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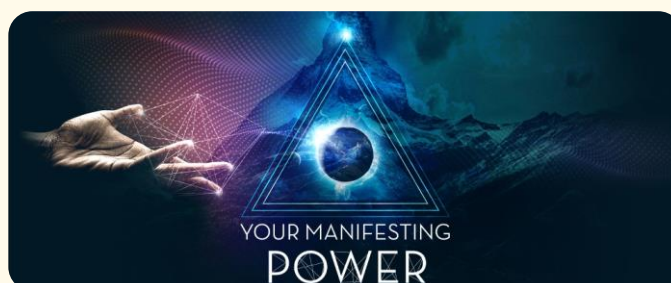
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# Finding Your Purpose

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Camillo Loken  
- Author & Speaker -



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In my teaching I keep referring to how important it is to connect with the heart – to create from the heart and come from passion if you want to change your life for the better .

We are all unique and the uniqueness that is you can best be expressed when you connect to your heart and your passion. When you are passionate about what you do and create, you are living your life on purpose because **passion = purpose**.

One of the world's first experts in the field of Personal Development was Earl Nightingale (1921 – 1989). He was an American radio personality, writer, respected speaker and author – often referred to as the *Dean of Personal Development*.

When defining success he said:

*Success is the progressive realization of a worthy goal or ideal.*

Those who succeed in this world are those who are progressively realizing a worthy ideal. They say: “I’m going to become this”... and then begins to work toward becoming it.

In other words, they set themselves a defined and crystal clear goal which they are willing to spend time and effort to achieve.

So, what is a worthy goal for you? What are you willing to spend time and effort to achieve in life? Remember, you are exchanging your precious time for whatever goal you decide to pursue.

Since we don't know when our time on this Earth is up we should set goals which we are excited about and don't mind spending time reaching. It's like Steve Jobs used to say:

*Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart*



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Coming from passion, from the heart – from the intuition - is what the most successful people in the world do. A 10 year long survey, including interviews with more than 500 successful people in the world, showed that they all came from passion

They didn't go after the money or fame, but very often that came as a bonus. These people found their purpose.

It's so much easier to endure and keeping going if your goals are set from passion.

The challenge for many people is **to find their purpose in life**. Find what they are passionate about. Many people just go on autopilot – just like the sailing-boat drifting endlessly on the open ocean with no direction.

Keep in mind that your purpose in life (your mission) will always be something you **love to do** or something you have always dreamed of doing. It will, in fact, be something that you would do joyously 24/7 and never tire of it. Your purpose will be something or a combination of things that will constantly inspire you and lead you forward; forever changing and upgrading, allowing you to take your gifts to the highest level and create all new potentials for yourself and the world.

You are special and unique. No-one can think and feel just like you. No-one can replace you. You have uniqueness within you and your purpose is to find this uniqueness and share it with the world. In short, **your purpose or mission IS passion!**

However, many people are 'passion-challenged' and not sure about what their purpose in life is.

Why is that?

Here are five possible reasons:



## 1. You're staying inside your comfort zone.

That may feel good, but it also keeps you from encountering new ideas and experiences that could give you insight into what to do next. Discovery and amazing experiences happen on the edge of your comfort zone.

### **Suggested action:**

Challenge yourself. Do something new and uncomfortable to get new perception on things. Research is showing us that we think app. 60-70.000 thoughts everyday and 90% of these thoughts are the same as the day before. Most people live on autopilot because they are stuck in the comfort zone thinking and doing the same things day in and day out. By stretching your limits and what you are used to do you will start seeing things in a new light that might help you discover your true passion.

## 2. No support from people close to you

Our friends and family – the ones we hold dear – want us to be safe and secure. They might not like the idea that we want to try out something else – that we want to test the boundaries of our comfort zone. Sometimes they aren't always the most understanding or supportive of our new ideas. What looks like a lack of support is usually their way of protecting us from something they don't understand or see the benefits of. Most likely they are stuck in their own comfort zone and living their life on auto-pilot so anything that might challenge this way of living might make them question it.

### **Suggested action:**

Be aware that your social environment plays a large role in your ability to see new possibilities. If your friends and family members kill every new idea you share, it might be time to find a more objective sounding board. Someone who understands you and will support you.



