

"To Be" Guidebook

HEART First™ Part II

The "To Be" Guidebook Creating Your Own "Purpose of My Life" Statement

A place to think about, record and create observations
around the purpose of life in general and your own life in particular.



"This is the true joy in life, the being used for a purpose,
recognized by yourself as a mighty one;
Unique to you, of you, your reason for being."
- George Bernard Shaw

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To Be

The "*To Be*" Guidebook fuses questions around HEART First's artistic relief content with questions about your own life to help you define *what matters most in your life* in terms of who you are.

Ironically, it's usually the questions you haven't asked, are afraid to ask, or end up being forced to ask yourself, that are the ones that can and will bring you self-awareness, the stepping-stone to knowing your purpose and into an energetic state called: "*to be*".

What does "*to be*" mean?

"*To be*" is a "state of being" merging multiple elements:

Ever-deepening self-awareness

Loving yourself, imperfections and all

Unfettered honesty about who you are, what you stand for and honoring that Self in daily practice

Relinquishing attachment to outcomes by accepting the fact we rarely can predict or control the future

Relinquishing fear's grip and disarming ego's disruptive forces

Constant feelings of gratitude, compassion and love

Introduction

Welcome to, "The 'To Be' Guidebook to Purpose," your private place to think about and record observations around your life's purpose.

The exploratory process begins by using the 26 written Meditations 'A to Z' and their various artistic interpretations, as the basis to begin to shape your idea of what your life's purpose is. From there you'll be prompted to go deeper and consider personalized questions about your past life, present life and the future life you envision.

The quest to know purpose is intended to be soul-liberating; a gratifying process designed to shift your focus away from your immediate health and stress-related challenges and into peaceful, promising reflection and contemplation.

The simple act of thinking about and recording your thoughts and feelings has an important, scientifically proven purpose of its own: it sets into motion a series of physiological, neurological and spiritual processes that naturally align your mind, body, soul and spirit into a positive energy mode and healing vibrational frequency.

This is a worthy pursuit with no downside or negative side effects.

Guided by Design

The questions in the sections to follow were designed to guide you towards deeper insight and knowledge of who you truly are and what you stand for *today*.

Taken together, your answers will enable you to craft a personal statement of purpose; words capturing the essence of the light and energy that's uniquely you, and how you plan to share the gift that's you to the benefit of the world around you.

The process is meant to be a journey of self-enlightenment, enabling you to make better sense of the world inside and around you as of this moment in time. *The journey requires unfettered honesty, free of self-judgment, fear and ego.*

You'll find when you think about and record your thoughts and feelings around purpose your mind and spirit lifts to a place less burdened by the weight of immediate challenges, where time literally ceases to exist.

"The *To Be* Guidebook" fuses questions around the book's content with questions about your own life to help you define *what matters most in your life*. Ironically, it's usually the questions you haven't asked, are afraid to ask, or end up being forced to ask yourself, that are the ones that can and will bring you self-awareness and to knowing your purpose, into a state of "*to be*".

7 Sections

The guidebook is divided into 7 sections, places for you to record:

Section I. Impressions of Each Written Meditation 'A to Z'

Section II. Impressions of Each Meditation's Artistic Expressions

Section III. Impressions of Your Life's Journey to Date

Section IV. Visions About Your Life Looking Forward

Section V: Crafting Your Personal Statement of Purpose

Section VI. Crafting Your Own Meditations 'A to Z'

Section VII. Crafting Your Own 'A to Z' Affirmations

Find comfort in knowing that as you record each answer, as part of the process, you're also journaling a written legacy of who you are and what you stand for - *a priceless gift* in and of itself.

Before launching into answering the questions ahead, there's an element to purpose that's not necessarily intuitive, that'll help you to frame your objective as you navigate the territory to purpose. There are two facets to purpose: *your inner purpose and your outer purpose*, separate from, but intimately connected to, each another.

Inner Purpose

What is inner purpose?

William Shakespeare eloquently summarized its meaning when he penned the immortal words, "To be or not to be, that is the question." To know your inner purpose is, quite simply, "*to be*". Any other state of being is "not to be".

What does "*to be*" mean? "*To be*" is a "state of being" merging 7 elements:

- (1) Ever-deepening self-awareness
- (2) Loving yourself, imperfections and all
- (3) Unfettered honesty about who you are, what you stand for and honoring that Self in daily practice
- (4) Relinquishing attachment to outcomes by accepting the fact we rarely can predict or control the future
- (5) Relinquishing fear's grip
- 6) Disarming ego's disruptive forces
- (7) Constant feelings of gratitude, compassion and love

Each of these elements connects you spiritually to source - your truest being. You'll know you arrived there when:

Your greatest worries can melt away even amidst all life's uncertainties

You listen to and trust intuition's voice and synchronicity's handiwork

You're master of your reality, not the other way around

You understand and honor that despite people's differences we're all interconnected to each other

You know love, compassion and purpose as the foundation of existence

The Question

This perspective in hand, the quest to purpose starts by asking yourself one simple question,

“Am I currently in a state of “to be” or “not to be”?”

