



Life's Purpose Process

Overview:

- **Prayer**
- **Five Resource Balloons**
- **Sacred Staircase into Unknown**
- **Heavenly Chariot to Block or Obscuration of Purpose**
- **Access Emotion & Associated Memory**
- **Take Intense Emotion (Or Drop Into Intense Emotion), Then Open Into Its' Core – Be Annihilated By It**
- **Repeatedly Open Into Heart Of What Remains – Until Profound Source. Wash Through Levels**
- **Access Earlier Associated Memories – Right Back To Pre-Conception**
- **Elicit Life's Purpose**
- **Replay All Memories In Full Realisation Of Life's Purpose – Continue Via Present Into Future**
- **Take Mentor's Advice Or Teaching**
- **Return In Heavenly Chariot – Come Back Up Staircase**
- **Write Letter To Yourself**

THE PRAYER

Begin with a powerful prayer spoken genuinely from your heart, revealing your deepest desire for this process. Come from a place of humility; offer everything. Be willing to 'die' to your old ways. The power of your humility can often match the power of your process. Ask your partner to share in this prayer as you speak it out loud. Let your partner then offer their highest prayer for your process.

This gives a powerful communication to the universe of your commitment and willingness to be completely open and fully exposed to whatever it is that Truth reveals.

It communicates a depth of readiness, and opens your Being.

Taking the Sacred Steps into the Unknown

Find a comfortable position... and when you are ready you may close your eyes.... Take a deep breath in... and let it out... Another deep breath in... and let it out... A third deep breath in... and let it out... And remembering your deepest prayer... basking in it... soaking in it... letting your mind come to rest... Imagine receiving five balloons... With each balloon you receive, breathe in the quality of the balloon... letting it suffuse your cells... letting it drench your whole body... Taking now an openness balloon... breathing that in... and a willingness balloon... breathing that in... a balloon of humility... breathing that in... and exposure... breathing that in... and a big balloon of childlike trust and innocence... breathing that in... The balloons can now disappear... leaving you resting, steeping in their essence.

Now imagine a downward facing staircase with ten steps... this staircase is unlike any you've ever been down before... It is a sacred, holy staircase... It shimmers... and it carries you deep into this that is UNKNOWN... into this that has never been known... And so, when you are ready... resting in your own openness, willingness, exposure and trust... with great reverence and humility you may step onto the top step... knowing that with every step you take you will be carried effortlessly into an ever-deepening vast expanse of the unknown.

And stepping onto step number nine... allowing your own awareness to expand freely in front... vastly behind... openly to all sides... ocean-like below... sky-like above... just resting as an ever-deepening vast expanse that carries you boundlessly into the unknown... eight... continuing to expand... seven... soaking ever deeper... six... allowing awareness to expand even deeper... five... sensing the boundless grace... four... feeling the fathomless, eternal presence... three... knowing you are ready to come ever more deeply into this that is not known... two... knowing that as you step onto one... you'll be stepping into this that is unknown... an ever deepening fathomless unknown... one...

Resting in this unknown... imagine a thermometer at the side of you... it has ten degrees... one is the deepest... ten is bright wide awake... If one is the deepest, if you were to get a sense or knowing of how deep you are, where might you say you are on this thermometer?... Great... Can you allow it to rise by a quarter point?... Great... Can you allow it to fall by half a point?... So now that you know who is in charge... where would you like to rest?... Go ahead and let that take place... knowing that you will be carried there effortlessly, gracefully, automatically and perfectly... without you having to think about a thing... And as that process is going on naturally, in its own time... you can turn your attention now to a doorway... and behind this doorway is the blazing presence of your own soul, a sacred shimmering light ... and also behind the door is a mentor of enlightenment... it can be a saint or sage... a Christ or Buddha or someone in whose sacred presence you feel blessed... and in whose divine wisdom you trust... When you are ready you may approach the door with a childlike innocence and trust... and with deep humility and reverence you may step through the door and greet your mentor ... (Give them time) ...

