
Wisdom's Way to 'Right with the Light':
Living JOY-Fully in 2013

A Working Guide to
Designing and Stepping into Your Life Purpose

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Feathers,
Rainbows & Roses
WISDOM'S WAY TO PEACE

Introduction

We have entered into the Age of Light. With this new reality comes a great opportunity to design and deliver upon our goals and self transformation of the heart to new levels of joy, purpose and health. As we journey from where we are to where we desire and design ourselves to live, we are being called into self-loving and neighbourly compassion as the path to our destiny, good fortune and happiness.

This workbook is a simple tool to help you get clear and motivate you to confidently dream, design and deliver on what matters most to you. To live more Joy-fully in one's life, you need to know and choose to live in the heart of your life purpose, the reason for your being. My love and encouragement to you as you implement this workbook.

Getting Started

Find a clean, tidy space where you can work creatively and with great focus. Whether you want your books around you, a lit candle or any representation of what makes you most alive and inspired, bring that to your side as you open and work through this book. Call into *presence* with you and this inner exploration, the Wisdom of Light and Love, however this Higher Power is most meaningfully experienced in your heart. Ask this *Higher Presence and Power* to help you enjoy the creative and life-affirming course work in these pages. Give thanks for the opportunity to be in intimate relationship and honest conversation with this *Higher Presence and Power*.

Stepping UP: Go Right to the Inner Light!

