

arlene | rosenberg **Standing Strong**

PURPOSE

Written in 2007

Early last month I attended a wonderful workshop given by the author, Barbara De Angelis. We did many exercises that helped us go deep inside to learn more about ourselves and recognize our personal and collective beauty. One of the last things we did, and the most profound for me, was the exercise on discovering our **PURPOSE**. Barbara asked us several questions rooted on the premise “that all of us have agreed to be on earth to do something for our higher power.” She stated, “our job here is to re-discover that commitment and make it our top priority.” I agree with this thinking. Although I had previously worked on my purpose, this exercise clarified it even further and I began to see immediate transformation in my life. How do we determine our purpose for being here? Very simply, we need to take the quiet time to look at our lives and see what are the skill sets and moments that bring us total inner satisfaction and joy. The more we give attention to these things the quicker we will gain insight into what our true purpose is and will be able to put it into action.

Yesterday, I visited with a like-minded friend and we had a discussion on this very topic. Darian, told me that, when she is in the process of working with people to create and design commercial offices and showrooms, she feels an inner-sense of joy and accomplishment that is not matched by anything else in her life. I was able to relate and said I had the same feeling when I am speaking in front of an audience or working successfully with a client. We are both using similar and different sets of skills to achieve the same results. This is not about money or success. Instead, it is about using our inner creativity to service others and make a difference in this world. The outcome of these actions will not only bring you what you want but lead you to success and abundance.

How many of you are not doing what truly makes you happy and fulfilled? If the answer is “**no**” or “**not sure**”, then please take the time to journal or just think about what it is you do need to be doing to change this. Ask yourself questions like 1) How am I supposed to be doing what I came here to do? 2) What has prevented me from doing it? 3) What will give me the courage to make the changes? If you come up with answers that reflect not having enough time or money, then recognize these as excuses. Share this information with a close friend or your coach and let them help you move toward a new direction.

I feel so much freer and less frightened with my deep inner knowing of what I am supposed to be doing. Now I can allow the Law of Attraction to take over and push me in the right direction. Of course, I will take some actions but will also know that

synchronicity will put me with the right people and the right places to make it happen.
My request is: make this the year you will commit to finding the courage to change your
life and create the things you came here to do.