

MEANINGFUL LIFE * GUIDEBOOK



14 Ways To Awaken & Live
Your Purpose-Driven Life, *NOW!*

WHAT IS YOUR MEANINGFUL LIFE DESIGN?

It is a **map** for creating your passionate, fulfilling life of *meaning and purpose*,

rich with genuine vitality, soulful relationships and making a purposeful contribution to the world.

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“At the center of your being you have the answer, you know who you are and you know what you want.”

LAO TSU

INTRODUCTION

Everyone has a dream for their best life. It is abundant, rich with warm characters, fulfilling engagements and teeming with care, love and joy.

Its prosperity is measured in its giftedness to the village – its ability to be honoring of all people, generative in that it is creative, relevant, and provides

an answer to a specific and unique need in the village that no one else can provide but you.

This dream is available to each of us, and can be awakened at any moment – naturally, spontaneously. It can also be coaxed and invited into your life with clear intentions, ardent focus and an ongoing cultivation of creating a consciousness that manifests the feat of your dream.

Like sculpting a David statue of your life, the process of animating the dream of your life is more like removing the stone fragments that do not belong, while keeping your attention on the prize:

*A passionate and fulfilling life of **meaning** and **purpose**,
rich with genuine vitality, soulful relationships and
making a purposeful contribution to the world.*

In Malidoma Some's West African Village – as in many Indigenous Cultures from around the world – when a woman first discovers that she is pregnant,

the local Shaman “interviews” the fetus to inquire and discover what the “Cargo” or “Dream of the Life” is so that the village can prepare itself for its arrival.

And why would they be concerned about this “Dream”? The dream is for the benefit of the village – to make the fabric of the village stronger through medicine, education, a certain talented-ness or skill in communication – and to ensure that the individual’s uniqueness is fully expressed and is strong ...

“Individuality, not individualism, is the cornerstone of community. Individuality is synonymous with uniqueness. This means that a person and his or her unique gifts are irreplaceable. The community loves to see all of its inhabitants flourish and function at optimum potential. In fact, a community can flourish and survive only when each member flourishes, living in the full potential of his or her purpose.”

MALIDOMA SOME

"When you have seen the radiance of eternity ... when you follow your bliss, and by bliss I mean the deep sense of being in it and doing what the push is out of your own existence ... doors will open where you would not have thought there were going to be doors."

JOSEPH CAMPBELL



1. EMBRACE CORRECT INTENTIONS

To begin this creative, noble and fulfilling project – reawakening and living The Dream of Your Life - you simply need to decide that this is the right time for you to manifest this dream and answer the call to adventure. Decide in your

heart of hearts & in your mind's eye to open the door to the dream of your life. Assume and imagine that this is the right moment – complete with all the challenges, symptoms, struggles and joys, riches and successes in your present circumstances – to open this fulfilling, abundant and wonderfully challenging door.

In other words, intend and assume - as in the Dalai Lama's and Rumi's Traditions and many other Spiritual Traditions around the world - that everything in your life to date has somehow, conspired and led you to this moment and to this noble project. This is no small thing. You have survived this far, now it is time to thrive, answering the call to your meaningful life.

Your task now is to accept all of your present circumstances and “do as if” this is absolutely true. Decide to begin the journey, your life from here, on the terra firma of this present moment - mobilizing your inner personal agencies.

Simply stated, we must honor the past, trust and take care of the present, and the future will take care of itself. As one of my teachers said, it is the difference between testing the world and trusting the world.

And now with each new day (I suggest first thing in the morning as you awake from your sleep and dreamtime), gradually begin to open this dream door. Explore, observe, clarify and record what you are seeing, hearing, sensing, (think 6 senses) is in behind this door to your dream, your Cargo.

The idea here is that through quiet contemplation, sincere inner questioning (self-inquiry), being childishly curious about, earnestly reflecting upon, and walking briskly with – as well as writing exuberantly about, wild imagining around, accurately painting and sketching particular images of – the dream of your life will gradually come to reveal and unveil itself.

In other words, if we approach this noble project with the intensity of bright florescent lighting, we cannot be surprised if we have little to no results. We need the soft penumbral candlelight and the warm glow and comfort and ease of a fire to sit alongside, so that we can invite and cajole this dream into this, our current reality. It is the subtle approach. The mantras “slower is faster” and “less is more” are relevant here.

