

Spiritual Life Purpose Point — The Seat of Knowledge and Knowing

The Physical Life Purpose Point's partner on the Life Purpose Gravity Line (Level 3 of the 4D Healing System) is a point just above the heart in the area of the thymus that we call the *Spiritual Life Purpose Point*. This center is the next of the three points in the dimension of the Life Purpose Line, also known as the *hara*, that energetically connects heaven and earth through a vertical magnetic energy pillar that creates what we call gravity and matter that is the source of what we experience as our daily life experiences we have of ourselves, others the world, the universe and our spiritual callings and realizations within that context.

When you feel the Spiritual Life Purpose Point energy within you, it is experienced as a lifting, opening, expanding, and an effortless feeling of fulfillment and joy just above the heart that calls you to follow your intuitive callings; or when you hold back in your life from what is calling you the most, it is experienced as a deep heartache and emptiness.

The Spiritual Life Purpose Point expresses your soul's purpose not simply as thoughts in your mind of things you want to do or accomplish, but create an emotional calling that is felt as a pull in your heart toward certain people (soulmates), work (spiritual support of human evolution) and spiritual self-discovery that will evolve humanities ability to have ever greater levels of consciousness and abilities.

It is the **"mind of your mind"** constantly planting seeds to keep your attention on your higher purpose not on your base survival needs all the time. It is your conscience within your heart that knows deeply what you should do, that you are not doing in any moment, and what you shouldn't do, that you are doing in this moment and in your life. Where in the Physical Life purpose you have no choice, you can only give into reality, or go into unconscious denial of life, in the Spiritual Life Purpose Point you are given a choice to follow your heart or follow your mind. This is the Luciferic principle, the devil is not out there, it is your choice to short cut your destiny for a fate that only appears to be what you want.

An easy example is that you want a new book to read and you go into the bookstore. The trashy novels, mysteries and the historical biographies jump out at you in the way they are marketed, but as you reach for one, like you change channels on the TV, by mistake you grab a book on living a more purpose based and conscious life. This was no mistake. You are being asked to make the choice of staying in the brain wash programming of fantasy and being easily entertained to avoid your life, to instead, choose to go inward where you are writing the book of your life, and it, is the mystery thriller. Your ability to see synchronicity and omens originates within this point.

Your Physical Life Purpose is your physical and spiritual DNA, it is the structure that gives you your body and place in the universal order and flow, and like DNA every part of it can express itself in 20,000+ different ways physically all held within a spiritual purpose for your existence.

Your Spiritual Life Purpose Point is like your RNA that tells the DNA how to express itself in every moment through-out life based on the environment and energy flowing through your field in every moment. At the basic level RNA it tells your DNA what to up regulate and down regulate to trigger different sequences of proteins to produce a body,

emotions or thoughts that are in alignment with both your environment and in some mysterious way your unique purpose in being an Earthling. If you lift weights it tells your muscles to grow, you eat junk food it tells you your body to store fat, you feel love for others you live a happy life.

Where the PLP is what, where and how that is the form of life, like the clay that gets shaped into the mold of your life trillions of times a day and over a lifetime giving you the perfect vehicle and place and skills to live your purpose in every moment, the SLP holds the why. It is a storehouse of contracts that give your form it's soul awareness and conscious mind drawing your forward in life.

This Spiritual Life Purpose RNA system is not mechanical, it is a field of light and sound energy vibrations made of 12 primary frequencies ranges that our human bodies and brains have evolved to be able to perceive through. It is Spiritual RNA which means it is "consciousness" RNA. It knows the blueprint for you, and it is hooked into the blueprint for humanity all the way from your soul character through your chakra field and body down to the particles creating your atoms, your blueprint is perfect. It uses the subconscious autonomic mind to operate to share it information, so getting into deeper states of consciousness and non-form awareness is essential to allow it to function unhindered by the thinking mind that rarely knows anything of your true purpose in life.

The Spiritual Life Purpose Point gives you the power of choice to evolve toward a deeper truth and grow.

The Spiritual Life Purpose Point is where you realize your true purpose here in a career, your relationships and how you are here to leave your mark in the world spiritually. In normal thinking, that is done 100% in the brain that can analyze the data of your life, your personal history, see what everyone else does and what society tells you are your options and then it just uses math to decide your purpose in life, $1+1=2$. Go to work = make money, be a good sacrificing person = be happy. But in truth that never works because your purpose is not an idea it's a creative force far beyond the mental capacity of your brain. It is felt as a joy and a passion or an enthusiasm for just being alive and feeling called to be unique and share a version of love that only you can in the world.

Your human qualities blend with the soul to create what Jung called Universal Archetypes and each of us have a small set of these archetypal guides in our lives that give us our awareness of our Spiritual Life Purpose. If you're here to be a teacher, or a guide, or be a therapist, or an engineer, or a soldier, or a mother, entrepreneur, or a lover... or break free from the limitations of Earth life and be called deep within you to have a true potential within an infinite cosmos and unified consciousness to access a totally new forms and dimensions yet to evolve fully on planet Earth.

THE CALLING

As you are called it is not like a mental impulses stimulated by thinking, but is felt in every moment as a moral imperative from the moment you are born till the day you die. Like the child who just knows that within books are mysteries written between the lines yet to be discovered, and her brother who knows that athletics is his path to the same mysteries of being a human being, each one knows what the Zen masters taught thousands of years ago and has long been forgotten... in each moment and square inch of reality is the entirety of reality, all you need to do is listen.

The only way to stop you from living our highest purpose is to block the feelings that come from consciousness that tell you that you have everything you need (in the PLP) right

now to play your part in the evolution of humanity and the universe, and instead let your brain that has been wired only to see what you don't have to run your life choices. One creates fulfillment, and the other creates the illusion of isolation and emptiness.

FULFILLMENT

The result of an open Spiritual Life Purpose Point is a deep sense of fulfillment. Each of the spiritual centers create an essential state of being that are the most familiar, unfamiliar feelings you will ever have. We know the feeling of being full after a meal, or proud after doing well in a competition but these have almost nothing to do with fulfillment. They are just chakras getting a momentary need met.

The states of being or consciousness appear; i.e. fulfillment, timeless presence, enlightenment, brilliance, and unity are actually the 5 ways we experience the love of the creator. When these immerse into our consciousness throughout the 5 spiritual points we are getting our unique and direct experience of love that is the creator itself and for that moment there is no separation between our tiny human blink of an eye existence on a little blue planet, and the eternity of universes and our soul.

Even in the midst of a normal busy day, where you got up an extra half hour early, stole 10-20 minutes for a quick meditation, ran the vacuum, wore one of your favorite outfits, messaged a friend something interesting, surfed social media for no good reason, checked your e-mails and Instagram, saw that your investments are safe, rushed your breakfast, ran a successful business meeting, then had a nice date night with your spouse... and even with all that, you wake up the next day feeling that there is something missing. You just can't put your finger on it because your vows are mostly being served by that life, not your soul. You're a good person in your eyes and the eyes of most who know you, with normal levels of problems, and normal levels of success, there is nothing to that you can really point your finger at that makes you feel empty and unfulfilled.

