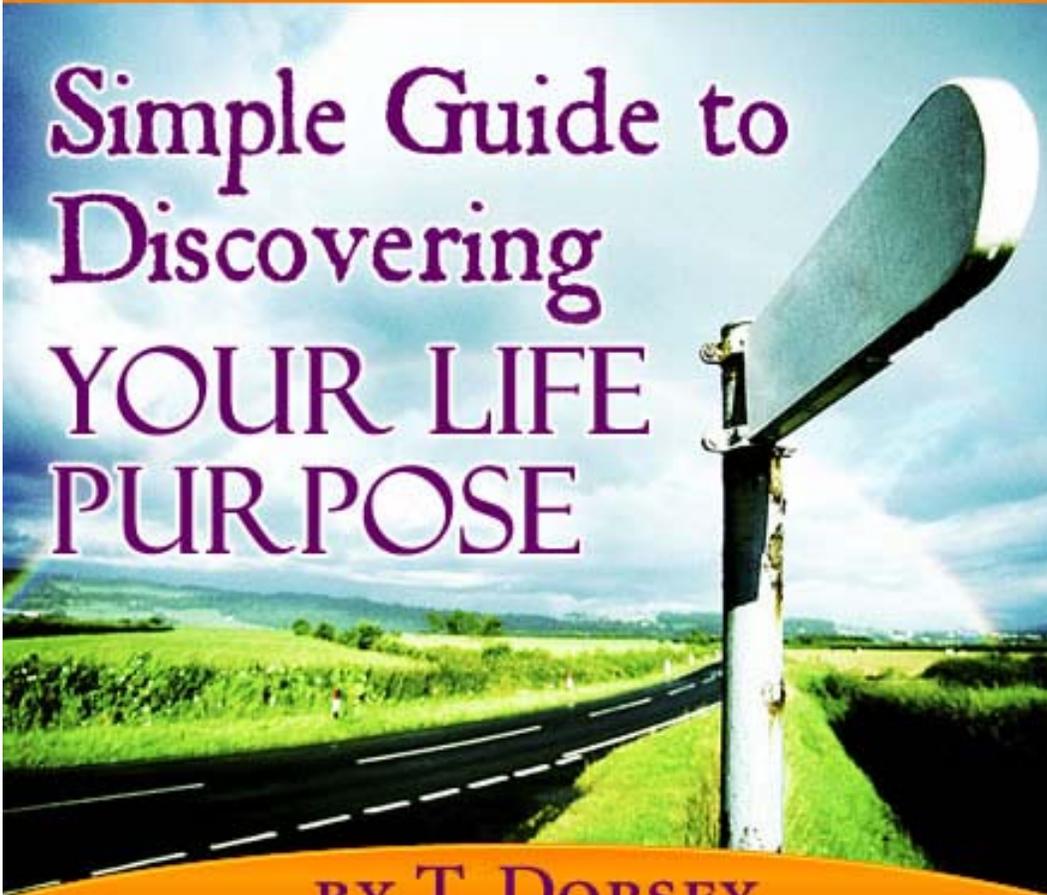


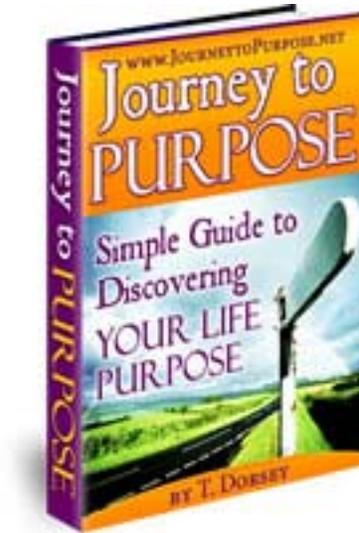
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Journey to PURPOSE

Simple Guide to
Discovering
YOUR LIFE
PURPOSE



BY T. DORSEY



By:

T. Dorsey

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About the Author

T. Dorsey is a performing and teaching artist who uses stories, poetry and songs to inspire and heal others. After many years in corporate America working as a training consultant, she followed her heart and stepped out on faith. T. Dorsey's Journey to Purpose enabled her to rediscover her gift of words that she had since childhood. In 1996, she became a full-time, performing artist performing in schools, libraries, festivals and conferences across the country. For more information, check T. Dorsey out on the web at www.TAHIRAprroductions.com.

The Journey

Each of us has within us a gift to give. Your gift is a unique set of talents, skills and abilities, which were given to you by the Creator to respond to a need in the Universe. It is your contribution. In a word, your contribution is your Purpose.

This Journey is intended to uncover just what that gift is. The Journey to Purpose leads you to the reason why the Creator sent you to this planet at this time. In her book, *Value in the Valley*, Iyanla Vanzant describes Purpose as “a mission born in the depths of your spirit.”

You were sent here by the Creator to make a certain contribution. Only you can make this specific contribution.

Your contribution is your birthright. It is ingrained in you. It is as much apart of you as your breath. It is divinely ordered. It is natural. It is as natural as the sun rising above the eastern horizon.

Some have known exactly what their Purpose was from an early age. Perhaps, it was even nurtured by the family. When these individuals became adults, they stepped easily into their places. Unfortunately, few belong to this elite group.

Most of us had little idea that there was even such a thing as a Purpose. In this country the focus is on material acquisition and not on personal spiritual development. We have been conditioned to move through life to acquire

things. Our aim has been to go to good schools, to get good grades, to get a good job with a good salary. The reward is the ability to buy things - houses, cars, and clothes - all the trappings of success. It truly is a trap because these things do not bring us fulfillment.

When unfulfilled by material things, some may turn to people to fill the void. We think that our mates or our children will make us feel complete. Still, others may opt for more destructive alternatives such as excessive use of sex, food, tobacco, alcohol or other drugs.

True fulfillment comes from discovering and pursuing your Purpose. When you understand what your mission is and set out each day to fulfill that mission, you greet each new

day excited about another opportunity to do the Creator's work.

How Do You Discover Your Purpose?

If you do not know what your Purpose is, you must ask the Creator. The only way you will *hear* the reply is by being still and quiet. You must spend regular quiet time alone. Each day, set aside time for what I call your Stillness Ritual. This is the time for you and the Creator. This is the time you ask for guidance. This is the time you listen for direction. You are better able to *hear* the reply if you are still.

Sometimes when you are in motion, you cannot see things clearly. If you are going too fast, things whiz by and many

important details go unnoticed. While in motion you are sometimes so preoccupied with the act of moving, you forget where you were going in the first place.

Imagine that you hop in the car; jam the key in the ignition; jerk the gear into Drive; slam down on the accelerator; and barrel down the road before you realize you were supposed to go east not west. You remember that you go west on Tuesday and today is Friday.

Many of our lives resemble a similar scene. We have so much going on at the same time we literally do not know whether we are coming or going. There is a Chinese Proverb that says, “You can’t see yourself in running water.”

To discover your Purpose, you need to be in touch with yourself and that can only happen if you spend regular quiet time with yourself. Take care to give yourself the same time, patience, and nurturing you so readily give to your family, friends and loved ones.