Where am I? Counting my Blessings and Creating Acceptance at Point A

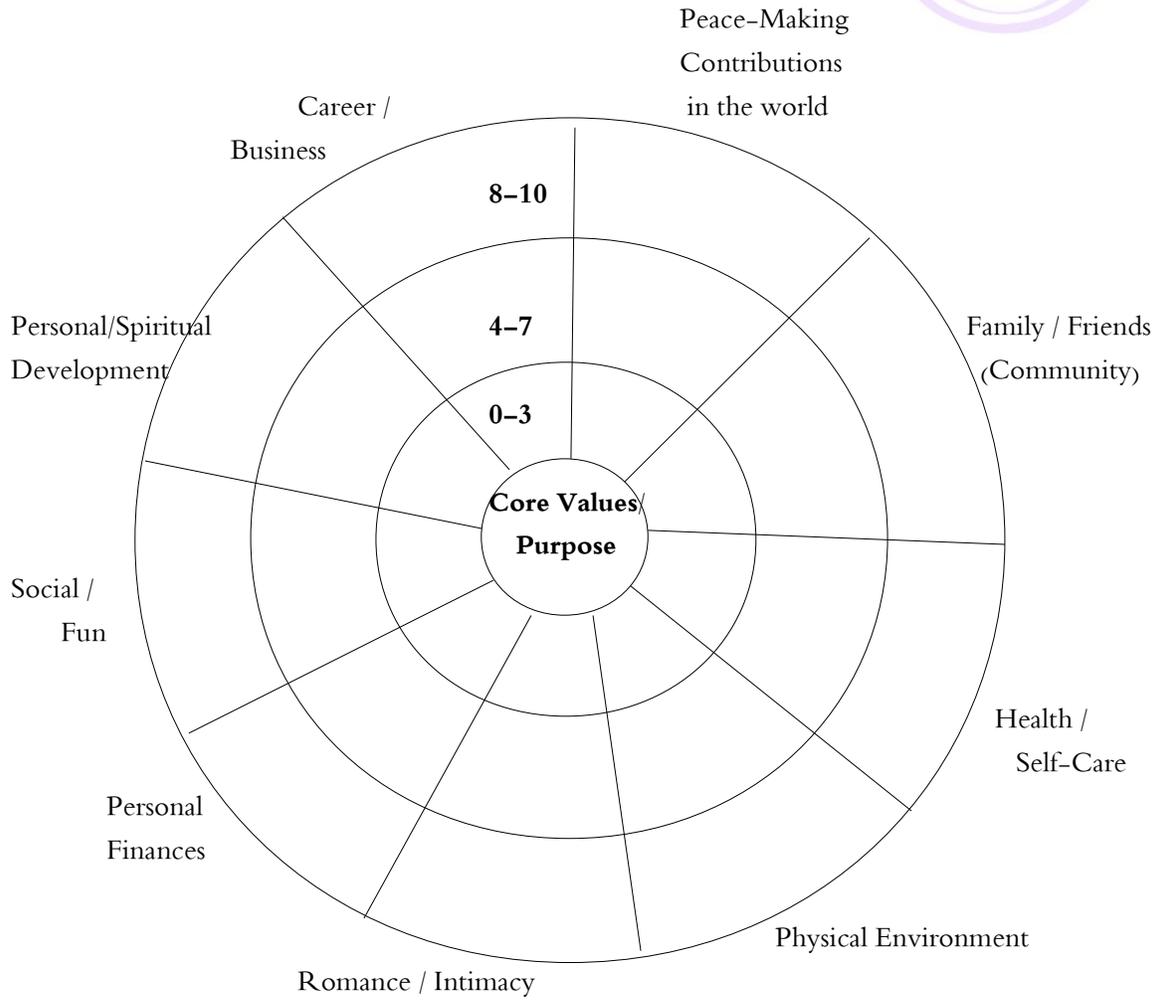


Point A: Your Present Narrative

1. Write out what is happening in your life in this moment. Using the Life Wheel, write down exactly what is happening within each of the areas on the Life Wheel. Write down the feelings and beliefs you have that pertain to these areas. Explore creatively in the following ways:
 - a) Create a mosaic of what you loved about 2012. Look for the memories, the details, no matter how big or how small.
 - b) What moments were unique and extraordinary in your ordinary life?
 - c) Using a green or black pen, make a line that indicates the level of satisfaction for you in each area of your life right now. Connect the lines and look at the wheel you have drawn. Write down any insights or observations that you become aware of as you look at your 'wheel'.



Wheel of Life Mandala – Goals for 2013



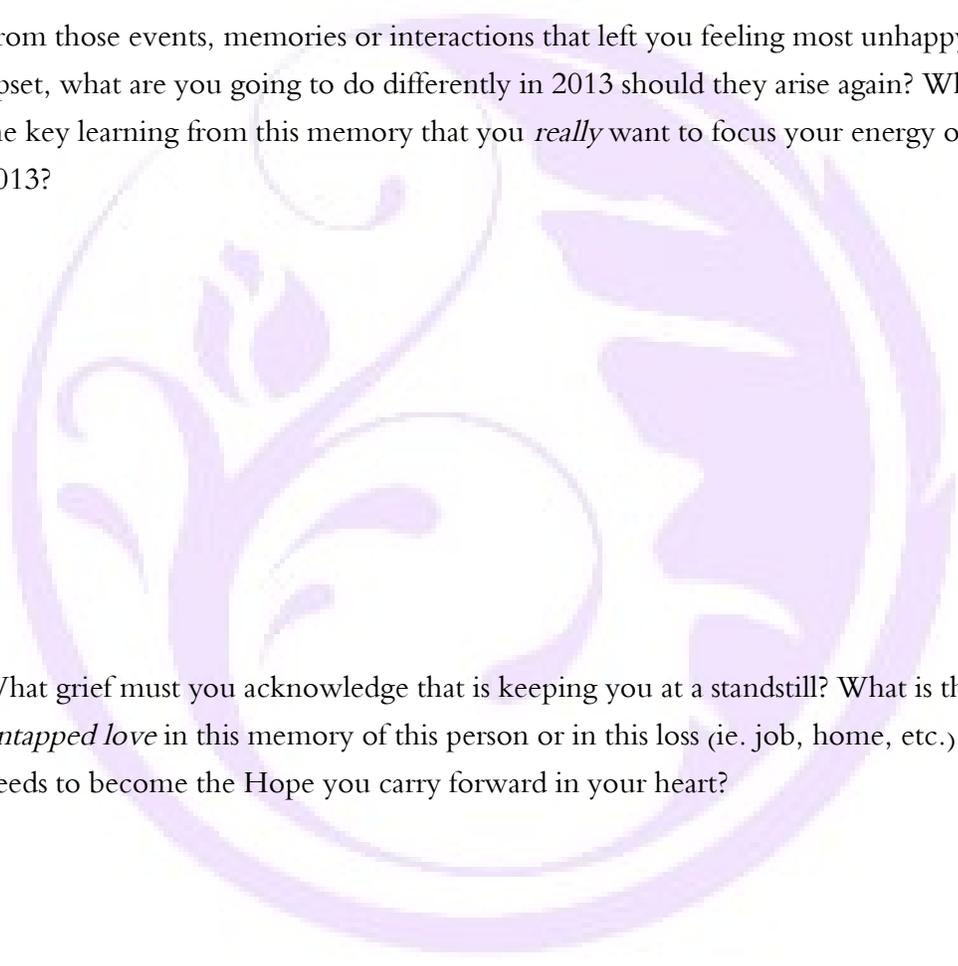


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2. Write out any accomplishments of 2012 that affirmed your best self and really felt like life-enriching success, again no matter how big or how small. Jot down the feelings this accomplishment evokes. Write out the steps you took to accomplish this goal. What was the core affirmation you repeated to yourself when the task of accomplishing this goal became difficult?

