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**This is an excerpt from:**



# FIND YOUR MISSION!

A LIFE CHANGING COACHING EXPERIENCE

## **The process**

**The 13 powerful benefits,**

**resulting from the recognition and living of your "Mission on Earth"**

Now let us look together at the 13 benefits or beauties that people have reported receiving as they have come to know and live according to their mission.

These benefits cannot be viewed separately from one another. They are interdependent and have numerous interconnections. It's best to think of them as being strung together on a string of pearls. There may be one or two of them that you would like to receive for yourself. Let's start by choosing 3-4 qualities that you *most* want to manifest through this "mission" process. As you look at your list each week, you will be surprised at how these qualities almost magically appear in your life.

In fact, it's not magical at all. it's just a clear example of the power of intention, attention, and



**the universal law of attraction, which states that we attract into our lives that to which we direct our attention and intention.**

**So what happens in the life of a person who becomes aware of his mission and begins to live according to it? Let's look at the string of pearls - truly, it is one!**

## **1. Focus**

**When you clearly know the purpose of your life, this circumstance becomes a truth-telling mechanism that allows you to focus more on what really matters to you. Many people have reported that this is one of the most valuable benefits that comes from the "mission" process, especially once they began to use their life's purpose as a tool to decide what to invest their time, money, energy and talents in.**

**The other side of the coin is that a life that is far from purpose is unfocused and fragmented, like a boat without a rudder. If you do not know the purpose of your life, your life tends to be tossed wildly by life's circumstances. When you wake up "on mission" in the morning, your day prioritizes itself - and it prioritizes itself emotionally | energetically, not according to rules, roles and obligations.**

## **2. Passion/ Fire**

**For many people, the process of clarifying their mission becomes the key to awakening their passion for life itself. Their passion, their enthusiasm then becomes the "gasoline" that drives them to express their life's mission, often in extraordinary ways and far beyond what they would ever have suspected in the life they had led up to that point. A life "off mission" is often without any fire. The experience can feel a bit like watching the movie "Pleasantville." At the beginning of the movie, everyone in "Pleasantville" lives a boring black and white life, but as time went on, they began to go into their passion and learned that life is a can be a multicolored beautiful experience, enriched with numerous passionate moments. The one who has regained his or her fire and enthusiasm is also no longer usable for economic and social processes that could require him or her to be**



for false values - a major factor in burnout, by the way.

### **3. Being Unstoppable**

People who live their mission become unstoppable, especially if they remain faithful to their mission and increasingly allow it to shape their lives. Nevertheless, mission-oriented people are not viewpoint-fixated or opinionated. They have already gained awareness of the fact that most of the time it is not even necessary to move through life as a bull in the flesh, ramming through everything that gets in their way. A more appropriate image is rather water breaking its way through cracks. Or flowers and grasses growing through the asphalt floor in the middle of the city.

People without clarity about their life's mission often feel stopped or stuck in their lives, which is hardly surprising, because they have not yet lived their passion or have lived it to a very small extent, and so they are like a high-tuned car without gasoline or with the handbrake on. Unstoppability means that the inner compass or outer lighthouse that comes with knowing one's mission is stronger at any moment than any forms of bias, fears, self-doubt or critical messages from within or without. These may still be there, but they no longer have the power to hold a person back.



## 4. Fulfillment

**Fulfillment and being happy belong together. Whereas happiness without fulfillment is not possible. Fulfillment without happiness, however, is.**

**How can this be?**

**Fulfillment comes to you from the fact that you are exactly what you are in your highest potential, expressing it more and more every day, and your life is more and more an obvious expression of it. You know your exact mix of gifts, talents, abilities, idiosyncrasies and inclinations, know your niche, your place that can only be filled by you, and experience more and more every day how you make a significant difference in the lives of other living beings. It may be that your life is more turbulent, you do pioneering work and make yourself unpopular from time to time.... in such moments you are not happy at all... but I guarantee you... once you're there, you wouldn't want to change places with anyone else. Because the *meaning that your life gets, is incomparable.***