But only with correct intentions – one of the most important being that this dream is for “The Highest Good” for everyone involved, including yourself, family and your local and global village. This means that you intend the manifestation of this dream to be of benefit to humanity - and not be harmful in any way, shape or form – to the best of your abilities.

With these intentions and assumptions in mind, you can now settle into this wonderfully imaginative process of creating, manifesting and living the dream of your life.

Enjoy the ride!

1. EMBRACE CORRECT INTENTIONS *EXERCISE*

Write down what your intention is with regards to the dream of your life. For example, “My intention is to not only answer what the dream of my life is, but also to be standing firmly in this new territory and ground within 12 months. This dream of my life is for the purposes of the highest good for all. This dream is inclusive of a passionate and fulfilling life, rich with meaning and prosperity, genuine vitality, soulful relationships and in making a purposeful contribution to the world.”

Then write down, draw, design everything and anything that you feel may be related to the dream of your life, even if you think it is a little farfetched or weird or rascally. In other words, be bold!

Note: Most of us have an inner judge, critic or editor that we can simply acknowledge and honor, suggesting that his or her discerning services will be

Now with these intentions, answer the following questions:

A. What is the dream of your meaningful life design, complete with all its gifts for your community, your relationship dreams and desires and all that you love to do to take really good care of yourself (body, emotion, mind, soul & spirit)?



*"I thank You God [or Creator or Mystery] for
this most amazing day:*

*for the leaping greenly spirits of trees
and a blue true dream of sky;
and for everything which is natural,
which is infinite, which is YES!"*

E. E. CUMMINGS

2. ACKNOWLEDGE AND BE GRATEFUL

Acknowledge that you are where you are today as a result of decisions, reactions and responses that you and people around you have made – some conscious and some not - in the past. It is no small thing that you are still alive, let alone that you are willing to put your attention on the dream of your life!

In other words, begin to reflect, acknowledge and be grateful for everything in your life that has somehow conspired and enabled you to arrive at this very moment in your life.

2. ACKNOWLEDGE AND BE GRATEFUL *EXERCISE*

Each morning for the next 3 weeks, list 3 things that you are grateful for in your life. Begin to appreciate some of the resources, skills and abilities you have utilized in your personal history to create the life that you are living now. Make a list of some of these taken-for-granted resources – both inner and outer - you have employed in your lifetime that have enabled and empowered you to arrive at this moment in your life. Be sure to make mention the people that have been ‘differences-makers’ for you – mentors, teachers, friends, colleges, family members and alike.

WEEK 1

S	M	T	W	T	F	S
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

WEEK 2

S	M	T	W	T	F	S
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

WEEK 3

S	M	T	W	T	F	S
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

*"Whatever does not emerge as
Consciousness, returns as Destiny."*

CARL JUNG

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3. PAY ATTENTION TO YOUR DREAMS

Be on the lookout for images/pictures, recurring preoccupations, synchronicities, and 'signs' in your life that you feel are somehow connected with your intention of the dream of your life. What might these be telling you about your life and your destiny? Do some of these messages repeat themselves?

3. PAY ATTENTION TO YOUR DREAMS *EXERCISE*

A. Climb up the tree of your life, metaphorically speaking, and try to have an objective, 'mind's eye' look at yourself and the context that you find yourself in. Record your observations of the who, what, why, when, and where of your life below:

B. Are there any recurring “positive” dreams or consistent themes that you feel are connected to your intentions?

*“My eyes already touch the sunny hill,
Going far ahead of the road I have begun.
So we are grasped by what we cannot grasp;
It has its inner light, even from a distance -
And it changes us, even if we do not reach it,
Into something else, which hardly sensing it,
we already are,
a gesture waves us on,
answering our own wave,
But what we feel is the wind in our faces.”*

RAINER MARIA RILKE

C. Write, paint, draw or doodle any and all of these below.

WRITING SPACE

DOODLING SPACE

D. Record your insights. What are you noticing? Sometimes we can sense certain things before they happen.



"At the center of your being you have the answer, you know who you are and you know what you want."

LAO TSU



4. VISUALIZE

Everything needs first to be imagined.