This is when you feel the longing in your heart when your Spiritual Life Purpose point has somehow been blocked from being the primary guide in your life and actions.

I believe that everyone has within them a master artist, or speaker, or writer or teacher or athlete or.... My favorite artists are the sculptures Auguste Rodan and Camille Claudel. Through the medium of sculpture in marble and clay and metal, they created sculptures that no one else has been able to capture. Each of their works when you stand in front of them elicit a sense that this dead rock in front of you is more alive than an actual human being. This is the level of calling from the Spiritual Life Purpose Point. Something divine that when shared stirs the heart of everyone it touches.

The life purpose gravity line is as we discussed in the PLP is where we contact and attain mastery. Mastery is the union of the blending of the raw nature of the PLP and your natural instincts, with the visions in your Spiritual Life Purpose Point are as unmovable as the pyramids and no less important for your to create them. The fact that it has never been done before is always the sign of the Spiritual Life Purpose point coming alive and effortlessly leave your legacy in the world.

And important part of consciousness is knowing who, what and why you exist in an infinite field of possibility. What you do with what you have is how you find that out.

The thinking mind is just a fragment of consciousness that often has very little consciousness in it all. It's job has evolved to simply justify your existence in a fabricated world, not realize it. It tries to become an expert in some area it feels will be seen as good and special, and can create a hoped for success that will free it from actually knowing the

inner truth of why you are here which cannot fit into such a tidy box. The brain is clever and can usually do this within just a few years by narrowing its focus to one tiny area of life. Things like sciences, business sales and marketing, computers, homemaking, medicine, energy techniques, spirituality, fitness, etc. that externally can make you look like your life has meaning and purpose. This is why it is most common that when you ask someone what their purpose is in life, they will tell you about their job or area of expertise.

But it is what you do that no one else can that you are here to discover.

This form of identity which is known as the ego identity is just a tiny fraction of the true self and its purpose here. When the Spiritual Life Purpose Point opens, it takes you beyond the notion of being an expert who found a clever way to trick the system and skip the real joy of living for being normal.

In mastery you don't narrow your focus to find one thing you can hide behind in your life, you learn to broaden your focus, opening to the unified field that you are part of and in so doing gain such wide perspective you see a pattern emerge that is the one truth you are here to embody and share every day. When you directly experience your purpose, it will be one thing... but that one thing integrates all of creation in away only you can which then become your contribution to helping others escape the hell of normal and live in the heaven of authentic. and helps others find the same power within them

Spiritual Life Purpose point **Basic Qualities**

The Spiritual Life Purpose Point becomes your primary guide on the spiritual path and acts within your energy body as the depository soul knowledge about "why" you are given the life you have been given and how you are here to live it both personally, in your tribe, and all the way out to how you evolve humanity to awaken to a universal consciousness. Its energy epicenter is located in the region of the chest just above the heart known as the high thymus. In the East, it has been referred to as the seat of knowledge. Its color is teal and its tone corresponds to the note F # sharp.

The Spiritual Life Purpose point has within it all the contracts your soul made before you incarnated as here on planet Earth as a homo sapiens and became a part of this current creative dream of the planet that can be looked at in a very similar way to the movie the Matrix. What is programmed to flash across your cerebral cortex and pre-frontal lobes is simply a clever simulation to distract you from what you truly are which is something so real, so powerful, so unbendable that those in power never want you to know it even exists.

In practical terms, you are not a victim as the movie would suggest. Your soul agreed to partake in the creative awakening of humans and the planet through you. Each soul brings unique gifts that it then attempts to share in physical form so that the notion of "as above, so below" becomes a reality not a slogan.

Though the human body has not been genetically re-engineered for over 100K years and is due, we still haven't embraced the gifts the last genetic upgrade that gave us self-reflexive consciousness and an awareness beyond form that a few mystics have shown us we are capable of. The spiritual centers are new frontiers that must be attained if we are going to move beyond our current downward spiral of the blind leading the blind.

Change accelerates exponentially as more soul consciousness enters the body give you more and more of a sense of “why” you are here and what it even means to have a purpose based on love and wholeness not survival. The Spiritual Life Purpose point whispers into your awareness what you are here to do with your body, family, place you are on the planet, and all your physical, mental, and spiritual gifts you and you alone command.

While the Physical Life Purpose Point holds all of your potential and resources you are given in life to work with in every moment, this Spiritual Life Purpose Point holds the contracts your soul made to manage and make choices in how to use that potential as a creative force consciously.

It is your destiny to have the perfect body and gifts, and to know exactly what to do with them to produce a unique outcome in the world that evolves yourself and all of humanity simultaneously. It is not until the Spiritual Life Purpose point opens, that you stop arguing for your limitations by assuming you were slighted in some way. Those are just ego excuses for shooting low in life or sticking to something that makes money but is soulless.

Think about the Spiritual Life Purpose Point as the task master for the Physical Life Purpose Point giving it it’s marching orders, while the Physical Life Purpose point gives the Spiritual Life Purpose Point its legs, point of existence and tools in this world that awakens your soul emotions and awareness’s that are part of the experience not separate from them.

When the two are congruent within you, you have a solid sense of self that is both unbendable and non-negotiable. Your body and chakras are constantly in a state flux as they are sensitive to the weather, illness, negative intentions of others, even shifts in the cosmos. But the spiritual points are contracts beyond the 7 chakras. They are the inner candle flame that never flickers within you. They allow you to flow with life without compromising your deepest truth and spirit in any situation. You also become a healing and transformative force in the world and actually step away from the social media and advertising and corporate/religious governmental misinformation machine to attain real freedom.

This point is essential for our lives since as the soul enters a homo sapiens body, that has a brain in just the very early stages of awakening to consciousness, an unbendable set of energetic rules must be there to guide the person. Feeling good when you move toward your life’s purpose and bad when you don’t must be hard wired so we don’t do too much damage to ourselves and the planet before we truly remember what we are.

Humanity has just barely moved beyond a life-or-death survival-of-the-fittest reality. Over the last 2000 years humans (99.999% men) have killed an estimated 1,000,000,000 (that one billion!) fellow humans just to take their money and land, force them to worship some made up god under sociopathic governments and elite. And today with vicious corporations, and governments and enough nuclear war heads to take the first mile of Earth’s crust off the entire planet in less than 5 minutes.

Sadly the soul has made very little inroads with these idiots. But as I travel the planet I see that most people are good in their hearts, they just brainwashed to believe that they are something they are not. This why reconnecting people to this wisdom point will be essential if we don’t want to go the way of the Dodo bird and

the hundreds of human species and civilizations that have inhabited this planet that were far more evolved than we are that we have never even been told about.