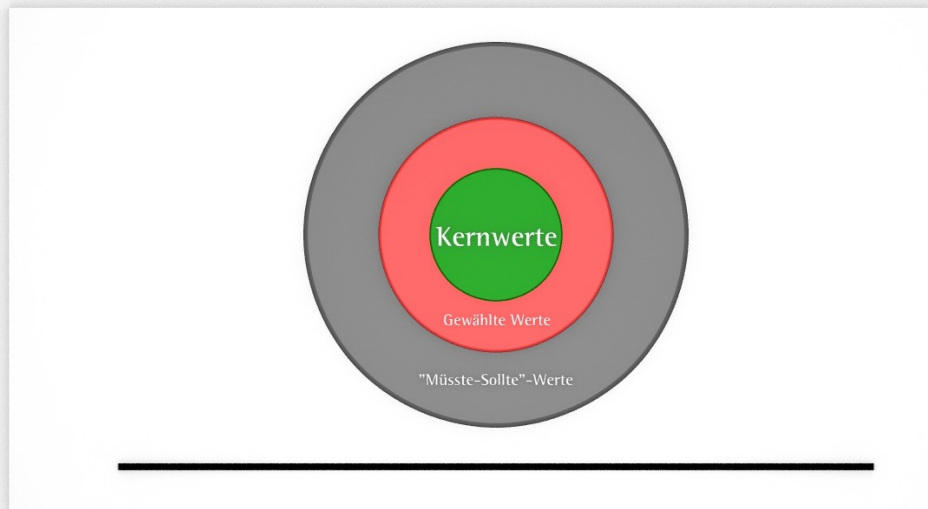
**Living a life where you evenly express your life's mission and allow it to shape your thoughts, your decisions, your feelings and your actions is simply more fulfilling. A life "on mission" is full of real meaning and people "on mission" realize that they *are* making a difference in the world just by being in the world and how they are in the world. Whatever they choose to do in this world to express their life mission is like the cream on the cake. People who live "off mission" also have a life filled with meaning.**

**Unfortunately, the meaning *they* ascribe to life comes from fear, and this keeps them fully engaged in struggle, survival and suffering. Remember the Dalai Lama's phrase: "*Pain is inevitable, suffering is an option*". Knowing your life's purpose is the key to making this important shift and drawing fulfillment from awareness of your meaningfulness.**



## 5. Core Value Orientation

As you dive deeper into the "mission" process, you will find that a very essential ingredient to a person's life mission is their core values, these intangible values that will have a wider and deeper meaning. Our core values are at the heart of all the values we have adopted as the "should values." In this context, just think of three concentric circles.



- ° **Outside: "Should" values = The expectation fulfillers. Function and role basic equipment**
- ° **2nd ring: (Voluntary) Selected values**
- ° **Center: Core values**

People who live far from their mission, i.e. "*off mission*", are often focused on the outer circle of should-values, which can also be described as "keeping up with the so-and-so's". In a lifestyle-based life, the focus is on a certain way of looking at life, a way of looking at life that



we have been taught in the context of what our life should look like. *"If you've got something, you've got something"* - the focus is on achievement and mattering and doing what is expected of us rather than what gives us the most joy, fulfillment, meaning and energy. Should-values help us fill our *roles* - a good father, a good wife, the crack, the hero, the sex bomb, etc. But they also reliably keep us from living up to our potential, our essence as long as we hold on to them.

Anyone who has or knows children knows that they still have excellent contact with their core values. That's where their very natural ethics come from. A child can spend days upset about an injustice, for example. Sometimes it doesn't really matter whether it happened to them or to a friend. Typically, most lose close contact with their core values at puberty, when "coolness" becomes paramount. When it becomes really important to belong, to know what others think of you and how they feel about your own shoe brand. Very few people regain their core values in the course of time. To be precise: the conscious contact with them. They are often replaced - and subsequently also confused - with the voluntarily chosen values. Someone has read Kant and the categorical imperative and decided to integrate the principle into their own life. Or the Bible becomes the orientation for life conduct. Maybe also Gandhi and his path.

Everything that books, people and teachings inspire us to do, what we want to accept for ourselves from now on and shape our lives accordingly. This is indeed "better" than being stuck with our own life design on the "should-have" values. But they are not yet the core values.

