

*Revealing
The Purpose
Of
Your Heart*

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Revealing The Purpose of Your Heart

This two-part process will support you discovering your own purpose and meaning, so that your life is fueled by your calling and heart.

Revealing The Purpose Of Your Heart is a powerful two-part assignment that will begin the process of revealing what drives you, and what your ineffable gift is, that you are meant to bring to the world.

This exercise might just change your life. It can inform, illuminate, inspire and awaken you to who you truly are.

You're welcome!

Assignment #1

DISCOVERY aka THE DRILL

A master martial artist asked Bruce Lee to teach him everything Bruce knew about martial arts. Bruce held up two cups, both filled with liquid. “The first cup,” said Bruce, “represents all of your knowledge about martial arts. The second cup represents all of my knowledge about martial arts. If you want to fill your cup with my knowledge, you must first empty your cup of your knowledge.”

If you want to discover your true purpose in life, you must first empty your mind of all the false purposes you’ve been taught (including the idea that you may have no purpose at all).

So how to discover your purpose in life? While there are many ways to do this, some of them fairly involved, here is one of the simplest that anyone can do. The more open you are to this process, and the more you expect it to work, the faster it will work for you. But not being open to it or having doubts about it or thinking it’s an entirely idiotic and meaningless waste of time won’t prevent it from working as long as you stick with it — again, it will just take longer to converge.

Here’s what to do:

- Take out a blank sheet of paper or open up a new document on your computer (I prefer the latter because it’s faster).
- At the top put “What is my true purpose in life?”
- Write an answer (any answer) that pops into your head. It doesn’t have to be a complete sentence. A short phrase is fine.
- Repeat step 3 until you write the answer that makes you cry. This is your purpose.

To some people this exercise will make perfect sense. To others it will seem utterly stupid. Usually it takes 15-20 minutes to clear your head of all the clutter and the social conditioning about what you think your purpose in life is. The false answers will come from your mind and your memories. But when the true answer finally arrives, it will feel like it’s coming to you from a different source entirely.

For those who are very entrenched in low-awareness living, it will take a lot longer to get all the false answers out, possibly more than an hour. But if you persist, after 100 or 200 or maybe even

500 answers, you'll be struck by the answer that causes you to surge with emotion, the answer that breaks you. If you've never done this, it may very well sound silly to you. So let it seem silly, and do it anyway.

As you go through this process, some of your answers will be very similar. You may even re-list previous answers. Then you might head off on a new tangent and generate 10-20 more answers along some other theme. And that's fine. You can list whatever answer pops into your head as long as you just keep writing.

At some point during the process (typically after about 50-100 answers), you may want to quit and just can't see it converging. You may feel the urge to get up and make an excuse to do something else. That's normal. Push past this resistance, and just keep writing. The feeling of resistance will eventually pass.

You may also discover a few answers that seem to give you a mini-surge of emotion, but they don't quite make you cry — they're just a bit off. Highlight those answers as you go along, so you can come back to them to generate new permutations. Each reflects a piece of your purpose, but individually they aren't complete. When you start getting these kinds of answers, it just means you're getting warm. Keep going.

It's important to do this alone and with no interruptions. If you're a nihilist, then feel free to start with the answer, "I don't have a purpose," or "Life is meaningless," and take it from there. If you keep at it, you'll still eventually converge.

When you find your own unique answer to the question of why you're here, you will feel it resonate with you deeply. The words will seem to have a special energy to you, and you will feel that energy whenever you read them.

Discovering your purpose is the easy part. The hard part is keeping it with you on a daily basis and working on yourself to the point where you become that purpose.

If you're inclined to ask why this little process works, just put that question aside until after you've successfully completed it. Once you've done that, you'll probably have your own answer to why it works. Most likely if you ask 10 different people why this works (people who've successfully completed it), you'll get 10 different answers, all filtered through their individual belief systems, and each will contain its own reflection of truth.

Then to check out how true your purpose is, go on to the second assignment.

Assignment #2

Verification and Expansion

5 steps to find your life lesson(s)

You need: a few pieces of paper and a few colored pens, a box of tissues, and some quiet time for yourself.

1. On a piece of paper, write down the major challenges in your life.

List as many as you want. Some examples may include (but by no ways limited to):

- Were you born to an abusive parent?
- Did your parent die when you were young?
- Were you born with physical limitations?
- Were you born to an average middle class family but somehow had trouble connecting to others?
- Did you repeatedly have trouble with authoritative figures?
- Did you become a parent at very early age?
- Did you want children but somehow could not have one?
- Have you been in abusive relationships?
- Have you been unhappy with your career?

2. When you are done with step 1, review your list. Now go deeper. **For each challenge, find the quality you have been seeking in each negative situation and write it down in a different color.** Connect to your own feeling rather than just jotting down typical answers. This is about YOU. And try to come up with one or up to three words for each challenge. For example, if you were born to an abusive family, did you want Love? Acceptance? Or maybe it prompted you to seek Autonomy? Did it lead you to Compassion with people, animals, to nature? Or maybe in your special case, it helped you to develop a sense of humor with Lightheartedness?

3. Now review again. **Do a few words appear repeatedly? Do you see a certain “quality,” a theme that runs through all or most of your challenges?** On a second sheet of paper, write down what you think is the main theme, or the life lessons you have been working on.

4. **Examine the first list of your challenges with this new awareness of your life theme, or life lessons.** Do you see how each “negative” situation contributes to the learning of your life lessons? Take your time. This is a critical step that can change the way you see your whole life.

5. **If you notice a new theme or life lessons emerge from your worksheet, write it down on the second sheet of paper.** Repeat step 4 and 5 until you get the “Aha! This is it. This is what my life is about!

Now compare the bottom lines here with your purpose defined and discovered in the first exercise. Journal on any thoughts or emotions that arise. Bring this with you next week.

Wrap-up.

I have a firm belief that by our living our own unique and authentic purpose, we drop any need to compete or compare. We live and let live so to speak. And our purposes serve the greater good of our community, our tribes, and our planet. One question that I highly recommend you ask yourself each morning that will keep bringing your purpose present in your heart is this:

How can I serve, today?

For more support and information

<http://BarrySelby.com/chat>