

Connecting to Your Higher Purpose



By Suzi Morris

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WHY CONNECT TO YOUR HIGHER PURPOSE?



Do you sometimes get a feeling of dis-satisfaction with your life..... a sense that there could be (must be) more? That life is not all about the daily grind, a routine life and the 9-5 job that consumes so much of your time but leaves you unfulfilled?

Have you experienced success, only to find that victory is somehow empty, missing some key ingredient that would make it truly satisfying?

Or have you been striving to achieve and for some reason can't quite seem to "get it together"? Nothing works, you have some kind of blockage, but can't figure out what it is.

What could be missing is your connection to your higher purpose. I firmly believe that each of us has a unique place and purpose in life. There is something we are meant to do that no one else can do for us. And it is only when we step up to that higher ground that we truly feel complete, whole and fulfilled.

Acknowledging that there is a higher purpose, that there is a source outside of yourself, allows you to tap into that source. When you are aligned with your higher purpose God (or "the universe") will assist you. You won't have to stress and strain. There is a feeling of being supported, of being able to tap into a creative flow that effortlessly produces a superior result. The knowledge that you are working for a greater cause, making a contribution, is inspiring to you and others. Many business know the benefits of working for a purpose that is bigger than just them, having a vision and focus that is centred on blessing others. This higher purpose sees them achieve a much greater level of success than they would have otherwise, persisting against adversity that would, but for this higher purpose, have seen them quit, and experiencing deep satisfaction and fulfilment in the process.

What is YOUR higher purpose?

That is a question that ultimately only you can answer. My role is be a spiritual spark that fires up a connection that helps YOU connect to YOUR higher purpose. To that end, this ebook aims to provide you with resources to assist, inspire and encourage you in your journey.

HOW DO YOU CONNECT TO YOUR HIGHER PURPOSE?

This is where individuality comes in; because there is no one answer. Just as there is no definitive answer to the questions:

- What is your passion?
- What are your strengths?
- What is your greatest talent?

The answer to these questions has to be unique to each individual, and that is as it should be.

So it is with connecting to your higher purpose. It is not any one thing; it is lots of things that lead you to that place of knowing and certainty. Like putting together the pieces of a puzzle. There will always be easy pieces that you can slot right into place. So you begin with these and that gets the momentum going. Sometimes you will pick up a piece and then put it down again several times. As you progress the overall picture becomes clearer and clearer, so that it doesn't really matter in the end whether or not you slot the last few pieces into place, you can still see the overall picture.



So start with the puzzle of finding your higher purpose. There are lots of pieces to the puzzle. Begin with the easy pieces, the things that you find easy to do, and keep trying different pieces until it all falls into place for you and your own personal picture becomes clear. Don't worry if some of the pieces don't seem to fit into your puzzle, just keep trying lots of different pieces to give yourself the best chance of getting the overall picture.

9 ideas for connecting to your higher purpose:

1. **MEDITATION** – creating the time and space for God (the universe/universal consciousness) to speak to you.
2. **BEING GROUNDED** – having a physical connection with nature can speak directly into your spirit.
3. **VALUES** – what's important to you? What matters most? What are the things on which you will not compromise?
4. **STRENGTHS** – if you were created for a purpose, then certainly the creator embedded in you the ability to fulfil that purpose. Finding out what your strengths are can be a real clue.
5. **PASSIONS** – what ignites you excites you, fires you up?
6. **EMOTIONS** – what triggers the greatest emotional response in you? What makes you really happy, really angry or sad?
7. **RESISTANCE** – where do you feel blockages in your life and where do they come from? Deconstructing these can often open the pathway for your intuitive desires to come forth.
8. **CREATIVITY** – it can be both a way to discover your higher purpose, and an expression of your connection to your higher purpose.
9. **DREAMS** – What were some of your childhood dreams? What happened to them? If you rediscover your dreams and how they connect you to your higher purpose and immediately take baby steps towards achieving them, it will transform how you feel about your life and the results you get.

Connecting to your higher purpose could be the single most important thing you ever do in your life, so approach it with dedication, determination and in a constructive, organised way. It is not something at which you should make a half-hearted, haphazard attempt.

Get yourself a workbook; pick a puzzle piece and see how it fits. Record your results, and reflect on your progress (or lack there of – that can also be revealing). Compare notes with others. Read, study, learn and apply. Keep working at the puzzle until your picture is clear.

The following pages examine in detail the puzzle pieces listed above and explore more fully the way in which they each assist you to connect to your higher purpose.



MEDITATION

Perhaps you are a down-to-earth, practical, realistic business person. The thought of meditation seems so airy-fairy, so new-age, that you don't see it as a viable strategy for success.