Typically, a person has about a bundle of 5-7. These are the values that make the world "reckon with you" when they are violated. They are so deeply embedded in your soul that ultimately you can't help but express them. They make you grow far beyond yourself and the day will come when protecting and representing them is more important to you than your own life. They make you as vulnerable as you are strong. Martin Luther King once said, *"Anyone who is not willing to die for something does not deserve to live."* He made it true,



unfortunately. A "missioneer," a "missionista," however, is not a martyr but willing to grow far beyond himself or herself for the co-creation of a world worth living in, whatever it costs him or her.

## 6. Fun | Joy of Life

Let's look at it: A life "on mission" is simply a life with far more fun than a life based on fear and "shoulds." People who know their life mission and live by it have a whole new zest for life. They can bring life-sense playfulness to just about any situation and find or create ways to let each day be a reflection of their true joy and purpose.

In the movie: "The Legend of Bagger Vance" there is a sentence that describes this very clearly: "*God is happiest when his children are playing*". Whenever my work feels like drudgery or involves effort - at such moments I know that I have switched from expressing the purpose of my life to something else.

Typically, this "other" is something to do with the should values of the past. We'll examine this in more detail in the next chapter, how the past can shape our lives. People far from their destiny often live by the motto, "*Before success, God put sweat.*" Or, "*Nothing comes from nothing.*"

It doesn't have to be that way. Sure there may be times when you need to be a little more diligent, but that doesn't mean you have to suffer while doing it. If someone lifts weights three times a week as part of their health and fitness routine, the intention behind it is to challenge the muscles through weight lifting so that they get stronger and form. However, this does not mean that the person has to suffer because of it. He has the choice to sweat with joy or complain about how hard and torturous it is or how unfair that he is stuck here in the gym. He can always choose fun and bring joy into his life and so can you.

## 7. Integrity

Our Native American friends have a simple expression for this: "Walk your talk!" Live what you speak.



**In my opinion, a life "on mission" is a life of ultimate integrity. It is a life of wholeness and completeness. People who know their life mission and live it know who they are and why they are here. They live true to their core values and serve themselves and others through the expression of their mission. And they know you are an inspiring role model. Integrity is a Leadership trait. Leadership is an attitude and not tied to a position. And anyone who has once found his or her mission knows how precious that is. As it becomes increasingly sacred to him or her, it is natural not to want to disappoint people by setting an untrustworthy example. In the beginning, integrity, i.e., the highest trustworthiness combined with transparency, is an imperative, a requirement, a demand on oneself. Over time, it becomes a need. Not to have integrity would be tantamount to self-harm.**

**People who live "off mission" and thus also to a certain extent "out of integrity" have simply not yet found each other. Until now. Which does not mean that there is anything wrong with them, there is just something missing. Namely, having awareness of their mission. That's why the "Find your Mission!" process was created - to equip people with tools to bring this valuable and missing ingredient into their lives.**

## **8. Trust | Confidence**

**As people crystallize their life mission and live according to it, many of them report a surprising increase in synchronicities and the gift of making serendipitous and unexpected discoveries. It is as if the universe is rewarding them for the courage to align their lives with their mission and the unfolding Tao is working toward them.**

**Moreover, trust and confidence deepen as they begin to realize that there really is a greater power outside of themselves in the universe, while at the same time increasingly understanding themselves as an integral part of that power. People who live "off mission" are often very hesitant to (trust) anything they cannot see or touch. Since they are moving out of fear, trust doesn't seem like a very good idea, and often they have more than one good reason**





**not to trust - as many times as they have done so and been hurt in the process.**

**Anyone who has been "On Mission" for a while knows - trust is a choice. I can consciously choose trust with every step into the unknown. Martin Walser said: "The path slides under the feet of the one who walks". Hilde Domin described it this way: "I put one foot in the air and behold - it carried".**

**That is also why it takes courage to live according to one's mission in life.**

**Nowhere in this book, by the way, does it say that a life "on mission" is risk-free - anything but! But I can say, from my own experience and from the experience of many coachees and thousands of people living their mission, that it really is worth the risk - because it is a life of joyful, unfolding adventure - and thus *truly alive*.**