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3. Identify what you *want more of* in 2013 that was life-giving in 2012, no matter how big or small. What do you most value about what you want more of? Where do you feel this life-giving energy in your body? What is your body posture and thinking when you re-live what you most valued about 2012?
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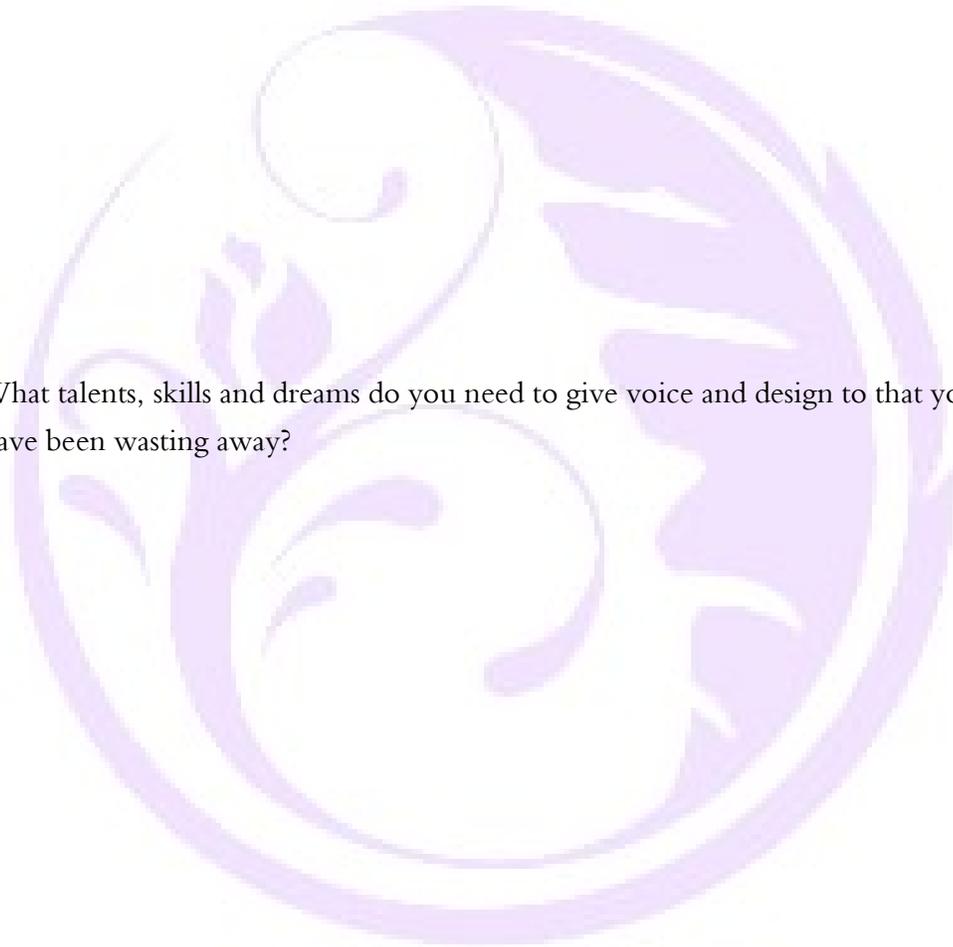
The Power of Self Acceptance

We can never move from point A to someplace else before we accept that we are presently at point A. We equally must accept *who we are* at point A. We cannot move from point A hoping that the next place will finally be the place of self-acceptance we desire so much. Self acceptance is a task necessary to create movement to Point B.