If your answer is, “In a state of not to be”, the questions in the six sections to follow were crafted to guide you towards a state of “to be”.

The journey to purpose requires one commitment above all others: *you agree to put your life's demands and circumstances, whatever they may be, behind you.*

It's also imperative you answer each question in the *spirit of adventure and naked truth* if you want to find “true North”, the compass heading unique to your life's purpose.

This act frees you to explore your life's territory *without fear*, opening yourself up to deeper and deeper levels of self-awareness, each level releasing more of the light and energy that is uniquely you into the world and its collective consciousness.

Knowing your inner purpose is the gateway to knowing your outer purpose.

Outer Purpose

Once you've achieved knowing your inner purpose, what is outer purpose? Pablo Picasso beautifully captured its meaning when he observed:

"The meaning of life is to find your gift. The purpose of life is to give it away".

To know your outer purpose is to *know* what it is you want to do in this world that aligns your "to be", your inner state of being, with your outer purpose, an "*action*". This "*action*" is how you'll weave the fabric of the unique gift that is you into the collective consciousness of humanity to enrich the lives of people *beyond yourself*. It can be as small as making a difference in the life of one person or as large as you can envision. It's not the numbers that matter – it's the difference you make.

Fulfilling your outer purpose brings joy and fulfillment to the lives of others. The quest will attract blessed new relationships into your life and open doors to opportunities and outcomes you never expected. Don't be fooled by money, fame, houses, cars, materialistic things, entitlement, and power, they're simply constructs of our egos and what other people tell us, show us or make us believe are important.

The two feelings most people consider most important when facing their mortality are love and realizing their purpose in life. Open yourself up to and actualize that realization and your life will change dramatically for the better, no matter your circumstances.

Start Line to Purpose

As you approach the start line to purpose, some departing thoughts:

Life is about finding out and expressing who you are, a destination where your thoughts and actions are aligned with aim, eventually becoming a way of life and being, inseparable from the person you are.

Clarity around purpose *empowers* you to take control of where your life's journey goes next, as much as life, with its nuances and unpredictability, will allow.

To improve yourself, keep your journey simple. Focus on the daily process and the perfection of being in the moment, *not the end-result*.

Expect to course-correct as you navigate the territory to purpose, possibly many times; it's a sign of progress. This process is not an overnight, quick-fix, get-rich, immediately feel-enlightened scheme.

Even after you've found your purpose, realize it can and most likely will shift with passage of time, experience and maturity.

Like any great adventure, you never know what you'll find or where you'll end up but, most likely, you can look forward to finding:

Happiness, love, and hope in new and improbable places

New understanding of what's true and meaningful to your life

Clarity around who you are, what success means, and how you define relationships to others

More control over how you feel

New, deeper dimensions of inner peace and self-contentment

Buddha observed, "It is better to spend one day contemplating the birth and death of all things than a hundred years never contemplating beginnings and endings."

Ticket in hand, it's time to contemplate your purpose.

Crafting a Personal Statement of Purpose

Your answers to the questions in the following 7 sections are the seeds from which to formulate and express your statement of purpose; words capturing the essence of who you are, who you want to be and how you want to interact with the world to make some portion of it a better place.

As you navigate the questions ahead, open your mind and your heart to knowing the possibilities already residing deep within your soul. Along the way let your intuition guide you to the answers you seek. As you become aware of the feelings, ideas, inspirations and opportunities that present themselves, record them so you can revisit them at any time.

Proceed at a pace that's most comfortable for you and your day-to-day circumstances - this is not a race - even if it's just one question per day, find the time to record an answer or two.

With this said, enjoy the journey to discovery. It's a process meant to be stress-free, one taking your mind and spirit into peaceful sanctuary

Section I

Impressions of Each Written Answer 'A to Z'

Questions about the written Answers 'A to Z':

List and "Like" your favorite answers, 'A to Z':

Describe what is it about each answer that connects with you, and why.

What specific words or lines in each answer capture how you feel or want to feel?

What words define who you want to be, that you might consider including in your purpose statement?

Review the remaining Answers, 'A to Z', recording other specific words or lines about how you feel or want to feel.

Review your answers above and then prioritize the top five words, feelings and thoughts resonating most with your inner being.

Using your top choices as content, craft a few sentences to serve as an introduction to your purpose statement; describing what's most important to you in life.

Section II

Thoughts & Feelings Around Each Letter's Artistic Expressions

Questions About the Visual Art Compositions 'A to Z'

List and "Like" your favorite art pieces:

What is it about each piece that speaks to your soul most?

How do they make you feel?

Questions About the Music Compositions, 'A to Z'

List and "Like" your favorite music pieces:

How does each piece make you feel when you listen to it?

Do you feel different things with different pieces? If so, what?

What specific instruments, sounds and voices resonate with you most?

Questions About the Video Vignettes 'A to Z'

List and "Like" your favorite video vignettes:

How do they make you feel and why?