I'm with you about the new-age stuff. When I was researching this whole topic of connecting to your higher purpose I was put off by the number of new age blogs that were sprouting forth information about the great cosmic consciousness and how crystals, psychic guides and angels can help you. I apologise if that is "your thing", but it just did not appeal to me, and I questioned the value of pursuing the higher purpose theme in general and meditation as a specific tool.



However, I knew beyond any shadow of doubt from my own personal experience the value of being able to connect to your higher purpose. And a lot of highly respected business people talk about how important it is to meditate. I realised it doesn't all have to be airy-fairy. So I began to explore the options.

Meditation is actually a fantastic opportunity to take a breather – take some time out from the fast pace of our busy lives and relax, refresh, de-stress. That has to be a good thing, right? Taking this time out allows our consciousness to change from the busy analytical, thinking, problem-solving state to a more intuitive, heart-centred state where we can come to know ourselves at the deepest level, allowing intuition and revelation to come forth. It brings us to a place of deep inner knowing, allowing us to connect with something outside ourselves and have a sense of what is truly right for us. This can bring about a huge shift in awareness.

Encapsulated within our daily routines and buried in the busy-ness of our day to day activities with all their timelines, schedules and deadlines we can find that we are working really hard and getting nowhere, or working really hard but feeling dis-satisfied at the end of the day. The Stephen Covey quote also comes to mind: *"A good manager will take you through the forest, no matter what. A leader will climb a tree and may say, "This is the wrong forest."* You could be managing your life and your business really well, but how on target is your focus and direction? It is easy to be so busy that we miss the fact that we are off target. That is why it is vital to take time out and check in to see what God (the universe/universal consciousness) may want to say to you. If you're in the wrong forest you are better off if you find that out sooner rather than later, don't you think?

Done properly, meditation won't do you any harm, and you stand to gain huge benefits. You only need to find 5 minutes each day. Why not give it a go?

Meditation Recipe:**Ingredients:**

Time Set aside a specific time for meditation, and try to make it the same time every day. You brush your teeth every day, so care for your spiritual health by meditating daily also. The best time is early in the morning, as this will set the tone for the rest of your day. You might also want to do a 5 minute meditation when you get home at the end of the day or before bed as a stress buster.

Place Set aside a specific place to meditate – a chair in the corner of your bedroom, or somewhere that you can be sure you will have privacy and a bit of peace and quiet. You really don't want to be interrupted and distracted.

Chair You can sit cross-legged on the floor on a cushion if you prefer, but if you are using a chair it should be firmish and straight-backed, not a soft armchair that you sink into. This is meditation time, not nap time! It is important to keep your back straight to allow your breath to flow freely and stop you from becoming sluggish or sleepy.

Props You don't need any props, but a small table with some fresh flowers and a fragrant candle creates a nice setting. Lighting the candle before starting your meditation session is a good idea. There is nothing mystical about this, it is just the power of association. Your meditation will become a habit (hopefully it is something you do on a regular basis) and the ritual of lighting the candle and its fragrant smell will become associated with the nice feelings you get when you meditate. So after a while, just the action of lighting the candle will immediately put you into a receptive state for meditating.

Preparation:

Have a shower first if you can. If not, just wash your hands and face. Wear loose, comfortable clothing. Take your shoes off. Light your candle, settle down into your meditation posture (on the floor or on a chair). Be still and relax.

Method:

Close your eyes. Begin by taking some slow deep breaths. Breathe in through your nose to the count of 8, hold for 8, breathe out through your mouth for the count of 8, pause for 8. Repeat a few times. Then continue to breathe naturally without attempting to control your breath. Just notice it, how it feels as you breathe in and breathe out. The breath is the object of your meditation. Focus on it, but not with all the might of your concentration, just observe it in an easy and interested way. At first you may find that your mind wanders all over the place. Don't worry about this, your mind is always this active, trying to be quiet only serves to highlight the activity. Every time you become aware that you are thinking about something else, bring your attention back to the breath. You are in the infancy stages of meditation, so you just need to patiently and kindly keep redirecting your mind back to focus on the breath. Do this as many times as necessary. Gradually your distracting thoughts will subside and you will gain a sense of inner peace and relaxation. After the meditation time you will notice that you feel more spacious and refreshed.

Result:

Try not to have high expectations of what the meditation will achieve for you in the beginning. Just taking 5 minutes out of your day to pause, relax and slow your mind down is a great thing to do. Enjoy the experience for what it is, and feel good that you have made the effort to do it. Make it a habit and over time you will reap many rewards.

As you progress meditation will allow your consciousness to deepen, so that you move from analytical thinking to intuitive experience. These moments of revelation connect us to our higher self. You may find that messages begin to arise from within. It is a great idea to keep a journal on your meditative experience, recording your progress and the ideas/sensations/impressions that you receive while meditating.