Having an energetic map and innate knowledge of the one thing you are here to do that will fulfill you and feel good when you do it, helps you on our path to play your part in the evolution of humanity and the world.

The reason so few find this inner peace and purpose is that we have all been taught that suffering is normal and happens randomly. The truth is that suffering is not normal and nothing that ever happens to you is random. It is through these life purpose points that you have a powerful enough awareness and reality to be able to distinguish what events actually mean. If you don't know who you are or why you are here, how will you ever make sense of what happens to you?

The Spiritual Life Purpose Point Elements

When the Spiritual Life Purpose Point is open, you feel a sense of fulfillment and rightness in the world and in your life, like everything has a place and place for everything. Who you are and what you choose to do and express in the world is not some mental concoction but a call to action in a way that you can't actually describe to others.

Like Beethoven would say the music was already written in his mind and he just wrote it down, your life will appear to you in each moment complete and in alignment with the natural world. This is the mind of your soul that speaks to you and through you with such conviction that you make it your mission to follow this inner guidance and trust it rather than constantly second guessing and trying to justify yourself and your current habits in the world. The simple trusting state of the 2 year old is often the last time the brain was not in charge of your life and your Spiritual Life Purpose Point was wide open.

So why if it is that easy to know your purpose and what I call your one deliverable and purpose, do so few people have a clue who they are and how to make choices in their lives they don't regret later? Or worse, get so convinced of their powerlessness they shoot too low in their actual potential as a conscious creators in the world?

After 40 years of working with thousands of clients to unlock their highest potential, the first 30 years in athletics and coaching then the last 20 years through energy healing at the Rhys Thomas Institute, I feel I have distilled what causes so many to set themselves up for failure down to one primary point of onset. This one universal program disconnects you from your Spiritual Life Purpose Point and the intuition that lets you make good choice in your life vs random choices.

The problem, or point of origin, is the one little "white lie" you are told as a child that is so easy to believe it becomes the cornerstone for building a life that eventually falls down and does not stand the test of time.

No, the white lie is not Santa Claus, or the Easter Bunny or the Tooth Fairy, even though those are not the best way to teach your children not to lie or trust. It is much worse.

And it's not just your parents that are in on this scheme, it's everyone.

So what is this terrible lie? The little white lie is a story told by parents, society, teachers, movies, media, corporations, spiritual teachers and religions. It is the biggest lie you are ever told, that says, **"you can grow up to be anything you want to be"**

I know, it sounds crazy, every parent wants in some way that their children believe that. How could that be bad? Freedom of choice is the pillar of western culture, of modern idealism all over the world.

As you read this you may be saying, "this can't possibly be true". "I can do anything I set my mind to."

And yes, the physical, emotional and mental truth is that you can choose anything, train in anything, get in any relationship, take any job, but just like if the 4 foot 4 inch tall Olympic gymnast with dense muscles, short legs and tiny feet and an explosive energy decided to try out for the Olympic swim team where the average height is over 6 feet, long muscles, with super long legs, huge feet and even temperament, the gymnast would struggle for the rest of her life, just to float, and never make the team no matter how bad she wanted it. But had honored her PLP and chosen gymnastics she would attain gold and inspired millions to find the gold within themselves.

You and every human being on the planet are no different than the gymnast. Think about your unique body and way of expressing yourself. Then think of everyone you know. There are 7.5 billion people on the planet, every one of them has an Olympic game that their body and mind and emotions was born to win the gold in. What is yours? (golf, cooking, loving, art, teaching, being a cruise director, healing, being a comedian.. or what?) You will know it when you never get tired doing it and you wake up thinking about it every day.

You can trick your body and brain into doing just about anything if it seems like it will give you some sort of immediate gain. But you can never trick your energy and your consciousness that is viewing your life from a higher vantage point.

Your energetic soul truth is, **you can't become anything you want, you can only become one thing** because energetically you are only that one thing with one purpose and one character that goes with it. And you have the perfect body, mind, emotions, energy, consciousness to do just that since your body and chakras are the result of your soul energies not separate from them.

Your goal in life is not to find what you are OK at, that makes money and makes your parents or spouse happy, but drains your energy and spirit and deep down inside you know you are lying about who you really are.

You have to find the one thing that you, and only you, were born to deliver in the world so you can let go of the internal mental pattern that says if I can become anything I want then whatever I do could always be better. The proof of this ridiculous theory is looking at what others accomplish, that now with the internet can show you many people doing whatever you chose to do, better than you do. Comparing yourself to other only leads to a lifetime of never feeling like you are enough and striving to be someone better than you are, i.e. not you. Your true purpose on the other hand is effortless and fun and you are amazing at it.

Each human being has a unique energetic signature and purpose, it's like their character, which is a soul quality that is felt, not thought, and exists without change from the moment you are born to the moment you die.

It is your inner "yes" that makes you happy and fulfilled just by feeling it while you walk, breathe, or work. It radiates out both giving and receiving in a way no one else in the world can do.

Think about it, does just any job make you happy? Or just any relationship? Or any fitness routine? Or any restaurant? Or any spiritual practice? Or any form of medicine and

healing? No, of course not, there you have to find the one that truly resonates with something deepest within your soul.

Every human being is here to deliver their part in the next evolution of humanity, never someone else's. This is why social conditioning and information control and censorship, that is reaching insane heights currently is the most destructive force on the planet. Literally everything you see in every form of media is some form of advertising or brain washing that is so shocking or entertaining or boring you lose touch with reality and lose the "knowing" in your Spiritual Life Purpose Point.

Psychologists who have studied this phenomenon of giving children too many options have found that too much choice and too many options, in the mobile phone generation, have led to regret and anxiety about feeling like they are constantly making the wrong choice, and ultimately mental paralysis, depression, and around decision making, and a sense that life is passing them by faster and faster and they are missing out on so many things. Just like all psychological labels, the psychologists really had no solution to deal with it.

Telling a child that at some point they have to grow up and be an adult, and must choose from the thousands of amazing people they see on the internet that they could never be like, and subtly saying that their success and happiness and acceptance in the world depends what they choose, is enough to make any child have anxiety. Especially when they see how poorly their parents have managed their choices and have no real role model for live anything close to a real soul purpose.

The truth is that every person knows from birth the one thing they are here to do. Training the parents, and teachers to show children how to honor their inner spiritual knowing and life purpose profiles contracts from early on, so by adulthood they are not as lost as most of humanity is right now, is the freedom people are searching for.

So what is the freedom solution?

