

5 Steps on How to be Happy in Your Work & Find Your Life Purpose and Meaning



THE C.L.E.A.R PATH FORMULA REPORT

5 Steps To Discover Your Life Purpose And Meaning

"Everyone has been made for some particular work, and the desire for that work has been put in every heart." ~ Rumi

Why Is Knowing Your Life Purpose Important?

Most of us have been programmed by the media, TV and internet and by our social surroundings and family upbringing to believe that buying things is bound to make us happy and fulfilled. From the guy at my local newsagent who buys himself a lottery ticket every week in the hope to win lots of money some day to the city worker who works 100 hour weeks in the hope to climb the career ladder to get a better salary, there seems to be an insatiable desire to have lots of money to buy lots of expensive things that is prevalent in the capitalist society we live in today.

But there are those of us who have tasted success and bought expensive things and have realized that the gratification we get from purchasing that new handbag or that latest gadget is short lived. We will soon need to buy the next thing to feel happy and feel the thrill again.

What if I could show you how to achieve sustainable happiness and fulfillment that does not come from money or the need to have and buy expensive things. True happiness

and fulfillment comes from within oneself. It is generated in the heart by your soul or spirit or whatever you choose to call that being within you that is greater than you and I and all that is.

I will refer to the soul here and you can replace this word with a word of your choice that resonates the best with you. Your soul contains the very essence of who you are, why you were born and what life path you are to follow for your ultimate happiness and fulfillment during your time here on earth. We are all spiritual beings living a human experience at this point in time. Our souls contain the information about our true life's purpose which is the key to our fulfillment and happiness.

Knowing your life purpose will unlock within you your true potential, your soul gifts which some would call your natural talents. Most importantly, if you know and follow your life purpose you will open yourself up to possibilities and opportunities you never would think possible through synchronicities and coincidences.

As your soul steers you to the path of your life purpose you start to receive inner guidance that influences your choices so that you may end up in the right place for the right opportunity to present itself to you at the right time. Have you ever experienced such synchronicities or coincidences in your lifetime?

Have you ever noticed how sometimes due to a set of events everything just falls into place. I have a number of married friends and many of them have told me their stories of how they met their partners. I couldn't help but notice a common theme in all their stories.

Let me give an example of my friend, let's call her Sarah, who said that she was invited to a party one night, very randomly. She was not planning to go but something inside of her urged her to just suck it up, get dressed and go. She was not expecting to meet anyone or even have fun at this party. That was the night she met her now husband who happened to be at the same party. Random coincidence? What if she never went to that party? She would have missed out on the love of her life. But somehow they both ended up at the same place at the same time during a time in their lives when they were both single.

Such synchronicities occur when your soul is in charge of our growth and evolution and guides you to have the experiences in your life that you will learn from the most be it a pleasant or unpleasant life experience. It is important to note here that your soul only cares about your learning, growth and evolution along your soul path and less so about your insatiable desires for things you may perceive with your ego mind to bring you the short lived happiness that so many of us hanker after.

So the more aligned your work is to your life purpose, the more success you will achieve with little effort on your part and the synchronicities we discussed above will work to get you what you need at the right time and place. This truly is the secret to success that eludes so many of us.

For those of you who have veered well away from your life's purpose may feel that you have lost your mojo, your passion for life, for your work and you just don't know why. You may feel tired and fatigued for no reason. You may feel joyless. Your relationships may grow stale or even fall apart and your professional life may be unraveling as you feel the creative frustration of not living up to your fullest potential.

As for me, during my own soul journey and search for my life purpose, I experienced pain so great that I felt I could not keep on living. I kept climbing the career ladder up and up thinking that my accomplishments and big salary would increase my self worth. Alas this did not happen. Instead I felt a deep sense of dissatisfaction as my life lacked meaning and purpose.

I was completely oblivious to my soul mission and life's purpose. I was stressed, burnt out and got myself an autoimmune eye condition. I now realise that this was a message from my soul that I was fighting and ignoring the calls of my soul to steer me towards my life purpose. I simply could not see it hence the eye condition denoting blindness,

emotionally and spiritually, as I blatantly ignored my soul's calling.