Develop a Stillness Ritual

Do not let the word *ritual* scare you. To set aside any concerns, let me be clear. A ritual is a series of acts you perform for a specific reason. Your Stillness Ritual is taking time to listen within. Susan L. Taylor, editorial director of Essence Magazine and author of *In the Spirit* says, “The wisdom and strength you seek await you in the silence within.”

I would recommend that your ritual occur at the same place and same time each day. Create a special place within your home. It does not have to be elaborate. It must only be a space used exclusively for you. Your space may be as simple as a comfortable chair or pillow. Keep it simple but make it pleasurable. Make it a place where you love to retreat. You may want to spice things up by including items in your space that reflect what you love and what you desire. You may want to include an item for each element of the universe such as:

- A candle to represent fire.
- A small glass of water.
- Wind chimes to symbolize the wind.
- A plant to represent the earth.

Performing your Stillness Ritual at the same time each day is very important, especially if this is a new experience for you. Select a time that will allow for minimal disruption. Early in the morning or late evenings usually works best especially if you have a family.

For the first three weeks, start with dedicating 15 minutes in the morning or late evening. Thereafter, you will find you will do it longer without much effort. The peace you will find is worth the sacrifice. Often, you will find that you actually rest more peacefully when you incorporate a consistent practice of stillness in your life.

Be sure to put the time on your calendar. Let everyone in

the house know when your still time begins. Put it on the refrigerator (everyone in the family ventures there at least once a day). Set clear rules for those who may be tempted to interfere. In setting the rules there are three things to remember:

- Pre-Teach - Let potential intruders know well in advance the time and place your Stillness Ritual occurs. Explain very clearly you do not want to be disturbed. State any exception to the do-not-disturb rule. You should not have more than one exception and that should be clear. Perhaps you may stipulate that you can be disturbed only in the case of an emergency. You must define an emergency. My mother used to lock her bedroom door and holler to

her seven children that she was not to be disturbed unless someone was bleeding *heavily*.

- Be Firm - Speak in a strong, determined voice. People, especially children, know when you are weak.
- Be Consistent. You will be tested to see if you really mean it. You must be consistent, especially in the beginning. You are not the only one who has to get adjusted to a new way of living.

Performing Your Stillness Ritual

Turn everything off - the television, radio, telephone and most important, your own voice. Say nothing. Do nothing.

Be Still.

Quiet your mind by breathing *correctly*. The correct way to breathe is to inhale through your nose, let the breath fill up your belly. Exhale through your mouth, let your belly go flat as you push out the worry, fear, doubt, anxiety, chatter, oppression, hate, chaos, lack and limitation. Know that where you are God is present.

After each exhaled breath, whisper to yourself, “Peace, be still.” It is natural for your mind to wonder. When it does, remember to concentrate on breathing *correctly*.

Images may start to come across your mind’s eye. Let them come. See them as moving pictures. Do not give

them your attention. Do not rewind. Just let them flicker across your mind like weightless butterflies.

Once you feel comfortable with the rhythm of your breathing and your mind is quiet, ask the Creator anything you need to know. You might start with questions such as:

- How can I be of service to you?
- What do I need to know?
- What is my Purpose?

There will be times when you are performing your Stillness Ritual when you will receive immediate answers to your questions. In your own voice, you may be told how to handle a situation or to perform a certain task. Trust that

voice. Follow the instructions to the letter.

If doubts spring up such as statements like:

“This is ridiculous”

“I am too old”

“My children are too young”

“My mate/mother/father wouldn't let me”

Know this is the voice of fear. Extinguish these limiting thoughts by replacing them with affirmations. An affirmation is a positive statement that if said continuously and consistently, may become apart of your belief system. Each and every time one of those negative thoughts pop into your head, repeat the following affirmation, “I release all fears which stand in the way of my good.”

In time you will easily distinguish the voice of guidance versus the voice of fear. When your Stillness Ritual becomes a part of your daily self-care ritual, you will learn to trust the voice of guidance.

After stating an affirmation I often close with this statement: “This or something better.” This statement leaves an opening for the Creator to deliver what you ask or something even more spectacular.

While you are reciting your affirmations, it is commonplace for your inner critic to counter the very thing you are affirming. The inner voice may say things such as:

- “Who are you kidding, you will never achieve

anything”

- “ You are a nobody”
- “You have nothing to give to anyone”

This negative inner voice is a normal response. If you try to simply to ignore this voice it is likely to persist. Carl Jung a Swiss psychiatrist and founder of the school of analytical psychology said, “What you resist persist.” Instead of trying to ignore the voice, write down the negative talk in a journal. (Later the subject of journaling will be discussed in greater detail.) Writing those fears down will help you come face-to-face with them and eventually eliminate them.

An excellent program that helps to eliminate negative

thinking and limited beliefs is called the Sedona Method.

You can check it out on the web at www.sedona.com.

Meditation Exercise

Once you become comfortable with performing your Stillness Ritual you incorporate the following exercise to begin to discover your Purpose.

Imagine for a moment that you have no monetary desires or needs. All of your current and future financial obligations are taken care of.

How would you spend your time?

What would your occupation be?

What skills would you use?

Visualize yourself doing the tasks needed to complete your work. Paint the picture in your mind's eye with

explicit details.

What does your work space/environment look like?

What kinds of people do you work with?

What is your relationship with those people?

What is your attire when you are working?

What time of day is it?

Are you inside or outside?

Bring these pictures into crystal clear focus. Take this series of mental images, ideas and emotions and freeze-frame them. This is your Purpose.

If you need to preserve it by writing it down or speaking it into a tape recorder, do so. If you feel the need to share it

with a spouse, friend, relative or stranger - DO NOT.

At this stage, you do not need opinions, judgments or questions. Your picture is too delicate to be handled by others.

What if you did not get a clear picture? What if you just (received or saw) bits and pieces of images that were disconnected? It is OK. Hold on to those images as well. As you continue your Journey it will become clearer.

If doubts and fears rise within you, use an affirmation to quiet the doubts and fears. The purpose of using affirmations is to flood the subconscious with new thoughts and images to override the doubts and fears that

fill your mind. Here are a few suggested affirmations that I have found useful:

- I am open and receptive to my Purpose
- My talents and abilities are the Creator's gifts to me, using my talents and abilities to be of service to others is my gift back to the Creator
- I release all of my fears blocking the path to my Purpose
- My path to my Purpose is illuminated with soft, brilliant, radiant light
- I embrace my Purpose with my whole self
- The urging and yearnings I feel are meant to be realized because they come from a Divine Source

Why Take the Journey?

This Journey is on optional trip. You have a choice whether you want to go. Even if you accept the earlier statement that your contribution is your gift from the Creator, offering that gift to this planet is your choice.

Unlike the other creatures on this planet, the Creator gave you free will. The birds and the trees must submit to the will of the Creator. You have options. To choose to offer this gift to the world is to choose to not only to give something unique to the world but also to give something unique to your self as well. When you choose to live your life on Purpose you are choosing to live in harmony with your natural state, which will bring you peace and prosperity.

Of course you can also choose not to offer your gift. You can choose not to live in harmony. If you choose not to make your contribution, you are choosing to live unnaturally. You are also denying yourself and the Universe your unique gift.

Your gift is unique and precious because only you have it to give. Others may appear to be providing the same gift but that is an illusion. Just as there are no two snowflakes alike, or raindrops or leaves, none of us have the exact same contributions to make to this planet.