A Ride in the Heavenly Chariot

To the side of you, you may notice there is a heavenly chariot ... radiant and glistening ... It is unlike any vehicle you have ever seen ... It can carry you gracefully, safely anywhere inside the body ... into this that is unknown ... When you are ready, you and your mentor may step inside this sacred vessel ... and make certain that the doors are closed and secure ... In front of you, you may see an instrument panel ... And there is one button which stands out ... shining ... unlike all the rest ... It reads 'Life's Purpose' ... Knowing that when you push this button, this heavenly chariot will swiftly and gracefully carry you to wherever that Life's Purpose is stored inside the body ... It will guide you to uncover whatever block or resistance has obscured you from living as a full expression of your Life's Purpose until now...

So with a sense of innocence and trust ... you may push the button ... and let yourself be carried now into whatever part of the body this is stored ... It may not be where you expect to go ... so just allow the chariot to be your guide ... And as you bring it in for a slow, soft landing now ... make sure you pull on the handbrake ...

You and your mentor may now step outside the chariot ... feeling what it feels like under your feet ... holding big torches in your hands ... You can begin walking about ... describing what it feels like ... and looks like ... You don't have to see it perfectly ... It's enough to have a sense or a knowing what it's like in there ...

Wait for full description – be encouraging. Ask what it's like. Write down what they say

As you continue to walk around... you might begin to notice that there is an area that seems somehow different from the rest... either in colour, texture or feeling... Can you see it?... or get a sense of it?... Great!

(If they can't see it yet, ask them to turn around and look at what is behind them, or above them, or below them.)

Eliciting the Emotion and the Memory

Now that you've located an area ... you and your mentor can walk right up to it, and begin to sense or feel what is beginning to pour from it now ... Allow your whole being to be washed through ... drenched in whatever feeling is pouring from this area ... Breathe into that feeling ... feel it fully ... Allow all of it to come rushing ... And then ask ... "When have I felt like this before?"... and in answer to this question ... look down at your feet, getting a sense or knowing what you're wearing or not wearing on your feet ...

Repeat question if necessary ...

So what do your feet look like? ... Just get a sense of what you're wearing or not wearing on your legs or your body ... and how old you feel yourself to be ... Just get a sense of who else is there ... and what else is beginning to take place in this scene ... Let the scene play itself out from beginning to end.

Be encouraging. Help them to become clear. Get a full description and write it down. When they have fully described the scene you can say the following ...

Now that you have played the whole scene from beginning to end ... you can put it all up onto a video screen ... and for now let the screen go blank ... knowing you can have access to this scene at a later time in the process ...

Going Down Through the Levels (Being Completely Consumed)

Now, just stay with the pure emotion ...

You may need to remind them of the powerful emotion that triggered the memory ...

Allow your whole body to be filled with this feeling ... ask for all the times you've ever felt this emotion ... Allow it all to come rushing ... Let yourself be overpowered if need be ...

Make certain that it is powerful, and then ask ...

What's beneath this? ... Just allow yourself to drop through into whatever the next is ... So what are you feeling? ... Really allow it to become full ... Ask for all the times you have ever felt this to come pouring out of your cells and flood your Being ...

If they are not fully associated, or if the emotion is not particularly strong ask ... 'What's beneath this? ... Just allow yourself to drop through' ... Continue asking question & dropping through only until they get to a powerful feeling - like terror, anguish, fear of death, annihilation, rage, etc. – then say ...

Surround this with love ... Now open right into the very core of it ... Let it consume you ... devour you ... Let yourself be annihilated ... never to return ... And when you have become completely consumed ... utterly devoured ... totally annihilated ... What is left? ... When death has been experienced, what remains?... When all is gone, what remains? ...

Encourage them to let the consumption / devouring / annihilation happen until nothing but Source, or a Source-like quality is left. Wait for them to answer, naming their Source or Source-like quality – then continue ...

Open into the very core of that ... into the very heart of it ... deeper and deeper into the most profound experience of it ... What is there? ...