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## 3. Overanalyzing things instead of taking action.

We need to take action to become conscious creators of our own reality. Many people like to look inside to find all the answers. Sitting in deep thought and contemplation about your inner life and your dreams is important, but you also need to **Take Action** to be sure about things – to get clear. You might not believe you know what your purpose is and as a result you try to figure it out in your mind with no feeling or passion connected to it.

When you “embody” your purpose, and feel it alive inside of your whole being, not just in your head, then you can get truly connected to it. That’s when it starts to take hold in your life.

Most people try to “find their purpose” through thinking and talking themselves into action — but their body and spirit just weren’t in harmony with their thoughts.

Your mind desired something, but something inside of you didn’t. Or your instincts said to do something, but your mind stopped it. You have probably had a gut feeling about something, but then you started to analyze it and you decided against it. We live too much of our lives from the mind rather than from the heart.

Listening to your body and its feelings, and trusting your inner voice, always leads you to the right place at the right time.

### **Suggested action:**

Take action. In other words: don’t just decide in your mind that you’re meant to be something, like for instance a florist because you love flowers. Instead, volunteer at a local flower shop to see if you really want to work with flowers. Try it out first and see how it feels. Will the flame inside ignite? See how you feel when you are doing what you think is your purpose. If those passion feelings don’t appear and you don’t feel like an inner flame is ignited within your being you’ll be happy you figured it out before diving into extra schooling.



## 4. Negative thoughts are holding you back.

Most of us grow up with limiting beliefs about what is possible to achieve in this world. We have strong, permanent neural networks in our minds and they influence us. Know that these negative thoughts are just programs, so if you want to do something new – something outside your comfort zone – don't listen to those negative thoughts saying you are not good enough, clever enough, talented enough etc. You have all the power you need to make your dreams come true. If you decide to focus on the positive then your thoughts can give you all the confidence you need to try something outside your zone of comfort.

### **Suggested action:**

Just because you think a thought doesn't make it true. It's just the result of old programming. Let it go. Don't let thoughts get in your way of trying something new. Focus on the positive. Tell yourself you would not get an idea if you didn't also have the power within you to make it manifest and become your reality. We all get ideas, and when you feel good about an idea go for it.

## 5. You don't like change

Many people don't like change. Making a change can involve discomfort, making mistakes, and dealing with doubts. This is normal and part of making any transition. However, if you are stuck on auto-pilot it's time to change your thinking. It's like George Bernard Shaw once said:

*Progress is impossible without change, and those who cannot change their minds cannot change anything.*

### **Suggested action:**

Be willing to experience a few obstacles and challenges on your way. Change your thinking about what you are capable of doing. You can do it.



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If none of the five reason agrees with you and you are still ‘passion-challenged’ and not sure about what your purpose is then the rest of this material will act as a guide to unlock your destiny. It will guide you in the right direction.

In this material you will be presented with four simple tips. I call them **the 4S-tips** because they all start with the letter **S**.

I have shared this material with other people when doing workshops and hosting weekend courses and these four simple steps have helped many people gain clarity about their purpose and mission in life.



On my quest to find answers to the big questions in life I had the pleasure to meet and work with the spiritual teacher Bryan de Flores in the US.

For years he has helped people find their mission in life. I want to quote some of his teaching because it’s directly related to the material in this e-book. Bryan says:



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“The two most common reasons people put off fulfilling or do not ultimately fulfill their life’s missions is their inability to concentrate and their constant hesitation in this matter. Finding and fulfilling your mission will largely depend upon your ability to focus in a world of confusion and doubt.

This is easier than it sounds, as it just takes a little work and disciplined focus. This is best done through meditation or whatever means of connection works for you, as long as the method you choose centers and aligns you with Spirit. Developing a daily inner practice of some kind will give you the focus you need to overcome all obstacles by releasing any confusion, doubt and negative inner dialog.

Hesitation is just a lack of courage and trust within yourself. Hesitation comes in many forms, but it is all fear-based. Some people hesitate engaging their mission, always feeling they need certain things to be in place before they begin.

