of the Course for each student will be the creation of a personal '*Sacred Covenant*,' which is essentially the means by which we '*reveal God's Will as our own*.' The form of the Covenant will be similar to the '**Class Covenant**,' shown on Page 2, and the elements of the Covenant are explained in greater detail on Page 6, entitled '**What's a Sacred Covenant?**' The process of creating their Covenants will be facilitated over the eight weeks of the Class through the use of a series of guided meditations, as well as the use of highly detailed worksheets, such as the '**Intentions Worksheet**,' on Page 7.

Each Class Session is built around a specific theme, that incorporates the activities of instruction, discussion, sharing, healing and deep inner work that is essential to developing the insight and understanding that truly empowers the '*Sacred Covenant Process*.' Following, is a brief description of each of the Class Sessions:



Class Synopsis

1. Getting to Know God

Students will explore an expanded concept of the Divine, and seek to identify and release any old self-defeating ideas that they may have unknowingly been holding on to.

2. Getting to Know Myself

Herein the students will begin to develop an expanded view of their own self nature, especially as to how it relates to the Divine.

3. Exploring the Creative Process

In this Class, the Creative Process of Life will be explored, in order to better understand how the Divine works through us.

4. A Lesson in Faith

A deeper understanding of the mechanism of Faith will be explored, as the means by which we begin to live a more creative and prosperous experience of life.

5. Principles of Spiritual Practice

The tools for the development of faith and transformational change will be presented, as well as explanations on their proper use.

6. The Kingdoms of Livelihood

An expanded view of our personal livelihood will be explored in the context of our spiritual evolution through the various Kingdoms of Consciousness in which we live.

7. Learning to Love My Neighbors

This class provides a deeper exploration of the nature of Love as an essential ingredient to living a spiritual life. Emphasis is placed on developing a greater capacity for forgiveness and an expanded sense of gratitude.

8. Completion and Ceremony

The final class will provide a review that will end in a simple ceremony where students will have the opportunity to read aloud the Sacred Covenant that they have created for their life expression.



Living My Life Purpose

God Has Promised Me that...

"I Am come that you might have Life, and that you might have it more abundantly."

~ John 10:10 ~

Purpose:

God's the **Life** that I Am
(Life is Love Expressed Through Wisdom)

I See Myself...

Vision: Revealing the Divine Purpose and True Calling of My Life

Intentions: My Intentions for taking this class are,

1. To develop a greater awareness and understanding of the spiritual nature of my life, as an expression of Divine Love.
2. To develop greater clarity about the 'Divine Purpose' of my Life.
3. To define my 'True Calling in Life' in a way that makes the world a better place for everyone to be.
4. To develop a form of 'spiritual practice' that deepens my Faith, to more fully express the Divine Purpose and True Calling of my Life.
5. To come into a fuller realization of the '*divinity that is within me.*'

6. To

Myself

7. To

Class

Agreements: I agree to the following.

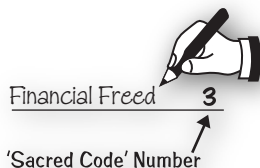
1. I will arrive on time for the beginning of each Class Session.
2. I will not criticize, correct or give advice to other members of the Class.
3. I will hold in confidence, and not repeat anything of a personal nature that is shared by other members of the Class.

Signed

Date

This Section of the Manual was developed to provide a brief overview and explanation of the underlying Principles that are incorporated into the overall 'class program.' It contains a collection of interactive essays called 'Wisdom Worksheets,' which provide a 'whole-brain/whole-body' learning experience. Following are descriptions of each of the unique elements of these Worksheets.

