



Discovering Your True Calling

How often do these questions come to mind...

"What is the purpose of my existence?"

"Why am I here?"

"What is life all about?"

For thousands of years, these questions of purpose, calling and vision have been the subject of much debate in all types of arenas whether it is philosophical, scientific or religious. There are many schools of thought that have proposed answers to these questions from an endless variety of backgrounds. Needless to say, those questions have as many answers as there are people asking them.

What appears to be more important is to find **answers that resonate with you** at all levels, and decide once and for all what is *your* purpose for existing, your callings in life and the vision you want to create for your future.

Start with Life Purpose

You may need to dig deep into your core to find the answers that resonate with your unique identity or maybe simply pay a little more attention to your life.

There is no right or wrong answer, yet there are answers that you *can* live by and will bring great joy to your living experience.

Once you take the first step towards discovering your purpose and calling, many doors will open to expose the values that have always been with you.

There are three powerful areas to focus on:

1. **Purpose:** The reason for which you exist.
2. **Calling:** The powerful force of attraction steering you in one direction or another.
3. **Vision:** The mental image of what your future will or could be like.

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- Your life purpose is reflective of *the reason* you exist.
 - Your mere existence can be your purpose.
 - The fact that you *do* exist automatically gives you the right *to* exist, to be.
 - The reason you believe you exist is personal and unique and is just that, a belief.



The Choice is Yours

There are two choices for you...

1. You can choose to believe that you came into being for a valuable reason and that your life has great meaning
2. Choose to believe that there is nothing the least bit special about your existence.

The choice is truly yours to make!

Further thoughts about purpose...

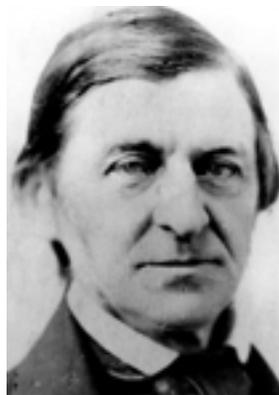
If you search deep enough, you will discover that you have value and worth that is unique and no one else on this planet has the same talents and gifts in exactly the same way.

By positively directing your unique talents and gifts, you can make valuable contributions during your lifetime that will bring joy to your existence.

Without a reason for existing, you are living aimlessly, allowing outside influences to affect you and those closest to you.

It may be more fulfilling for you to *choose* to believe that your reason for being here is two fold - your inner purpose where you can choose to be a joyous expression of love, and an outer purpose by which you are to express that love.

“The crowning fortune of a man is to be born to some pursuit which finds him employment and happiness, whether it be to make baskets, or broadswords, or canals, or statues, or songs.”
-Ralph Waldo Emerson



Relying On Your Beliefs

Any conclusion you make about your life's purpose will need to rely on **your spiritual, religious or personal beliefs** and not much else since there is no definitive, scientific, provable and measurable evidence to why we exist.

Taking that into consideration, it may be valuable for you to form a belief you can lean on and that resonates with your core. **You can use this belief as the code by which you live.**

