

CHAPTER 41

“DISCOVERING YOUR LIFE’S PURPOSE” INDUCTION

Overview:

Life without purpose is like a car without an engine, it slowly rusts and becomes a pile of junk. Purpose moves us forward, keeps us in the game, gives existence meaning and engages us as part of something bigger than ourselves. Without purpose there is no reason to get up in the morning. A purpose to feel good, have fun, extend love share with others your talent, contribute to the greater good of all existence, living and health.

DISCOVERING YOUR LIFE’S PURPOSE” INDUCTION

I would like you to give yourself an opportunity to relax and experience a deeper inner sense of your stillness. Perhaps it’s a calmness that you may have discovered before when laying by the beach on a relaxing sunny day-absorbed in the sound of the oceans’ waves, gently breaking upon the shore, while the fresh salty air, filled your nostrils and lungs-as the warmth of the sun caressed your body. Perhaps there are yet other times and places when you have known that inner stillness, inner peace, in different ways, which reconnect you, to the calmness of your being, like times of being caressed, embraced, by someone who loves and cares for you, with all their heart, as when a mother holds her young baby softly in her arms-I really don’t know how you will drift into this deeply relaxed state perhaps feeling like you are floating carelessly on a cloud above all the activity looking down below-sailing through the sky like a cloud as the winds of nature transport you through the vast open sky-but as you do relax more and more with each breath, in a way that is most comfortable for you-you can discover for yourself, how this feels in your heart and the deep comfort it gives you throughout your body, to breath slower, and deeper, and be naturally absorbed, into a level of trance that will be most satisfying.