



Making Our Purpose and Power Easy

K2, Pakistan & China

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Introduction

In truth, the conditions of this world can leave us feeling helpless, frustrated, overwhelmed, depressed or sad. This can be caused by our personal life, events happening in our community, situations occurring throughout the globe, or all of the above mentioned.

So how can we keep our hopes up, our dreams alive, our spirit uplifted and our emotions healthy? The moment we realize and admit our purpose for being born and coming here, we automatically move into a higher and stronger level of power and courage. Knowing our true purpose is a protection against being seduced by that which would divert us from our true path and destiny.

Most people think that the problems are too large to do anything about. But this is the farthest thing from the truth. We are all the collective one and by helping just one person, we morph out an energy field that can reach hundreds of thousands of other people across the world.

This program is designed to help access our purpose. A purpose driven life is a powerful and productive life, that constantly feeds our soul and spirit. As well, when we leave this world, as we all will, we leave complete. Success, in its truest form is that, at the end of our lifetime, we know we have given our life's purpose everything we had. We complete what we came here to do and whether it succeeds or not, we leave a blueprint for future possibilities.

What better present can we give to ourselves.

Knowing our purpose is an inner victory that cannot be destroyed by any outer event or person, as it is scribed in our soul.

The 100th Monkey Phenomenon

There is a true and awe inspiring story of the 100th monkey. In 1952, it was documented by researchers that when 100 monkeys on Koshima, a Japanese island started doing something they had never done before, by washing their sweet potatoes, automatically, monkeys from another island, many miles away, started washing their sweet potatoes as well. Also, it was recorded that the first monkey to wash the sweet potato was a young 18 month old monkey. It is such a mystery because these monkeys, who were physically separated and had no apparent means of communicating with each other, somehow passed a new method of eating to the other group of monkeys that were not remotely near them.

This phenomenon proves that a new behavior or idea can spread rapidly, by unexplained means, once 100 members of one group exhibit a new behavior or acknowledge a new idea. Through this, an awareness can actually have the ability to reach critical mass.

There is another relevance to this story, in that each one of us can become the first of the hundred monkeys.

When life gets difficult, as it often does, instead of feeling frustrated, anxious, lonely or challenged, remember the baby monkey. The importance of this miracle is that we all have the power to birth a worldly solution, a new way, a new life, and maybe...even a breakthrough to new global consciousness.

Exercise 1

Numerology

It is very easy to feel confused as to why we are here in this world. Numerology is an ancient knowledge that can help solve the mysteries of our life. It dates back to antiquity and is associated with astrology and alchemy.

The underlying philosophy behind numerology is that we all have our individual life destiny. Therefore, it is best used to discover our personal purpose and strengths, so we know where we need to go and grow. Our life path is found from our birthdate. It is the sum of the day, month and year we are born.

The life path numbers are 1-9. However, there are two exceptions of master numbers, which are 11 and 22.

The following lists the gifts, possible career choices and personal meanings for each number.

How to Calculate Your Life Path Number

Mark down the day you were born. You add all the numbers together and then take it down to a singular number, unless it adds up to an 11 or a 22. An 11 and a 22 remain as an 11 or 22.

Examples:

If you were born on September 21, 2004

$$9/21/2004 = 9+21+2+0+0+4 = 54 \dots\dots 5+4 = \mathbf{9}$$

9 is your birth number

If you were born on July 4, 1998

$$7/4/1998 = 7+4+1+9+9+8 = 38 \dots\dots 3+8 = \mathbf{11} \text{ (11 unreduced)}$$

11 is your birth number

If you were born December 1, 1968

12/1/1968

$$12+1+1+9+6+8 = 37 \dots\dots\dots 3+7 = 10 \dots\dots\dots 1+0 = \mathbf{1}$$

1 is your birth number

If you were born June 25, 1979

6/25/1979

$$6+2+5+1+9+7+9 = 39 \dots\dots\dots 3+9 = 12 \dots\dots\dots 1+2 = \mathbf{3}$$

3 is your birth number

If you were born March 8, 1901

3/8/1901

$$3+8+1+9+0+1 = 22 \dots\dots\dots \mathbf{22} \text{ (unreduced)}$$

22 is your birth number

Meaning of Numbers

Number One

The number 1 represents all the possibilities of opportunity. It is the spark that contains and births new endeavors and expanded horizons. It is a powerful energy that brings the spiritual and physical aspect of the self into being.

Attributes - Original, strong, leader, courageous, daring, instigator, ambitious, independent, positive.

Possible Career - Pioneer, explorer of new ideas, creator, originator, leader, director, manager, chief executive, captain.

Personal Meaning - 1 is a strong assertive symbol of individuality, representing the power within, being at one with oneself. The form of number 1 is straight like an arrow.

Number Two

The number 2 represents the action of integrations and unification to opposing forces. It brings opportunities to blend, integrate, create and expand life's experiences in the physical world.

Attributes - Sweet, soft-spoken, parental, harmonious, loving, comforter, gentle, considerate, charming.