What is it like to live your life in an unnatural state?

When you are not in harmony, discontentment is often evident in your life. You may find yourself in conflicts at home, work or in social settings. You may find many days difficult to get through and you may feel incomplete.

In an attempt to fill that void you may you may search outside yourself for a thing, person or place to make you feel whole. The search is in vain because the answers are not outside of you. The peace and completeness you seek come from within.

You must not look to others for salvation. You are the one you have been looking for. You are the one who has the ability to change your conditions.

The song, “Just Talking,” by Ashford & Simpson featuring poet extraordinaire, Maya Angelou, it says, “We are all sparrows under the Creator’s watchful eye. We stumble and fumble and fall, but we are equipped to fly.”

When I heard that line, I visualized a flock of sparrows trying to cross the Road of Life. Some may bump into each other. Others may look anxiously from left to right trying to get across dangerous intersections. Still others may not even bother moving, thinking the hustle and bustle is not even worth the effort.

Yet all along we came to this planet equipped with wings to sail with ease and grace over troubled trails. Those sparrows made a choice to live in an unnatural state. At

any time they could have chosen to fly.

I can recall driving down the street with my father and cautioning him not to hit the pigeons in the streets. He would say, “If they do not have the good sense to fly instead of walk, then they get what they deserve.”

Why have we chosen to live unnaturally?

I grew up in Philadelphia. I never saw pigeons eat worms like the birds on television. I never even saw a pigeon in a tree. I saw them perched on telephone wires and roofs of row houses awaiting an opportunity to drop a load on someone’s head. I have vivid memories of fighting with pigeons in the park trying to keep them from eating my potato chips. I began to think that they have been in the

city so long they have forgotten their natural food source.

Many of us have been in negative and toxic relationships, situations and circumstances so long we too have forgotten what is natural for us. We are not aware that our lives can be joyous and peaceful.

Many of us do not know what it looks like and feels like to live naturally because there are no examples in our environment. We conclude that all of the other pigeons are eating junk food therefore that must be a natural food source.

Even if the junk food is causing *dis-ease* in our bodies, some still do not make inquiries or seek alternatives.

1. Fear of being wrong
2. Fear of being alone
3. Feelings of unworthiness

These are just a few reasons we continue these destructive behaviors and patterns.

It takes a great deal of effort and commitment to stop unhealthy practices and begin anew. It is a lot easier for pigeons to eat the readily available junk food, than to search for worms.

We remain in our toxic comfort zone, regardless of how uncomfortable it really is. The fear of the unknown locks us in. Some do not remain locked in this unnatural state. Some are forced out.

Remember those pigeons in the way of my father's car? You better believe they recalled that they had wings when they saw the car heading toward them at 35 miles per hour. They may have only flown high enough to get to the sidewalk, but they did fly.

Some of us choose to leave this unnatural state voluntarily. Seemingly, out of nowhere, we receive some information or are put in a situation that wakes us up. We realize we are not living well. We want to make a change. We know there is more to life than what we have been experiencing. We decide to venture outside.

The choice to venture is the Journey. You take the trip to rediscover your greatness and reclaim your birthright.

It is not too late. It is not too early. You are not too old/young/ poor/rich/uneducated/overeducated. It is the Divine right time.

Rules of the Road

Universally, there are many spiritual laws. All of which can aid you in your Journey. Below are a selected few, which I call Rules of the Road. If you adhere to these rules they will make your Journey more peaceful and enable you to overcome obstacles more easily.

1. Whatever you radiate you attract.

People, circumstances and situations exist in our lives because we called them forth. We have created all that exists in our lives through our thoughts and beliefs.

This particular rule is often one of the most difficult to accept. To accept this rule is to accept responsibility for your life. For many this truth is frightening. It means you

can no longer point fingers or otherwise blame others for the state of your affairs.

Let's examine more closely how thoughts and beliefs draw to us certain people and experiences.

All our relationships are mirror reflections of what we believe. If you radiate into the Universe a belief that most people are out to get you, the Universe will answer in-kind by sending you people and experiences to confirm that belief. Believing you are a victim will attract to you people who take advantage of you, steal from you or victimize you in some other way. Louise Hay, author of *You Can Heal Your Life*, writes, "A belief is a thought and a thought can be changed."

Sound simple? It is simple. It is however, not always easy.

So how do you begin to change those beliefs that draw to you unwanted experiences? How do you begin to apply this Road Rule: What You Radiate You Attract, in a way that brings you what your heart desires? You change your thoughts, and subsequently, your beliefs by first making a conscious decision to do so. Once you recognize which beliefs you want to change, and then state your intentions out loud. Better yet, state your intentions aloud while looking in the mirror. Look directly into your eyes in the mirror and say aloud, “I am willing to change my belief that _____.” Fill in the blank with a belief that you want to release. For example you might say, “I am willing to change my belief that nothing ever goes my

way.”

When you find yourself thinking those unwanted thoughts or you find yourself in the midst of an unwanted experience, repeat the affirmation to yourself again and again. When you are knee-deep in the experience you might add, “I am willing to do this differently.”

The more you repeat the affirmation, (and of course continue with your Stillness Ritual) the more things will change. You may be very surprised at how quickly those changes occur. One of the changes you are sure to see is in other people. One of two things will happen when you shift your consciousness to things you want in your life. Others in your life will make adjustments to accommodate

your new consciousness or they will no longer be present in your life. There is nothing you need to do to make this situation happen. In fact, it is very important that you focus your attention on your growth not on the reaction of others to that growth. When you speak into the Universe that you are willing to do things differently, the Universe will answer in kind. The people around you will change or leave. Your surroundings will be altered to accommodate your new consciousness.

2. *You must give to get.*

This rule is probably not new information for you. What you may not have grasped in these words of wisdom is that those to whom you give are not likely to be those from whom you receive. It is for this reason that you not have

any strings attached to your giving. Strings are like expectations. It is not the receiver of your gift who will reward you. It is the Creator who will reward you. It may not be an immediate reward. However no well-intended good deed goes unnoticed or unrewarded by the Divine one.

Another word of caution, you must be as open to receiving as you are to giving. The aim here is not martyrdom. To give to others is to be of service to others while still honoring you.

One easy way to test your ability or willingness to receive is to observe how you respond to compliments. Imagine someone saying to you, "You are an amazing person."

What is your first reaction? Is it denial? (Why would anybody say that to me?)

When someone gives you a compliment, do you find yourself immediately returning the compliment to deflect attention off of you?

If your response was anything other than acceptance and openness, you have challenges with receiving.

The reasons you are challenged with receiving often may be:

- * You may not feel worthy.
- * You may not love yourself.

Now you may say, "I just do not like attention on me." One

of my mentors, Tejumola Ologboni says, "Conceit and false modesty are the same character flaws."

If you dig deeper, underneath that feeling of being uncomfortable in the limelight is a feeling of not being enough.

Set aside 20 minutes and honestly write about how you would feel if you were told that you are an amazing person. What comes up for you? Get it down. Remember it is more powerful to write down your thoughts than to just think about it. You are employing an additional sense when you write, which impacts the spirit more.

3. Law of Forgiveness

Forgiving those who have hurt you is not about

sanctioning their behavior. Forgiveness is about releasing your need for revenge. Forgiveness is about freeing yourself.