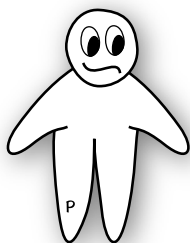
'Filling In' the Blanks



Whenever our mind encounters a 'blank' in a sentence, it immediately begins to search for the words that will complete the phrase. In effect, the presence of a 'blank' will activate our curiosity and 'open our mind to receive.' Throughout this Section of the Manual you will frequently encounter 'blank lines' at the beginning of most paragraphs or sections of text. Furthermore, many of these headings will serve as personal affirmations if you read them aloud. These affirmative headings are also intended to be 'filled in' by you in either of the following ways:

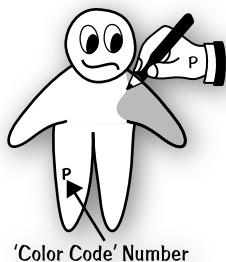
1. Fill in the blanks as you are instructed during the class.
2. Fill them in by correlating the little 'code numbers' on the right hand side of the blanks to the 'Sacred Code' located in the lower left hand corner of each page in this Section.

Viewing the Symbols, Icons and Illustrations



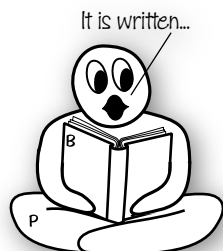
Each section of text is accompanied by an icon, symbol or illustration that will help convey the information contained in the written dialogue. Generally, these images are placed on the left-hand side of the page in order to be more accessible to the 'right-brain.' The text is on the right-hand side in order to be accessed by the 'left-brain.' Together these two elements work in combination to provide a 'whole brain information package.'

Coloring the 'Wisdom Worksheets'



The third important element of this workbook is the coloring of the symbols, icons and diagrams. It is **highly recommended that the coloring be done within 48 to 72 hours after each class.** This will cause the information that has been received to be powerfully reinforced and retained. Or, if you are using this document on your own, you may wish to do the coloring as you read through the material. Detailed instructions about the coloring process are given on the next page entitled 'The Spectrum of Life.'

Reading the 'Wisdom Worksheets' Aloud



Silently reading the Truth will change your *attitude* about the physical conditions of your life. However, speaking the Truth will actually *change* those physical conditions. Consequently, reading the written words of these 'Wisdom Worksheets' aloud to yourself will fully activate the transmission of Truth within them. This is equally true for any spiritual book or Sacred Scripture that inspires you when you read it. **"What you hear you forget. What you see you remember. What you say you become."**

God is always *calling* us to a live a more abundant life. Furthermore, this '*divinity that is within us*' wants to do something *through* us that no one else in the whole wide world can do. Consequently, what God is *calling* us to do, will always be uniquely expressed through every level of our being, as described below.

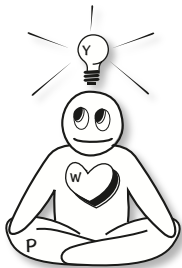
My Calling is the _____₁ of God in my Heart



In the beginning was
The Word.
...John 1:1

At the spiritual level our being, the Call of God is a '*silent whisper*' in our hearts that is forever calling us with '*words of glory*' to be something more than we have ever been before. This Calling is the '*Word of God*' within us, always acting *through* us, in order to express Life, *as us*, with ever increasing abundance. Spiritually, the '*Call of God*' is somewhat paradoxical, for even though it is *within* us, it often seems to be *outside* of us, calling us forward in life. However, for us to truly hear the Call of God, we must learn to listen to our hearts, for the creative process of Life starts in the heart with the Word of God, that is the '*divinity within us*.'

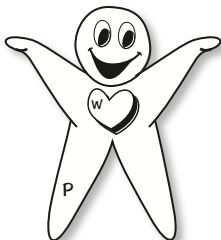
My Calling is a Good _____₂ in My Mind



"Our life is shaped by
our mind. ...the Buddha

At the mental level of our being, the Call of God assumes the form of '*good ideas*' that benefit others, as well as ourselves. The ultimate test of such '*good ideas*' is that they will always seem to come '*out of the blue*' as '*new thoughts*' within our minds. Unfortunately, these '*new ideas*' that come from God will usually be met with a form of resistance called '*doubt*.' These doubts are like *traitors*, for they cause us to ignore what God would have us do. These doubts are actually just '*illusions of error*' that were born out of a lack of understanding of our past experiences in the world. What sets our minds free from the error of doubt is *Wisdom*.