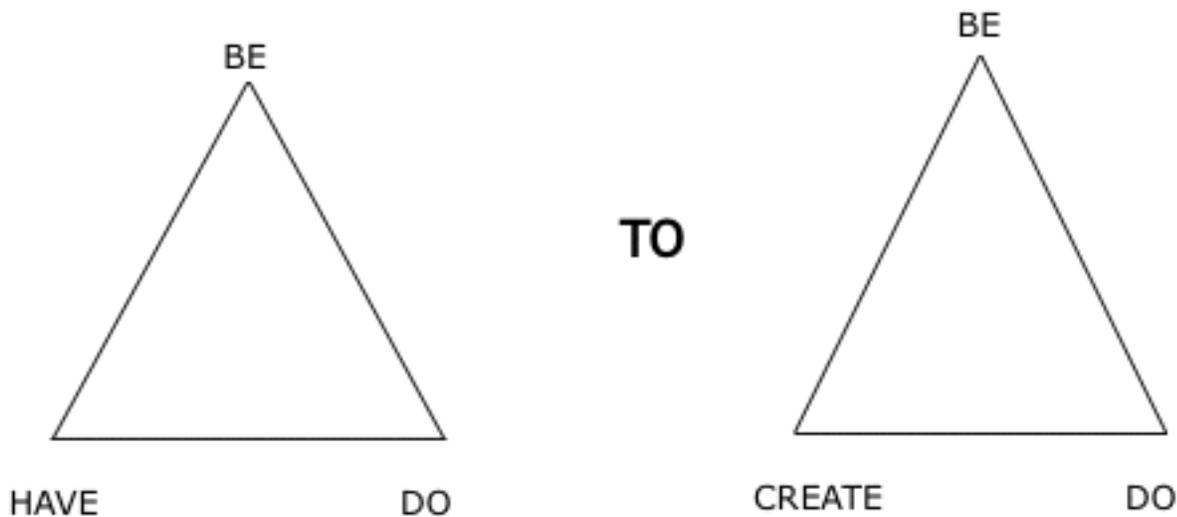
Example:

- I believe I was meant to BE. I originated from a Universal Source of Energy that is divine, intelligent, intuitive, loving, creative and essential. A Universal Source of Energy that possesses all the Omni-qualities known and experiences itself through me, and all creation.
- I believe I am one with my creator and therefore, have an essence of those qualities in me.
- I respectfully, lovingly and joyfully accept that fact and will use my abilities to make positive contributions in my lifetime.

What belief do you chose to create that defines your purpose for being? Write it down.

Being, Doing and Having

Day in and day out, our experiences mold the life we live at any given moment. Typically, we find ourselves working hard to DO and HAVE, yet pay little or no attention to BEING. It is in recognizing and appreciating our BEING that we are able to discover and fulfill our life's callings and live a life fueled by our vision of what we can create.



Transform: **BE > DO > HAVE** to **BE > DO > CREATE**

One thing is for sure— **we are unique and special individuals**. Each of us has gifts we seem to possess upon our conception and talents we develop throughout our lifetime. What we are called to do throughout our lifetime can be channels to express our unique gifts and talents and satisfy the cravings of our soul. It can be expressed in any type of work we do because it is value based more than it is skilled based and it can change many times throughout our life.

Aside from listening to and following our inner voice, we need to find the best that is within us, has greater meaning and is deeply satisfying. It is about following your inner voice, about preparing and cultivating your inner consciousness to make it fertile for new ideas and concepts. It is about following your heart and giving the gifts that are inside you.

Get to Know Yourself

The following questions are designed to help you get to know yourself better. First, take out a few sheets of paper and a pen, find a place where you will not be interrupted and turn off your cell phone. Next, take a few moments to relax and free your mind and imagine living a life with great joy on a daily basis. Write down the first thing that pops into your mind as you read the following questions. Write quickly and don't edit.

- What do you expect it would feel like to live out your life's callings?
- **What makes you joyful, passionate, motivated and most energized? What causes do you strongly believe in?**
- What experiences, throughout your entire life, have you found most rewarding, inspiring, touching, enjoyable and meaningful? What about now?
- **What activities make you lose track of time?**
- What do you do to serve and help others? Which of your talents and gifts are involved when you do?
- **What do people say you are good at?**
- If you could teach something, what would it be?
- **What work would you love to do if you had all the money and time you needed already, or if all the work paid the same?**
- As a child, remember what you were told you were good at and how great that made you feel. What was it? What about when you were a teenager? What about now?

Exercise continued

- What activities in your past do you remember doing easily and effortlessly? What do you find easy now?
- **When was the last time you experienced real joy? What were the circumstances?**
- What would you regret not fully doing, being or having in your life?
- **If you could get a message across to a large group of people, who would those people be? What would your message be?**

Keep the answers to these questions in mind, as they will help you build positive motivation as you become more excited about your life's callings. Know in your heart with total certainty that there is a special place in the world that only you can fill. Be determined to create or find this place.