You may carry a memory of past hurts and disappointments. Surely all of us have felt pain and have been disappointed. The key is what you do with those feelings of pain and disappointments. Do you hold on to the memory, believing by doing so you are insuring the person responsible is held accountable? I have heard many spiritual teachers describe this type of behavior: "Taking poison and expecting someone else to get sick."

Iyanla Vanzant describes the Law of Forgiveness in her book, *Acts of Faith*, as:

"Infusing the mind with natural healthy ideas that take away the darkness and bring in the light."

When you bring in the light, you will find peace and happiness. When you hold on to hurts, you may feel right and just but you do not feel peaceful and happy. I pose to you the question popularized by Dr. Phil "Would you rather be right or happy?"

Set aside one hour. Write about your strongest memory of someone hurting you. What did they do? How did it make you feel?

Now, was there anything positive that came out of this experience? At first blush, this may seem like a ridiculous

question but give it a try. Are you a stronger person because of this experience? Did you discover something positive about yourself as a result?

Once you completed this writing exercise, I want you to do the following exercise. This exercise may be even harder than listing positive outcomes from a past hurt.

Set aside 20 minutes for this exercise.

Consider these questions: What if you are wrong? What if the reasons why you think, the person acted in the way that hurt you are all wrong? What if it did not even happen the way you remembered it? What if the person's motivations were different from what you thought they

were?

I can imagine you may not want to explore these questions. You may even have feelings of anger at the mere suggestions these questions pose. Let me give you an example from my own life of what came up for me when I allowed myself to explore these questions.

For years I resented my father for not keeping his word with me. I can remember sitting and waiting for him for hours to take me somewhere only to find out he made other plans, usually with someone else, and that someone else was usually a woman.

From that experience I began to believe that all men (not

just my father) lacked integrity, were unreliable and unfaithful. I found that to be true in my relationships with men. I would recount this story about my father not coming through for me over and over again. That story was my proof that men were unreliable.

When I dug deeper and began to explore this story from the perspective of “what if I am wrong?”, I discovered that my dad might tell this story differently.

First of all, he would say that he likely never made a firm commitment to do what I asked. And that would be true. He often replied to my request by saying, "We'll see."

Secondly, my father always believed I could take care of

myself. He thought I always demonstrated that I was capable, which is also true. I always had a contingency plan for the many occasions he did not come through for me. To my father, that indicated I really did not need him to come through because I always had another plan ready to be executed.

So, my fathers' story would be that I made requests of him that he some times could not honor but I was OK with it because I had other options.

The reason why he thought I was OK with his behavior is because I never told him otherwise. My reasoning for not letting him know I was hurt and disappointed was I did not want him to know he had the power to hurt me.

So you see, it is as the old adage says, "There are three sides to every story: yours, mine and the truth."

So give this exercise a try. It may help you to release something you have been carrying for years. There are no greater obstacles on your Journey than past resentments and hurts. Move through these and your trip will definitely be smoother.

Mapping

On any Journey you need a map of where you are going. You can map out your Purpose even if you are still unclear as to exactly what your Purpose is.

Mapping Exercise – Written

Write a description of how you would like your life to be in the following areas:

- Leisure/Recreation
- Relationships
- Finance
- Health
- Community

➤ Career

Use only positive statements.

Example: (Positive) *My children get along with each other.*

(Negative) *My children do not fight with each other.*

As you are mapping out each area, allow yourself to really envision the life you are describing. Use as many details as you can think of.

Example: (Descriptive) *My relationship with my daughter is loving, supportive and joyous. We listen and respect each other. We laugh together often. As she moves into adulthood we are the best of friends sharing our dreams*

and our challenges.

(Non-Descript) My daughter and I have a good relationship.

Once you have completed writing a description for each area of your life, be sure to place your map in your Stillness Ritual space. Review your map each time you do your Stillness Ritual.

Mapping Exercise – Visual

Any good map has pictures as well as words. Using the description you wrote of the life you desire, begin to search for pictures that depict that life. Look through magazines, catalogs and surf the Internet. Once you have collected your images, make a collage. You can place

your collage on simple construction paper or use a corkboard. Have fun with this exercise.

When your visual map is complete you can place it on display in your Stillness Ritual Place. If you are not comfortable displaying your visual map, put it away but be sure it can be easily accessed. You want to review your visual map each day when you do your Stillness Ritual.

By reviewing your written and visual map each day during your Stillness Ritual, you saturate your mind with the images and message of the life you desire. This mind saturation will enable you to become clearer about what your Purpose may be and you will discover that you begin to get ideas about what steps to take to make that visual in

your mind a reality!

Mile Markers

Mile markers are signs along the way that indicate the distance you have traveled, how far you have to go and where you are right now. For this Journey, Journaling will serve as your Mile Markers.

- When you reread your entries (after some time has passed) you will be dazzled and amazed at how much you have endured and overcome.
- Your current entries are gauges of where you are right now and how far you have to go

Choosing a Journal

Select a journal that is pleasing to you: the right size, color, line spacing and pattern. Journals with no lines do

not appeal to me. Trying to write neatly will distract from my writing. Journals with narrow line spacing do not go well with the size of my handwriting. Journals with words on the pages distract me from the words I want to pour forth on the page and instead focus my attention on the words already on the page. Big journals are cumbersome to work with while lying in bed (which is my favorite journaling position).

Now that I have told you what I do not want in a journal, here is what I prefer: a lined blank journal in a medium size.

Select a writing instrument that is pleasing as well. Keep it clipped (or secure it in some other way) to your journal so

you are always able to get straight to the page.

How to Journal

The entries you make are not meant to be works of art (although they may be). They are not meant to be read by anyone else but you, so spelling, grammar, syntax and the like do not matter. You must quiet any internal censor that attempts to block you. The censor may be the voice of your third grade teacher who admonished you for penmanship. You quiet that voice by simply getting to the page. You can even write what the voice is saying. Writing what your internal censor says is an excellent way to quiet the censor. It loses its power on the page.

These entries are intended to be mind, body and spirit

dumps. Julia Cameron, author of *The Artist's Way* and *The Right to Write*, calls them Morning Pages and recommends three longhand written pages. I suggest giving your self a minimum of 15 minutes each day. Three pages usually take me on average about 30 minutes, which often is hard to find each day. Set a timer if you choose. I find it easier to carve out 15 minutes than to commit to three pages each day. Chances are, most days you will exceed the 15 minutes.

Your Journaling may be a part of your Stillness Ritual but does not have to be. You may find that you journal better on a break at work or while in the bathroom. What is most important is to do it EVERYDAY.

If you find you come to the page and have nothing to say, then take one of your affirmations and write it over and over for the allotted 15 minutes. You are likely to find that, as you are writing the affirmations other thoughts come to you. Get those thoughts down no matter how disconnected, obscure or nonsensical they may be. Get it down! It might be the grocery list. It does not matter. GET IT DOWN. Remember this writing will not be graded ;-).

Journaling does not have to be a daily account of what is happening in your life - but it can be. You may find that detailing what happened yesterday or what your plans are for today is a good place to start your brain dump.