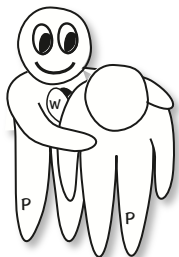
My Calling is an _____₃ to My Flesh



'The Word'
was made flesh...
...John 1:14

At the physical level of our being, the Call of God embraces our flesh, and *inspires* us to live a more abundant life. Furthermore, this *inspiration* produces an '*effortless success*,' for it is *easy* to accomplish what we are *inspired* to do. Unfortunately, our *inspirations* will often be met with an internal resistance called '*fear*.' Our fears are actually the '*errors of our flesh*,' and are deeply connected to the *doubts* within our minds. Furthermore, even after our *doubts* have been cast out, our hidden fears tend to remain as self-defeating, unconscious habits that thwart the Call of God within us. Consequently, these fears can only be cast out by taking *actions* consistent with the *Wisdom* that has purified our minds.

My Calling is a _____₄ to the World



The Call of God is a '*gift of love*' that God is *willing* to give to humanity through us. Our only responsibility is to set aside our doubts and fears so that God can bless the world through us. However, the more that we *believe* in evil, the more that it will *seem* that there is something that we must do to make the world a better place to be. Fortunately, the more that we are *willing* to listen to the Call of God, the more it will *seem* like God is doing everything *through* us, and bringing heaven to earth *for* us all.

Following is a list of the Spiritual Principles upon which this Class is based. Each Principle is followed by a declaration, which serves as both an affirmation and an object of contemplation. Additionally, by skipping over the headings, you can read these declarations aloud as a form of prayer. In reading these declarations aloud to yourself, pay special attention to the way they make you feel. Take notice if they create feelings of certainty (+), doubt (-) or hope (?).

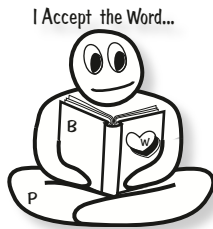
1. **God is Good** + - ?
I believe that God is 'all there is,' and that God is the 'Good to which there is no opposite.' Therefore, I know that God is the only Presence acting in my experience of Life, expressing only Goodness, without opposition.
2. **Individuality** + - ?
I believe that I am an individualized center of expression for the Abundant Life of God. Therefore, I know that I have been born into this world so that all might have Life, and have it more Abundantly.
3. **The Word of God** + - ?
I believe that the 'Word of God' is the 'Will of God' within me, active as the creative Source of my life. Therefore, I know that the 'Word of God' within me is the 'Divine Purpose' of my life.
4. **The Call of God** + - ?
I believe that the 'Word of God' within me, is being expressed through me, as the 'True Calling' of my life. Therefore, I know that my 'True Calling' is a 'divine inspiration' in my heart that makes the world a better place for everyone to be.
5. **The Promises of God** + - ?
I believe that what God has promised through the Sacred Scriptures is the Truth, and this Truth is mighty and will prevail in every situation. Therefore, the 'Promises of God' empower me to creatively express my 'Divine Purpose' and 'True Calling' in a way that reveals an ever increasing Abundance of Life for myself and others.
6. **Love (1 John 4:16)** + - ?
I believe that God is Love, and those who abide in Love abide in God, and God abides in them. Therefore, I know that God is the Love that I am.
7. **Forgiveness** + - ?
I believe that the very best way to demonstrate my love for the Presence of God within others, is to fully accept them for who they are, and to quickly forgive them for their transgressions. Therefore, I am willing to graciously accept, and to lovingly forgive, when necessary, every single person who crosses my path in Life.
8. **Gratitude** + - ?
I believe that the way to demonstrate my love for God is by being grateful for all of the good that God reveals into my life. I further believe that whatever I am grateful for will increase in my experience of Life. Therefore, I am grateful that God is graciously revealing an ever increasing abundance of all that is good into my life.
9. **Willingness is Worthiness** + - ?
I believe that whoever is willing to bring the 'Word of God' into expression, is worthy to receive the blessings that the 'Word' reveals. Therefore, because I am willing to express the 'Word of God,' I am worthy of being blessed by the ever increasing revelation of God's Abundance.
10. **Acceptance** + - ?
I am willing to open up my mind and heart to fully accept the Truth that has been stated here. I am grateful God is Gracious. Amen!