It is actually what I do with every new adult that enters the Rhys Thomas Institute. I do what a conscious parent might say to their toddler, something like, "I have no idea who you are, but I know that inside you is an amazing, one of a kind gift, that we will discover together". "We will finding out what it is that you love the most, what gifts and skills you have, how you like to play, what kind of sense of humor you have, we will honor your character more than your behavior, we will study what your body likes to eat and makes it feel good and energized , and see what form of creativity and brilliance that you alone have and nurture it. We will be totally open to your physical skills and abilities as well as your emotional sensitivity and joy of life. Because we know that every person has a soul contract to deliver one thing, and one thing only in the world, and since no one has ever seen anyone like you before, we will watch very closely and support you in finding your one essential deliverable so you can joyfully play your part in being a transformative element in the world.

Doesn't that sound much better than, "you can grow up to be anything you want, but we only know what we want you to be, and don't really have any training other than psychology that has no soul base what-so-ever for figuring out what you are really hear for," "oh, and whatever we come up with will just be a guess research not you" This coming out of the mouth of someone who didn't grow up to be who they truly wanted to be, or from a person selling you on some gimmick of "guaranteed" success system based on them not you.

A person who does not know who they are, no matter how many amazing choices and opportunities you give them will not be able to make good choices for their lives.

Learning to make the important choices in life, i.e. how to master your body and emotions, how to use the time you have in life well, who you fall in love with and what kind of soulmates you attract, what you will do for work and how will connect be a change element in the world, and the kinds of spiritual practices you create for yourself to attain enlightenment... are directly related to how much you are in contact with their true inner wisdom that is accessed through the Spiritual Life Purpose Point.

The physical and Spiritual Life Purpose Points have within them the entire map of your life. Accessing them is the shift from wandering through life as an expert assuming you know who you are by how you have behaved or what job you do, to a mastery way of living where you realize that who you are is a gestalt feeling and, an effortless quality of being that can only be known by connecting your present moment to the creative source within you.

To be clear, even when you do embrace and develop a level of coherence between body mind and spirit in these 2 points and become fully aware of what your one deliverable is, life can still be a challenge. The difference is that it does not create the anxiety, stress, depression and illness that is so epidemic in the world in people who have never been trained to listen to their hearts and souls through these spiritual points of awareness, have not idea that there are soul based profiles, and were told randomly to be whatever they want with no context.

Consciousness Qualities of the Spiritual Life Purpose Point

The struggle we have in life is not life itself but our inability to create a context within our awareness for what life means, why we feel the way we feel, and why life is so unfathomable at times drawing us seemingly randomly to different events and circumstances.

We all have a great need and inner desire to know the meaning for our existence that has been whispering our ear and beating in our hearts since the moment we were born. But we literally are given not one clue to understand it in our upbringing and schooling other "you're a boy or a girl, that's why," and psychological and behavioral studies are just as useless because the mind can't solve a problem it can't see that it created.

But at this Spiritual Life Purpose Level of consciousness, you have the full truth and so much more. It was when this point opened within me that I realized that created the Life Purpose Profiles, 4D Healing, the 12 chakra energy centers, healing and relationship and your unique body type since humanity must have a starting point to begin this seemingly overwhelming task of true self-discovery and integration.

As we move beyond human logic of the mind and body at level 1, and the 7 frequency processing units that we call chakras that all navigate our lives within time and space at level 2, (i.e. the 20%) and shift into the realm of the spiritual gravity and Life Purpose Points at level 3 which is the source of levels 1 and 2, we become conscious that our purpose is creating our reality, not something separate from it. It is this step into level 3 and access to the Spiritual Life Purpose Point that you pull your awareness back internally and can see yourself as important a part of the universe as the galaxies and stars.

So much of accessing the Spiritual Life Purpose Point and finding true success in life is to break the mental patterns that keep you chained to social programming and your personal history story you keep repeating over and over again to prove you exist and you are somehow on your way somewhere.

Doing deep meditation accessing your primary states of consciousness, learning about the life purpose profile's in you, and seeing and feeling them in you and others, and learning to perceive the world through your chakras, and learn energetic healing work are the essential steps I have found that open the door to access your deeper energetic truths that will reveal these spiritual centers within you.

From these energy centers you will begin to feel that the typical ideas of what achievement of purpose might look like in your lifetime are just illusions you are chasing in time, when your actual spiritual purpose has been standing face to face with you your whole life. You need to uncouple time from purpose. Time tells you that you are always about to live your purpose, or what you are doing now is only in hopes of changing the past which is also an illusion to attain what you want in the future.

The bad news is... you don't get to achieve your life purpose in the future. You are your life purpose right now in the Physical Life Purpose Point, and through that direct visceral multi-dimensional awareness of the spiritual centers, i.e. by attaining no time no space consciousness, you access a direct knowledge through your Spiritual Life Purpose Point that gives you the meaning for your life, the "why" it is all happening the way it is, and how it is this singular moment of time is your moment to shine, not later.

Your brain has a very difficult time existing in the present moment, it has been programmed to live in time and space, past a future and not be the shepherd and creator of it. The lower chakras are completely time bound. As you move up beyond the 4th chakras time becomes less real as love though usually bonded to another human being can transcend time and space, words that usually reinforce old stories can capture eternity in a moment, memories hopes keep us chasing our tails in the sixth chakra but dreams can be prophetic, and though for most the seventh chakra is just run by whatever religion or spiritual tradition you vowed to follow culturally, truly opening the seventh chakra gives direct access to the spiritual centers where there is not time or space.

The more you feel your infinite depth and truth, the more time stretches out, like when you were a child and summers lasted for ever, you brain was not trying to manage time, it was just enjoying the moment. Your secret place that I discuss in Discover Your Purpose is the practice of going back into that memory, not just of what you used to do when you were 4 or 5 years old, but the feeling of being these spiritual centers more than your body and chakras.

The goal of life is to master it. To do that one of the first things you must do is pull your energy and attention out of your past, out of the objects and people stuck in time who are giving you a sense of identity, and reconnect to the eternal now and the access point for an new identity that feels connected to life, and a part of all that is possible.

SUMMARY

The Spiritual Life Purpose Point is known in the East as the *Seat of Knowledge*. Or the *Seat of the Soul*. It directly guides your actions by connecting the mind of your heart and soul to your brain and what we call the Awakening point which we will be discussing in the next chapter that sits in the location of the brain stem.

The soul has a consciousness that is unfathomable to our limited brains, the closest thing we can understand it to be is an incorrigibly fun and interesting character within you that has never been seen before this moment and will never be seen again. The Spiritual Life Purpose Point's job is to transmute your soul's powerful consciousness down to a level your human brain and energy field can handle without frying all the neurons. It does this through words, images, omens, visions, dreams, synchronicities, chance meeting, and a language that you already understand, but adds just slight upgrades to them to let you occasionally glimpse the power of spirit creating your life from one source of awareness. It is that one railway track a thousand miles long that speaks to you from the moment you are born till the moment you die so that you know how to stay on track. Learning to pay attention to those subtle upgrades is the heart of all spiritual practice where you learn to put more attention on levels 3 and 4 than levels 1 and 2.

