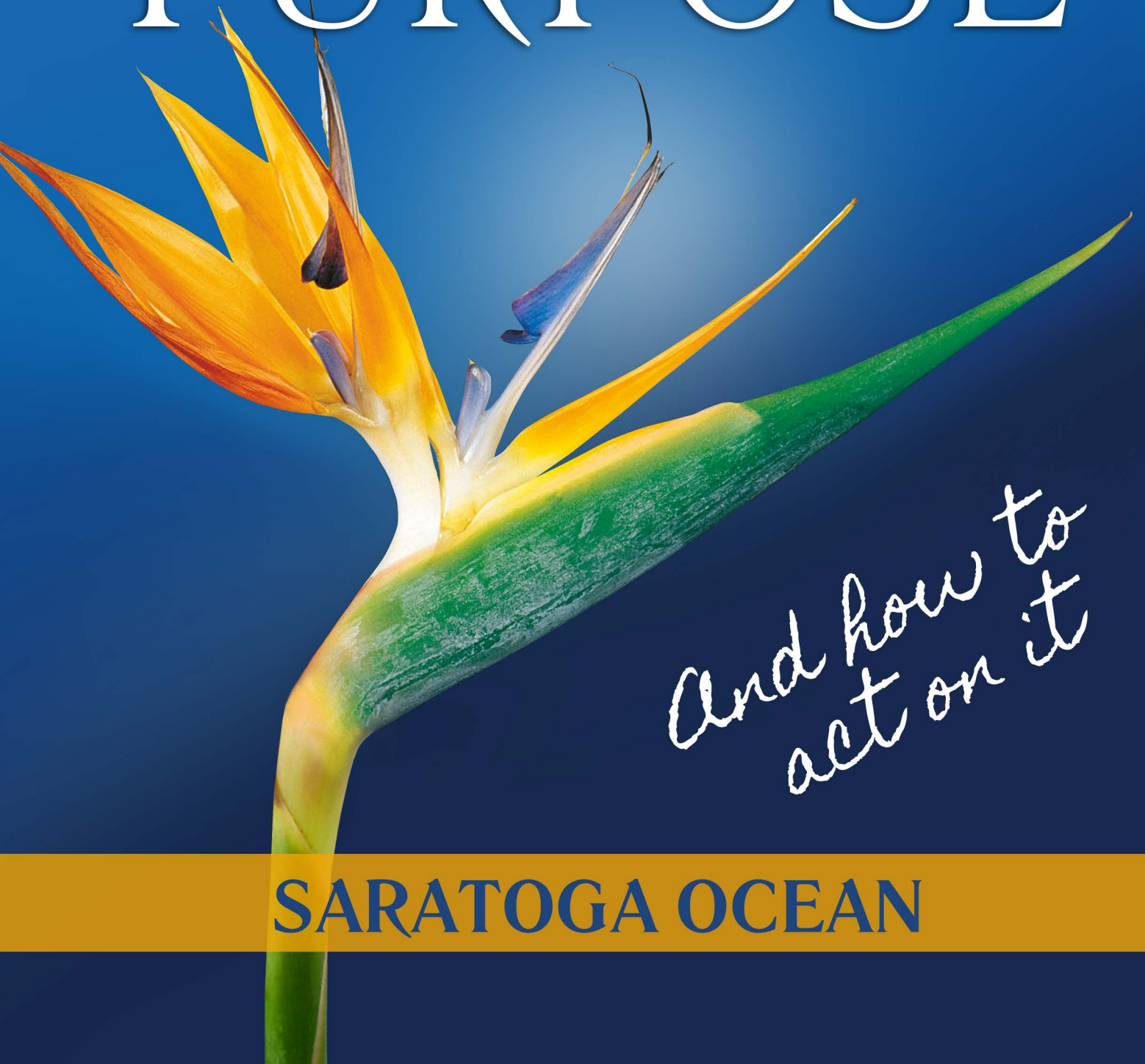


# FIVE STEPS TO DISCOVER YOUR LIFE'S PURPOSE



*And how to  
act on it*

SARATOGA OCEAN

# **5 STEPS TO DISCOVER YOUR LIFE'S PURPOSE**

**AND HOW TO ACT ON IT**

**by Saratoga Ocean**

# CONTENTS

<b>Introduction .....</b>	<b>iv</b>
<b>Step 1</b> <i>Determine Your Context</i> .....	<b>1</b>
<b>Step 2</b> <i>Realize That You Are a Creator</i> .....	<b>7</b>
<b>Step 3</b> <i>Align with Divine Love</i> .....	<b>13</b>
<b>Step 4</b> <i>Find Your Passion</i> .....	<b>20</b>
<b>Step 5</b> <i>Create a Plan</i> .....	<b>26</b>
<b>You Are Ready to Commit .....</b>	<b>34</b>
<b>How to Use the Free Life Purpose Meditation That Accompanies This E-Book .....</b>	<b>36</b>