Signed _____

Date _____

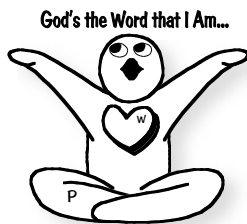
A 'Sacred Covenant' is the way that we are able to make the 'Word of God within us' active in our lives. Ultimately, it describes the way that the 'Will of God' wants to express itself through us. Following are the main elements of a Sacred Covenant.

My 1 from God is my Foundation



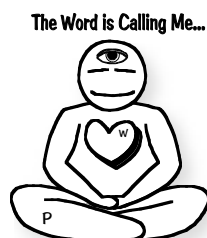
The symbol of a house is often used as a metaphor to describe our very own life. Just as a worldly house must be built on a firm foundation, so must our eternal life be built on a foundation that will not fail. Consequently, when our Sacred Covenant stands on a Promise from God, it is built on an enduring foundation that will produce eternal blessing in our lives. Therefore, it is important to find a Promise from God that stirs our heart, and captures the essence of what we want to express through our Sacred Covenant.

My 2 is the Word of God Within Me



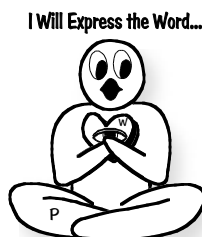
The purpose of anything is its reason for being. Consequently, our highest purpose will always reveal the true reason for our existence. This is why a 'Sacred Covenant' is built around the 'Word of God within us' as the Divine Purpose of our lives. This 'Word' is both the beginning and the fulfillment of the 'creative process' of our lives. Even though the 'Word of God' is formless, It has the inherent ability to formulate itself into experiences in the world that will always bless both ourselves and others. This is an ability that we do not possess when we merely rely on human knowledge based our own past experience.

My 3 is My Calling



A vision is a mental perception of how we are being called upon to express the 'Word of God within us,' into the world in which we live. In this sense, our Vision is the True Calling of our lives. It is important that our Vision describe what we want to give to life, and not what we want to get from life. Therefore, a True Vision should be developed out of our Intentions in order to form a 'summary statement,' or slogan that embraces the essence of our Sacred Covenant. Furthermore, our Vision should not be overly objective, and should contain a minimal reference to forms.

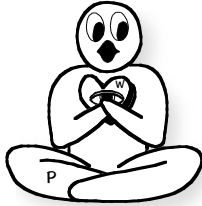
My 4 Express My Calling



Our intentions are the motives that underlie our actions in the world. Good Intentions will produce 'right actions' that will express the 'Word of God within us' in a uniquely personal way. Consequently, our Sacred Covenant is filled with good Intentions that define our True Calling in life. In a sense, our Intentions create an 'Un-Hidden Agenda.' This is because they are consciously created in order to reveal the highest aspirations, that often lie hidden within our souls. Additionally, our Intentions will never describe something that could ever be 'checked off' as being fully completed. Consequently, our good Intentions will be come ever increasing expressions of Life, that will ultimately take us beyond death.

My 5 is a Sacred Symbol

I Have Named the Word...



The name that we give our Sacred Covenant becomes a 'holistic symbol' for everything that it contains. The term 'in the name of...' literally means 'with the authority of.' Consequently, whatever we do in the name of our Sacred Covenant expresses all of the wisdom and power inherent in the Purpose, Vision, Intentions and Promise from God which it contains. Additionally, the Name also stands as a symbol for all of the good works that our Sacred Covenant produces in our lives, and in the lives of others. Because of all that it stands for, we are literally changed by the Name of our Sacred Covenant whenever we speak it aloud.

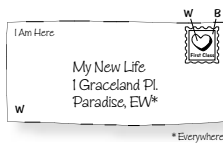
My 6 Embody My Sacred Covenant

I Am the Word Made Flesh.