Possible Career - Diplomat, states person, politician, psychologist, teacher, details, artist, home-maker, psychic, medium.

Personal Meaning - 2 is union, the embodiment of partnership. The purpose of cooperation and co-creation. The number 2 focuses on the balance of the male and female.

Number Three

The number 3 represents the creative energy of communication and intellect. It symbolizes and synthesizes growth, cleansing and new beginnings, which harvests happiness, beauty and success

Attributes - Great personality, animated, talkative, popular, loves beauty, joyful, optimistic, kind, friendly.

Possible Career - Artist, entertainer, poet, writer, singer, lecturer, organizer, welfare worker, decorator, clergy person.

Personal Meaning - 3 is positive thoughts activated. The number 3 has an awareness of joining together of mind, body and spirit.

Number Four

The number 4 represents foundations and boundaries. It symbolizes protection, strength, vitality and vision. It holds a sacred space for dreams and visions to be able to manifest through principles and valor.

Attributes - Solid, precise, dignified, dependable, dutiful, pillar of strength, practical, devoted, worthy.

Possible Career - Author, economist, technician, professor, scientist, accountant, skilled crafts person, doctor, electrician.

Personal Meaning - 4 is safety and security of home. The number 4 has a need for stability and values.

Number Five

The number 5 represents transforming worn-out conditioning, thereby moving truth into higher consciousness. It guides us to an awareness of inner wealth in order to find our true purpose.

Attributes - Striking, entertaining, attractive, adventurous, travels through life, versatile, clever.

Possible Career - Lawyer, editor, promoter, salesperson, writer, platform speaker, critic, theatrical director or manager.

Personal Meaning - 5 is free spirited and creative. The number 5 is a doing number representing adventures, exposure to different cultures and action.

Number Six

The number 6 represents harmony, integration, transition and expansion. Its power lies in our intuition and wisdom, which bring high ideals and common sense, leading to a place of peace.

Attributes - Harmonious, good taste, domestic, cosmic comforter, understanding, sympathetic, just.

Possible Career - Artist, doctor, nurse, writer, hotel executive, restaurateur, corporate executive, head of personnel.

Personal Meaning - 6 is the realm of inner vision, inner beauty and inner wisdom. The number 6 opens gateways to imagination and infinite powers.

Number Seven

The number 7 represents victory and success through true alignment and responsible choices. It holds courage, strength and conviction to live our purest values and to be the motivator and generator of such.

Attributes - Poised, refined, unruffled, wise, mystical, trustworthy, introspective, mental capacity.

Possible Career - Judge, lawyer, scientist, banker, inventor, dean or administrator, clergy person, leans towards religion.

Personal Meaning - 7 is intuitive feelings and opens the realm of divine vibration. The number 7 taps into signs and synchronicities.

Number Eight

The number 8 represents the creative rational mind channeling cosmic energy into manifestation. Eights have a deep well of inner wisdom and are called to a higher purpose by taking this knowledge out to the world.

Attributes - Prosperous, discriminative, strong, efficient, powerful, materially inclined, dependable.

Possible Career - Financier, banker, executive, commercial magnate, consultant, promoter, broker, builder, manufacturer.

Personal Meaning - 8 is abundance and prosperity. The number 8 is in alignment with self-empowerment through right actions and right livelihood.

Number Nine

The number 9 represents awakening to the spiritual will and becoming the 'way shower'. It teaches us how to have trust in our hearts and brings abundance by moving us to a higher place of faith and knowing.

Attributes - Courteous, kindly, universal, problem solver, selfless server, breadth of viewpoint, genius.

Possible Career - Healer, preacher, criminal lawyer, doctor, philanthropist, humanitarian, advisor, composer, preacher.

Personal Meaning - 9 is cosmic consciousness. The number 9 opens one to a spiritual blessing of a higher purpose and service.

Number Eleven

The number 11 represents justice, weighing situations and making fair decisions. It balances our intuitive self and spiritual values with our conscious mind and moral integrity. It works with earth, cosmic and karmic laws.

Attributes - Refined, spiritual, vibrant, inspired, faith driven, intuitive, loves revelations, poetic.

Possible Career - Minister, reformer, welfare worker, psychologist, charity worker, explorer, inventor, philosopher, actor.

Personal Meaning - 11 is spiritual mastery. The number 11 is one with peace and harmony through spiritual consciousness.

Number Twenty-Two

The number 22 represents mastery and enlightenment. We become fully integrated, opening up to the boundless gifts of the world. It brings manifestation of the most wondrous, unimaginable miracles of the Universe.

Attributes - Harmonious, energetic, poised, always sees the bigger picture, practical idealism, master.

Possible Career - Builder, Buyer, practical reformer, writer, teacher, involved with large concerns, world affair organizer.

Personal Meaning - 22 is peace, love, happiness, work and prosperity coming true. The number 22 is the master of all masters, able to appeal to the masses.

1:What number are you? Remember add the month, the day and all four numbers of the year.

Month_____ Day_____ Year_____ Total=_____

2: What attributes do you feel the most comfortable with, and why?