The Physical Life Purpose Point on the other hand and the lower chakras are dealing with daily reality and survival in the world and will often choose the easy path, the temptation to live a habitual life, not the one your Spiritual Life Purpose Point is whispering in your ear. This is where the concept of good and evil, god vs the devil come from in all religions. The Spiritual Life Purpose Point is the higher self and the channel through which your soul's highest ideal for this incarnation comes to you. The Physical Life Purpose Point is the lower self dealing with Earth reality that often may seem more than you can handle and will trigger your brain to choose the path of least resistance, or cutting corners if it can, not the road less taken that your Spiritual Life Purpose Point will always call you to. This is the power of choice that no other animal or creature on earth seems to have, the power to say no to either our natural instinct in the PLP or our spiritual callings in the SLP. The temptation to do this is called the devil, but in reality, almost always this is not an actual choice between the two, it is a much larger choice to stay conscious, or succumb to the irresponsible urge to be unconscious and numb from the chakra vows, addictions and habits of being who we are that we did not even choose. This blocks the development of the higher intuition muscle from developing a relationship between the lower self of the PLP and higher self of the Spiritual Life Purpose Point that must work fully together if you are going to evolve energetically or spiritually.

As you do this work of healing, meditation and self-awareness, you realize that you have always had the truth within you, and life is not random or something to be chosen lightly out of fear or obligation or illusion of powerlessness, and notion that what you do has little or no consequence could not be further from the truth. The reason the leaders and dominators over the last 10,000 years have been so cruel and have killed anyone who access this level of consciousness is now becoming obvious. A person connected to their soul is connected to all souls and the power that all souls have is enough to create not just a new world but a new universe and our meaning within it.

People who think from this level are unprogrammable, and though there are very few now, it is about to spread like a virus and the war for freedom will be won without a single bomb being dropped.

It begins with the first few epiphanies you have, and real soul sensations that come from a level of your being that only ancient civilizations mastered and fearless mystics ever bothered to fathom before being persecuted by the small minded leaders as heretics.

This single point, the Spiritual Life Purpose Point is the pivotal point for all spiritual practice, for it is the guidance that calls you to your destiny in every moment.

YOUR ONE DELIVERABLE AND CHAKRA 3

As you touch your soul more and more you find that it is very simple... as matter of fact it is just one thing, one love, one reason for existing that you and you alone exhibit within many dimensions and ecosystems, from your own atom, cells and body, to humanity, to a planetary bound creature, to cosmic star seed, to light creator, to universal energy spin, to levels of unbounded consciousness we can't even fathom.

In this 4 dimensional system with 12 very specific energy points of origin, when you realize that you are one thing that all 12 of your energy gateways to knowledge serve, you also begin to realize that that one thing has one deliverable not only in your daily chakra one and chakras 3 actions, but it impacts all of those levels profoundly giving you a purpose far beyond collecting social security some day.

No matter what you are doing, spending time with family, working, driving your car, buying groceries (all chakra 3 activities)... what you deliver when you are in your core is one thing, your flavor of love, humor, compassion, strength, intelligence, or your warmth, which are the soul qualities within the actions that give them your unique flavor that no one else can deliver.

When you act as a multidimensional energy system you interact with other multidimensional system and impact them on these higher creative levels. When you live at level 1 very little information is transferred and very little awakening happens.

YOUR PURPOSE IS NOT A JOB

It is not a surprise that when the average person thinks about what their purpose is they think about what job they can do to make money, or be a parent, or be valued person in society. The drive for this comes from deep inside every one of us, not from cultural dictum. We know in the Spiritual Life Purpose Point that we are here to deliver something of enormous evolutionary value to the world and beyond.

The problem lies not is that we are drawn to do something, but that we are programmed to see that something as something we do to get something, rather than seeing what we do as a way to reveal something greater within us. Something that inspires both us and anyone we meet to constantly go deeper down the rabbit hole, not get stuck chasing shiny objects.

The truth is that your one unique deliverable, which is the heart of what makes you, you, that your Spiritual Life Purpose Point is constantly trying to get you to pay attention to is never a job in the traditional terms but becomes your like a mission spiritually in every interaction and you have in the world.

You can be a baker, or a driver, or a corporate executive, but the product or service you deliver is not what you deliver. What you deliver will be more like humor, or strength, a good word or waking the people you meet up to a new idea. Not knowing this quality within you leaves your actions mentally driven only and empty spiritually. Success in life becomes something your read on a analytics spread sheet rather than the good you are doing in the world.

When you know your deliverable you never get confused about "why" have certain relationships, or "why" you work where you work, or "why" you are married to the person you are, or "why" past relationships or work didn't work out. You become aware that as long as you can deliver your inner gift, your one deliverable that only you can deliver, you will be happy in the world.

It is essential in the initial phases of this development to become more and more aware of your Life Purpose Profile that will give you awareness of the deepest and most foundational of what motivates you. With that level of energetic awareness you will see patterns emerge from you that act as guides not distractions.

Consciously choosing work, relationships and environments that specifically align with what you are here to deliver at the soul level, is part of a good spiritual practice and can magnify your impact and sense of success in the world.

Your third chakra and its drive to be an individual and leave a mark in the world can only truly be happy when it is alignment with you Spiritual Life Purpose Point and profile. So in this way you can think of the Spiritual Life Purpose Point as the part of you that you must access to find your spiritual job. It give you the awareness and then your third chakra becomes your delivery system in the world through the actual job and relationships you choose in your life.

For instance if your spiritual job or profile is a leader you are here to inspire, if you are an achiever you are here to help other do better, if you are a team player you are here to teach people fellowship, if you are an emotional intelligence person you are here to awaken the hearts you touch, and if you are a creative idealist you are here to show people how to stretch their imaginations and creativity to new levels.

The complete set of contracts you must find in the spiritual life purpose point through shifting from levels 1 and 2 to level 3.

YOUR GREATNESS WILL BE HUMBLENESS

When your Spiritual Life Purpose Point opens up you become sage like in your own life and in what bring meaning for you in life. Not delusions of grandeur but just a simple soulfulness that might result in living a life of a messenger like Martin Luther King, or a much more quit existence of a gentle teacher working with children to ensure they are seen and loved as the foundation for their sense of self.

Soul's think generationally, not in the immediate gratification of the moment. In the east they say if you want to help a person give them food and shelter, if you want help all of humanity educate the people.

This education in the spiritual centers is the missing link in our being able to move beyond the past 2000 years of darkness and greed created by Roman Catholic Rule, the Jesuits that have transformed into banks, corporations and governments so large no one even knows what they do, including the people in them. These organization can only exist when all the people within them have no idea who they and what they actually are.

