



11.PURPOSE

Someone once said that we know our purpose intuitively, but we've merely forgotten. From childhood to adulthood, there are various views to illustrate how we are here on earth and why, from the Christian story to other cultures, however, I believe the most critical questions are why we're here, what's the purpose of life, and what's our mission?

Self-examination and reflection

I came to realise the primary reason for existence is to grow spiritually and to flourish as a human being. I began to be aware of how people and situations entered my life, were ones helped me grow. Sometimes I recognised these and embraced them other times the slipped past me unaware of what the future impact would be From birth to seven years old was challenging for my parents. And I was blissfully unaware of their difficulties; over time, I learned the true extent of their challenges and to understand much later why this happened.

Was I happy, in my first seven years?

Yes, I was. I have many beautiful memories of that period. I met my future husband, although at the time I was unaware he would be in my life for fifty-eight years. I was six; he was going on ten. Only when his brother died and saw various photos of him as a child, did I realise he was the boy I'd watched the one with mesmerising eyes.

The next seven-year Cycle, (7-14) was on reflection, an apprenticeship to the rest of my life. I learnt more about volatility, poverty, and anger, and dysfunctional attitudes and behaviours and that awareness of energies that never leaves you in this period. It can alter you in evil ways but also in healthy ways.



SEVEN-YEAR CYCLES

I believe the trials and tribulations placed on us, is to allow us to expand emotionally and spiritually, where we approach life with a determination to make changes, or like my brother who jumped on the blame frame. We always have choices.

Every seven years, we change.

Something significant happens, in this cycle, and we change in ways we may consider objectionable or a benediction. I made my First Holy Communion at seven-years-old a major step towards my spiritual growth and I felt it's power. In these years I chose to bless and accept, for deep within my psyche, I knew my childhood was a soul's decision. If I do a timeline at every seven-year cycle, I can see how significant things happened. By the third seven-year cycle had ended, everything I'd dreamt, planned and evoked had come to fruition, but it took me forty-nine years to appreciate that.

My brother took a different route.

He chose family isolation but social integration with the wrong people. He developed emotional, mental and behavioural disorders; with a low self-esteem he was self-critical, he became violent, chose alcohol and drugs over his family, and so he lost them. My sister took a middle road. While estranged from our parents and grandparents, she had a long marriage, her girls were supportive and considering she worked full-time with her husband; they were managed to remain friends and soul mates. A tall order, a real test of skills and character. And I? Well, I was the complete opposite. While I had a few years of isolation from my parents, never my grandmother who I adored, we got back together.



STOP, STEP BACK AND REFLECT

I needed time to breathe and make decisions, to live in my new bubble of my nuclear family. I don't believe my purpose on earth was to be a daughter, sister, granddaughter, wife and mother, or that shop owner, the volunteer, a therapist, a friend, albeit I loved being such. Ultimately, my only purpose is to evolve spiritually, continuously stop, step back and reflect so that I can improve on.

And what's heaven like?

I've sat with many dying, and many have asked me, believing because I'm a Catholic, I would know about heaven. Years ago, I couldn't tell them what heaven was like, although my upbringing dictated that heaven, hell and purgatory existed, however in the eighth seven-year cycle (49-56), I visited heaven twice. How can you tell if it was merely a dream or for real. A dream you forget, a journey you remember every detail for life, it's imprinted in the mind, heart and soul..

11th Cycle

In my eleventh seven-year cycle (70-77), my husband died. He was also in the same period of his 11th cycle. However, I was to learn so much more about how heaven operated, and this information came from Gordon. But that's' another story, yet to be written and will be.

However, in this 11th cycle, I was beginning to see a picture forming. Like a jigsaw puzzle as each piece slotted in, things started to look like something tangible. An understanding emerged, a perception of a bigger map. And while I missed Gordon dreadfully, and there were times for all my beliefs, I seriously wavered. I stopped, stepped, back, reflected, in the psychological world one might say analysed.



THE GOLDEN ROOT

This communication stream was nothing like the reasoning we usually have; it was a softer form of dialogue plus a feeling of rightness. With the analytical approach, we go over the same ground, often getting nowhere. With this style of communication, there is a knowing that you know; and in that period of knowing I went back in time to when I was thirty, an early mid-life crisis.

And I recalled two supplements.

Both I took back then because I knew I was going into complicated grief. Rhodiola Rosa, known as the Golden Root grows in cold, mountainous regions of Asia, Europe, and high altitudes in the Arctic. I also took Ashwagandha, an Ayurvedic herb.

Both helped my sleep and my creeping depression. If I did go into complicated grief and the signs were there, I wouldn't want to build my new website, write or live. And I couldn't let that happen, because I knew I'd not yet fulfilled my purpose. And that would interfere with the great plan, the one I was party to before I decided to do another round of life on earth.

Within three days, I felt somewhat better.

Within three weeks, noticeably better. I still cried, but, I felt more able to cope with the bouts of tears. In that period, I had a hip replacement which further added to crumbling my resolve; I felt vulnerable. The hips represent the future and can hold you back with the severity of pain. We need mobility to be able to live life with a better purpose. And while I had help with my recovery, I missed Gordon's TLC. I always said he would have been a brilliant nurse.



WHAT IF YOU WERE A MILLIONAIRE?

List all the things you'd like to do if you were a millionaire. Keep writing until you've finished. Leave a few days and then rewrite a new list without looking at the first one, but this time with your less dominant hand, so if you are right-handed, write with the left and. When completed, compare the lists. You may notice as I did that those I'd written with my left hand, like "write" was at the top, yet with the right hand, I'd put this near the bottom. Why was this?