If writing an affirmation repeatedly or writing a daily account does not get your thoughts flowing, use one of

these starters. (You may want to write these on the inside cover of your journal for a quick reference should you need them.)

- If the desires of my heart were evident to the world
people would know that I
am _____.
- What frightens me most is
_____.
- If no one were to ever find out I would
_____.

Writing is my spiritual companion. In my valley experiences and during my Mountaintop highs, writing is there to sort things out. Through writing, I am able to move pass anger to uncover the authentic truth. I may

start off my journaling by complaining about who has done me wrong but my Inner Wisdom will not let me stay in anger very long. Soon, I uncover how I put myself in the position to be victimized.

In her book *The Right to Write*, Julian Cameron says, “We should write because humans are spiritual beings and writing is a powerful form of prayer and mediation, connecting us both to our own insights and to a higher and deeper level of inner guidance as well.”

When I am on top of the mountain, journaling helps me appreciate the beauty of the landscape even more. Through writing, I notice the brilliance of the colors on the mountains. Capturing the words on the page, I am able to

hear harmony in the songs of birds.

I have even found parts of me on the page that I did not know existed and some parts I wish no longer existed. Yet still, I find other parts I thought were long lost.

Recently, I discovered that in relationships I am unconsciously contrary, showing the flip side of whatever my partner may be. If he is pragmatic and predictable, I am unorthodox and unpredictable. If he is artistic and esoteric, I am a realist and grounded. Why?

It is not that these parts of me are inauthentic. All of these polarities reside within me. If my partner is going to be scared away, I believe in my heart of hearts I pull out the

girl they least expect to see. Clearly, it is a form of self-sabotaging, rooted in my childhood fears of abandonment.

Writing is the best brand of therapy for me. It holds my confidence. It is unrelenting when it has to be and gentle when it needs to be.

Fuel

Your Stillness Ritual and Journaling are your fuel on this Journey. If you fail to fuel up, you will find it difficult, if not impossible, to move forward. You may be able to go some distance on the fuel you have in your tank but if your Stillness Ritual and Journaling are neglected for too long you will become immobile. Should this happen you simply get to the station, your sacred place, and fill up. You get to the page and fill up.

For me, at the beginning or end of each day, I have to go to my station and fill up. I can go a day or two or even three without filling up but I definitely feel the difference. With each passing day that I neglect my Stillness Ritual and Journaling, I feel sluggish, moody and out of sorts.

Fuel Gauge

Joy is your Journey's fuel gauge. The level of joy you are experiencing tells you whether you are on track or off-track.

This Journey will give you a deep feeling of fulfillment. When you are on Purpose you greet virtually every day with eager anticipation. Work is no longer work when you are doing what you love. You are paid to have fun. That's reason enough to take the trip!

The fulfillment you feel in your life's work will spill over to other areas of your life such as relationships and health. Feeling good is contagious. You will begin to attract into your life people who are also happy and contented.

Remember Road Rule #1: What you radiate you attract.

When you are feeling good, your body systems are improved. Doctors have proven that stress can greatly deteriorate your health. Well, the opposite is true of good feelings. Try this exercise.

Set aside 20 minutes. Write about a time in your life when you felt happy. Or write about someone you love and the reasons you love him or her. Remember to be descriptive in the reasons you love them. Give as much detail as possible. Imagine you are telling this happy story to a complete stranger. When you are finished writing, read it aloud.

Now take an additional ten minutes and describe your

current physical condition. Have you noticed any changes? Has your breathing slowed since the start of this exercise? While writing did you forget about some discomfort you may have had before writing?

The major reason for taking this trip is to feel good. When defining Purpose in the beginning of this book much attention was given to how your Purpose will be a gift to others. While that is very true, it is important to understand that when you are on Purpose you are happy.

As human beings, the primary reason we do anything is to be happy.

Even when we seek to obtain material possessions such as a house or car, the primary reason for wanting these

things is to be happy. On the surface you may say you want a car to impress your friends. Underneath that desire to impress your friends is the belief that impressing your friends will make you feel good.

So above all else you take this Journey to FEEL GOOD!

Mode of Transportation

Express Train

- Faster than a car or bus

Moving at 125 miles per hour looking forward (the view of the engineer), it does not appear or feel as if you are moving at such a high rate of speed. Turn your eyes to look right or left: objects speed by so fast your eyes cannot focus. You get dizzy and you lose your center.

On your Journey, you must keep your focus forward. Do not focus on the people, places and circumstances passing by you. They are none of your business. Forward and onward; that is where your focus must be.

On this Journey some travel on an express train. On the express route, you will pass by stations, others make on the local train. My express train took me from a corporate job to self-employment as a full time storyteller.

When I first started storytelling, other seasoned storytellers told me that I must work for free initially in order to gain a reputation. Then begin to charge. Coming from a corporate background, that advice sounded ludicrous to me. I passed by the “no-charge” stop. My first performance was at a Border’s Bookstore and I was paid \$50 for an hour performance. For me, non-paying gigs were a local stop my express train was not making. My express route enabled me to leave my *safe, secure* corporate job. I stepped out on my own as a full time

performing artist in less than two years from my first performance. I knew people in the storytelling community working their craft for over a decade who had not found a way to sustain their career on a full time basis.

When I began my Journey as a full time storyteller, I did not know I was on the express train. What I did know was there was a burning desire that pushed me forward and onward. I had no time, thought or inclination to look right or left to see what or whom I was passing. I stayed in my lane focused only on my forward progress.

Who Do You Take With You?

“Do not discuss your ambitions or desires with another for the other will only echo your present fears.”

– Neville, *At Your Command*

This Journey is a solo trip. You must leave your spouse, mate, children, family, friends, acquaintances, coworkers, neighbors, pets, enemies and strangers. Only a select few should even be told you are going.

Closely examine your reason for wanting to share the details of your Journey with another. What are your authentic intentions? Be honest with yourself. Are you looking for validation? Are you afraid of being alone in this process?

There will come a time when you meet someone who is clearly on their own Journey to Purpose and the two of you can be a support to one another. (This topic will be discussed in detail later). There may even be a circle of supporting people already in your life. However, they will reveal themselves to you. You will feel comfortable, safe, loved or some other myriad of positive emotions. You will NOT feel judged, berated, doubtful or any other negative emotions. Your emotions are the best warning signs that signal whether you are off-track, headed for danger or on-track cruising in joy.

Practice Good Self Care on the Journey

The most important relationship that requires your attention on this Journey is the relationship you have with your self. The best relationship you have *is* the one that you have with your self. If you are loving, caring and nurturing with your self, others will treat you the same. Our relationship with others is only a reflection of our relationship with ourselves. If you have unhealthy relationships, examine your relationship with your self.

- ❖ Are you taking quality time with your self?
- ❖ Do you communicate openly and honestly with your self?
- ❖ Are you kind to your self?

What many fail to realize is that everything starts within.

You attract to you what you are. If love and fulfillment is what you desire, you must radiate that energy from your spirit. As you radiate, you attract. (Remember Road Rule #1: What you radiate you attract.)

You will come to a point in your Journey, where you begin to assess the people in your life. You will look at your relationships and decide if they match up with who you are becoming and what your now know is your Purpose.