## **9. Grace | Effortlessness**

**According to the dictionary, grace is "the unmerited divine help bestowed upon man..." and people "on mission" often report living a grace-filled life. Once you commit to it, that is, make the commitment for yourself to live true to your purpose, something amazing begins to happen. The universe rearranges itself according to your commitment. Until the moment of binding commitment, there is the possibility of hesitation, withdrawal, ambivalence and ineffectiveness. Taking into account all actions and creative acts, there is an elemental truth. A truth that ignores everything that has already thwarted many ideas and great plans: as soon as someone has *really* made his|her commitment, divine providence or provision takes place. A wide variety of things emerge that would never have emerged otherwise. A stream of events results from this decision, which carries every conceivable form of support, of which nobody would have dared to dream in such a way. I have come to have deep respect for Goethe's saying, "*Whatever you can do or dream, begin it. Boldness carries genius, strength, and magic power.*"**

## **10. Flow**

**Perhaps we can summarize some of the other benefits under this one. People "on mission" live**



**in the flow of the universal stream of consciousness. They allow the present to let take place whatever wants to take place instead of running against it. They allow whatever wants to flow to flow without resistance. They have understood that even if they can never fully understand God's plan or "design" for this universe, it is still possible for them to embody an integral part of that plan.**

**Identifying the true reason you are here alive and then aligning your thoughts, feelings, words and actions according to your purpose makes living in flow possible.**

**I believe that such a life is possible when we bring together the forces of "*doing something*" with the energy of "*allowing to happen what wants to happen*". This represents yin and yang, which together make it possible to live your life every moment out of destiny, regardless of circumstances. In addition, so-called and usual stuck processes are much shorter, as numerous impulses come either from within or from without to carry you back to life.**

## **11. Freedom**

**Freedom comes from the increasing inner realization and the correspondingly unfolding reality in the life of a person who allows his life task to shape his reality, that it is possible to do exclusively what corresponds to one's own inner truth, to follow what one's own inner voice, intuition, the voice of the higher self, the soul tells us. I follow what is true or where the most energy comes from and leave aside what is untrue. Freedom is a natural result of incorruptibility setting in.**

## **12. Peace**

**Peace is a state of mind, an attitude of mind, and arises first and foremost within a person. Peace is a deeply satisfying, fulfilling feeling and is arguably part of the unfolding of a person's highest potential. Most successful people I have personally met carried within them a clearly perceptible degree of peace. Peace is composed of deep acceptance and vivid remembrance of our origins, inspired connection to Source, and the deep knowledge that struggle is unnecessary to achieve our goals and fulfill our desires.**



### **13. Authenticity**

**Undisguised genuineness, openness and truthfulness are always attractive. Most of us are tired of listening to people in whom there is an obvious discrepancy between words and actions. On the contrary, most of us find people attractive in whom we feel: this person embodies lived and not just learned knowledge, he believes and lives what he says and gives outwardly. Authenticity means: I am so much at peace with myself that there is no longer any reason to hide or pretend, to take on a role for the sake of achieving something. Or to manipulate circumstances and other people. I know who I am, agree with it and embody that 1:1 visibly in the world. Thus I can spare myself strategic and political thinking and acting, which ultimately turns me and others into objects.**



## **Exercise 1: Choose the value you want to receive**

From the list above, choose the 4 qualities that get you going the most, that you would be very interested in receiving, and that would make a lasting positive contribution to your life in the now. Write down these preferences along with two or three sentences each about how receiving each of these qualities would make a contribution to your life and what this will look or feel like.

**Example:** *Benefit = fun. When I receive this quality, I can enjoy my life more. I have more fun at work and more time to play with my children. I feel lighter, with less stress and anger. I play with my children and laugh a lot more at my work.*

**Formulate in the present tense!**

## **Exercise 2: The ideal day**

Determine the point in time when the three or four benefits have already taken a firm place in your life and are an everyday reality for you. One year from today, for example. Write this date at the top of the sheet before you begin. Now write in 20 sentences why you are looking forward to today or what was wonderful and fulfilling about today. Describe emotionally as well as what you are doing, with whom and where.