Some tips:

- If concentrating on the breath is difficult to begin with, you might like to have an object, such as a leaf, which serves as your focus point. Keep looking at the leaf and let all your thoughts be about the leaf. Notice every tiny detail about the size, colour and structure of it. Once your brain has managed to focus on the leaf and slowed down, then close your eyes and begin to focus on the breath.
- Some people find that peaceful music will enhance the quality of their meditation.
- As you get better at entering into a meditative state you will find a deepening of the experience by doing it outside where you can be grounded and connected to nature.

I hope this information has been helpful. I'm the first to admit that I'm no meditation expert. There are lots of web sites on meditation, so I suggest you do a search on Google – you are sure to find something that works for you.



BEING GROUNDED

What does being grounded mean to you?

- The parent-imposed punishment of being restricted to the house
- The earth wire on electrical circuits
- Being well informed on a topic, well grounded
- That an aircraft is not allowed to fly
- A boat sitting high and dry (as in the picture at right)

Has a lot of different connotations, doesn't it? (And not all positive.)

People who are grounded are usually described as “down to earth”, stable, calm and centred. By contrast, people who are not grounded may be forgetful, scatty, unbalanced, overly emotional, “hyped up” and illogical.

Is being grounded starting to sound like a good idea?

Physically, being grounded means to be in direct contact with the earth. It means taking off your shoes and socks and walking barefoot – on a sandy beach, on the grass, across a creek bed, through the forest.

In our modern western society we are separated from nature. Most of us live and work in cities. If we are lucky enough to have a view – even just the sight of the ocean or mountains or trees can inspire and refresh us. But still the connection is not there – direct contact with nature has a unique physical effect on our bodies that cannot be replicated in any other way.

Everything is energy, right? The earth emits an energy that literally recharges us. It also serves as a discharge point for our body, draining away excess energy (stress). This is a really fascinating topic. There is also a book on the topic: [Earthing: The Most Important Health Discovery Ever?](#) By Clinton Ober, Stephen T. Sinatra and Martin Zucker*.

But how does grounding help us connect to our higher purpose? Grounding, earthing, making the physical connection to nature actually has an effect on our spirit as well as our body. It brings a sense of oneness with the rest of nature and knowledge deep within our soul that we are not alone in the universe, that there is indeed a higher power that we can connect to.

I am not talking about some kind of religious experience here. I personally have a relationship with Jesus Christ, so my higher power is very real to me. However it does not matter what your religious beliefs are, or even if they are non-existent. This sense of connection to some higher power is universal and indiscriminate. Everyone feels it and knows it intuitively, especially when they take time out to connect to nature via grounding. People give it different names (God, the universe, universal consciousness, mother nature). There is a spiritual side to each of us, whether we acknowledge it or not. Getting grounded opens up this spiritual part of us and connects us into our higher power. Here are some of the benefits you may experience:



1. Being grounded quiets the inner dialogue
2. It brings us into the present moment – so much of the time we are mentally either in the past or the future.
3. This brings us a sense of peace, calm, stillness.
4. It gives a feeling of harmony, balance and alignment.
5. The mind becomes sharp, clear and focused.
6. With less mental noise, we are much better able to “catch” inspired thoughts.
7. A realisation that we are unique and that there is a purpose to us being on this earth.
8. A knowing that we fit into the universal picture or pattern.
9. There is a flow of energy through our body, with stress and negative energy flowing out down through the ground and an inwards flow of creativity, inspiration, hope and purpose from above.
10. In some way, grounding seems to bring out the best in us. Love, strength of spirit, determination, all flow from the connection.

Here are some comments from others who have tried grounding:

“Earthing is like mainlining an ocean of pure, unadulterated energy. Plugging into the endlessly sustainable ‘power plant’ called Earth has improved my psychological functioning and deepened my spiritual sense that ‘all is well’ no matter what’s happening in my world or in the world at large.” Cat Saunders, Ph.D., author of *Dr. Cat’s Helping Handbook: A Compassionate Guide for Being Human*

“I am more on task and focused with an incredible sense of wellness. I have more of a detached look on others and situations and still maintain a high level of compassion.”
Gerard Bechard, a craniosacral therapist in East Longmeadow, Massachusetts

You may be sceptical about the idea of grounding. Reading about it is certainly interesting, but results come from action. I challenge you to try grounding yourself daily. Then make a judgement based on your experience.

CREATIVITY



Don't deny it – it is true.

You ARE a creative genius.

God (the universe) is a creator.

You are one with God (the universe).

You were created “in God's image”.