3: What are you most uncomfortable with and why?

4: What career or purpose seems to most fit you?

5: What did you learn about yourself through doing your numbers?

6: How can you envision yourself getting closer to or building upon your purpose?

Exercise 2

Heart

Our purpose is always connected to our heart. It has nothing to do with money. Making money is NOT a purpose. Money will follow when we love what we do. If for some reason it does not, we still receive the nourishment and development from our trying. Our heartfelt feelings are the activation of our empathy and evolvment. Regardless of the times we live in, the soul of the human remains the same. We all want to feel like we made a worthy contribution and are able to derive happiness from it. We are all meaningful and were born to be joyful. This we should not forget, especially in times of misery and challenges. Most people are not aware that our heart has an intelligence all of its own. If humanity would follow this intelligence, we would, indeed have a much kinder and balanced world.

1: In accessing your heart's desire, what would you like to do?

2: How can you start this, even in the smallest way?

3: Always keeping the end goal in mind, what is your highest vision?

4: Look to your numerology and see what attributes you have that can help you manifest your purpose.

Exercise 3

Strength

Because the world is so filled with confusion, doubt and deception, we can be left feeling scared, helpless and weak. However, these feelings are momentary teachers, serving to be great transformers and chargers to our strong points, power and purpose.

Optimism

Our Purpose is Birthed from Our Optimism

A positive outlook is the most important prerequisite to manifesting our purpose and power. This does not mean we go into denial about possible challenges. Realism mixed with optimism is the best ingredient to achieving what we want.

Are you an optimistic person? If not, how can you change your pessimism to optimism?

Perseverance

Our Perseverance is Sustained from Our Internal Independence

Success lies in our willingness to be relentless and never give up. We must always keep in mind that failure is the best stepping stone to achieving success. One only fails if one stops trying. In truth, failure is just meant to arouse determination.

Are you afraid of failure? If so, how can you get over this and see it as an opportunity?

Humility

Our Noblest Attribute is Our Humbleness

Our purpose and power are connected to our heart and our destiny. It has nothing to do with our intellect or ego. The self-made billionaires in the world did not chase the money – they chased the dream, combating many nightmares.

Do you feel you can humbly lead with your heart and not your ego. If so, how? If not, why?

Commitment

Our Commitment is The Thunder of Our Being

Commitment funds certainty, certainty funds confidence, confidence funds courage. When we commit, we eradicate our helplessness and powerlessness. In fact, commitment is what yeast is to bread, as nothing can rise without it.

Can you commit to your purpose? If so, how? If not, why?

Positive Thoughts

Our Thoughts are the First Sparks to Our Actions

We demonstrate success or failure according to our habitual trend of thought. Therefore, it is important to believe that the outcome will be exactly what we expect it to be. Whatever the mind can conceive, it can achieve.

Are your thoughts positive or negative? If they are negative, how can you transform them?

Divine Will

Our Divine Will Leads To Our Eternal Freedom

Divine Will has no boundaries, as it works through the unseen, not the seen, the miraculous, not the mundane. When we let go of our limited belief systems, our world and desires become limitless. See it to believe - no - believe it to see it!!!

Do you believe that you can become limitless? If so, how? If not, why?

Exercise 4

Neverland

1. Never focus on what you cannot do, concentrate only on what you can do.
2. Never listen to someone who says: “it cannot be done.”
3. Never ask why – ask why not!
4. Never block your heart – let it do the talking....and the walking.
5. Never ask why me – ask why not me.
6. Never believe that you cannot initiate the change.
7. Never forget that for every problem, there is a solution.
8. Never believe that you are unimportant to the greater good.
9. Never care what others think.
10. Never be scared to fail or make a mistake.
11. Never believe that your smallest “piece” cannot match the biggest violence.
12. Never listen to a person who does nothing but whine.
13. Never “belittle” yourself – be big.
14. Never stop believing in miracles and wonder.
15. Never be afraid to recruit help from like-minded people.
16. Never forget to look up, when feeling down.
17. Never gossip – just gallop.
18. Never overlook your internal wealth.
19. Never be insincere or deceptive.
20. Never forget the 100th monkey.
21. Never be indifferent.
22. Never tell another what to be if you are not prepared to be it yourself.
23. Never be afraid to go forward, likewise be not afraid to withdraw.
24. Never, never, never, never, give up!

Finale

In a lifetime, spiritual and emotional breakthroughs are the most important achievement for our evolvment. This requires self-knowledge and personal accountability. To heal the world, we must also be willing to heal ourselves. Yet, when we help heal another or the world, we end up infusing ourselves with wellness and healing. Our mission, mandate and purpose are always waiting for us. They are just patiently in the wings, yearning for our awareness and focus to power up. When we find and fund our purpose, we find and fund ourselves.

*Live with strong and sharp intent
And don't get too emotionally bent.
When difficulties and problems arise
Face them right on – with no disguise.
Go for it, with power, no matter what
Acknowledge what's sitting in your gut.
Wildly follow your purpose and fate
Life is short – so please don't wait!
Amen*