4. VISUALIZE *EXERCISE*

Close your eyes. Take three deep relaxing breaths. Begin to see yourself fully living your preferred life of passion, joy, authentic meaning and prosperity.

Notice who is there, take in the landscape, the colors, the smells, the sounds – even the tastes. Notice the activity or activities you are engaging in and the feeling you have participating in these activities.

What else do you notice? What is surprising to you? What is not surprising to do? Who is absent from this image? How is it that you are participating in these activities? What is the overall feeling of this image? Are there mentors and allies present?

Now bring yourself back into your present time and place and open your eyes.

Write the answers to these questions below:

*"There is one thing you must do in this world that you must never forget to do.
If you forget everything else and not this, there is nothing to worry about.
But if you remember everything else and Forget this, you will have done nothing with your life.
It is as if you are a king and queen sent to some country to perform a task and you perform a hundred other services,
but not the one you were sent to do.
Human beings come to this world to do particular work, that work is the inner purpose and specific to each person.
If you don't do it, it is as if a priceless Indian sword is used to slice rotten meat or a golden bowl used to cook turnips when one filling from the bowl could buy a hundred suitable pots.
It's like a finely tempered knife being nailed to a wall to simply hang things on.
You might say, "Look, I'm using the dagger of my life, I'm busy, I'm not idle."
Hear how ludicrous that sounds.
You might say, "I spend all my energies on lofty*

*enterprises.
I study justice, philosophy, logic and medicine."
Consider why you do these things. For they are only branches of yourself.
Remember now the deep root of your being, the presence of your inner spirit and give yourself to the one who already owns your breath and all your moments.
If you don't, you will be like the man who takes the precious dagger and hammers it into the kitchen wall to hang his drinking gourd upon.
You will be wasting all your valuable keenness and forgetting again your inner dignity and your only purpose."*

RUMI



5. UNCOVER YOUR ULTIMATE CONCERN

Reflect on what it is that you have always been, in one way or another, ruminating and wondering about in this lifetime. Do you wonder about the plight of animals, Nature, children going hungry, old people being forgotten about, species of corn or apples disappearing? This is something that you may know right away or that you take for granted about you, or an old concern that comes back to you like an old friend reappearing as the fog clears about the dream of your life.

"Imagination is everything. It is the preview of life's coming attractions."

ALBERT EINSTEIN

5. UNCOVER YOUR ULTIMATE CONCERN *EXERCISE*

A. Answer the question - What has always been my ultimate concern? - 10 times while taking a deep breath between each answer. Write down your answers – even if you think they are not relevant.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

B. Also, consider and answer these questions: What do you spend your time today being preoccupied with?

C. What are your recurring fantasies, feelings, images, and thoughts about your destiny?

D. What do you imagine the hidden secret message is in these images, feelings and thoughts?

E. What about your recurring symptoms – depressions, stomach ailments, anxiety, compulsions and the like? What might these be suggesting to you about the dream of your life? In other words, through this self-inquiry process, do you sense that your symptoms are somehow inextricably related to the dream of your life? In what way?



"Individuality, not individualism, is the cornerstone of community. Individuality is synonymous with uniqueness. This means that a person and his or her unique gifts are irreplaceable. The community loves to see all of its inhabitants flourish and function at optimum potential. In fact, a community can flourish and survive only when each member flourishes, living in the full potential of his or her purpose."

MALIDOMA SOME

6. ASK YOUR FAMILY AND FRIENDS

What do they think your gifts in this lifetime are? Sometimes family – as wonderfully challenging and annoying as they can be - can also be excruciatingly accurate and specific about who you are and where your talents lie. Also ask them what the qualities and characteristics are that are unique to you and no one else.

It could be something as simple as “no one bakes as well as Johnny” [Suggested Unique Qualities: there is dexterity and intelligence in his hands or he is great at following instructions]; or “She has always looked after and mothered her brothers” [Suggested Unique Qualities: a healthy mothering instinct or a strong nurturing quality]; or “when Sally wants something, lookout, because she will not stop until she gets it” [Suggested Unique Qualities: tenaciousness, driven, or really focused]. All of these are your assets and resources that we want to punctuate and remember as we gradually remember our dream for this lifetime.

6. ASK YOUR FAMILY AND FRIENDS *EXERCISE*

A. As you spend time with family and friends, begin to inquire about the dream of your life. Write and reflect on all the answers that you get. Who do they think you are? Where would they say your assets, talents and gifts are?