Therefore you **MUST** be a creator as well.

But don't think of creativity as just art, music or dance. Creativity is broadly defined as:

“The ability to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.”

Creativity is basically **problem solving**, and we can all do that. We all **NEED** to do that, so creativity becomes crucial for success in every aspect of your life.

Get rid of your pre-conceived ideas about what creativity is, your ability to be creative, and your judgements about the quality of your creative output. A creative work cannot be right or wrong – it is the expression of your unique perspective at that moment in time. It is not about technical excellence or skill, it is simply about **self expression**. So welcome whatever comes, and just allow it to be, recognising that at another moment in time it will be different because you will be different.

People talk about **creative flow**, which is an effortless yet highly focused state of consciousness where you lose all sense of time and become one with the task in front of you. Ideas and inspiration may seem to come from outside yourself, or may rise up from deep within and enter your realm of consciousness. This is the kind of connection you seek.

If you are not feeling very inspired or don't know how to tap into that creative flow, read on to the section on ***Kick Starting Your Creative Genius*** for some ideas.

The interesting thing about creativity is that besides being an expression of your connection to your higher purpose it can also be a way to discover your higher purpose.

How does creativity help you to discover your higher purpose?

Entering into a creative state can get you thinking about things in a new way, open you up to new possibilities and put you into a receptive frame of mind so that new ideas are perceived and considered afresh.

Giving yourself the time and space to be creative will also open the channels of communication for God (the universe) to reveal the nature of your talents, strengths, passions and how these relate to your higher purpose.

Creative pursuits you could try:

- Journaling or story writing
- Painting or drawing
- Scrap booking or similar crafts
- Sewing, knitting or crochet
- Playing a musical instrument

What do you intuitively write, draw or sing? This could provide a clue regarding your higher purpose. Just the process of being creative may allow ideas to come to you at unrelated moments. Be ready to capture these ideas – have a notebook with you to write down flashes of inspiration when they happen. Creativity can unlock your connection to the divine, leading to more creative ideas and/or inspiration as to the nature of your higher purpose.

Kick Starting Your Creative Genius

Creativity is vital for success in every part of life. If you're feeling stuck or uninspired, here are some ways to kick start your creative genius.



Create the right environment

This will be different for everyone. Some people need complete silence and solitude; others need crowds and noisy activity. Go with whatever works for you. Include some visual stimulation in your creative work space. This could take the form of some art work, “knick-knacks”, inspiring posters or pictures. Set the scene with candles, fragrant oils, indoor plants or a waterfall. You may prefer light, bright and airy with an open outlook or dark and secluded where distractions can be reduced or eliminated. Try rearranging your work area – a new spot for your desk can give you a whole new perspective.

Journal

Journaling can be both a creative activity in and of itself, and a way to clear blockages that may be interfering with your creativity (refer to the section on resistance that follows). Journaling does not have to be just free writing. You can use pictures and other creative mediums (a lot like scrap booking). Think about including drawings and diagrams. Mind mapping is a good technique for your journal. Begin by writing your idea or problem in a circle in the centre of the page, then spider diagram it until you get a breakthrough. With this type of brainstorming technique it is important to put all ideas down without judgement or censorship.

Get moving

- Visit a museum, art gallery, or craft fair – get inspired by the creativity of others.
- Get away for the weekend – you will be rejuvenated by the time out, impacted by the immersion in nature and stimulated by the change of routine.
- Take a class – in painting, drawing, writing, singing, craft – anything! Just get around others who are willing to learn and be inspired.
- Clear out the rubbish. Have a massive de-clutter at home. Go through your cupboards, donate unwanted items to charity. Clean out your desk and tidy your drawers. Reorganise your creative work space. You will be amazed at how this makes room in your life to receive something new.

Input

Expose yourself to new people, new places, new foods, new ideas. Read a variety of fiction and non-fiction books, watch “arty” movies, listen to music outside the realm of your normal taste. Try

new activities that challenge your limits – have you ever been rock climbing, abseiling or hang gliding? Tackle regular activities in a different way. For example if you ride a road bike, go trail riding on a mountain bike. Take a different route to work. We are creatures of habit and tend to take the path of least resistance, settling down into a routine that makes life easy. Mix things up a bit, change them around, do new things to get new input and see what effect this has on your creative output.

Give it time

In our busy lives we are often so preoccupied with the multiple tasks that need to be accomplished each day that we don't set aside time for creative pursuits. Schedule a block of time for creativity and allow yourself to engage in some creative activities without having the expectation of an immediate result. Sometimes the creative process that you have begun will bubble away on the subconscious level for some time, and inspiration may come through in random unrelated moments, like while you are in the shower or out walking. Be sure to have a journal or notepad handy to capture any unexpected moments of inspiration. Try to schedule creative activities for your times of peak performance. Do you do your best work first thing in the morning, or during the later afternoon? Get to know your own body clock and discover what works best for you. Persist over time. Realise that it will take more than one creative session to release the powerful creator within.