Here is a Journal exercise I do when I reach a point in my Journey where I must assess a relationship. In my journal I answer the following questions:

- ❖ Does the relationship strengthen me?
- ❖ Does this relationship reflect/mirror what I say I

believe and value?

❖ Does this person enhance my Journey?

Once I answer these questions in my journal, I write the person a letter, which I do **not** mail. In the letter, I discuss the answers to those questions.

This exercise is not about blame. It is about getting clarity and being honest. It is best not to think about how the person will react to your answers, which is why I recommend you do not actually mail the letter. By taking your focus off the subject of the letter, you quiet that censor in your head. Just write. Open up. Detach. Assess. Take action.

The action needed, may be revealed as you write or the

action may come later. Do not be too concerned about the action. If action is needed, you will be inspired to the right action. Often, no action is needed at all. Once you uncover your authentic self in relation to the relationship you are assessing, things will shift exactly as they are needed.

Others on a Similar Journey

Get in contact with others who appear to have a similar Purpose. Ask for information and suggestions on how to get started. Ask for words of wisdom or a prayer.

Before contacting them, find out as much as possible about their Journey. If there is not much information on them, be sure to ask them about how they did it. As I was writing this book, I contacted the authors of the many spiritual, renewal books I had read. I personalized each letter being certain to include how their book impacted my Journey. I included a self-addressed stamped envelope to illustrate how much I wanted them to respond. For those who did not call me in a week, I called them. In the end,

each gave me something I could use.

At this stage of your Journey there is a flashing Caution sign that reads, “No one’s Purpose is exactly like yours.” As you gather information from others, do not use it as a road map for your Journey. Many people may be using similar skills or completing similar tasks, but know that you have come to this planet to contribute *your* Purpose. No one else will perform it exactly as the Divine intends for you. The uniqueness of your Purpose is the reason it is imperative that you share it with this world, because if you leave this world, without contributing *your* Purpose, a vacuum exists, where your unique Purpose was intended.

When I first began my path of becoming a full time

professional storyteller, I contacted two nationally-known storytellers. One was a single black female who told me that she did not pursue her dream until her son had graduated high school. She felt it was easier for her to travel once he completed school. If I had assumed her truth applied to me, I would have waited 16 years, because my child at the time was only 2 years old.

When I heard this advice from her, I initially worried that I would have to put a hold on my Journey until my child was older. Then I released that belief one day while performing my Stillness Ritual and I affirmed that pursuing my Purpose would enhance my role as a mother and I would find an abundance of work in my immediate tri-state area.

The other storyteller I spoke with was a married white male. He said if he were to give a budding teller one piece of advice it would be to “ensure that there is at least one source of steady income, such as from a spouse.” Well, at the time I was well on my way to a divorce. Again, I knew this truth did not apply to me.

Asking for Directions

On your Journey, you may find you may have to stop to ask for directions. You may need others to give you a heads up on which is the best road to take. You may find these helpful people at industry conferences, retreats, or seminars. Join organizations that help you to gain the knowledge and experience you need to fulfill your purpose. Industry organizations are also excellent resources for networking.

Another caution sign here: “Don’t stay here too long.” There is a potential at this stage to get stuck. Asking for directions can be helpful, but if you stay in the information-gathering stage too long it could be a hindrance. Too much theorizing and strategizing could equal stagnation.

One way to avoid this pitfall, is to remember that your “how” comes from the Creator. The Creator will provide the details when you are ready, open and receptive. Do not concern yourself with the details - the how-to’s. Keep your heart, mind, eyes and ears open for divine guidance on what move to make next. Keep alert and focus on the vision.

The Creator will take care of the “how”. Just at the right time you will receive information or meet someone who will provide you with the very thing you need to further your Journey. Some call it coincidences, accidents or luck.

Know and affirm that it is the Creator working for your

greater good because you are open and receptive. Do not question the validity of the “suddenly found” link. Avoid saying things like, “I can’t believe this is happening to me.”

Such words, will surely remove the blessings because if you cannot conceive of it, it will be removed. Affirm that you deserve good now!

Traveling Companions

We have established that this Journey is a solo trip. However, there can be people on your path that will help you. These are your Traveling Companions. They are a circle of people who support you on your Journey. Your Traveling Companions may include people you meet as you gather information, such as when you attend seminars and join organizations.

The first conversation I had during my information-gathering period was with a nationally renowned storyteller, Charlotte Blake Alston. When we first met, Charlotte was a founding member and president of a recently formed storytelling group called Keepers Of The Culture (KOTC).

After my conversation with Charlotte, I joined KOTC. My affiliation with KOTC led me to meet people of like minds and ambitions who not only were my support but my inspiration for leaving my corporate job and becoming a self-employed, full time storyteller.

If you are unable to find people in your own area to form a circle of support, look online for support such as forums, chat rooms or other web based communities.

On-line you can also find information about how to form a MasterMind Group which was a term used by Napoleon Hill in the early 1900's in his timeless classic, *Think And Grow Rich*, in which he describes a MasterMind Group as "The coordination of knowledge and effort of two or more

people, who work toward a definite Purpose, in the spirit of harmony."

For where two or three are gathered together in my name, there am I in the midst of them.

- MATTHEW 18:20

King James Version of the Bible

Mountaintop Experiences

You will encounter situations, which will make you feel joyful and excited. You may feel brand spanking new. You will come to know these encounters as “Mountaintop Experiences.”

When you are in alignment with your Purpose, there is effortlessness about your work. Time races by. You feel exhilarated and alive. While anyone observing you would likely comment that you are working hard, it does not feel like work at all. Everything is just flowing. You are what some may call “in the zone.” I call it the Mountaintop Experience.

Your Mountaintop Experiences are your reward for

offering your gift. Remember Road Rule #2: You must give to get. When you give, it comes back to you multiplied. Deepak Chopra says in his book, *The Seven Spiritual Laws of Success*, “Expressing your talent to fulfill needs creates unlimited wealth and abundance.”

When you fulfill your Purpose by matching your gift with that need, you are rewarded. Initially, you will see the rewards as mere “coincidences.” Things you require to pursue your Purpose will “magically” appear. You meet the right people at the right time. Soon you come to realize these are not coincidences but blessings. These are the Creator’s rewards to you for being in alignment with your divine Purpose.

Come take the spiritual Journey to your Purpose. Choose to live joyously and abundantly.

When you get to the Mountaintop, remember to enjoy the view. Do not concern yourself with the valley that exists between the mountain you are on and the next. Enjoy the view. Deeply inhale the fresh air. Suck up all the goodness of this high top experience. Wrap yourself in it like a blanket and take it wherever you go.

Folks may begin to flock toward you. Let them admire the beautiful intricate pattern of your blanket. Let them notice the fine detailed work that went into making it. You need not share with them the hard work and pain that may have gone into each stitch. Most are not interested. Others

cannot appreciate the labor of love.

You may allow some to come close to feel the richness of the fabric. Use wisdom in determining whom you allow this special up-close view. Surrender all fears of it being mishandled, damaged or stolen. Affirm that no one can take from you what is divinely meant for you.

Be proud. Go ahead and strut your stuff. Glide like a beauty queen down the runway. Whirl around in it. Some may mistake your pride for vanity. Know that it is self-love. Here is a story about one of my Mountaintop experiences.