Repeat above several times taking them into the core ... into the very heart ... into the most profound experience of Source – until you are certain they are having a profound and huge experience of themselves as God ... as Nothingness ... This that is Nowhere and Everywhere. Then say ...

Allow yourself to just rest in this vast, boundless, eternal presence ... this _____(deepest Source) that you are ... everywhere ... nowhere ... in everything ... nothing ... and just steep ...

Washing Through and Dissolving the Layers

Knowing yourself as this vast boundlessness ... this eternal presence ... this _____ (Source) ... If _____ (Source) had something to say to the previous level, the _____ (naming it) ... what would it say? ... (let them answer) ... and then just allow this eternal presence to wash through that previous _____ (name previous level) ... letting it be bathed, and dissolved into this that you really are ...

Continue with speaking to and washing through each level, up to and including the top level. Once at the top level, say ...

Stepping Back Through Time

Just steeping ... soaking ... resting ... as this vast presence that you are ...

Remembering now that strong emotion that originally you felt, that _____ (name emotion), we're going to step back through time to earlier experiences of this emotion. So, feeling this emotion, this _____ (name emotion) ask yourself, "When have I felt like this before?" ... and look down at your feet, getting a sense or knowing of what you are wearing or not wearing in this earlier memory ... Let the whole scene play itself out ... (let it play out) ... So what took place?...

Write it down, and then ask...

And what came before this? ...

Have them describe it, write it down, and immediately move on, asking ...

And what came before this? ...

If they have trouble accessing memories, invite the mentor to come and ask him/her to put them on a video screen, writing down a *brief* description of each memory as it arises.

Continue asking the question 'And what came before this?' until you get a birth memory or a pre-birth memory. Then ask...

What did it feel like to be in the womb? ... You may not get a specific picture; it's fine to get a sense or a knowing ... Is this same emotion still with you in the womb? ... How are you really feeling? ... Please describe it to me ...

Write down the feeling. If the same emotion is still with them, ask for an earlier womb experience. Have them describe it and write it down. Finally say ...

Go back before conception ... What is it like? ... Just soak in the pure awareness present ... Just rest here ...

If you had to name the quality of this that you are resting as ...

What is it?

Who are you in this formless presence?

Who are you? ... (let answer) ... Thank you.

Who are you? ... (let answer) ... Thank you.

Keep asking until the presence is huge, boundless, and write down the qualities they are naming. It may be words like Love, Peace, Freedom, Light, etc. ...

Life's Purpose

When they describe and are fully associated to the vastness of their own soul, and giving them sufficient time to answer, ask ...

Why did you come in this time? ... What is your purpose in being here? ... Why did this vast, boundless awareness come to take up residence as form in this life? ... Why are you here? ... What are you meant to give? ... to bring? ... to be? ... to learn? ... What is your purpose in being here?

Let them answer, and write it down. Be encouraging. If needed, ask the mentor to come and reveal the purpose, or help them to formulate it. Keep it simple and true, then ask ...

Can this purpose be lived in every moment? ...

Give them time to answer, and to fully experience this truth. Then ask...

Is there anything you have to do in order to live this purpose, or is it enough just to BE this purpose? ... Just give yourself the experience of how easy it is just to rest, and BE this purpose ... knowing that this is why you have chosen to take form ...

Knowing yourself as _____ (their name for 'Who Are You') ... and that your purpose is to _____ (to be, to give or learn) ... Now go ahead and place the knowledge of who you really are into one balloon – the knowledge that your true essence is _____ (their name for 'Who Are You').

Breathe into the knowledge of who you are and let its consciousness suffuse your being. Now place your purpose for coming into form and living this life into another balloon.

Now breathe into your life's purpose and let it suffuse every particle of your Beingness.

With the full knowledge of who you are, your true essence, and that your Life's Purpose is _____ (name purpose), we will now go through each successive memory, living and experiencing each of them, only this time from the realisation that you chose to come into this life in order to live this specific purpose ... experiencing each memory from this new way of being ...