Discover what you love, are inspired and excited by and use your talents and strengths fully. Follow where your heart and soul lead you.



Adding Clarity

“If you are at a point in your life where you are not sure what you need to do, which path to take, or whether you are doing the right thing. That's probably because your soul wants you to delve deep within yourself and find what you truly want from your life. Your soul is trying to guide you towards your life's path. Please take a moment to think what you really want to do that you haven't done so far, and what would make you happy. That's probably the answer to your confusion. All your answers are within you.” - Unknown Author

A calling is a strong inner urge to follow an occupation, vocation or path and is unique to you, your personality, traits, talents and most of all, your values. Calling refers to your *doing*. This is your WHAT you do in order to fulfill the meaning of what you believe is your reason for living.

Throughout your life, your callings surface over and over again, sometimes in obscure ways or in areas that are easily ignored. Your callings are many and they can be contextual and change throughout your lifetime. Many are all called to be students, spouses, parents, caretakers and workers.

Most of the time, we are moved to live out several callings at the same time. Other times, we shift from one calling to another, often feeling lost and confused. All in all, we can say that there is no one calling, but rather, a multitude of callings connected by the values that define us.

Values are traits or qualities that are considered worthwhile; they represent your highest priorities and deeply held driving forces. Your values begin to form early in life and are made up of all the experiences that have happened to you in your lifetime. Values also form out of the influences from your parents or caretakers, family, religious affiliation, friends and peers, education, and more. Values impact every aspect of your life and are more worthy of attention than are your callings.

When you operate from your values, you will have a deep sense of being grounded along with an overwhelming feeling of personal satisfaction. You will discover that you are a valuable gear of a smooth driving mechanism, and your impact is far reaching no matter what you do or calling you are engaged in.

Adding Clarity

Take a few moments to recall and list some of your most memorable callings and next to each calling list the values that were fueling them.

CALLING	VALUES	PRIORITIZE VALUES
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Now that you have your values, **prioritize them in order of importance** and then do the following:

1. Make a list of the qualities that describe you best such as passionate, energetic, cheery, happy, hard working, focused, etc.
2. Make a list of actions words you connect with such as educate, accomplish, empower, encourage, improve, help, give, guide, inspire, integrate, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, write, etc.
3. Now, list everything and everyone that you believe you can help; people, creatures, organizations, causes, groups, environment, etc. In other words, whom do you want to do it for?
4. Identify your end goal. How will your actions make an impact? What do you want to do and what outcome do you seek?

Exercise continued

Now, reduce the above into three parts. Your general calling can be expressed in a statement that lays out your general focus. It can be somewhat expansive, a bit fluid and may shift and change over time. That's okay. Your calling also addresses the outcome or the future you wish to create. Answering the following three questions can help clarify your calling:

- Write two of your unique, personal qualities such as passion and knowledge.
_____ and _____
- Write two ways you enjoy expressing those qualities when interacting with those you want to help. Example: to awaken and empower. _____ and _____
- Now create your Vision. Assume you now live in a perfect world. What does it look like? How are people interacting with each other? What are you feeling when you think about this? Write your answer as a statement in the present tense, describing the ultimate condition, the perfect world as you see it, hear it, and feel it. Example: Humanity is enlightened, living in peace and harmony, expressing love and compassion toward each other and the planet, and joyfully living their highest purpose.

Combine the three parts above into a single statement.

Example for your life: My calling in life is to use my love of life and optimism to evolve and enrich my life in every way possible so as to live a life of amazing joy, love, health and abundance.

Example for your work: My calling in my work is to use my passion and knowledge to awaken and empower others to their true nature and human potential with the Silva Method tools and techniques so that they can live the life of their design.

Example for spouse: My calling as a wife is to use my love and acceptance to appreciate and honor my husband in every way so as to maintain an amazing loving, caring, affectionate, passionate and supportive marriage until death do us part.