Remembering My First One Woman Show

The first storytelling concert I self-produced was called One Woman's Show (OWS). I choose that title because I was the only female on the stage. As my band and I were setting up a stage, I saw my quests arriving. What struck me was how dolled up everyone was and they all looked excited. Beautiful Black folks dressed up for a night on the town and they were coming to see me. Wow!

In that moment, I felt like a legitimate, authentic performer. It was exciting and scary. I am certain that thought heightened my already increasing nervousness. Once the show actually began, I was able to harness all of that nervousness like a herd of cattle. I lassoed my stories, songs and poems into the stable, which was the stage. I unleashed them to my adoring, anxiously awaiting fans. I

could not wait for all those stories, songs and poems to spill out of me. It felt like a birthing of sorts. Not that I hadn't performed many (if not all) the pieces before, but now they were coming forth through a different birth canal.

This canal was all me. No surrogate this time. It wasn't a school where I was hired to perform for Black History Month, in which others attempt to dictate the kinds of materials I perform in order to fit their narrow definition of *black history*.

No, this time I carried, labored and finally delivered my baby. And like all new mothers I was so proud and the birthing felt so magical.

Shouting from the Mountaintop



As your Purpose becomes clearer and you begin actually living it out, there will be times you want to tell the world how good it feels. You may want to shout it from your Mountaintop. Revel in that glorious feeling but be extremely selective with whom you choose to share your good news. As previously mentioned, many people for various reasons should not be told about your Journey. Some may echo the very fears you may have been holding at bay on this Journey.

Others, because they have yet to uncover their own Purpose, simply are incapable of supporting you. Still others may be hurting so much in their own lives; they deliberately set out to sabotage your Journey.

A dear friend of mine, Brother Robb “Peace Man” Carter, a Social Worker who at one time counseled domestic abusers, told me, “Hurt people, hurt people.” These words gave me a new perspective on people who deliberately set out to throw up roadblocks on my Journey. Understanding that these people were likely acting out some internal pain, I grew to have empathy for them. That is not to say, I allowed them to continue their road blocking. My empathy for them enabled me to avoid wasting energy on being angry with them. I recognized

their obstructive behaviors, sent a silent prayer and kept on moving forward on my path.

A caution sign warns you that something needs your attention. A caution sign advises you to proceed carefully.

It does not mean STOP. You must not let the Road Blockers halt your forward progress. As you approach them, you certainly want to be alert and cautious but you must keep moving forward.

At times, I have been disappointed to discover that someone dear to me was a Road Blocker (RB). When I shared my Mountaintop Experience with one of my friends, I began to notice that she was not joining me in my happy-dance. She was smiling and saying all the right

positive things but I could feel that the underlying current of what she was saying was not enthusiastic or joyous. After Journaling about my relationship with this RB, I realized that it was virtually impossible for her to dance on the Mountaintop with me. She was in the Valley in virtually every area of her life. This dear friend who is at her core gentle and kind, hated her current job, was in a long term relationship that never met her most basic needs and had a challenging relationship with her mother. This dear sister was incapable (in her current station in life) to dance with me on the Mountaintop. It was physically impossible to leap from the Valley to the Mountaintop. Once I gained this perspective, I could even continue a satisfying relationship with this friend.

Valley Experiences

On your Journey you will find yourself in the Valley. It is simply part of the landscape of the Journey. Between every two mountains there is a valley. Here in the Valley you will come face to face with many, if not all, of your fears. Not just any fears. No. . . . No! I am talking about the fears that you have lived with perhaps since you were a child. It may be the fears that you may never have even admitted to yourself or were too afraid to face. These fears may grip your heart, making you think that your very life is threatened.

Know that you are free to live and live well. Life is breath. When the fear swells up inside of you, breathe *correctly*. (Remember: deep inhaling breaths through the nose and

exhale through the mouth.) Where you are, God is present. When you can't, God can.

My fear has always been fear of losing love. I feared having someone I love leave me. This fear stems from my childhood. Never having my mother and father in a family unit; never living with my Dad; having my Dad absent in my home although present in my life; always feeling as if I had to compete for his love with my four sisters, his girlfriend and the many other women, who for one reason or another, were present in his life. For these reasons, I developed a fear of abandonment. When someone or some thing triggers this fear, I am instantly transformed into a child. I even take on childish behaviors and mannerisms.

I curl into a fetal position and rock. My breath gets short and choppy. I bite my nails. I run my fingers through my hair.

Then I remember the process: Be Still and Breathe Correctly. The breathing centers me and gets my mind clear.

There is another process for overcoming fear: Name + Affirm = Release. The first step is to clearly identify what you are feeling. While Journaling, just write about what is coming up for you. What emotions do you feel? Why are you feeling them? Does it bring up a past experience? What thoughts and images does it trigger for you?

Once you name it, you create an affirmation to saturate your mind with new thoughts and images as we talked about earlier. Then, by focusing on these new thoughts and images, you ultimately RELEASE the fear.

Name + Affirm = Release. That is the formula.

On my Journey to Purpose I was able to Name my fear as fear of abandonment. By naming this fear I was able to acknowledge that I had unhealed wounds. Once I named it, I could go to the next step in healing, which is affirming.

The affirmation that I used to combat this fear was:

“I am loved. I am lovable.”

It took some time but I was able to move through and eventually past this fear to the next step in healing:

Release. Once I Released my fear, I no longer radiated the message: “When someone loves me they hurt me.” By releasing my fear, I then radiated the message: “I am loved. I am lovable.”

Remember Road Rule #1: What you radiate you attract? Well, because I changed what I was radiating, I changed what I was attracting. I stopped attracting men who were unreliable, unfaithful or in some other way abandoning me. I began attracting loving, honest and dependable men.

You too will find that overcoming fears will strengthen you and actually make your Journey easier. Know that you have the power to change your conditions. The Holy

Quran says the Creator will not change the conditions of a people unless the people change their inner selves.

You may wonder how practically scaring yourself to death can possibly take you further on your Journey? It is because those fears, which terrorize you so, are keeping you from moving forward. They are the obstacles in your path.

When I am confronted with my fear of abandonment, I remind myself of the spiritual principle that says, “You cannot lose what is divinely meant for you.” I remember a dear friend, Guina Hammond, once told me, “Some relationships die of natural causes.” If someone or something moves out of my life, I know it is to make room

for something greater. Not everyone who is in your life at the onset of this Journey will be there down the road.

When fears arise, acknowledge them. Thank the Creator for letting you know what you need to release. Know too, that if it is coming up, then it is on its way out.

Say, “Thank you for sharing, I now release that thought and claim _____ (Fill in the blank: divinity, right to manifest my dreams.)

You may find this affirmation useful: *I empty myself of everything that denies me the good I desire.*

Do not ask the question “Why me?” Why not you?

Remember to first Name the fear. Acknowledge your loss, pain or hurt by asking, “What happened?” The Purpose of this question is to seek clarity. You want to be clear about what actually transpired. Some times we have to step back and take the role of observer in order to answer this question honestly. Describe the events as if you were a spectator. Without judgment, relate the facts of the event.

Once you are clear about what happened and then ask, “What is the lesson?” The Creator is in everything, absolutely everything. It is about lessons. This question also takes the focus off others and what they may or may not have done. You are not in the victim role when you ponder these questions. You are empowered to do something. If you are still unable to identify what the

specific fear is, then pray for clarity.