A ha-ha moment.

My left brain (right hand) considered I wasn't good enough, and was consciously and subconsciously, putting me down, and while I may not be the best writer in the world, I do have something worthwhile to say. We all do. My right brain, the creative (left-hand) didn't even consider I couldn't be a writer, hence this was the top of the second list. I had that ha-ha moment; I sighed and felt inner peace and hope.

You can do this for all kinds of things

Like: Should I go into business with this person, should I buy this house or car? The universe doesn't mind you asking for a vehicle as long as it's a need rather and you can afford it. Look have some fun; God's got a fantastic sense of parody and playfulness. God loves a bit of fun. He loves to prove to you that life can be abundant. For example, when I wanted a red Mercedes, an 'all singing and dancing' as my husband would say. The car came within a few days and was the exact colour and specifications I requested. My car was my aim, but my purpose was something comfortable for my mother when I took her out. She loved the car, and I have to say so did I.



THREE SIGNIFICANT DAYS IN ONE'S LIFE

I had many clients who felt something was missing in their life, and when I watched them, I could see they were lost, bewildered and struggling. The reality is, we all want to make a difference in our lives, and while we may be a great parent, spouse, daughter, sister, or at the top of our field there is often an emptiness, the same feeling one has when the children leave and no longer need you.

Three significant things that occur in our life:

- ❖ We are born,
- ❖ We find our purpose,
- ❖ We Die.

All three are preordained, but living has us forgetting as we become bogged down in the pea soup of life. It's hard to keep going when life becomes a treadmill, and the turmoil is immense.

I never did, enter the pea soup of life.

I had blips and questioned whether I was on the right track, but I'd hear that internal voice telling me I was doing okay, that this stage as part of the jigsaw puzzle of life. That the steps I was achieving, our marriage, being the homemaker, a volunteer, a management role in the WRVS (now RVS), the jobs I did, all seemed meant to be. However, that included every person I'd met, the troubles I had, my shop and career as a therapist, and all those enterprises I did to keep us afloat. Even the estrangement with some of our family for a while. All lessons designed to educate, not hurt, but teach wisdom. I understood those experiences, the losses and finds, and many more were part of the master plan.



BEING TRUE TO YOURSELF

I never worked in anything I hated. I was reminded by my grandfather always to be true to yourself. I went on courses I knew were wrong for me, and I had plenty of warnings they were. But when you have one foot in reasoning and logic and one in the refined, subtle energy, sometimes the logic wins. And it's at these times we waver.

We have self-doubts; however, I consider myself fortunate I was never in a job for more than three weeks, sometimes three days in one position. And on I loathed, that lasted three hours. And it wasn't anything to do with staying power; I proved many a time to have this in abundance, no, it went against all I believed and valued in life.

My integrity was compromised.

And, I knew I was walking on dangerous ground where the fear of lack would sabotage my trust in a higher power. So those clients that came to me who hated their jobs or life, I would encourage them to seek a life that complemented their personality, as I always did. I taught clients and students to stop, step back and reflect. I encouraged meditation , or prayer and I'd ask them if they had all the money in the world, where they never needed to work again, what would they do?

Perceptions of poverty

This question breaks down barriers, we won't figure this out in our head; we have to trust in the heart and souls intelligence. And I was good at that. Because I'd been taught from a young age to believe and trust in God. Only in those middle years did I swop God for logic, didn't work that well, but I was out to prove otherwise. I'm glad my' time out' was short-lived because in that period, I did feel isolated.



CONVERSATIONS WITH GOD

I missed my conversations with God and like-minded people. And while I had the back door open, and I had messages. And often I felt a presence, I knew that my life was stepping stones designed to create the whole picture and that my real purpose was to have lessons and building blocks for my purpose on earth before I experienced the ultimate purpose death and going back home.

And so I'd use myself as an example.

I'd suggest that maybe their life was also a journey and for a reason. That perhaps if they accepted and trusted that the best career advisor was on their side, they could step back even further and wait, take a breath, reflect and trust. As I would say to students, maybe the problem isn't that you don't know, the obstacle is the way you are trying to find your purpose. Six things work together for the whole.

1. Passion,
2. Trust,
3. Willingness,
4. Faith
5. Love.
6. Acceptance

We can't "imagine" our way into our purpose, although many try and indeed the mind is a powerful tool, and I've used this many times to have something. Instead, we have to "do" something to reach our purpose. And this means effecting two things, Stepping up, and deleting anything that prevents us from learning and achieving and that takes a great deal of faith in yourself, and others who may support you, at knows the score already.



SUMMARY

We need a leader, a mentor, a career advisor, an advocate of our purpose and there is no one better than the most celebrated scientist, engineer, physicist, and architect in existence, maybe not in yours yet, still when the back is against the wall we have no choice but to stop searching, step back, relax, reflect and allow the thoughts and ideas to come to you, let life flow, keep the back door open, to your mind, so the answers come through, open your heart and mind, and put the ego that talks nonsense on the back burner.

Then you might get to know what your purpose is. Courage isn't anywhere near enough without a purpose in life. Sometimes we need a good shakeup, a shock, a crisis, to change and rearrange things so we can fulfil our mission, and improve wellbeing.

What it means to be authentic:

To be more concerned with truth than opinions

To be sincere and not pretend

To be free from hypocrisy: walk your talk.

To know who you are and to be that person.

Not to fear others seeing your vulnerabilities

Being confident to walk away from situations

where you can't be yourself

Being Awake to your feelings

Being Free from others' opinions of you

Accepting and loving who you are

Sue Fitzmaurice