Others make excuses, blaming it on their busy lives or the fact that they have children. Still others hesitate engaging their mission because of too much or not enough money. Too much money often creates laziness and a false sense of safety and escapism; while not enough creates lack of safety, self-doubt and confusion.

In many of these instances, the individuals will continue dabbling in spiritual energy (going to classes and doing meditation, etc.) but are often fooling themselves into thinking that they are truly fulfilling that which they came to do.

Another reason for mission-hesitation concerns time and money investments. These primarily include educational and job training processes or time investments in specific belief systems.





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## Bottom Line:

If what you are doing does not make you feel passionate, empowered and abundant, you need to begin engaging your mission and make the jump into what has always been meant to be. Release the thoughts and emotions that bind you to all the years of training for something that you thought you wanted to do for the rest of your life.

Know that it was all purposeful and correct, and more importantly that it has led you to this moment of revelation. Say to yourself, “I will take this new opportunity!” “I will complete my mission!”

It is your choice and sooner or later you will make it. But why undergo more years of stress and suffering when you can do it now? Once you engage it, you will think to yourself “WOW, I never knew it would be this easy!” When fully engaged, your mission will always provide you with an abundance of everything you desire and a freedom many people will never know.”

## The Right Path

How do you know if you are on your right path? The number one signpost is **synchronicity** combined with frequent revelations. On the correct path, things fall into place, ideas seem endless and all ventures seem ‘divinely guided’ and effortless.

According to researcher Nassim Haramein *The Quantum Field* (Universe) collects and coordinates all information and then sends back to us what we asked for in terms of our vibrational signature. Opportunities, circumstances, events and people show up in our lives and it’s all due to **synchronicity**.





Let's now look into the 4 S'es.

## 1. Stop the noise from the External World

Many people “dilute” their energy (attention and focus) by spending time on what the external world is feeding them. We live in a world where we are becoming more and more digital by the minute. Many have access to smartphones, pads and other devices connecting them to the internet 24/7.

This digital world creates a wide spread of tempting distractions which “steal” our attention and focus. It's easy to be “dragged into” whatever the external world is feeding us. Social media is one example. So many new apps and services are making us busy, busy, busy all the time. The more busy we are the more our energy and focus suffer.

Also, you will not be able to listen to what your inner voice – your intuition – is telling you. We need to turn our focus inward. Like Bryan says: *It just takes a little work and disciplined focus. This is best done through meditation or whatever means of connection works for you.*

Another distraction is the news. Most of the time the news stories are of a negative nature. If you are a “news addict” you are basically feeding yourself with negative images and information every day. It's distracting your focus on what your purpose and passion is.



If you let negative news grab your attention every, single day you give your time and energy to what the media is feeding you. Your focus will be on the negative.

It's best to reduce this distraction so you give your inner voice a chance to be heard.

## 2. Stop the noise from the Internal World

The one person you talk with the most every day is yourself. We all have an internal chatter going on. We think app. 60-70.000 thoughts every day and many of these thoughts are negative. Many people keep “beating themselves up” with negative and limiting statements. They are telling themselves they are not good enough, smart enough, talented enough, pretty enough and so on.

This internal negative chatter is nothing more than old limiting thought patters in your mind. It's your subconscious mind running “old programs”. These programs were formed when you grew up. The good news is that they can be silenced and replaced with positive ones. And the best way to do this is to calm the mind.

One of my favorite methods to calm the mind is to take walks in nature. The Earth has its own vibrational frequency at 7,83 Hz and that corresponds to the lower alpha brainwave level of humans. At this level we have access to our subconscious mind.

The lower in brainwave activity you go the more the ego loses its grip on you and you become more heart-based.

When I walk in nature I become more positive and ideas start to flow.

If you are fortunate to live near a forest or an ocean or a lake – set aside some time each day to be in nature. It will help you on your way to find your purpose.