B. Are there any similarities or particular themes that are showing up?

*"You must give birth to your images,
For they are the future,
Waiting to be born.
Fear not the strangeness
That you feel,
The future must enter you long before it happens."*

RAINER MARIA RILKE



7. MAKE A COLLAGE

Put your intentions in concrete form: Create a literal vision of all that you sense, feel or think is included in the dream of your life. Give yourself permission to dream a little. Participate fully without restricting or limiting yourself. I was taught that you always keep your vision exalted (full, complete, abundant and 'heart/to be' focused) and you always keep your feet on the

ground (concrete action plans, goals, next steps, 'mind/to do' focused). The how (the 'feet on the ground' portion) comes a little later in the list. For this section, simply trust your instincts and play. Don't worry, for all the getting-things-done worker bees in us, there is plenty of earnest and attentive work that will come later.

7. MAKE A COLLAGE *EXERCISE*

For now, set logic and reason aside and give yourself plenty of permission to dream a little (or, a lot!). Simply relax into a playful and creative attitude and create a collage. For collaging guidelines [Collage-Making steps 1-5], send me an email at michael@meaningfullifedesign.com.

“Until one is committed there is hesitancy, a chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless of ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in ones favor all manner of unseen incidents, meetings and material assistance which no man could have dreamt would have come his way.

Whatever you can do or dream you can, begin it.

Boldness has genius, power and magic.”

GOETHE



8. COMMIT

Once you have sincerely decided that this is the right time for you to answer your dream, embrace it with all your heart. Be willing to follow wherever it takes you. Trust it and, as you lean in to it with your heart and soul, be willing to be challenged by it also.

8. COMMIT *EXERCISE*

Now, write your commitment to yourself to follow your intention to answer your dream for a passionate and fulfilling life of meaning and purpose, rich with genuine vitality, soulful relationships and purposeful contribution to the world.

Do this whether or not you know exactly all the particular details of what the dream of your life is. For example, your statement might read something like this:

“Today _____(date), I _____(your name), commit to answering the dream of my life - that is reflected on my collage – and manifesting the feat of this dream within the next 12 months.”

From here, ask yourself the question “What is the very next step I need to take to affirm out loud my commitment to the ongoing stewardship of this dream of mine into manifestation?”

For example, you might need to read this commitment out loud to your significant other, a close friend or mentor. The long and short of it is, this needs to be witnessed as a commitment by someone outside of yourself. Think of a marriage ceremony: everyone present is witnessing the couple's commitment to each other. This witnessing has tremendous blessing, power and potency in it.

Write your commitment below:



9. EMBRACE THE MYSTERY

Sometimes walking with a little “I don’t know” attitude can inject just the right amount of a reflective pause in your life that it opens and allows for something new, mysterious and refreshing to emerge.

Synchronicities can bring wonderful people, resources and chance happenings that can make all the difference in the world to the dream of your life.

Being vigilant and earnest on a daily basis with concrete action steps is vitally important in the ongoing manifestation of your dream. But so is a pause, taking a step back, correcting the course of your life when necessary. Your deep connection to this dream of yours, and the reciprocal endorsement of this dream with the mysterious universe needs to be nurtured and responded to regularly.

In other words, receiving help and support through what quantum physicists now call the Law of Attraction, is simply better facilitated allowing the golden strings of your destiny's dream to show up.

And you cannot allow this mysterious force (the law of attraction is like the law of gravity, or the law of electricity – it simply exists) to work for and with you if you insist that you are to do all the work! We all have learned to work with

gravity and electricity (and hard work). Now we need to remember there is some learning to do with this law of attraction and receiving.

In other words, you are opening a door in this process, do not then stand in that same doorway and block what needs to arrive on its own time.

