



Professional Certified Coach

**How to Manifest Using...**

## **The Law of Purpose**

***The Purpose-full Life...Choose a life of deep meaning and contentment!***

*On any path of manifestation, where possibilities are endless,  
we need a place of grounding, solidity.*

*We need a heart to come home to that tethers to and inspires  
all of the possibilities we want to manifest.*

*That grounding inspiration is life purpose, your life purpose.*

*Which means that anything you desire to manifest will have greater meaning,  
as well as motivation, because it is guided through your life purpose.*

*~Gayle Colman*

Deep within the soul of every human being lies the burning desire to make a difference... to contribute in some way that improves the circumstance or experience of others. As we mature, this desire amplifies, yet we can be totally oblivious of its presence. Riddled throughout our life are signs that we crave a more meaningful life... that we deeply desire making a difference... that we wish to show up as our very best selves. Yet we often fail to interpret those signs. Our internal unrest and daily dissatisfaction show up through our scarcity thoughts of never enough... the "if onlys." If only I had my soul mate, then I would be happy. If only I had a new house, car, iPod, wardrobe then I would be happy. If only I were thinner, more beautiful, more successful... If only I could travel to Hawaii or Australia... and the "if only" list goes on. Instead of looking for the real source of fulfillment, we chase the next relationship that holds the promise of love and connection, or the next new shiny toy, possession, or experience that promises happiness. And, that happiness is often delivered, yet it is fleeting.

So, there is nothing wrong with having great relationships or a life abundant with conveniences and pleasures. Yet if our life purpose is not being fully expressed, then acquisitions, experiences, and relationships will never make us happy in the end.

Often people are confused by the notion of life purpose and what that really means. Or they believe that they don't have a life purpose... that life purpose is for people more accomplished or more glamorous than they. What is true is that everyone has a life purpose. So what is it?

### **Life purpose IS:**

- Your reason for living this life time.
- What you most want to express for your own fulfillment and in service to others.
- An expression of your natural genius.

- Something not to be achieved, yet to be continually lived every day through the actions you take and who you are as a person.

### **Life purpose IS NOT:**

- Your job or career. You can express your life purpose through your job or career, but your job or career is not your life purpose.
- Your roles in life (i.e. parent, spouse, child, employer). You can express your life purpose through parenting; but being a parent is not your life purpose.

*"What is my life purpose?"* is a one of the most important questions you can answer for yourself. It will provide you with a guiding light that will consistently lead you to experiencing deep fulfillment and the possibility of making meaningful contributions. When your life purpose is partnered with your most important values, you then have a solid foundation on which you can set your intentions and goals and which will put you on the easy path of living a purposeful life.

There is a higher part of you that clearly knows your life purpose and that part is your Essential Self (sometimes referred to as Authentic Self). Your Essential Self is the core of your being, your eternal spirit, the part of you that is with you all of your life and beyond. Your Essential self is the part of you that "comes from" the highest place, and holds the best intentions for you and for others. It "comes from" the energy of love and goodness in your thoughts, feelings, and behaviors. Your Essential Self yearns for you to step into your full potential, and fully express your Life Purpose. You see, you are an individualized creative expression of the Infinite... created totally unique, just like each snowflake and each grain of sand is totally unique in and of itself. In all history of humankind, no one has ever been just like you, and no one will ever be just like you. Your reason for being is to co-create... to cooperate with the eternal energy that manifests through you. Living your life purpose means expressing your higher self, your Essential Self, and living on purpose for your own fulfillment and in service to others.

### **Begin Discovering Your Life Purpose**

Set aside an hour of time when you will not be disturbed or distracted. Find a comfortable chair to sit in. Put on soft music and light a candle of intention to discover your life purpose. Take several deep breaths and allow your mental chatter to float away as you center yourself. With an open mind and heart, begin asking yourself the questions below. Do not struggle; simply allow the answers to reveal themselves to you through your intuition and wisdom. If an answer does not come to you for a particular question, simply skip it and come back to it at a later time. Capture your thoughts on paper, continuing to write until you feel satisfied.

- Who am I?
- Why am I here and what is my purpose for being?
- Who do I want to be known as?
- What do I want to be known for?
- What is my gift to the world?
- How are others blessed by me?
- What do I want for others? If I could wave a magic wand and give the world a gift, what would I give?
- What will I give to myself, my family, and to the world that reflects me at my most expanded self?

- When I look at all of my past accomplishments, what is the common thread between them?

Once you have completed your writing, go back through it, look for the themes, and make your first draft of your life purpose statement. My Life Purpose is to... Your statement will be a work in progress, and you will want to continue asking yourself these important questions. If you diligently remain curious, over time you will create a life purpose statement with which you deeply resonate.

Perhaps you have doubts that you have a life purpose or that you'll be able to identify it. Doubt your doubts. Set aside your skepticism! Let go of any thoughts standing in your way! Breathe, breathe, breathe... and relax into knowing the clues to your life purpose are waiting for you to discover. Enjoy the process. Appreciate yourself for your willingness to discover and align yourself with your purpose. Accept your magnificence. Unleash your purpose and shine.

(Chris Lucerne is a Master Certified Coach. Using a BodyMind approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter (including the relationship with yourself)*, and to *Go Beyond Loss and Embrace Life*. [www.ChrisLucerne.com](http://www.ChrisLucerne.com) – 210-408-7699. The twelve laws of manifestation are based on the "The Manifestation Course" by Gay Hendricks, Ph.D.)