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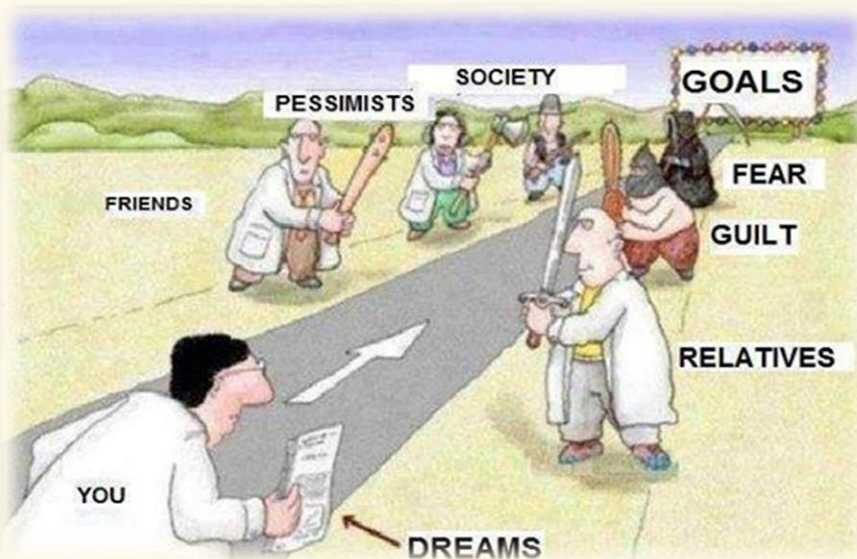
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If you don't live near nature you can watch pictures of nature to achieve the same results. Research shows that looking at pictures of nature while listening to calm, soothing music will lower your brainwave states into the lower alpha levels.

## 3. Support

It is always good to be around people who supports you and understands you. If you are alone when trying to reach a goal or trying to find your purpose in life it can be easy to give up when faced with challenges. Also, if you are around people who always puts you down it can make a negative impact on your self-esteem. It's easy to give up if colleagues, relatives, society and even family-members are putting you down. The image below illustrates this point.



You should **never give up** on yourself. You should never give up on finding your mission in life. Be determined, focused and be around people who supports you. This is important.

On my quest to understand more about how this Universe operates and finding answers to the big questions in life I faced a lot of challenges. Often I felt very much like the guy in the image above. However, I had people who supported me so I kept going.



## 4. Scan your past

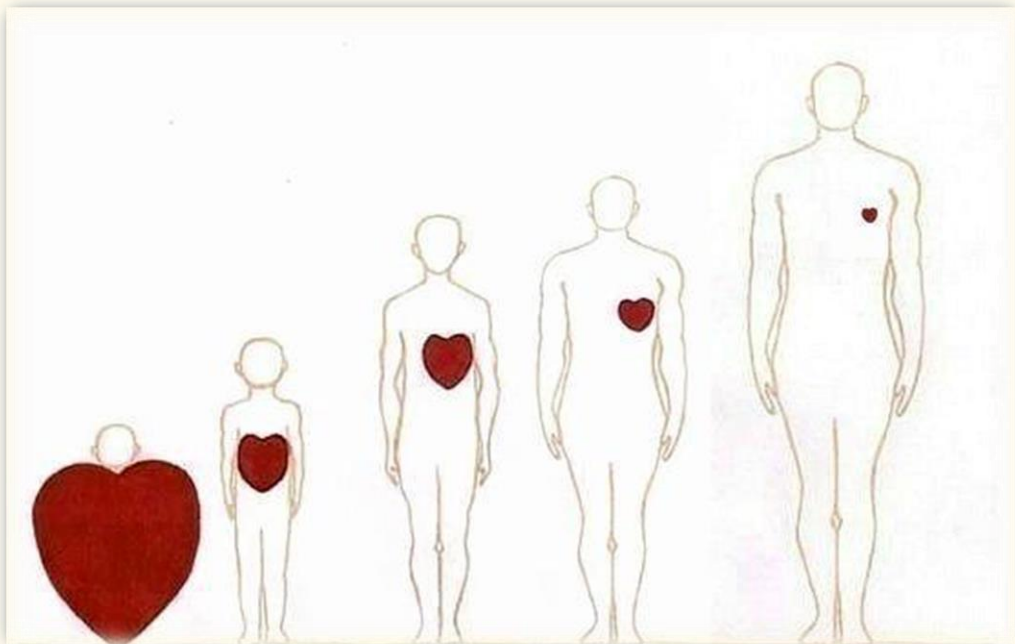
The last of the 4 S'es is to **scan your past**.

