



Purpose, Alignment, & Life Creation

AN INVITATION TO REFLECT

Beyond our basic survival needs, what drives us? Are we driving our behavior — or is something else driving it?

Are we consciously creating our life from moment to moment, or are we ravenously consuming all that we can get our hands on, only to leave us wanting more?

What might it feel like to live in alignment with our purpose — to live in constant communion with the divine?

What might it feel like to be in the driver's seat of our lives, to be the conscious creators of our experience rather than the ravenous consumer, the judge, or the victim of it?

SECTION 1

The Psychological Error

We have been taught — consciously or not — that fulfillment lies just ahead: *when I achieve x, y, or z, then I will be at peace*. This is the great error. We pin our well-being on a future moment that does not yet exist and, in truth, never will — because the future is always somewhere else, never *here*.

Because that theoretical future-bliss moment perpetually avoids the Now, we daydream while ignoring the very step we could take toward that dream — *right here, right now*.

We believe achieving the outward effects of success — wealth, status, recognition — will bring us inner satisfaction and genuine joy. But no amount of outward success or materialism can produce lasting joy or fulfillment. As the ancient wisdom reminds us:

*"But **seek first the kingdom** of God, and his righteousness; and all these things shall be added unto you."*

— Matthew 6:33

Where is the kingdom of God found?

*"Neither shall they say, Lo here! or, lo there! for, behold, **the kingdom of God is within you.**"*

— Luke 17:21

What these verses point to is that the elevated cosmic states of being, such as peace, joy, and bliss are found within us, not outside.

SECTION 2

The Power of Choice

At any given moment, regardless of circumstance, you have agency in how you respond. This is the foundation of freedom: the ability to choose one's way, and is truly all that is in our control. The planet spins, the cities stir, nature gives, people act selfishly: none of this is under our control. All that is, is how we respond — hence the word: *response-ability*.

This attitude and change in perception takes practice, as all perceptions do. Continue to return to it when you find external circumstances seem to be creating internal turmoil. As Viktor Frankl said under the extreme conditions of Nazi concentration camps:

"Everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way."

— Viktor Frankl

Taking complete responsibility for your life does not mean blaming yourself or others for the circumstance you find yourself in; rather, it is a call to reclaiming your true role as the pilot of your rocket, the astronaut of your ship. *If not you, then who?*

This is the launchpad from which all true transformation is initiated.

SECTION 3

Meditation: Training the Inner Pilot

Meditation is irony. You are doing something, while doing nothing. Yet underneath the doing is being: as awareness. Enter it with intention — for example, maintain attention on the breath while noticing any feeling or sensation that arises. Or, focus and maintain attention on the center of the forehead between the eyebrows, or maintain half-open eyelids while focusing on the tip of the nose.

Quickly you'll see how easily the mind wanders, and how difficult it is to maintain focused, fixed attention. Do not fret. Gently return attention to the intention with nonjudgement. You are training the Inner Pilot to notice the inner workings of the rocket, and this is a practice.

You might feel pulled strongly in many directions; do not fret. You may desperately need to itch your eyelid; stay in awareness. It may be exhausting at first. It may feel impossible. Stay the course, Pilot, and you'll soon become the Astronaut, the Captain of your rocket.

- Being Awareness means accepting anything that arises in consciousness without adding judgement or further mental construction.
- Notice the feeling underneath the incessant thinking, watch it, and allow its energy to dissipate when it has run its course.
- Remain alert enough to **see** — to be the Witness, to be Awareness means not getting lost in what you are witnessing. (If you do, it's ok! Gently return attention back to the intention.)
- Become the disciple — make this part of daily routine (first thing in the morning is best). Even 5 minutes of Presence compiles into profound transformation, for no moment is a wasted one.
- At the end of the session give thanks for carving time for self-commitment, no matter how you perceive the session went. (Optional: perform a ritual such as a mantra or movement honoring your discipline & commitment.)

SECTION 4

Inner Purpose & Outer Purpose

Inner Purpose

To uncover, discover, and remember who we are. To be in communion with Presence, Source, Now. To know both the eternal and impermanent, to *be*.

Outer Purpose

The unique mission, expression, or contribution your life is here to make. Career, creativity, relationships, service — the specific form through which your inner light shines outward.

When the inner is at peace, the outer reflects this peace. When the inner is abundant, the outer reflects abundance. When the inner is in turmoil, the outer reflects turmoil. This is the science of manifestation. The world is a mirror of our inward state.

The rocket body receives signals from both the higher and lower mind, and acts. Only when we sacrifice the animal in us — when we accept and surrender it — will we begin to receive messages, understand them, and act upon them according to the higher nature. When this occurs, all our actions are expressions of pure joy and wholeness, without expectation of any outcome. We become immersed, interconnected, and the illusion of separateness comes crashing down, while we soar with the rocket body to the moon & beyond.

SECTION 5

Questions for the Astronaut

Sit with these questions — not to answer them with the mind, but to feel into them with the whole of your being:

- ◆ *What might it feel like to experience completeness, wholeness, and peace here and now?*
 - ◆ *What might it feel like to love others as my self? To love my self as others?*
 - ◆ *Is it possible to be loving life — every moment, including this one?*
 - ◆ *Can I forgive the mind for its clinging to emotions, beliefs, the past, or a fantasized future? What step can I take now toward creating that future?*
 - ◆ *Can I become aware that I am aware, in this moment and the next?*
 - ◆ *May I remain in this state of open awareness, accepting all thoughts and feelings that arise?*
 - ◆ *Can I forgive, accept, and surrender feelings as they arise — knowing each will pass through?*
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