Some other ideas:

- Relax – use techniques like grounding and meditation to get you into a good space and change gears from the fast pace of every day life.
- Dream – if you can dream it, you can become it. Day-dream, use your imagination, visualise.
- Integrate – if you have two opposite ideas, can you do both? Is there a new way to bring them together? Can you merge something old with something new?
- Fail – if you are not failing, you are not trying anything new. If you try and fail, you've learnt one more way it doesn't work – what's next? Move on quickly to the next idea.
- Play – be childlike, have fun, enter into the world of fantasy.
- Be curious – ask: Why? How? What's missing?
- Trust your intuition – go with your “gut feeling” and inspiration. See where it leads.

Even if you don't think of yourself as a creative person, taking the time for creativity can unlock your connection to the divine and bring inspiration as to the nature of your higher purpose.

RESISTANCE



What are your sticking points? What is getting in the way of your success? What blockages have you experienced in your pathway so far?

While I don't like to focus on the negative (because you get what you focus on) if we want to move a fallen tree on our pathway we do usually have to look at it in order to chop it up and move it aside.

You will know if you are experiencing resistance. While on a conscious level you know, believe and affirm one thing, the physical manifestation in your life will be something else. Have you for example tried the "law of attraction" and come to the conclusion that it just doesn't work for you? Do you think that there must be some hidden secret, some extra piece of knowledge that is missing, and that if you could just discover what it is then everything would fall into place? Or have you decided that while it works for everyone else it will not work for you – because you are not worthy?

If your blockage manifests while you are attempting to connect to your higher purpose it may prevent you from feeling grounded, entering into a meditative state, fully experiencing your emotions or being able to tune into your passions, strengths and values. Making the connection to your higher purpose before moving forward is key, because it brings about a special kind of synchronicity. So it is important to remove any resistance that is preventing you from connecting.

I found this method of deconstructing blockages very helpful. It cleared the debris so that I could see the pathway ahead (focus and get direction). It is based somewhat on Byron Katie's "[The Work](#)".

STEP 1 your story. We all have a story. It is about the things that have happened to you in your life journey so far and the reasons why you are where you are in life. Identify the major milestones in your story.

STEP 2 the meaning you gave it. Looking at your major milestones, have a think about the underlying meaning for each one. What have you made it mean? For example:
Milestone: My partner left me
Meaning: I am unlovable

STEP 3 ask the questions. Take the meaning associated with each of your milestones and (for each one) write down your answers to the following questions:

- 1 Is it true? Do I absolutely know that it is true?
- 2 How do I feel and act when I believe it is true?
- 3 What is the pay-off to me in believing this?
- 4 What is the cost to me in believing this?
- 5 Who would I be without this belief?

STEP 4 turn it around. Write a statement that is the opposite, for example:

Milestone's Meaning: I am unlovable

Turnaround = I am lovable

Now find three specific examples of how the turnaround is true in your life (it is amazing how easy it is to find the examples when you think about it).

That's it.

The process seems almost too simple, but it works.

To quote Byron Katie:

"I don't let go of my concepts—I question them. Then they let go of me."

PASSIONS



Passion – what ignites you, excites you, *fires you up*?

I referred to passion when discussing strengths. Often the things we are passionate about also link into our strengths and give us a good indication as to our higher purpose. We all love doing things we are good at. We feel enthusiastic and excited about opportunities to use our strengths. Finding your passion is a whole lot more than just identifying your strengths, however. Identifying your passion requires a completely different set of questions.

Here are 7 passion clues for you:

SMILE – what puts a smile on your face? What makes you really happy?

TALK – what do you love to talk about? Ask your friends which topics seem to switch you on and put that gleam in your eye. Sometimes they can see reactions of which you are unaware.

READ – what’s your favourite section in the bookstore? The first magazine you pick up at the newsagent? What do you spend time reading on the internet?

EASY – as I mentioned above, we all love doing things we are good at and find easy. What tasks do you find effortless?

CREATIVE – what makes you creative? Is there something where you are always coming up with new ideas or finding different and better ways of doing things?

FREE – if you didn’t need to earn a living, what would you do with your time? What would you do simply for the love of it?

DREAMS – We start off in life with dreams (hopes/wishes/desires) but somewhere along the way we give up on them and settle for a mediocre life. Often our early dreams are indicators of our true life purpose. Revisit your old dreams to find if there is still a spark of desire there.