Some spiritual teachings say that our lives move in 7 year cycles. For this last S-tip we are going to use this 7 year cycle.

### 0-7 years:

Let's look at the first seven years of our lives.

In the first six to seven years of life our brainwaves are in the two lowest levels - theta and delta (it's a transition to alpha between age six and seven). In these lower levels there is **no conscious filter** - no conscious mind that analyzes and filters information. People therefore live much more from their hearts as children than they do as adults, as illustrated below.



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As we grow up we lose touch with our heart and intuition. We become more and more “drawn into” the external world. We become more aware since the conscious mind develops, analyzes and filters information. The conscious mind is being influenced by what the outside world says is right for us. We are influenced by what is **expected** of us.

We start to live more from the intellect and from the ego instead of living from the heart. As a result our intuition (and heart) is not able to reach us. The intuitive messages are lost and we miss out on what we are supposed to do in life – what our mission and passion is. Many people end up going on autopilot, like I did, and just live a life that is expected of them instead of **paying attention to the heart and the intuition**. It’s like Steve Jobs said:



*The only way to do great work is to **love what you do**. If you haven't found it yet, keep looking - and don't settle. As with all matters of the heart, you'll know when you find it. And like any great relationship, it just gets better and better as the years roll on. So keep looking - don't settle.*

*Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma -- which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, **have the courage to follow your heart and intuition. They somehow already know what you truly want to become.** Everything else is secondary.*



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Yes, your heart - your intuition - knows what your mission and purpose is.

And to find your mission you have to let your intuitive messages reach you and that can only be done by **turning your focus inward**.

When I host workshops I ask the participants what their true passion in life is. Most of them tell me they don't know. They have not found their passion yet.

Why is that? It's because they have become shaped and programmed, like I was, to secure their future – to live from the ego and intellect – and not the heart. When this happens it's easy to move into an autopilot state.

If you feel like this I have a simple exercise you can do to help you find out more about what your passion and mission in life is. It's all about **reviving** the essence of who you really are. As children we are very much in touch with this essence, but as we grow older it fades away if we let the external world influence us too much.

**The exercise is Scanning Your Past.**



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## Scanning Your Past



Divide your life into 7 year cycles. Your goal is to find a common thread in your seven-year cycles. Can you find something that each and every one of these 7 year cycles have in common?

0-7 years, 7-14 years, 14-21, 21-28, 28-35, 35-42, 42-49 etc.

Can you find the common thread? Something you have not noticed before?

Your passion/mission in life might be right in front of you, but you haven't noticed it yet. This was the case with me and my mission/passion/purpose.

All my life I've been a mediator –someone who conveys messages to other people. It started when I was a kid. If I understood something in school, like algebra or some other subject, I helped fellow students understand it too. I explained it using my way of seeing it – not the way the teacher explained it.

It gave me great pleasure. I did my best to simplify the information and help people understand what I already had grasped. I wanted them to understand it too.





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I did this in school, in college, at university and also in my work, but I never understood that this was my mission in life - my passion. Now I live out this passion full time. I love being a speaker and author, hosting seminars and courses and inspire and help other people with life-changing information I have accumulated.

To do this *scanning-your-past-exercise* find pictures of yourself as a child. Look at albums and photos of yourself from the age 0 – 7, 7-14, 14-21 and so on. Find a quiet place where you can be by yourself and not be disturbed.

Pay attention to your thoughts and feelings when you look at the photos. Is something popping up?

Look for a common thread through these seven-year cycles of your life. Is there something which has recurred throughout your life?

Some people may have experienced some bad stuff in their childhood years and they may be reluctant to look at picture from their past. However, it's unlikely that someone would take pictures of the painful experiences and paste them in a photo album.

Focus on the positive things you have experienced in your life - from your childhood and all the way up until today. Everyone has experienced some positive, good moments in life. See if you can find a common thread that shows you your mission/passion in life.

These four simple S-tips will help you move in the right direction to find your mission and passion in life. And when you do your life will start to flow.