1. From those events, memories or interactions that left you feeling most unhappy or upset, what are you going to do differently in 2013 should they arise again? What is the key learning from this memory that you *really* want to focus your energy on in 2013?
 2. What grief must you acknowledge that is keeping you at a standstill? What is the *untapped love* in this memory of this person or in this loss (ie. job, home, etc.) that needs to become the Hope you carry forward in your heart?
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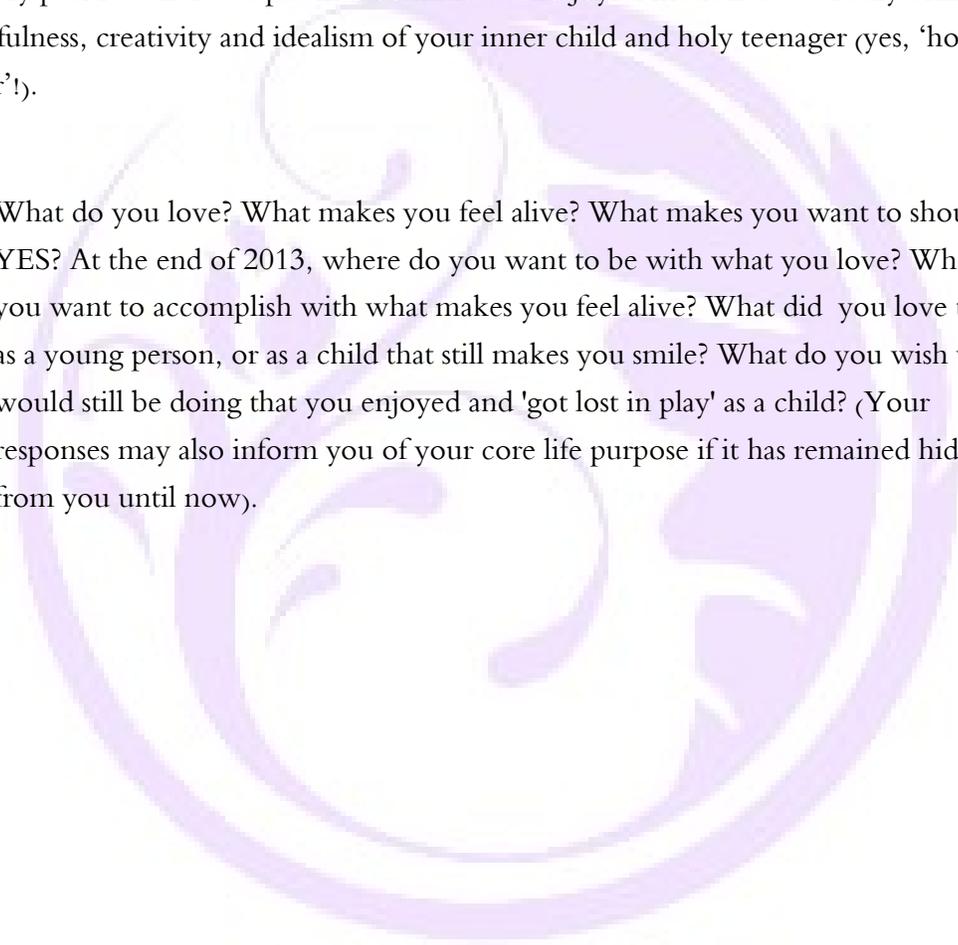
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3. What needs forgiveness? What 'platform' does your forgiveness offer you to stand on to share your joy and purpose with the world?

4. What talents, skills and dreams do you need to give voice and design to that you have been wasting away?



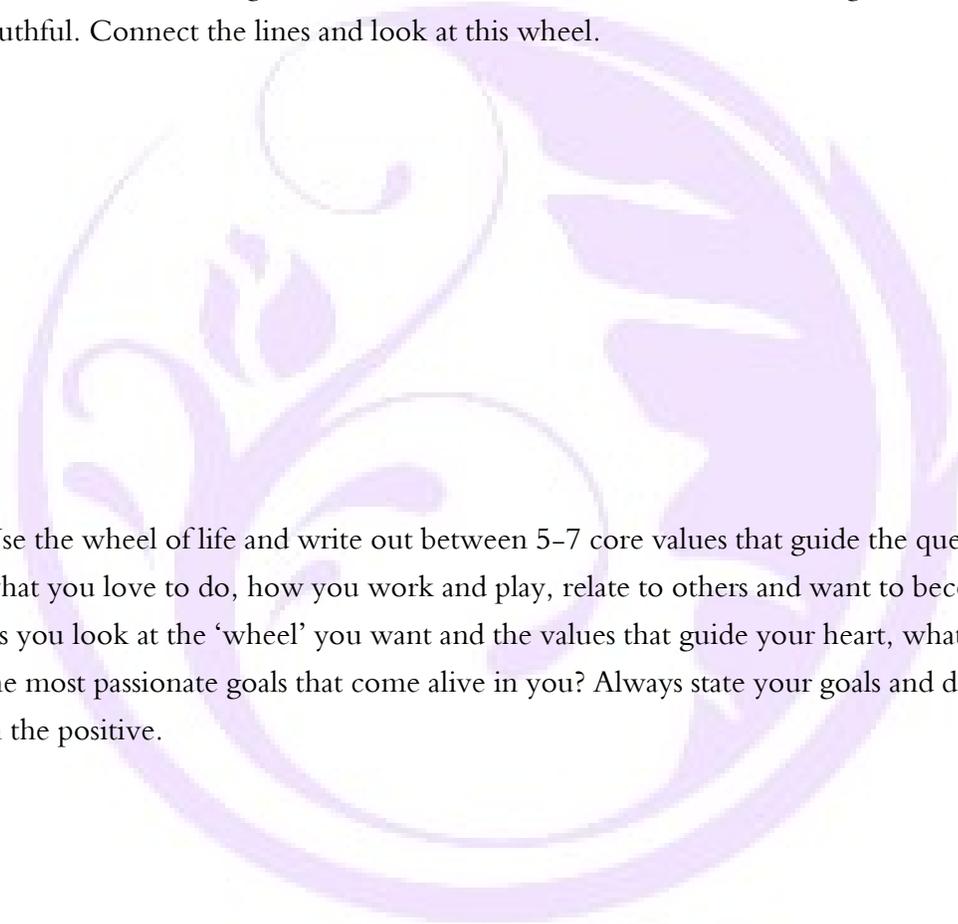
Be ‘Right with the Light’: Where I want/dream to be at the end of 2013 (my Point B)?