9. EMBRACE THE MYSTERY

EXERCISE

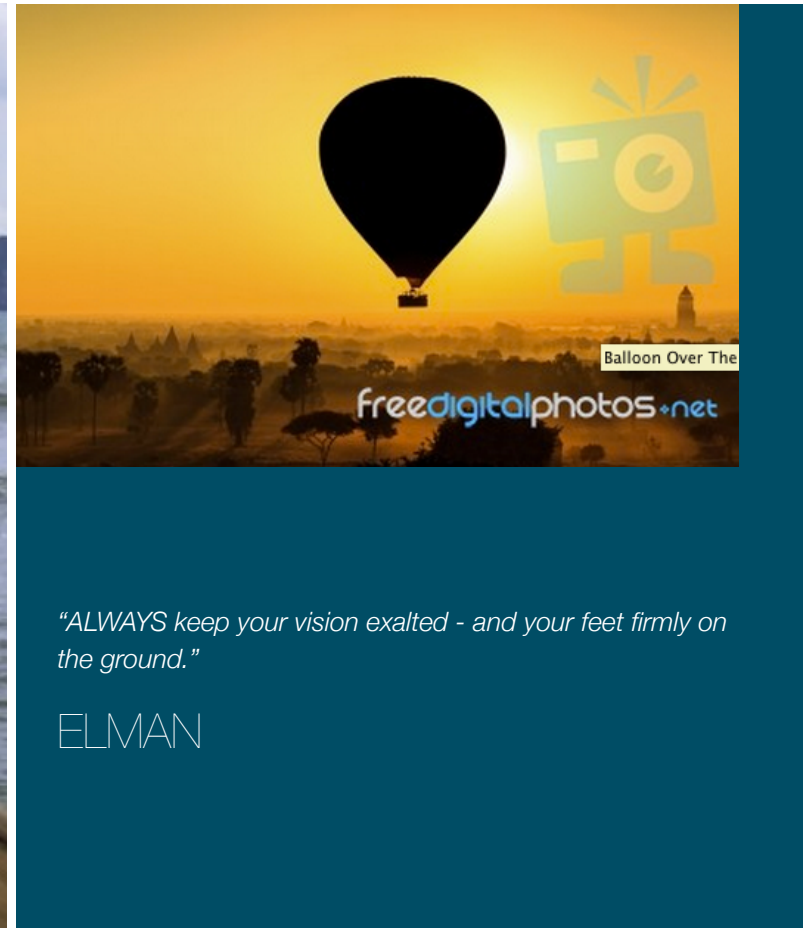
Ask and pray for guidance – whatever the fashion of your prayer looks like. Also, do anything but what you have always done - you must switch gears.

On a scale of 1 to 10, with 1 as hopeless with receiving, and 10 as very good at receiving, rate yourself. Where are you in this moment?

Are there some areas in your life that you are very good at receiving and some not so good at receiving? Identify these areas below.

What is it – in terms of inner or outer resources - that allows for you to receive in one area and not in another?

Can you see yourself utilizing these inner and outer resources for the purposes of manifesting this dream of your life? If so – how?



"ALWAYS keep your vision exalted - and your feet firmly on the ground."

ELMAN

10. FOSTER AND FOLLOW YOUR INTUITION

Being mindful, tracking and following your intuition, like a ship captain following the inner compass of your meaningful life design, intention and directive to answer the dream of your life. Your 'true north' - is vitally important to honor. In fact, it is one of the keys to the success of this project.

Begin to deepen your trust in what you know to be true in your gut or heart of hearts. If you sense that this inner directive is somehow related to your intention, instead of testing it, follow it. See what happens. Be truly curious and scientific with your observations and conclusions. For example, when you follow your instincts, do you sense that you are closer to the dream of your life? And conversely, when you do ignore this sixth sense, does the dream leave? Remember that there is a big difference in testing the world and trusting the world.

Moving your life toward trust is your business now, and for a lot of people it is the difference-maker in terms of manifesting the dream of their lives.

10. FOSTER AND FOLLOW YOUR INTUITION *EXERCISE*

A couple of mornings or evenings each week, spend 20 - 30 minutes contemplating these two questions that make up the dream of your life:

A. Who am I really?

B. What do I really, really want?



11. EMPLOY THE LAW OF ATTRACTION AND POSITIVE EMOTIONS

What is The Law of Attraction?

Simply stated: You attract into your life whatever you put your attention on, either positive or negative.

11. EMPLOY THE LAW OF ATTRACTION AND POSITIVE EMOTIONS *EXERCISE*

There are 5 steps to the Law of Attraction –they are:

1. Identify your desire/beauty/destination/want.
2. Set clear intention about what you desire in your career, vocation, avocation, relationship or health sections of your life.