One of the side effects of knowing your life purpose is that your health is likely to improve and you will feel energized and passionate when you find and start to fulfill your life's purpose. This was for me the biggest benefit of all as I sprung right out of bed every day having spent 6 years of my life pretty much indoors feeling fatigued, lacking in passion and direction in life.

The biggest lesson I have learned during my own journey was that choosing a path or career just because you think it is safe and that it will make you money to keep you secure will eventually be deadly to your soul.

How To Uncover Your Life's Purpose?

So now that we have established that the key to true fulfillment and happiness in your life and what you do with it comes from following the life path aligned with your life's purpose, we need to turn our attention to how to know what your life's purpose is. Our soul holds this key information and most of the time our life's purpose is right under our nose and only we can not see it whilst others may be able to do so with ease.

Given my own experience and struggles in uncovering my life purpose, having done numerous courses on this subject for

the past decade or so, having been unsatisfied with the results I got for each one of them and having spent a fortune in the process of uncovering my own life purpose, I have finally cracked it. I realized that every attempt I made to uncover my life purpose, each course I have undertaken thus far has assisted me in solving this puzzle. I can finally now see how it all fits in together.

I have distilled all my knowledge and experience on this subject matter and have devised a 5 step process for uncovering your life purpose which I share with you below.

The 5 Step C.L.E.A.R Process

The 5 steps consists of:

C – Clear Fear

L – Look Within

E – Embrace Your Purpose

A – Align To Your Path

R – Reconnect With Self

This 5 step process is summarized on the illustrations on the last page of this Report. For more detailed information on each of these 5 steps please refer to the e-book “The Clear Path Formula” by Naina Rama which can be purchased at amazon.com/author/nainarama.

Taking this information from interesting to transformational would mean putting it into practice. I run workshops designed to take you through this 5 Step Process to Discover Your Life's Purpose in more practical way. During the workshop you will:

1. Clear away the fears that are in the way to you doing your life purpose work;
2. Get Clarity on your Soul Gifts and Natural Talents;
3. Uncover your Life's Purpose so that you can walk away with a written statement of what your life purpose is;
4. Develop a better relationship with your intuitive guidance system within;
5. Connect with your Creativity and embrace opening to and exploring the opportunities available to you to apply your gifts and fulfill your Life Purpose; and
6. Walk away with an action plan on how to realign your life with the information you have uncovered about your life purpose and gifts.

If you are a career person looking for the next direction in your job so that it is in alignment with your life's purpose, you will have the best clues as to what position to look for and what type of company to work in.

If you are in business for yourself, realigning your business focus with what you discover in this workshop can transform your results and help you build a larger ideal client/customer base.

If you would like my help to uncover your life purpose using this 5 step process, you can book a free strategy session with me. You can contact me by clicking on <http://intuitivelifedirection.com/contact-naina/>

5 Steps To Discover Your Life Purpose & Meaning

CLEAR FEAR

- ~ Disconnect from group mind
- ~ Clear fear based belief patterns and programming
- ~ Learn how to move from survival to thrival and remove the need to do the work that drains you

LOOK WITHIN

- ~ Look within to get clarity on who you are
- ~ Learn about your soul gifts and natural talents
- ~ Clear away inner conflicts to get clarity and self acceptance and move to a higher level of self awareness

EMBRACE YOUR PURPOSE

- ~ Discover your life purpose by connecting with your heart to establish a clear connection with your soul
- ~ Develop your inner intuition and increase awareness
- ~ Organise your life to be in alignment with your purpose

ALIGN TO YOUR PATH

- ~ Disconnect from the belief that if you do what you love you will be poor and open up to doing the work you enjoy
- ~ Embrace opening to and exploring the possibilities and opportunities available to you
- ~ Monetise: Align your soul gifts to the opportunities
- ~ Connect to your creativity, be inspired and innovative

RECONNECT WITH SELF

- ~ Learn how to live life connected with your authentic true self, be in balance, fully present and inspired
- ~ Improve your relationship with others and your body, mind and spirit to reconnect with your soul essence