At the end of your life you don’t want to feel regret about things you did not do. Life is really not meant to be just a daily grind that leaves us feeling unfulfilled. Take the time to find your passion, and then pursue ways you can live it. Connecting to your higher purpose takes your life to a whole new level.

STRENGTHS



Strengths – if you were created for a purpose, then certainly the creator embedded in you the ability to fulfil that purpose. Finding out what your strengths are can be a good indicator of your higher purpose.

Your strengths are underpinned by your talents. Obviously you are going to be best at those things you find easy – the things you are naturally talented at.

Your dominant talents appear naturally no matter where you are or what you are doing. Often we can easily identify creative or artistic talents that we possess, for example: painting, singing, playing

piano. However we may struggle to really know the talents we possess that can help us be successful with our job, running a business, or building better relationships.

Your talents can be identified by:

EASY LEARNING – when faced with a new task or challenge you pick up the knowledge or skill required very easily. Your brain just seems to switch on and the learning is so easy and rapid that an underlying talent must be considered.

ACHIEVEMENT – the deep sense of satisfaction and fulfilment you experience once you have successfully met a new challenge.

TIMELESSNESS – those times when you become so engrossed in a task that you are really “in the flow” and you lose all track of time. The activity obviously engaged you at a deep natural level, indicative of a talent.

PERFORMANCE – when you demonstrate flashes of excellence that are observed either by yourself or by others, this is displaying your natural talent.

PASSION – I will deal with passion as a separate topic in the next post.

If you know what your natural talents are, you can focus on *developing them into strengths*. And you can then align your work to be congruent or in harmony with your natural talents and strengths.

There are basically two pathways for identifying your strengths:

- 1 Self reflection.
- 2 Online tests.

Self reflection

Self reflection involves the process of taking the time to think and write about past instances of easy learning, achievement, timelessness, performance and passion in your life. It can also be a part of your routine to reflect at the end of each day: What went well and what contribution did I make? Over time you may identify a pattern that reveals a strength.

Online tests

Here is a quick two-page [online assessment of strengths](#) you can do. This is by no means comprehensive, but it will get you thinking about the different possible areas of strength and perhaps help you to identify some that you may not have otherwise considered.

Personally, I used the [StrengthsFinder 2.0*](#) assessment to help me identify my strengths. Originally introduced in 2001, the assessment has since been upgraded to include application strategies. We all know it is useless to simply discover our strengths unless we do something with them, and the StrengthsFinder 2.0 Action Planning Guides have lots of practical ideas on how you can further develop your strengths. You have to buy the book (currently \$12.97 on Amazon) to get a code before you can do the online assessment. I highly recommend it.

Aligning what you do with your strengths can help you experience a life that is connected with your higher purpose, one where you are “in the zone”, time flies, work is like play and you are deeply satisfied by what you do. Worth following up, don't you think?



VALUES

Your core values are the drivers of your actions. They determine your focus and direction, help you prioritise your time and motivate you to persist in the face of setbacks. If you want to live a life that is aligned to your higher purpose, it is crucial that you identify your core values.

At Appendix A you will find a values list to use. The aim is to create a list of your top ten values, but I want you to begin by identifying 20 values on this list that really resonate with you. Feel free to add values that are important to you if they are not on the list.

Once you have identified your top 20, you need to begin the process of reducing it down to your TOP 10. It can be really hard to decide between two values that both seem really important. If I was to say to you that you can only choose one value – which one would it be? Now you have your number 1 value. Then if you could only choose 2 for your list – which one would you add to the number one value you have chosen? OK, so you get the idea. Go through your top 20 values, until you arrive at a list of your TOP 10 values.



Now reflect on your list. Are you surprised about what finished up at number 1 on your list? Is what you do with the majority of your time aligned with that number 1 value? If not, you may have an answer for why you have been feeling unfulfilled. Like me, you may also have a bit of an “aha” moment, where you realise that this lack of alignment is probably to blame for your lack of success with your business. You may have been subconsciously holding yourself back due to the lack of congruency.



Another key realisation is that your core values are not ultimately about what you want to **get** out of life. Rather they are about what you are here to **give**. For instance, if your top value is love, your main focus may have been on getting love. But really it is all about giving love. You need to give love to yourself in the first instance. Not until you are filled with love can you proceed to give it away. When you then give to others without any thought of return you will receive the deepest fulfilment. And then, strangely enough, your giving will result in you receiving back that which you give out. Being truly authentic makes you magnetic. Other people will be attracted to you. When you give out love, you get love back! Magic.