3. Give your desire attention and energy creating a Desire Statement – this creates a tremendous amount of positive energy and attention behind your desires.
4. Allow your desire to show up in your life.
5. If there is a block, identify what limiting belief needs to be transformed first to manifest your dream.

Step One: Identify your desire

A. What is your desire? Choose one area of your life that is deficient or that you would like to improve. There are three main areas to our lives: health, relationships and career (vocation, avocation).

Write a few areas in your life that you desire to address and then choose one – the one with the most energy:

B. List contrasts of “do’s and don’ts.”

Sometimes making a list of all of what we do not want in this particular area of our lives, and then examining the list, it can reveal what it is that we really do want.

Three steps to help you get clear on what you “do and don’t” want:

Step 1: List all the things you don’t want in this area of desire below (LIST A); (come back later and do 50-100 “don’ts”)

Examples: “I don’t want to be poor.” Or, “I never win anything,” or “Money never comes easy to me.”

Step 2: So what do I want? Make a list what you do want and desire below (LIST B) (come back later and do 50-100 “dos”)

Step 3: Cross out everything in List A from step one.

Step Two: Set clear intention

Set a clear intention in time and space with integrity and infuse it with healing, peace and well being energy for everyone. Think “highest good for all”

For example: “My intention is to create prosperity in my life in honorable ways for the benefit of myself, my family and community.”

Write your intention. “My intention is_____

Step Three: Give your desire attention, positive energy and focus by creating a *Desire Statement*

There are three parts to a Desire Statement: the opening, the main body and the closing.

1) Write your opening statement below:

“I am in the process of attracting all that I need to know, do and have to attract my

2) Write the main body of your desire statement.

Examples: “I always have an abundance of money” And “I win prizes, receive gifts and many free things come to me” And “Money and my relationship to it feels good.”

Also, include statements like “I love knowing...; I am excited about...; I feel an abundance of...; more and more I receive...; I love seeing...”

3) Write the closing part of the desire statement.

Examples: "The law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desired ideal financial situation."

"The law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desired

Now, write out your whole Desire Statement complete with the opening, middle and closing sections below.

Read this statement every morning to give you a reminder of your intentions, and desires - and to raise the energy and vibrations to a level that reminds the universe of your willingness and open-hearted-ness regarding this dream of yours.

Step Four: Allowing your desire to show up in your life

Be patient now with your desires and begin to trust the universe to orchestrate your desired results. Now that you have opened the door to your dream, do not stand in it and block what probably needs time and energy to coordinate. In other words, do not be like the young farmer, who was constantly tugging on his new corn shoots to see if anything was growing. Remember, as we've said before, there is a big difference between trusting the universe and testing the universe.

Step Five: Transform any limiting beliefs

If you are still blocked, there may be underlying limiting beliefs that are not allowing you to proceed. These beliefs may have originally been created by you or picked up from your family or culture. Originally, they may have formed to protect you, but now have become limiting. Just becoming aware of these limiting beliefs can be healing in and of itself, but to transform deeper beliefs, it is helpful to get some assistance from a trained mentor.



*"When you do things from your soul,
you feel a river moving in you, a joy.
When actions come from another section, the feeling disappears"*
RUMI

Sunset Stock Photo



12. TAKE ACTION

What is your next step? The next step on your journey is the one in front of you. Don't be shy – you are in great company – Plato, Einstein and Picasso all dared to take one step towards the dream that had been nudging them since they were kids. We must simply start.

This is an important part of the creative process and needs to be handled with care, diligence and discipline. If this step cannot be accomplished – for any number of reasons - then hire a Meaningful Life Design Mentor to support you in the process.

12. TAKE ACTION *EXERCISE*

Now translate your collage into long, medium and short-term goals. Break down the short-term goals further into steps, calls, meetings and strategies for the next week and transfer them into your daily calendar.

Long term goals: Long term goals are the 5 to 10 year plans and goals that can be achieved with careful planning, focus and keep the main themes. Begin to identify these long-term goals here and also in your dream journal.

Medium term goals: Medium term goals are the objectives that need to be completed in the next one to three years. Write out your medium term goals here and also in your journal.

Short term goals: Short-term goals are the most immediate next steps. These are the calls, the meetings, the to-do list of today, tomorrow and this month that keep you on track with your overall long-term objectives.