I invite you to dream and imagine beyond where you have ever done before. Remember it is a new time, with new opportunities and innovations for sustainability that open a path of new possibility. Our patience and work to arrive at this time will earn our good fortune with every positive effort we put into committed and joyful motion. So...really bring out the playfulness, creativity and idealism of your inner child and holy teenager (yes, ‘holy teenager’!).

1. What do you love? What makes you feel alive? What makes you want to shout YES? At the end of 2013, where do you want to be with what you love? What do you want to accomplish with what makes you feel alive? What did you love to do as a young person, or as a child that still makes you smile? What do you wish you would still be doing that you enjoyed and 'got lost in play' as a child? (Your responses may also inform you of your core life purpose if it has remained hidden from you until now).
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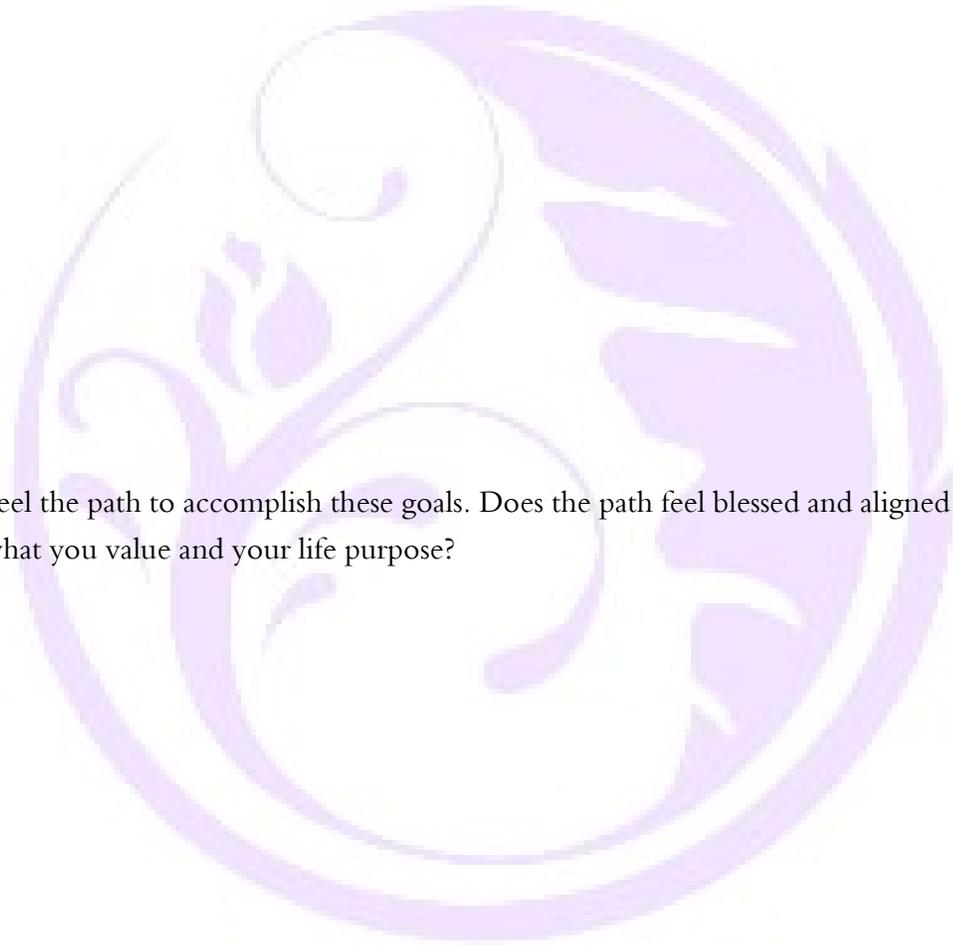


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2. Remember that Point B cannot make you more lovable. You already are! What do you want to do or create when you have clear confidence that you are lovable? Let the flow of your **Higher Presence and Power** awaken what is true and would make you 'silly happy'. If you can't imagine it, pretend that you can imagine such an inner sense of being loved. Use the Wheel of Life and open your heart. Take another coloured pen and indicate what level of satisfaction (10 being highest) you would like to be living at the end of 2013. Don't hold back. Be courageous. Be truthful. Connect the lines and look at this wheel.