Are any scenes reminiscent of scenes or places you've been before?

If so, where and what is their importance to you?

How do you feel when you're in those places?

Questions About each CARE 'A to Z'

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List and "Like" your favorite CAREs.

How do they make you feel and why?

Questions about the Aromatherapy scents 'A to Z'

List and "Like" your favorite scents:

What memories do they evoke?

Why are these memories important to you and how do they make you feel?

Which scents make you feel better?

In one or two paragraphs capture the overall thoughts and feelings the combination of your favorite art, music, video pieces and scents brought you.

Section III

Thoughts and Feelings About Your Life's Journey to Date

About You:

(Provide your top three answers to each question)

Daily Life

What are the most important blessings in your life?

How do they make you feel and why?

What things motivate you to get out of bed each morning?

What are your life skills?

What things do you love to do above all else?

What are your favorite activities?

What activities you do daily?

What makes you feel the most alive when you're focused on doing it?

Describe that feeling.

What are you most passionate about?

What brings you the greatest joy in life?

When do you feel the best about yourself?

What are your personal strengths?

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What have others always said you're really good at?

How do you most enjoy interacting with other people?

Peace and Calm

When do you feel most calm and relaxed?

Can you remember circumstances where you've felt a sense of quiet in your mind, where nothing seems to bother you? What were they?

When stressed, what activities do you seek to relax?

When sad, what ways do you seek comfort?

What actions do you take to make yourself feel better?

Under what circumstances or conditions do you feel most yourself?

When do you feel most connected to nonmaterial things?

When you think about spirituality, what thoughts and feelings come to mind?

When you think about your connection to yourself and others, what things/beliefs/actions/experiences make you feel that connection?

How do you like to express yourself creatively?

Body and Spirit

What does your body need in order to function at its best?

What feeds and enlivens your spirit?

What can you give yourself a hug for doing?

What are you most proud of in life?

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Craft a paragraph or two around the thoughts and feelings you've described in your answers to the questions above capturing who you are who you want to be.

Section IV

Thoughts and Feelings About Your Purpose Looking Forward

Big Picture

What are the ways you want the world to perceive you?

What do you want the world to know about who you are?

What personal attributes enable you to deal with and rise above challenge?

What are the most important things you've learned about yourself when facing challenge?

Do any of those things affect your values or priorities? If so, how so?

What are your natural God-given gifts?

What do you want to accomplish?

Why - what's your motivation?

What do you want your legacy to be?

If you had to add something to humanity, what would your contribution be?

What social issues interest you where you can help make a difference?

Positive Thoughts

Make an alphabetical gratitude list

Now, pick a Theme Word that sets the framework for your year ahead

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How will you stay in alignment with your theme word?

What work do you need to do in order to end the year feeling as if you honored that theme word?

What is the next amazing experience you want to have happen in your life?

About Imagining the Future:

What would you do if you knew you only had a year to live?

How can you become the inspiration you seek in others?

How do you want your life story to unfold looking forward?

What is the title of this next chapter in your life?

What would you change in the world if you could?

What do you love doing that you aren't doing?

Craft a paragraph or two around the thoughts and feelings you've described in your answers to the questions above capturing who you are and where you want to go.

Section V

Crafting Your Personal Statement of Purpose:

Cut and paste, combining together for the first time in one place, the thoughts you've recorded from Sections I-IV using your answers to:

Section 1: Question 3

Section II: Question 6

Section III: Question 5

Section IV: Question 12

Using these impressions, create a 1 page Personal Statement of Purpose.

Revisit the statement daily to refine its message until you've captured in words the light and energy of who you are and what you stand for.

Section VI

Creating Your Own Meditations 'A to Z' to the Question, "What is the purpose of life?"

Create a One or two word Title for each lettered Answer

Play alphabetical letter or word games within your answer

Keep your answers to 1-2 double-spaced pages max

A...

B...

C...

D...

E...

F...

G...

H...

I...

J...

K...

L...

M...

N...

O...

P...

Q...

R...

S...

T...

U...

V...

W...

X...

Y...

Z...

Section VII

Short 'A to Z' Affirmations

The purpose of this section is to create inspirational affirmations

Take the title of each of your lettered Meditations 'A to Z' from Section V and create an affirmation specific to the message your answer is trying to impart

Take words, thoughts and feelings you've recorded in previous sections and use them as the basis for your short inspirations

See examples below for the letter 'B':

Bliss: is found in the multitude of wisdoms gained from living thought trial and tribulation, joy and happiness, gratitude and sacrifice

Being: is simply turning your attention inward, away from the external world, to an immutable place of calmness, inner peace and happiness

Blessings: our world becomes a much gentler place when we start and finish each day acknowledging all the blessings that populate our lives

Become your truths acknowledging, embracing and anchoring each into daily

life inseparable and indivisible from your spirit and being

"The more deeply you are connected to your soul's plan, the more powerful it becomes in your life. Ultimately nothing can stop it."

Deepak Chopra