Initial Steps

Initial Strategies

Initial Calls

Initial Meetings

*"Follow your bliss. Find where it is,
and don't be afraid to follow it"*

JOSEPH CAMPBELL



13. FOCUS YOUR ATTENTION

Your attention is your life. If your attention is on the dream of your life – and all the requisite actions, people and experiences that are necessary to attract and create the manifestation of your dream - it will become bigger in your life, more present, more real and deeply grounded in this world.

In other words, your attention will put the feet on the dream of your life and find the terra firma in this world for its deepest manifestation.

If you continue to focus your attention on everything else in your life but this dream, you cannot be surprised then that the very feet of your dream – which are required to birth this dream into your current reality - will not sprout and grow from the ground.

Furthermore, you will not be able to discover this new territory that this dream is insisting that you stand in and on. And your voice will not have its full capacity to be genuine, and a lot of the people around you will be constantly questioning and skeptical of your natural authority.

13. FOCUS YOUR ATTENTION

EXERCISE

You must tend this dream as you would tend a fire, being attentive to its needs and requirements. Sparks fly, logs are required, and sometimes you need to “nurse it” so as to contain it so that it does not spit everywhere and overwhelm you.

So answer honestly - At this moment in your life, do you have the capacity to focus and attend to the dream of your life? If so, what is realistic in terms of time, energy, and attention for you to be able to put your attention on this dream in any given day? In other words, do you realistically - with all of your other previous commitments and responsibilities in your life – have half an hour a day - or one hour? Or do you have four hours?

You don't want to set yourself up for failure by being overly enthusiastic at the beginning of this noble project ["YOU" in full JOY!] and then getting discouraged later on as you simply do not have two hours a day for this dream at this moment in your life. This September might be a better time to start, for example, and 15 minutes a day may be the best you can do at the moment.

One of the keys to manifesting this dream is to be realistic about your time while still honoring your intention and commitment to the dream of your life.

Think friendship between all aspects of your life.

If you are fighting with yourself too much about the old and new life, it defeats the whole purpose and your intention for peace, contentment and joy will not be the end result – let alone the beginning!

Remember, how you travel will determine the degree and quality of your destination and arrival. In other words, with this path towards the dream of your life, it is not so much the path to peace, contentment and joy, as it is that path of peace, contentment and joy that is the Way.



*"This now. Now is.
Don't postpone till then.
Spend the spark of iron on stone.
Sit at the head of the table,
Dip your spoon in the bowl.
Seat yourself next to your joy
And have the Awakened Soul pour wine."*

RUMI

14. BE IN THIS NOW

The fuel for this plan is also the NOW!

Although this is a future plan in the sense that these are things you want to manifest that you do not have in your life at this moment, the "means" (the

“how to” of this plan) to bring this dream to you like a magnet is to stand in the collages “feeling of freedom” - NOW! [The law of attraction in action]

The universe works most effectively in the present and it is the mind that works mostly in the past and future; therefore, utilize and harness this universal creative energy, focusing your attention on and in the present.

In other words, this creative process and plan for the manifestation of the Dream Of Your Life becomes activated and mobilized by employing the universes two energies, simultaneously: the “doing” masculine energies of creating a plan and following its goals AND the “being” feminine energies of simply being you while accepting, noticing, and allowing the universe to gently guide you toward your dream that you are already in alignment with, for a balance of being & becoming.

When most of us are filled with joy – and are aligned with our passion, meaning and purpose - we seem to be paddling downstream with both our being and becoming energies at the same time. We have a sense of unity without effort, are automatically harmoniously useful, we feel we belong to one

and many and our love is undivided. We also notice that we are very genuinely sure of ourselves and we have to spend most of our time simply managing our synchronicities.

This is living the life of your dream and that life is very much in the present - in all its brilliance and glory. You simply need to show up for that presence – and your dream – that is always here.

"... if we do act (now), in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."

HOWARD ZINN

14. BE IN THIS NOW *EXERCISE*

What qualities are present in you now?