3. Use the wheel of life and write out between 5-7 core values that guide the quest for what you love to do, how you work and play, relate to others and want to become. As you look at the 'wheel' you want and the values that guide your heart, what are the most passionate goals that come alive in you? Always state your goals and desires in the positive.
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4. Feel the outcome of your goals. Will these outcomes feel like a blessing to you? Is the 'new wheel' more valuable to you than what you have now? Is it worth the resources you will need to manifest this goal? Is it that big of a blessing?

5. Feel the path to accomplish these goals. Does the path feel blessed and aligned with what you value and your life purpose?



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6. Why do you value these goals and this self transformation? What does this accomplishment give you that you cannot live without? What integrity are you negating or compromising if you disregard the actions to follow through and manifest them?



Discerning the Wisdom of your Resistance

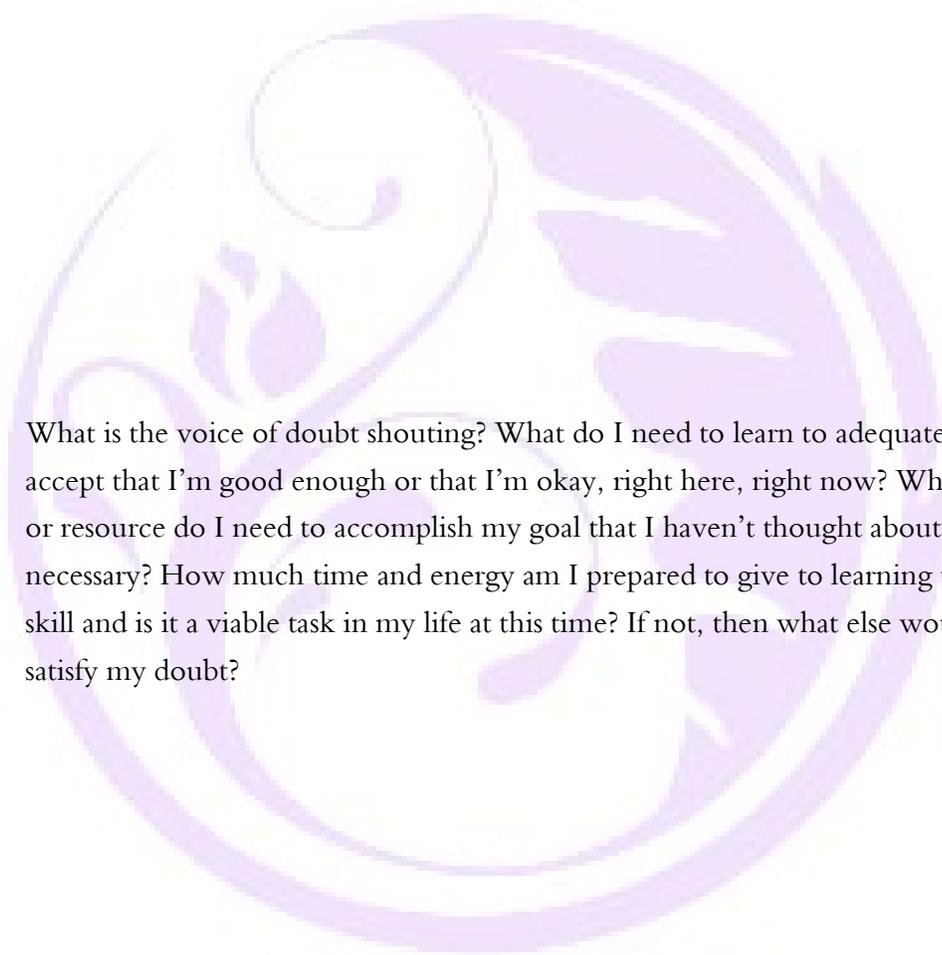
Doubt and resistance often show up hours after the enthusiasm of a new way to be or achieve one's purpose begins. However, doubt and resistance can be turned into wisdom and curiosity if we approach these inner obstacles with love and mindfulness. When we resist, some part of our consciousness is expressing an objection. When we have doubts, some part of us is communicating that we need to learn something more than our present basket of knowledge. Getting curious and seeking out the inner wisdom will help us more efficiently and elegantly reach our goals!!