Affirmations are the *actions* that bring our Sacred Covenant into form. Our first and last affirmations should always be the activity of prayer. Since prayer is highly effective on the *invisible* side of life, which is universal, it tends to activate our intentions in others, as well as in ourselves. Consequently, our prayers will draw opportunities and resources into our lives in a way that will seem miraculous. Additionally, since gratitude is the 'anointing of increase,' when we give thanks in prayer for whatever we receive in alignment with our intentions, it will tend to expand and increase the good we have already received.

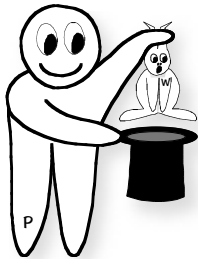
My Sacred Covenant is Like a 7 Letter



In many ways, our Sacred Covenant is like a 'love letter' that we have written to Life itself. Our **Intentions** are like a sweet *poem* that reveals the highest aspirations of our souls. Our **Vision** is like the *envelop* into which we place our letter, and our **Name** is like the *address* that we place upon it. Our **Purpose** is like the *stamp* that ensures delivery. Our **Promise from God** is like the *postman* who delivers our letter for us. Finally, our **Affirmations** are like the *actions* that it takes to mail our correspondence.

My Sacred Covenant Works Like 8

Abracadabra...



Holy Hocus-Pocus

Magic is not a *mystery*. It is simply when something happens that we don't expect. We call it *magic* only because we can not see the *cause* of an effect that we don't expect. In this sense, our Sacred Covenant will *seem* to work like *magic*. This is because it works on the 'invisible side' of our lives by faith. Consequently, we will not always be aware of *how* it is working, until it produces some new condition in our lives that we simply didn't expect. A Sacred Covenant is a new way of living that embraces God's Plan for our lives. Whereas human plans are based on objectives, and carried out through *our* actions, the Plan of God is based on *intentions*, and is carried out through *our faith*. This is why we must simply pray every day, and then be *patient* with a heart of trust in knowing that "the Father within is *doing the works...*" of our Sacred Covenant. (John 14:10)

An Intention is not an objective, which is what you want to get or possess. An Intention is what you want to give or express. Consequently, Intentions are more closely aligned with your motives, and serve to define the quality of your creative expression.

I. Write out your Intention in the fewest possible words (twenty or less):

To _____

(You may wish to use the back of this sheet to *doodle* with some draft intentions.)

2. Assess the quality of your Intention with the following criteria:	Yes	No
1. Is your Intention short and to the point? (Twenty words or less.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Is your Intention objectiveless? (Could never be checked off as <u>fully</u> completed.)	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your Intention have a singularity of purpose? (Not about two things.)	<input type="checkbox"/>	<input type="checkbox"/>
4. Does your Intention contain a quality of God? (Love, Peace, Joy, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your Intention describe something good for yourself or for another?	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your Intention <u>preclude</u> the necessity for someone else to change?	<input type="checkbox"/>	<input type="checkbox"/>
7. Will your Intention be <u>harmless</u> to others?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your Intention serve humanity in some way?	<input type="checkbox"/>	<input type="checkbox"/>
9. Will your Intention stimulate your spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>
10. Does reading your Intention inspire you?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of boxes checked in each column:
Good ?

Look at the total number of boxes that you've checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good intention. Next, go within and ask your 'Higher Wisdom Self' if this is what God really wants to do through you. Also, ask for any additional wisdom that will guide you in making your assessment. Finally, use your best judgment to check the appropriate box below.

YES, this is a good Intention. **NO, this Intention needs to be refined.**

3. Assessing the expression of your Intention:

Write down a place in your life where you can already see your Intention working. Then, circle the action which you intend to take to express your gratitude for this activity. Come back and check it off once it has been completed. Remember: *"Whatever you are grateful for will increase."*



Action: Call Card E-mail Verbal Gift \$Gift Prayer Other:

Following are a few sample intentions to us use as a guide:

- To express unconditional Love in all of my relationships.
- To bring more Beauty into the world through musical expression.
- To be fully Supported and financially Prospered in the expression of my intentions.
- To be a blessing unto the lives of everyone I meet.
- To serve Humanity from the highest level of my being, which is Christ