

Welcome

Welcome to this PlaySheet on discovering your Why... These exercises are for tuning deep into the mysteries held within your core to tap into the whispering that your soul is sharing to lead you to your purpose in life.

Many of the mystery teachings from across the world share that the Universe is constantly working for you; guiding you, delivering all that is needed for the next step of your evolution. Within the joy, the pain, the magic, and the challenge, there are treasures for you to gather piece by piece, taking you, sometimes slowly, always surely, to wherever you may need to be.

We each bring our own beautiful piece to the puzzle within the tapestry of life. No-one more important, or significant, than the other, whether your role is to begin a revolution, create an invention, draw a piece of art, or make people smile it is valid, important, and a beautiful expression of life.

Our why is a key to this inner purpose... It is what motivates us into something higher than ourselves. Whether it is inspired through beauty or pain it is the fire that drives us to take the action, do the thing, or take the risk needed to bring all of ourselves to the forefront.

Your ‘Now’ Why

Begin with why you do what you do right now. What about how you work, play, and live lifts you? Why do you do what you do? It may not be on the surface, but consider what your current role fulfills in you. You may do what you do to earn some money, to pay the bills, and think that is that. But the invitation is to look deeper... Is there one part of your job that you like more than the rest? Why is that? What does it touch on within you? What do you do outside of work that brings you a sense of expansion? Why do you enjoy doing that thing? What does it give you that keeps you coming back for more? Getting to know

these intricacies can help you to explore deeper and expand more into areas that will bring you joy. Staying with an open mind that it may just not be what you think...

Your Inner Purpose

Do you have a sense of what your purpose is? Perhaps you feel you are already fulfilling this or are well on your way to carrying it out. If you are then amazing, take this space to journal how you can magnify. What would expand you even more, how could you create an even bigger impact? If not take some time to contemplate what your purpose could be. Consider...

- Your Vision from the workbook pages in You Too Can Bloom
- Your "What Do I Want to Be When I Grow Up" lists
- Think about your life path so far, if it is that everything has happened for a reason for you, what pattern could be there that you may not have seen?
- Tune into what makes you feel most alive in your life right now.
- Tune into what makes you feel withdrawn, contracted, or depleted.
- Consider the information that has crossed your path where something deep has stirred within you
- When you look forward to your 100th birthday, and all your loved ones are celebrating your life... What would you love them to say about you? What did you bring? How did you leave an imprint on this world?

As you look at all these aspects, journal your musings. Begin to build a picture in your mind of what life could be guiding you to. Thinking of yourself as a detective begin to piece together the happenings of your life to get a deeper sense of what your purpose could be.

Divine Support

Something that I have found very helpful throughout my journey, in supporting me in discovering my Inner Purpose, is to lean into different Cosmologies and other Oracular tools for wisdom. Taking guidance from planetary positions and ancient profiling systems has shone a light into areas that I hadn't explored, opened up awareness of who I am as an individual, and given permission to areas that felt out of reach. Plus I find it fascinating and super fun.

Some of my areas of interest...

- Dreamspell
- Western Astrology
- Wealth Dynamics
- Gene Keys

- Plus many, many more

With so much to choose from, my recommendation is to use this as an opportunity to hone your intuition. Listen to what feels good in your body, feel for the expansion in your field as something lands, the full-bodied yes, and excited curiosity maybe, and also the contraction, the lack of interest, and the no. Above are the systems that have deeply resonated on my path, find your unique way forward and glean the magical messages embedded in the wisdom that are there waiting for you.

Your Values

What are your values in life? Do you know? Have you considered this before, even if you have it is worthwhile returning to this every once in a while because our values evolve and change as do we. As we shift our state of being, that which is important to us also begins to switch and change. So whether you have done this many times, or you are brand new, consider... What are your values in life?

By this, I mean what is important to you? What is your code of honour? What do you stand by and are your unbreakable codes? It may be that truth is a high value for you... That you always stand to speak the truth. Or joy... That being in joy is what you feel is most important. It may be that to fully express yourself is a code you work towards every day. Or that humbleness stands out for you. Think of 5 words that are your own values. And write them down as a compass to your 'Why'... A compass to your life.

Alchemical Momentum

The Alchemist is said to transform lead into gold, The Philosophers Stone... Whether this was possible for some high-level Masters or is simply a metaphor for transforming the realms of the mind is unknown, but consider your own life and where there is lead ready for the alchemical process into something of wonder.

Consider things that may have happened that have been challenging or painful even, from early formative years to school to teenage to early adult to beyond. Think of the moments that pushed your limits and your edges (remember to seek support if this brings up a lot of emotion) and journal out the points of challenges that have given you an incredible gift that others cannot imagine.

So much of the magic in the world is born from the tragedy. It is within the darkness that the seeds of new life crack open.

The unique perspective of those who have stood in the fire, allows them to go on to be guides, mentors, and space holders for others who are journeying through the same.

Where could you be a beacon of light for someone who needs it? Or perhaps you have a set of skills that you have accrued throughout your life that could create something completely new, a technology, or something that perhaps hasn't been seen before. That could make an impact on the world, or perhaps even just one member of it.

Journal all that arises as you consider the nuggets of wisdom from your life.

Ask Mother Nature

If you are still feeling disconnected from your inner purpose and your 'why' then my suggestion is to choose a beautiful day, pack yourself a picnic, put your journal in a bag, leave your phone at home, or pop it on 'Do not Disturb', and go for a long walk in nature. Taking a day to be with Mother Nature with one intention, to contemplate these topics. As you walk through nature allow the questions to percolate through your system, casually not too directed, just within the back of your mind. Ask the trees and the clouds, the grasses and the winds what your greatest life could be and why you would be inspired to live such a life. Sit and eat your picnic and enjoy the scenery and the fresh air. Just being in the present moment, in peace. And see what arises, noting it down within your journal. And should you get to the end of that day and your journal pages be empty, never fear... for the seeds have been planted and will sprout when the timing is just so. Perhaps driving down the motorway, or when you're in the bath. For everything begins with an intention and all we need do, is ask.



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