1. As you look at the goals and the commitments to Point B, what resistance is emerging into specific can't, won't, not able? Is there any part of you objecting to pursuing this goal? What is the objection? What is this resistance meant to protect? Notice any gaps or variances that become more clear in this visual representation on the wheel between where you are and where you want to go in 2013. Listen with open heart, with curiosity and with loving kindness toward yourself. These aspects of yourself hold a valuable job of keeping you safe and healthy.
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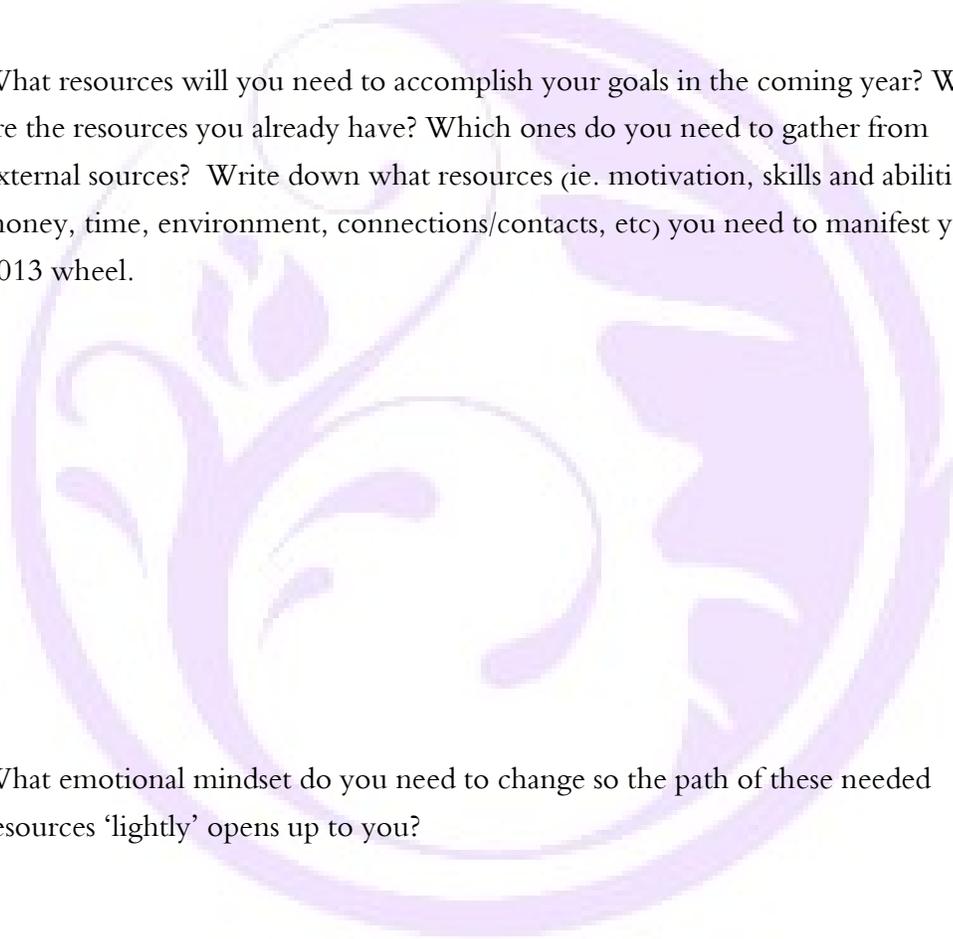
2. Ask 'what would satisfy my objection'? What would assure my resistance that I will be safe and healthy with this goal and the path to manifesting this goal? What is the love that must be sustained for the objection or resistance to dissipate?

3. What is the voice of doubt shouting? What do I need to learn to adequately accept that I'm good enough or that I'm okay, right here, right now? What skill or resource do I need to accomplish my goal that I haven't thought about as necessary? How much time and energy am I prepared to give to learning this skill and is it a viable task in my life at this time? If not, then what else would satisfy my doubt?



Gathering the Resources

Resources are all the things and motivations we need to manifest our dreams and set as a goal at point B (in this case the design of 2013). Resources include skills, talents, money, connections/contacts, our motivations (from the spiritual to the emotional to the economic), environment, supports, guidance, our wisdom, and even our spiritual practice.

1. What resources will you need to accomplish your goals in the coming year? What are the resources you already have? Which ones do you need to gather from external sources? Write down what resources (ie. motivation, skills and abilities, money, time, environment, connections/contacts, etc) you need to manifest your 2013 wheel.
 2. What emotional mindset do you need to change so the path of these needed resources 'lightly' opens up to you?
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3. What strategies from any successes in 2012 or previous can you confidently apply to your goals for 2013?

4. Who do you know who believes in you at least over 80% who will hold you compassionately accountable to the action plan of what you say you are committing to do?

5. What do you need to stop doing now, so that you have the energy and health to focus on your manifesting your life of 2013?