*"And the highest price you pay for being yourself is de-masking others ... taking the mask off others.
For when they see you naked before them they have no choice but to remove their own mask.
And that is how your light ... that you find within yourself ... creates light for the whole world.
The planet is crying out for you to be yourself.
All species, all plants, all are dependent on
You being who you truly are.
You must be yourself ... always.
And when you have been yourself ... you've known this ... the person closest to you ... they just vibrate with new life.
The animals, the children, the plants ...even your relatives ... shimmer with new energy ... because you're being who you truly are.
It has amazing transformational qualities ... truth"*

ELMAN



CONCLUSION

The Dream Of Your Life – what you truly, madly, deeply, and wholeheartedly want and desire in your life for you and for those you love - a passionate and fulfilling life of **m**eaning **a**nd **p**urpose, rich with genuine vitality, soulful

relationships and making a purposeful contribution to the world - can be delivered to you by following these 14 steps above.

You simply have to get clear on what you want, clearly intend and ask for it. Then genuinely get behind these words and images with actions, and stand in the magnetic, potent feelings, goals and energies of the “whole of that,” NOW!

Final Teaching: If you know that this is the right time and you know that you are reading this guidebook for a reason - and this reading is calling to you to manifest your dream of a passionate and fulfilling life of meaning and prosperity, rich with genuine vitality, soulful relationships and making a purposeful contribution to the world NOW - then here are your next steps:

- 1) Sign up for the FREE upcoming “Gift of Life” or “Meaning And Purpose” talk.
- 2) Sign up for FREE 30 min consultation with Mtk or Dave to discuss “The Dream of Your Life” and The Meaningful Life Design Mentoring Packages.
- 3) Request a FREE 5 Step report on manifesting your dreams through a collage-making process so you can get started right away on manifesting your dream.

- 4) We will keep you posted on our next FREE talk or workshop – usually once every month.
- 5) Lastly, if you know you want to work on getting The Dream of Your Life manifested NOW and want to work with Michael Talbot-Kelly or Dave Wali Waugh, email or call either of us right away and we will schedule you in.

MEET MICHAEL



Michael Talbot-Kelly BPE, MH, MA, RCC

michael@meaningfullifedesign.com

Michael is a Meaningful Life Design Mentor, Registered Wholistic Psychotherapist and Midlife Awakening Specialist, who has degrees in the mind, body and soul. Over the past 25 years, he has worked extensively with clients who have been diagnosed with varying degrees of “dis-ease” from all

walks of life.

Michael's approach to healing - and his ongoing research – is always about bringing new, intelligent, evidence-based “science” [see www.germannewmedicine.ca] into a balanced rhythm with our wholeness, our biology, and our culture's requirements for safety, abundance and care – the “art” part of healing.

Michael is whole-picture, authentic and his attention is always on the details that make a difference, that heal, that achieve results. His perspective fresh, curious and imaginative with actions that are life affirming, compassionate and generative.

Michael is a householder, a father to four beautiful and wise teenage daughters and an earnest advocate of warm-heartedness, hockey and beauty.

"Michael is a miracle!"

C.C., Producer, NYC, USA

"Wholeness and mindfulness are my mantras. My life is an ongoing challenge and full of unexpected rewards. Thank you MTK for helping to unravel the mystery of it all."

W.V., Nurse, Italy

"Michael Talbot Kelly's work stands second to none"

M.K., Doctor, Vancouver, Canada

MEET DAVID



Dave Wali Waugh RPC

dave@meaningfullifedesign.com

Dave is a Meaningful Life Design Mentor, Wholistic Psychotherapist, Midlife Awakening Specialist and Sufi Healer with more than twenty years' experience helping professionals and mid-lifers soulfully navigate the passage to crafting meaningful and prosperous lives.

“Working with Dave is unlike anything I’ve ever done before. Rich, deep, all encompassing, respectful, gentle, allowing and trusting; it’s a journey rather than an intervention.”

E.M., Massage Therapist

“Each session I’ve had with Dave has been transformational. His experience, presence and compassion has allowed me to uncover many gifts and has helped me move forward in my relationships and work. I highly recommend Dave’s sessions!”

K.G., Energy Work Practitioner

Meaningful Life Design *Mentoring Services*

Meaningful Life Design Mentoring Services offers individual mentoring packages to meet your unique needs, based on your particular lifestyle and the requirements of The Dream of your Life.

To learn more about our Meaningful Life Design packages, visit our website at www.meaningfullifedesign.com.