The life purpose gravity line has the 3 points of Wisdom, Knowledge and Awakening that are essential for life mastery, divine creation and evolution. A master is a simple a person who knows themselves and their reason for existing so well that they are unwilling to betray that for any reason or under any temptation to do so. In this world there are many temptations and well funded organization that would much prefer you be what they want you to be not who you were born to be.

As we discussed in the last chapter, by being a fractal of what we call the physical universe spinning empty space into forms and our body through the Physical Life Purpose Point, we also now realize that we must be a fractal of the mind of the universe that spins the wisdom of the creator of the entire universe through us at the Spiritual Life Purpose Point. When humanity attains this level of awareness the petty connivances and evil of our

leaders literally will wash away overnight since a person who knows who they are cannot be manipulated.

In the next chapter in the Awakening Point we will discuss the enlightenment that comes as we master the Spiritual Life Purpose Point and physical life purpose point.

Mastery is the goal of life and is the heart of inner peace. In the middle of what seems like chaos the master dances and thrives since through his or her being is the creation itself. Mastery is simply not being distracted any more by what does not serve your higher purpose and being aligned more with your soul mind than your thinking mind.

How to recognize your Spiritual Life Purpose Point?

Make a list of the following:

What did you love the most to do as a child?

What kinds of dreams did you have growing up about who you wanted to be or do in the world?

What are you called to or drawn to in your life? Science, math, nature, outdoors, friends, games, sports, reading, fantasy, puzzles, building things, animals, or what was it for you ?

What is your one deliverable that everyone gets from you? Love, compassion, wisdom, creative solutions, spiritual guidance, security, inspiration, laughter, organization, or what do you deliver? (it is better to ask them not assume)

What do you do that you could just do all day without getting tired and gives you the greatest sense of inner peace and joy?

What bring you the most enthusiasm and passion in life that love to share with others that makes a makes a real difference in their lives?

If you could do anything you wanted, what would you do?

If you could be the one that made a positive change in the world what would you want to be known for?

What kind of love is your favorite kind?

What profile do you resonate with the most? Leadership, Deep feelings, Caretaking, Achievement, or Creativity? How does it call throughout the day?

What profile blend do you see as your real power, Creative leader? Caring protector? Loving Guide? Passionate empath? Or ?

What kind of clients do you attract personally and what do they get emotionally, mentally, and spiritually after working with you? Safe, supported, loved, organized, turned around, uplifted, inspired to..., listened to, understood, etc. (asking them is the best way to figure this out)

Who do you see in the world that you know you are the most like?

What is your vision of your life going forward?

What is your vision of humanity and the world going forward?

How often do you get into the Theta or Gamma states of consciousness where you access direct wisdom from the creative source of life?

Can you tell the difference between the voice in your head that is just compulsive thinking and the voice that is guiding you on your path to enlightenment? (do you use crystal bowls to help with this process of awakening?)

Ask yourself:

- Does what you do fill your heart and is it creating a pathway to enlightenment or is it just a job?

- Are your thoughts and actions in alignment with what you know you should do and what you know you shouldn't do?
- Or is there an inner argument, or a rationalization over what to do and what short cuts or cheating in life are OK what is not?
- Do you feel the temptation to isolate and make your life and immediate family what you protect and provide for and disconnect from society and the world at large?

The Spiritual Life Purpose Point lets you live every moment as a creative act, enlisting all of your resources in your Physical Life Purpose Point and leaving nothing off the table.

When you are in the Spiritual Life Purpose Point, there is a sense of rightness in the world, like your favorite song playing in your head motivating you to create with power, beauty effortlessness and integrity that which you feel in your soul you are here to do.

You may actually feel the vertical line of energy anchoring you to the planet and connecting you to the wisdom in the cosmos? Your mind is awareness without thinking, you break away from all family and social programming and personal history activating the highest frequencies of information that is best described as knowing. Meditation becomes a where you go to get information, not google.

How the Spiritual Life Purpose Point creates and guides the chakras

What each person puts attention on, does, or delivers in the world physically, mentally, emotionally, and through thought, work and action ultimately is directed by the Spiritual Life Purpose Point. When that point is shut from vows in all the energy centers that place your attention on the outer world not inner guidance, you feel disconnected to "why" you even exist. The best you can get from that state of awareness is some rational assumption as to what anything means, very similar to our current science and medicine that look at data points not the creative soul force behind the events.

The spiritual centers are more global in your experience of them than chakras that are very personal, so their job is to give you a context for your life and the chakras then serve them as their laws of attraction, and sensitivity in the world.

Each of the spiritual life purpose points effect the function and processing capacities of all 7 chakras and their individual purposes that are unique to that specific dimension of your life and serve the whole. For instance, the Physical Life Purpose Point is seen easiest in chakras 1 and 2 the body and the emotional energy. The Spiritual Life Purpose Point is best seen in the chakra 3 and how you express yourself out into the world work and play. The Awakening Point will be seen mostly in chakra 5 since what you are supposed to speak and share in the world is your unique wisdom and knowledge, not some ancient fact you learned from a book or were told by someone else.

The most obvious ways to see the Spiritual Life Purpose Point at work is in chakra 3; chakra 3 being the moment to moment physical expression of your inner state of consciousness. When your actions are the servant of purpose you find the universe

conspired with you to make a real difference. When your actions are the servant of the mind, you do a lot, spin a lot and leave a trail of nothing of real value in the world and no legacy of change.

Blocks and vows in chakra 3 act like automatic knee jerk actions that keep you stuck in the past habits and behaviors and do not need any input from your Spiritual Life Purpose Point that is creating a new life in every moment. Since chakra 3 is your integrity and self-esteem, any vow that tells you that you are either average, below average, or it's converse, that you are the chosen one, means you have already made your deal with the devil (i.e. adults and society for approval) that tempted you to be someone you are not to get you what you think will be money and happiness, but all it is is how you cut off your true inner guidance.

You may have vows saying to hide when there is conflict, or not to stand out or be selfish, or to always be perfect or always go it alone and do it yourself because you can never trust others to do it right. You can see how the Spiritual Life Purpose Point needs your 3rd chakra to express its will, not the will of your thinking brain that is just an echo of the vows and limited belief systems that lead you right into the hurricane of life, just to spin and spin for a lifetime. When you learn to "follow your heart not your head" and trust your inner guidance more than your rational mind, you will see events unfolding that support you in choosing wisely and being the creator of your life.

The relationship you must develop with this portal to infinite knowledge is going to feel as if there is an outside force, or spirit guide talking in your ear, making your heart beat faster, sending visions out of nowhere, sending you a synchronicity or omen that even your busy day can't deny. But if you see this information the way you were taught to digest the information in school as an outside influence that has nothing to do with you, you will perceive real guidance as "weird" or "random" and useless to you.