Creating the Joyful and Simple Action Plan

The *Action Plan* is the place where we create our strategies. *Strategies* are the backbone of how we plan to get from point A to point B. All the previous work we have been doing has been focusing on what we want, why we want it, and the meaning or purpose it fulfills in manifesting what we design.

In this next section we look at the ‘how’. What is brilliant about the ‘how’ is that we can hold it very ‘lightly’ (just like our goals) because funny things occur in life—the strange and unexpected can and often does happen. To account for the unexpected, multiple strategies are needed as well as a flexible approach that makes us nimble should the tides change (yet again!).

Engineering the Strategies

Have a physical space that is big enough where you can actually *step out* the entire year. Take at least 3 steps between intervals of engineering. Chunk down 2013 – only look at 3 month intervals at each step.

1. Step into December 2013 and feel and visualize everything you are doing in the success of living the goals you have identified above. What are you doing exactly? What is happening around you? In your relationships? With your body/health? What is going on financially? (If you can’t visualize, then pretend that you can imagine yourself visualizing how you feel and what you are doing 12 months from now!). Write it down. What resources are you tapping into and using?



2. Step back from 12 months into 9 months from now. Observe and pay attention to everything you are doing that got you to the 12 month goals and success. Write everything down as you repeat asking and answering the questions of December 2013.

3. Step back from 9 months and into 6 months from now. Observe and pay attention to everything you are doing here at 6 months that got you to where you were at 9 months. Pay attention to details, feelings, mindset, and actions. Write it all down.

4. Step back from 6 months into 3 months and repeat.

5. Step back from 3 months to 2 months and repeat.

6. Step back from 2 months to 1 month and repeat.

7. Step back from 1 month into 2 weeks and repeat.

8. Step back from 2 weeks into 1 week and repeat.

9. Step back from 1 week into 3 days from now and repeat.

10. Step back from 3 days and into today – what are you doing and where do you start?

Additional Notes

1. It is often valuable to have multiple strategies to fulfil your goals. Although you can engineer just one strategy, throughout the year you may need to come up with another strategy. At any time, you can re-think a new strategy as new obstacles and life unfolding arises. Be confident that if you can imagine and engineer one strategy, your inner creative essence/mind can also imagine another path.
 2. Have people who really believe in you help you along the way. We have communities that surround us. We need to tap into this community, even if we don't think they are there. We often just need to ask!
 3. Find yourself a mentor, whether historical or present-day, in a Life Coach or author, but get a mentor. Write out or use sticky notes and remind yourself of key points that motivate your inner heart and being to take next steps ... baby steps are great steps to take. They also lead to success.
 4. If traumas and persistent grief or anxieties get in the way, find a professional to help you find resolution with gentleness and efficiency. There are many strategies that work to help us live our potential regardless of what has happened to us. The power of prayer and gratitude lists can work like miracles as a place to begin.
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Blessing the Coming Year

Once you are finished this dreaming, discovering and designing of 2013, offer a prayer of gratitude and thanksgiving for all the inspirations and divine guidance that arose in your creative contemplation and pondering. A grateful heart is an open and confident and engaging heart. For example:

A Prayer of Thankfulness

For today, I am grateful

For tomorrow, I am hopeful

For my life, I am blessed

I thank my ancestors for their labors and survival

I thank my contemporaries for their companionship

I thank my descendants for carrying me with them

For today . . . I do my best in all things

For tomorrow . . . I honor and heal the environment

For my life . . . I work to be a healthy cell in the body of the Universe

I honor the journey of my life with conscious living

and honor the lives of all I meet and those I will never know.

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A Simple Prayer of Thanks

*I am grateful for my family and friends,
a job to earn my keep, and the health to do it,
and opportunities and the lessons I've learned.
Let me never lose sight of the simple blessings
that form the fabric and foundation of my life,
I am blessed, yesterday, today and tomorrow.*

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References that helped in the creation of this workbook:

Core Elements of the Appreciative Way. By Rob Voyle and Kim Voyle. Appreciative Way, www.clergyleadershipinstitute.com.

- Thank you for your inspiration in creating and focusing what is life-giving, affirming and filled with hope and light

Institute of Life Coaching.

- Thanks for the Wheel of Life Mandala

*This workbook has been lovingly compiled to facilitate your journey of stepping into a more Joy-Full life. As always, I am available to offer support and assistance as you work through this process. As a thank you for purchasing this working guide, I joyfully offer you a **15 minute complimentary coaching session** to help make 2013 all that it can be. I applaud your courage in dreaming, designing and ultimately living a more authentic You.*

Always remember that you are worth it!

Blessings,

Shirley Lynn Martin



Feathers,
Rainbows & Roses
WISDOM'S WAY TO PEACE

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