When I did this values exercise I was surprised to find that spirituality and consciousness were at the top of my list. Financial freedom and prosperity – the things I had been chasing after – were right at the bottom of the list. No wonder I had been getting nowhere and feeling really frustrated. Once I began to focus on my core values life became clearer and simpler, I had a sense of purpose and clarity about what my next steps should be, and life became more pleasurable, with a lovely sense of ease and naturalness.

I hope the core values exercise has been a significant piece of the puzzle in helping you put together the picture of your own unique higher purpose in life.

EMOTIONS



We tend to judge our emotions as being good or bad. We want to feel more of the good emotions (happiness, peace, joy, love) and less of the bad (anger, hate, resentment).

However the full range of emotions exists for a reason. Imagine if you were driving a car that had no warning lights to let you know that your oil was dangerously low, your radiator overheating or the battery running out of charge?

These are small items that can be easily fixed but left unattended they turn into major repair jobs.

Emotions are like the indicator lights on our car dashboard. They give us a clue as to what is going on internally. It is always a good idea to acknowledge our emotions – if we try to push them down they have a nasty habit of popping up (vastly magnified) at very inconvenient times. Tuning into your emotions is the smart thing to do.

In trying to connect to higher purpose, I suggest that you look for the extremes of emotion.

- What makes you feel **happy**, light-hearted, full of joy? This may be a passion that you could pursue in order to experience greater fulfilment in life.
- What makes you really **angry**? What do you feel the need to fight against, or stand up for? What values does your anger highlight? If you had the power to change one thing about the world, what would it be?

These are not questions that you can intellectually analyse to arrive at the most logical response. When you take time to reflect on your emotions, meditation and grounding can help. You need to be internally still and quiet and simply allow the answers to these questions to rise up from your belly. You may find the answer a bit surprising when you receive it. You may wonder “*where on earth did THAT come from?*” but you will also know irrevocably in your soul when an answer is the right one for you.

When we finally connect to our higher purpose we know that **THIS** is it. We know that this is what we are supposed to do, and it removes the fear. We stop thinking about success or failure and start to think about “what contribution can I make”. Doing what you love is a success in and of itself, and the amazing thing is that the lack of concern about the results, having an attitude of giving without seeking to get, leads to us receiving far more than we hoped for. And it comes to us in ways we would never have dreamed of. It really is a beautiful thing.

That is exactly what connecting to your higher purpose is all about.

DREAMS



Remember the lyrics from “Happy Talk” in the musical *South Pacific*?

*You got to have a dream,
If you don't have a dream,
How you gonna have a dream come true?*

What were some of your childhood dreams? Were you a movie star, a rock singer, a major league footballer, pro golfer, astronaut? Whatever it was, I'm sure it was something big. You didn't dream about being a filing clerk in a government department, did you? Your dreams weren't mundane, boring, repetitive and depressing. They were exciting, inspiring and action-filled, weren't they? And they occupied a lot of your imaginative play time, no doubt.

Can you even remember what your childhood dreams were? What happened to them? Did you listen to the people who said your dreams weren't realistic? That you should get a good education, get a secure job, save for “a rainy day” and not take risks? Have you put them off to the “one day” category, waiting until you have more time, more money, more energy, more enthusiasm?

You can't live for tomorrow – the only time you can be certain of is now, today. Tomorrow might never come. [This is the perfect time for you to tap back into your dreams and begin taking action to make them a reality.](#) If you rediscover your dreams and how they connect you to your higher purpose and immediately take baby steps towards achieving them, it will transform how you experience life.

As Henry David Thoreau said:

“I have learned, that if one advances confidently in the direction of his dreams, and endeavours to live the life he has imagined, he will meet with a success unexpected in common hours.”

Some questions to get you dreaming again:

1. What would you do if you knew you could not fail?
2. If you didn't need to earn an income, what would you do with your time – just for the love of it?
3. If you only had one wish, what would it be?
4. Whose life would you like to be living? Why? What particular elements of their life appeal to you?
5. What one current world problem would you fix if you had unlimited power?

Set aside time to allow yourself to dream. Write down your answers to these questions. Look for common themes. Then pick one or two dreams that you can and will pursue. What might the first baby step be?

Some actions you can take:

- Write down your dream and review it frequently, including your reason for wanting to achieve it.
- Make a list of baby steps and tick off one of them every day (or week).
- Read a book on the topic.
- Look for part time or voluntary work in alignment with your dream to build your skills and experience.
- Find a mentor – ask someone who has done it to share their knowledge with you.
- Pray. Or meditate. Or whatever you need to do to be inspired.