The Spiritual Life Purpose Point connection to the divine would not exist if you were not the divine itself. Your brain has been turned inside-out by the reverse learning which society calls school that hardwired you to think that what is outside of you is the only way you can get learn. And facts if presented by an authority or a scientist have to be true, when the real facts are that no one but the spiritual masters currently understand more than 4% of anything that is happening to us and around us, it is all just theory that 100 years from now we will laugh at how stupid and superstitious we were.

The chakra vows must be worked with since they block you 7 major ways you are here to live your purpose each day. Those blocks lower your energy to a level so low that you can't process or even sense the spiritual points at levels 3 and 4. Living in levels 1 and 2 disconnect you from your spiritual energy and therefor your wisdom and your foundational purpose for existing, leaving you lost in the world like a ship without a rudder in a storm.

Remember, chakra wounding happens, because an essential life purpose need, which is experienced in any of the chakras as a calling, like love or knowing more than others in the moment, could not be fully allowed as a child and so it was rejected, and in turn you rejected even needing it and had shame about even wanting what you could not get from those that were supposed to love you. The pain of not getting a life purpose need met is so devastating that a vow is made to never need it, "I don't need anyone" or always behave in a way that compensates for not getting it, "I will be loving to everyone all the time."

The best spiritual advice you can get is, no one outside of you can actually tell you who you are. Everything outside is somehow a reflection of you in that moment and are

there to point out what has been so obvious your entire life and you just missed it. Once you know who you are, everything outside of you, everything you do—everything that you call to you, and you are called to through the Law of Attraction—is a reflection of elements of who you are. Getting a handle on what your life purpose and deepest inner meaning is, is always the first step on your spiritual journey to enlightenment.

Blocks to your Spiritual Life Purpose Point

Spiritual Life Purpose Point Vows and Freedom Statements

In the 3 Life Purpose spiritual centers, the vows and Freedom Statements will be amalgamations of any chakra vows that reject that universal truth of who you are. The Freedom Statements are the foundation for the individual chakra Freedom Statements that acknowledge your inner gifts and spiritual or soul purpose.

Spiritual Life Purpose Point vows are made around not trusting your inner knowing of what will fulfill you, what actions you know you should take in any situation but won't because of some trauma, and a rejection or denial that what is coming to you in your life is for your highest good.

These kinds of vows create an identity based on what you do and how successful it is, or who you have been programmed to be by society. Without this Spiritual Life Purpose Point connection you live in constant fear and bargain with your soul to get loved, or supported financially, make more money, have an easier life, etc. but it all leads to pain if it is not in alignment with your Spiritual Life Purpose Point since anything less is a vow to betray your true amazingness.

Freedom Statements for the Spiritual Life Purpose Point let you state clearly and metaphorically what kind of unique knowledge and wisdom you are here to bring to the world. It can be seen as art, teaching, healing, leading, entertaining, counseling, advocating, etc. but no matter what you do, you are very aware that no one in the world can deliver what you deliver, and it is your contract with the universe to deliver it to everyone you meet.

Through this point you get direct awareness of how your profile type plays the foundational role in bridging the feelings and callings of the Spiritual Life Purpose Point that speaks to you hundreds of times a day into a sense of purpose in your human life.

Below are some examples of vows and their corresponding Freedom Statements to free your vows and unblock your Spiritual Life Purpose Point:

1. I vow to never be an hourly worker like my parents, I am here to be an entrepreneur who does something big and successful in the world if I don't I am a loser.
Freedom Statement: I am open to finding a career that serves my soul and makes a difference in the lives of many and success is not a number it's a feeling in me.
2. I have never felt called to anything there is a right way to things that you just figure out

Freedom Statement: I am open to both my ability to know what I am called to in my life and and doing it well

3. I vow to see my value and sense of purpose as being a loving mother

Freedom Statement: I am open to being a great mother, and realizing that it is the empowered woman I have become that is my greatest gift to my children.

4. I vow to see my highest purpose is to live a good spiritual/religious life and follow the directives as a Buddhist/Catholic/Jew/Muslim/Hindu.

Freedom Statement: I am open to my religious training giving me a foundation for understanding spirituality, and I am open to feeling my unique spiritual connection that only I have with the divine.

5. Having a higher spiritual purpose is for rich board people; I just have a job.

Freedom Statement: I am open seeing that I find fulfillment and my spiritual life in simple things like work and relationships not meditation and leaving my body.

6. I vow to be rational about what I can accomplish in life based on how smart I am, my gender, how much money I have, and my past successes and failures.

Freedom Statement: I am open to being a practical thinker and also see that when I let go of the past and try new thing I get greater opportunities.

7. I vow to be a pessimist; I get less disappointed that way

Freedom Statement: I am open to being cautious when I make decisions and my deep desire for magic and miracles

8. Anyone can do or be anything, its just luck of the draw who becomes successful or influential, you are just lucky, or your not.

Freedom Statement: I am open to the idea that every person has a unique greatness within them and that is what defines success and enjoy life

Now It's Your Turn: Write in the spaces here any of the Spiritual Life Purpose Point vows that you've become aware of in your life, and create your own Freedom Statements to free those vows. (Any vow you used in the chakra can impact your sense of purpose in the world)

VOW: I vow to never/always _____

FREEDOM STATEMENT: I am open to _____

VOW: I vow to never/always _____

FREEDOM STATEMENT: I am open to _____

VOW: I vow to never/always _____

FREEDOM STATEMENT: I am open to _____

Your Crystal Bowl Experience

The tone of the Spiritual Life Purpose Bowl is F # sharp. Find a comfortable place to sit or lay down and breath deeply letting go of any tension or random thinking in your head. Like all bowls tones, you never know what you may be called to feel, see, sense and know, and where you experience them in your body and energy field.

You will want to prepare yourself to be open for any experience. Everything about the experience with the F# will be telling you what your Spiritual Life Purpose is, pay attention to everything. If you are just starting out, notice where in your body you feel it and also notice what the emotion is you feel with that. Then ask yourself how could that either be your life purpose energy or how you are blocking your life purpose energy.

Your mind will often try to fit your experience into whatever you believe about having a life purpose should be. But as we have discussed your brain is not the one that will understand your life purpose, that is your hearts and soul's job. Your experience no matter how od it is to your brain is a truth that will call you and should not be over analyzed, only followed.

For some people, this tone and bowl is very powerful and can make them feel strong and feel the vertical current through their bodies. Others feel deeply peaceful. Others will call forward their mind or feel it in their legs. Your life purpose is a quality of being, a feelings of energy in your body and all around you. It's never a job.

If you felt the tone in some positive way, like an expansion, an energizing of certain chakras, or a good memory or vision, or an energy that moves through you from right to left or left to right, or a peacefulness or power... you will want to use that experience, that we call a soul emotion as a pathway to feeling how that energy is somehow related to your calling in life.