A prayer I often use for clarity is: “Creator, please pave my path with light.” I then visualize beams of sunlight before me. The rays warm my skin and fill me with feelings of security.

The last question is, “What is next?” Now that you are clear about what you are facing and what you can learn from it, now it is time to point toward the future. This forward thinking prevents you from being stuck in the past and prevents you from beating yourself up.

Of course these questions should be considered while performing your Stillness Ritual.

The famed poet and author, Maya Angelou, has a book entitled, *I Wouldn't Take Nothing for My Journey Now*. When you recognize that there is value in the Valley you treasure even the Valley Experiences.

Know that the Creator is always steering you toward your good. You begin to believe that the Universe is conspiring to do you good. When you are in the Valley it is critical that you remember this truth. Jack Canfield, co-creator of the *Chicken Soup for the Soul*® series, calls this belief “inverse paranoia”. In his other book, *The Success Principle*, Canfield even suggests beginning your day affirming this truth: “I believe the world is plotting to do me good today. I can't wait to see what it is!”

Changing Course

Changing the course of your Journey is not a sign of failing. In fact, there is never any failure on this Journey, just feed back.

I once thought being a physical fitness instructor was a part of my Purpose. That changed for me for a variety of reasons, not the least of which was a knee crisis. Initially, I beat myself up when I changed course. I am probably hard on myself because I pride myself on being honorable with my word. I believe if you honor your word you are honored in this world.

Now, when I berate myself for changing course, I am reminded of the words of my dear sister friend, Dr. Rosa

Lewis, “It is my mind and I have a right to change it.”

Changing Course is OK.

Through Journaling I uncovered that my near obsession with being honorable with my word, related directly to my disappointments over my father not always coming through for me in my childhood. When we take the Journey to Purpose, adhere to the Stillness Ritual and Journaling, we get to do the inner work. Through this inner work you will continually find new layers of yourself. You will need to discard some of these layers. As you continue to peel the layers back, you may find fears you thought you discarded some time ago, show up under a new layer. Again, the key is not to berate your self for still having fears. If it is coming up for you, it is on its way out.

You may find that on your Journey you discover that you did not simply change course or veer slightly off the path but that you have gone the wrong way! When you find that you have gone the wrong way simply correct your course and move forward. Do not waste time beating up on yourself for taking a wrong turn. Do not waste time retelling the story to all that will hear about how and why you got sidetracked. Just get back on course and move forward.

What You will Loose

When you drive on the road, there are times you see debris in the road. Something someone has discarded: trash, road kill. On your Journey to Purpose you will also have the occasion to see trash or road kill. These are the items you will come to discard:

- Self-Doubt
- Pity (for your self and others)
- Sabotage
- Feeling of not being enough
- Feeling of not having enough

Gratitude – A Journey Essential

Whether you are on a Mountaintop or in the Valley, remember to give thanks while on your Journey. Giving praise for all that you currently have, opens the path to those things you want in the future. One way to include gratitude on your Journey is to make a list of things you are currently grateful for. You can place the list in your journal or include it your Stillness Ritual space. The list could look something like this:

- I am grateful that I awoke this morning.
- I am grateful that each and every day I have food to eat.
- I am grateful that my mind is healthy
- I am grateful I have an able body.
- I am grateful I have a place to call home.

I keep my gratitude list by my bed and when I am having a Valley Experience I often refer to it as a reminder that whatever challenges I may be facing, I still have a life filled with blessings.

In addition to making gratitude lists, I have a Praise Poem that I use in my own Stillness Ritual, as well as rituals I perform as a part of my work as a storyteller.

Praise Poem

**I give thanks first and foremost to the Creator
The One Most-High who is known and called by many names**

**I give thanks to the ancestors whose legacy is proof
That I am not the first to hurt
The first to struggle
Or the first to be victorious
Those known and unknown heroes and (s)heroes who laid
down their life
So that I could live mine more joyously and peacefully**

**I give thanks to those persons present in my life today
Those men, women and children
Who love me**

**Support me
And Believe in Me
Those in my intimate circle
Whose constant presence is a reminder
That I can and must choose
Wellness over illness
Peace over turmoil
Love over fear**

**I give thanks for myself
Yes, myself
The one the Creator thought so worthy
He gave this life to
The one the Creator thought so deserving**

**He woke me up
This morning to have
Yet another day
To do it right
The one the Creator thought so special
He made no other like
The one who has the power
To turn all of yesterday's hurts
Into today's triumphs
The one who has the gift
To heal all of the pains and hurts inside me
Yes, I give *thanks!*
I *give thanks!*
I *give thanks!***

Rest Stops

On any Journey there will come a time when you have to rest and replenish. You need to stretch your legs and refuel.

Go somewhere alone for 30 minutes. A place that positively impacts your senses:

- A walk in the park
- A music store – listen to an array of music that pleases your ears
- Browse a flower shop
- Go to a dog park

It does not have to be extravagant. In fact, you do not have to spend money. You must however, go alone.

You should visit your Rest Stop at least once a week. No doubt you can come up with a thousand excuses not to do it. Does any of this sound familiar?

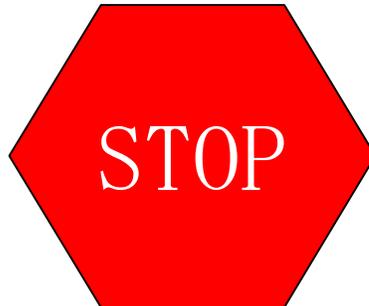
- No time
- The children will feel neglected
- My lover will think I am having an affair

My Rest Stop is often a nineteenth century restored mansion called Rockwood Mansion, located in Wilmington, Delaware. It is now a county museum. On the grounds of this mansion are beautiful gardens, breathtaking landscape, winding wooded walking paths and cozy gazebos. I retreat to this local paradise to replenish my soul. Whether I sit in the formal garden and play my guitar or walk the tree-lined hiking paths, the instant I arrive at

this place, I feel renewed.

Your Rest Stop may be one place or several different places. It does not matter. What matters most is that you go there consistently (again, once a week is the goal) and while you are there, it makes you feel good.

Final Destination



You have been traveling for some time now. You fully understand why you began this venture. You adhered to the Road Rules, maintained your Stillness Ritual and daily Journaling. You find comfort in your solo sojourn. You have accepted the fact that in your Journey to Purpose you will have Valley and Mountaintop Experiences. So where does this Journey end?

It doesn't.

Yes, the title of this book is *Journey to Your Purpose*. I have discussed how to prepare for this Journey and the things you will encounter on this Journey. Once you know what your Purpose is, you are not at the end of the road. You have not reached your final Destination. In fact your Journey has no finite Destination. This Journey has not been about producing product. This Journey is a process. It is a process by which you uncover and pursue your Purpose and then allow that Purpose to drive all that you do while you remain on this planet. Your Purpose becomes clearer and clearer as you move forward. Once you identify your Purpose, you then begin to refine it, fine tune it and often times, expand it. Your Purpose is like a living organism: growing, expanding, and feeding off your passion and drive. Your Purpose is not the stopping point

at the end of the path but rather a tailor-made reason for taking the trip!

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