Life Succession

Now, resting in your own essence and living your Life's Purpose _____
(name purpose) ... step into the womb ... and experience how different it feels now ... having the full realisation of why you are here ... How does it feel? ... What is different about it? ... (let them describe) ... Feel how easy it is just to BE your Life's Purpose ...

Now, going onto the next memory ... just feel how it feels to be fully you, living your life's purpose ... even though the circumstances may not have changed, how does it feel differently inside ... Just rest in the pure being of knowing who you are and why you are here ... and feel how it transforms the entire quality of this memory ... What is it like? ... How is it different? ... Beautiful!

And now, taking the full realisation and expression of who you are and your life's purpose into the next memory... Once again, playing it... only this time from the full expression of you living your life's purpose... How is it different?...

CONTINUE TAKING THEM THROUGH EACH SUCCESSIVE MEMORY, INCLUDING CURRENT ONES - RIGHT UP UNTIL THE PRESENT DAY - THEN CONTINUE, SAYING...

Stepping into the future a week from now ... experience how this realisation of fully living your Life's Purpose in each moment is playing itself out ... How does it feel? ... Is this an effortless experience? ... How is it affecting those around you? ... How does it make you feel about life? ...

Now stepping into the future a month from now ... Feel how it feels to live as an expression of your life's purpose ... Feel the ease and joy of it ...

And now, stepping into the future six months down the line ... Really feel what it feels like to live with this knowledge ... with this realisation ... How is each moment transformed? ... How do you feel about yourself? ... and Life?

And now, stepping into the future a year from now ... allowing your Life's Purpose to deepen ... Feel how your presence feels ... How it feels to be here ... on this earth ... living and being what you came here to be ... feeling how your cells vibrate in that knowledge ... and your energy expands ...

Now stepping into the future five years down the line ... Feel how it feels to be living life as a full expression of your purpose ... How has your wisdom deepened? ... What does it feel like to be you? ... How are others impacted by your presence? ... How do you feel about life? ... Feel the vibration of what it is like to rest in this realisation of living your life as you chose ... in every moment ...

And now, resting in this vibration ... You can ask your mentor to appear again, and ask for any final advice of how to live your life's purpose in each and every moment ... (Let them answer, and write down the advice)...

And knowing the fact that you can even conceive of this consciousness means that you can begin living from this realisation, starting now.

Taking the Heavenly Chariot and Ascending Into Wakeful Consciousness

When the mentor has finished, check the area you originally arrived in and notice how it's continuing to heal now ... How is it changing? What does it look like? ... Feel like? ... If it has any final communication, what might it say?... Together you may now summon the heavenly chariot ... and let yourselves be carried back to the original doorway ... Stepping out of the chariot ... Thanking your mentor ... You may now step through the door and begin ascending the stairs ... starting with step number one ...

As you ascend ... you'll know that with every step you take, you'll be coming into this present moment with the fresh realisation of living your Life's Purpose in each moment ... Step number two ... feeling alive ... at peace ... and glad of heart for having listened to your soul ... Three ... looking forward to living life knowing who you are and why you are here ... Four ... Five ... feeling relaxed and refreshed ... Six ... Seven ... and on Ten, you'll only be able to open your eyes only as soon as all parts of you are fully integrated and willing to carry out your Life's Purpose in every moment ... Eight ... Nine ... and with soft eyes ... resting in the wisdom and the rightness of living your own Truth ... soaking in that purpose ... on Ten you may open your eyes and write a letter to yourself, letting your own wisdom give you some practical advice on how to live this purpose day to day ... Ten ... You may open your eyes now, when you are ready ...

(Hand them the letter page with who they are and their life's purpose written across the top. Give them some time to write the letter to themselves. Congratulate them and acknowledge their good work. It might be kind to bring them some water or tea.)

STAY IN THE SACRED ENERGY PRESENT - THEN BEGIN YOUR PROCESS.

Life's Purpose Wisdom

Who I am:

My Life's Purpose Is:

My Dear Self,