If you had tension or pressure or pain while listening, or envisioned a person or situation you are struggling with in your life, make a note of what chakra it was in, what was the emotion and meditate on that to see how that energetic pattern has something to do with how you are blocking your life purpose at this time.

What Life Purpose Profile Does Your Experience Call You To?

The Charismatic Leader-Charmer/Enforcer-Seducer will often have vows in the Spiritual Life Purpose Point not trust others, control their environment, ends justifies the means in life so any job will do as long as they are in charge, it easy and they make good money. They also have vows to never be told what to do or trust authority which leads to battling or seducing anyone who has more power than they do which often has them sabotaging and changing jobs and relationships every couple years. Their Freedom Statements are around being open to finding what gives them a sense of mission and inspiring others to follow them. And open to the idea that they are change makers that need to be free to try new things and find new challenges so they create careers and relationships that allow that.

The Knowledgeable Achiever/Rule Keeper will often have vows in the Spiritual Life Purpose Point that say "what I do for work is who I am," and ' "whatever I do it has to be perfect, I will never be satisfied with anything but my best," "no play till the job is done" . Their Freedom Statements are around I am open to finding a work/life balance and finding a level of mastery rather than perfection where I get to enjoy the fruits of my labors"

The Team Player/People Pleaser will often have vows in the Spiritual Life Purpose Point that they feel like they are unimportant, ashamed of being followers not leaders, and feel like they are not as talented and have few options in life. Their Freedom Statements are around being open to the truth that the actions of the few caring people can change the world, and they love their role as caretakers of humanity.

The Emotional Intelligence Specialist/Poor Me will often have vows in the Spiritual Life Purpose Point that keep them feeling that they are so weak physically and too sensitive to be able to deal with life in the callus way most people with closed hearts can do. They feel they don't feel they have the ability to contribute in the world because they get so overwhelmed and collapse, and because they value love over money and hate the idea of a 40 hour work week. Their Freedom Statements are around being open to feeling their feelings, and feelings of others as the gift that allows them to feel love and compassion for others and care for them in a loving way that can melt even the coldest heart. They can also be open to working with children, the elderly and the downtrodden with whom that make very gentle therapists and supporters.

The Creative Idealist/Thinker will often have vows in the Spiritual Life Purpose Point that this is a dangerous, crazy world and they don't belong. Earth to them is an illusion and they are from another world and feel trapped like they live in the matrix. They vow to stay on high alert and anxiety and avoid any confrontation and hide or leaving their bodies to avoid conflict or battle. They see their genius and mental gifts as another way they are different and often don't talk about it. Their Freedom Statements are around opening to the way they see the world that no other profiles see can bring freedom to the those stuck in it. They see their place as helping people expand their vision of reality with humor, fantasy, video games, science, music, and spiritual wisdom that sources from their own mind that downloads information from a higher vibrational truth.

Other ways to open the Spiritual Life Purpose Point

I give the students in the school what I call Energetic Rituals: In the Spiritual Life Purpose Point, that is the central point on the life purpose gravity line is best awakened by charging the entire line with and exercise that I call connecting heaven and earth. (give description) Another is just standing up and gently letting your body spin letting the arms follow around that vertical current in spirals

Reflections:

1. How much do you currently struggle doing what you call living your life purpose? Your life purpose is not what you do but the person you bring to what you do. Your happiness and enthusiasm for life tells you at what level you are connected to your Spiritual Purpose
2. Do you live primarily from the expectations of others or rigid internal rules you have for what a successful life should look like?
3. Are you always striving and never arriving?
4. What brings you the most joy? Can you make that into your life purpose.
5. What have you been called to for a long time that seems impractical? Do it!
6. What inspires you in the world?

7. What is your inspirational message? Take some time to think and journal about how you are going to share your message.

Your Spiritual Life Purpose summary. It's important to understand what a life purpose is. It's almost universally misunderstood in most cultures, that a life purpose will be some kind of a job or a relationship or becoming a mother or a father or getting involved with some organization that does good in the world..

Your life purpose is an essential state of being and foundational creative force within you that is felt and your secondary thoughts about it are often more hinderance than help in living that purpose. It is as fundamental to your existence as your arms and legs. Your purpose is a gravity template your body, choices and actions form around, not something you can alter in this lifetime. When you feel it directly I call that feeling a soul emotion that can be broken down into it essence of compassion, love, power, patience, brilliance that may result in you being a teacher or healer or builder or yoga instructor or anything else it calls you to, but your Spiritual Life Purpose is a quality of being not just the thing in the world you do with that being in your 3rd chakra.

There are specific reasons that your soul chose your parents at that moment in time to give you the perfect body to come into the world through. Those reasons are engraved right in your Spiritual Life Purpose Point. When you open that door through deep spiritual practice you will find that it is the bridge for you to access the knowing purpose of your soul for you in any moment. When your soul energy and wisdom fills your body and you open and connect the Physical and the Spiritual Life Purpose Points, you live a life filled with love, gratitude, forgiveness, creativity, integrity and joy.

When you get in touch with your life purpose, which is not a job, your actions become an expression of who you are, and your body is the perfect tool to express that quality. It's a way of being in the world that transforms those that you come in contact with. Which is the purpose each of us must find. It teaches you the role that you need to play in both levels of evolution. When you feel this deep sense of knowing who you need to be, like a moral imperative that comes from the inside not scripture, you live your life purpose.

What I have found as my Spiritual Life Purpose Point has awoken in me as a purpose in life that I now recognize as loving to teach, coach and inspire people to Awaken a natural enthusiasm for life, and an "anything is possible attitude." They play more, love more, cry more, dance more, and liberate an unshakable "one of a kind" sense of purpose that no person, or life calamity could ever take away from them. They feel safe in their own skin and with other people. They tap into an ever-growing capacity to love and be open, and they feel a renewed curiosity about how much more amazing they and the world can be daily. They heal faster, love quicker, and become childlike in their awe of living again. They say they "feel younger every year" with more passion, pleasure and joy of living. They feel their one effortless soul purpose, that has a million ways it can be delivered with love. They feel their career like it is a mission that fulfills them. They no longer ask life for permission, they live and their reward is a beautiful life on their terms.

This is the core of what is in this book and in all my teachings. There is no way to do anything that is not in some way coming from my Spiritual Life Purpose Point awareness.

The Spiritual Life Purpose Point gives you the choice to move more inward toward the soul or outward toward the shiny object of life. Your destiny is to have to make that choice thousands of times a day.

Both lead to home. Following the spiritual centers leads to new vistas and then new choices to honor your soul even more. Not following, i.e. letting your vows make your choices for you leads to pain. That pain leads to new choices to honor your soul even more. Your soul knows you won't always listen, so pain is built into a life that gets further and further from the soul. Eventually everyone must realize there are no answers "out there" and listening inside is the path to fulfillment.