

30 DAY HEALING JOURNEY (TRUE PURPOSE/TRUE FUNCTION CLASS)

As you commit to the inner work of releasing obstacles to remembering Who You are, the outer work begins to unfold. You may feel called to play a certain role. You might feel inspired to take action in fulfilling a plan or activity. These inner stirrings may lead you to ask, “Ok, now that I feel inspired to ‘be a teacher’, ‘change jobs’, ‘start a business’, ‘become an artist’, how do I go about taking action in the world to fulfill this function?”

Below is an exercise that may help with the process of healing and fulfilling your part of the plan.

1. **Sit quietly** and drop into the part of your mind that is calm and peaceful; where the Holy Spirit resides.
2. In this space **ask for** a clear sense of what it is you are **being called to do**.
3. **Formalize** this sense into an **action** (write a book, teach a workshop, start a business etc.)
4. **Write it down** – leave room for the original idea to grow and expand. If fear is present we may only accept a small part of the whole picture. We begin with the part we are willing to accept, knowing that when we are Divinely guided, this role or activity will expand as we open our minds to receive.
5. Complete this sentence; “The activity/action of _____ is for _____.”

Remember that everything we “do” in the world of form is dedicated to the healing of our minds. The following steps will lead to the uncovering of the limiting beliefs that are holding you back from fulfilling your true function.

1. Design a board or poster that has 30 spaces (or blocks). Each space (block) represents one day.
2. Each day, engage in one activity that leads you toward fulfilling this action/activity and write it down on your board.
3. As you take steps toward this, you will begin to notice fears, feelings, thoughts and resistances that may arise as a result of taking action. Think of yourself as an archeologist. Your job is to uncover everything that lays hidden and buried that would block you from engaging or completing this action/activity. You become an acute observer of yourself. You are curious about everything that catches your eye....a small speck that is shining in the sand becomes an invitation to dig below the surface to discover what it is.
4. Keep a journal and write down everything you discover.

When you uncover a hidden fear, resistance or belief say:

“I don’t accept that _____. I trust in a greater Strength than this (feeling, thought, fear). It is this Strength within me that does the work. I trust the Strength of my Source to lead me.”

If your peace becomes disturbed for long periods of time and you become overwhelmed with feelings of discomfort, fear or anxiety, it may be time to check in to see if you have become attached to the outcome and changed the goal of fulfilling this action/activity to something else. The following process will help you reestablish the goal.

Ask again, “The action/activity of _____ is for _____.”

Has the goal become financial security? Has the goal become a way for you to leave your ‘day job’? Has the goal become a way for you to prove your worth? This step takes a great deal of honesty with yourself. Do not struggle and judge yourself in this process. These are not “bad” thoughts, they are merely the ego’s attempt to scare you into believing you need to arrange and control the meeting of all of your needs.

Remember these words from A Course In Miracles:

“In time, He gives you all the things that you need have, and will renew them as long a you have need of them. He will take nothing from you as long as you have any need of it. Leave then your needs to Him. He will supply them with no emphasis at all upon them. “ (T.13.VII.12:4-5)

The question you must ask yourself is this: “Am I willing to step away from the ego’s goal and rededicate it to my True goal?” You decide which goal you will accept. Exercise the power of your choice by simply rededicating your goal back to the original intent. Say, “My only purpose and the desire of my heart is to awaken to the Memory of God. I know this is where my true happiness lies.” This enables you to rest in the knowing that all is unfolding as it should. You are open to letting go of all that is an obstacle to experiencing the peace of God.