While you are taking action, be sure to –

- ♥ **Maintain focus on your dream** (the outcome)
- ♥ **Believe you can do it** (become your own biggest fan)
- ♥ **Ignore your critics** (even if they are friends and family)

It doesn't really matter how small your first baby step is, what is important is that you take action. If all you do is dream your life will not improve. So go for it. Keep moving forward with baby steps. Don't give up and **you WILL get there**. Remember:

*You got to have a dream,
If you don't have a dream,
How you gonna have a dream come true?*

HAVE I FOUND THE RIGHT PATH?

If you are concerned with trying to find your purpose in life, you may be wondering how to know for sure when you have found it. How do you know that THIS is it?

Good question.! You will notice that the focus of this ebook and my blog is **CONNECTING to higher purpose** – it is not about FINDING your life purpose. Your purpose in life is not one particular thing that you have to find, because it has been lost, mislaid, not recognised or bypassed or so far undiscovered. There is no one right thing, one and only opportunity that you should pursue to arrive at one final ultimate destination.



I believe that there are **multiple pathways** to your higher purpose. It is not a matter of going through a lengthy process to discover your higher purpose, getting absolute certainty about it and then setting off on that singular path. It is about **making the CONNECTION to God** (the universe/universal consciousness) so that you come to an internal knowing about what is the right path for you. Armed with this information you take action, setting about the next task or opportunity that presents itself to you that you know to be in alignment with your higher purpose.

It does not necessarily mean that your first course of action will lead you directly and immediately to the achievement of your ultimate goal. Life is a journey. Is there one straight road to get from Perth to Sydney, London to Edinburgh, or Washington to San Francisco? No. There are multiple routes that you could take with lots of twists and turns and obstacles to navigate.

So you may initially set off on a route that you thought was a major highway, only to find that it really is just a meandering track that doesn't seem to take you very far very fast. You feel disappointed at where it leads you and you choose another route. Was that first route you chose wrong? Did you "miss it"? No. If you took the time to CONNECT to your higher purpose, then that was the right route for you at that time. You probably grew as a person or learned a skill or established a relationship that will be vital to you on the next stage of your journey. But you can't see that now.

If you stay CONNECTED to your higher purpose then you can feel confident about your next step, trusting that God (the universe/ universal consciousness) is guiding you.

So **CONNECTING to your higher purpose is not a one-off event**, a cataclysmic life changing realisation that takes place at a certain point in time. It is an ongoing process. It is about being connected and staying connected at every point along the journey. It is about taking the time and making the effort to CONNECT, align yourself with what God (the universe/universal consciousness) reveals to you and then taking action. The key thing is to **stay CONNECTED**, trusting that as you do your part the universe is doing its part to bring about the desires of your heart.

CONCLUSION

I hope this ebook has inspired you to connect to your higher purpose and provided some information to assist, inspire and encourage you as you find your path.

I invite you to:

- connect with me on [Facebook](#)
- follow me on [Twitter](#)
- send me an email at suzimorrisblog@gmail.com
- visit my web site www.suzimorris.biz for more information and ideas on the theme of connecting to your higher purpose.



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APPENDIX A

YOUR VALUES

1	acceptance	41	faith	81	optimism
2	achievement	42	flexibility	82	organisation
3	adaptability	43	flow	83	passion
4	adventure	44	fame	84	peace
5	affection	45	family	85	perceptiveness
6	agreement	46	financial independence	86	perseverance
7	ambition	47	fitness	87	pleasure
8	balance	48	focus	88	power
9	beauty	49	freedom	89	privacy
10	belonging	50	friendliness	90	prosperity
11	boldness	51	fun	91	purity
12	calmness	52	giving	92	realism
13	capability	53	grace	93	reliability
14	care	54	gratitude	94	relaxation
15	certainty	55	growth	95	resilience
16	cheerfulness	56	guidance	96	resourcefulness
17	clarity	57	happiness	97	respect
18	commitment	58	health	98	security
19	compassion	59	honesty	99	selflessness
20	confidence	60	honour	100	self-sufficiency
21	connection	61	humour	101	sensitivity
22	consciousness	62	imagination	102	service
23	contribution	63	independence	103	significance
24	control	64	inspiration	104	sincerity
25	courage	65	integrity	105	spirit
26	creativity	66	intuition	106	stability
27	dependability	67	joy	107	strength
28	determination	68	justice	108	success
29	devotion	69	kindness	109	teamwork
30	direction	70	leadership	110	thoughtfulness
31	discipline	71	learning	111	tolerance
32	diversity	72	liberty	112	trust
33	education	73	logic	113	truth
34	efficiency	74	love	114	uniqueness
35	encouragement	75	loyalty	115	variety
36	endurance	76	making a difference	116	vision
37	energy	77	mastery	117	vitality
38	empowerment	78	mindfulness	118	warmth
39	excellence	79	motivation	119	wealth
40	expressiveness	80	openness	120	wisdom