# Introduction

Life purpose is a sacred subject because it has to do with personal evolution, planetary evolution, and essentially why a person comes to Earth in the first place. The sheer preciousness of this topic cannot be overstated.



When discussing life purpose, there are two paradigms within which you can approach this. The first paradigm is about the Earth as a whole and the human condition overall. The second paradigm is related to what is unique and individual about yourself. In order to be fully engaged with this topic at the highest level, it is important to consider both.

The first and larger paradigm has to do with what is innately human. It has to do with how our human presence collectively integrates with the planetary whole. What is our purpose in being here? As Telstar, we contend that the highest purpose of human life is to play a co-creative role in our planet's evolution.

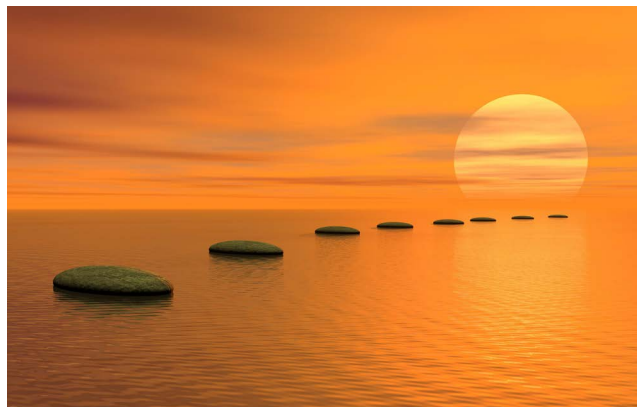
Evolution, as we define it, is the restoration of Earth to its infinite state of divine love. That is the endgame. There is no other final outcome except for Earth to exist as the perfect manifestation of God itself. In God, there is no duality. There is no hate. There is no pain and there is no death.

For some, this might seem like a lot to swallow. No death? No suffering? That sounds impossible! Well, indeed it is impossible given our current state of affairs. And that is where evolution comes in. That is

where we come in, as human beings, to play our highest role in turning this whole thing around.

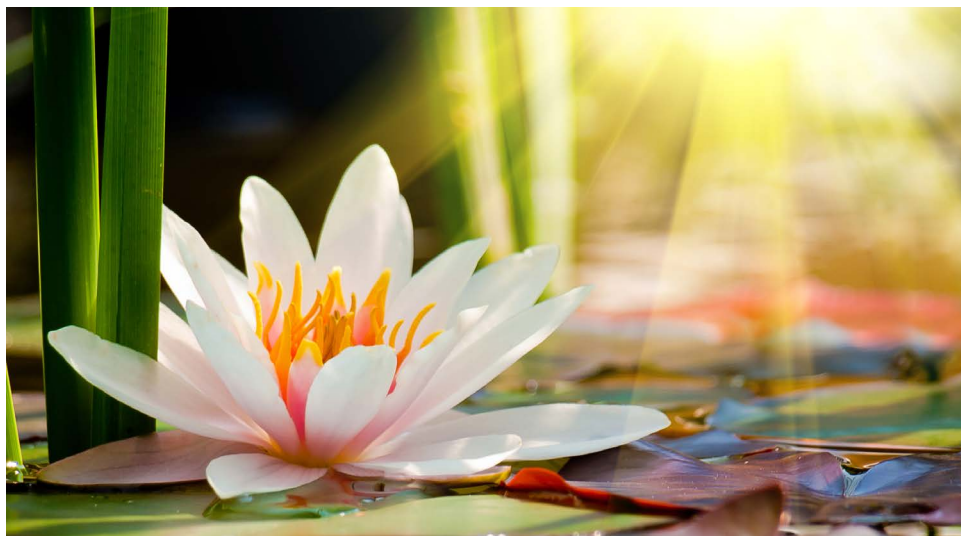
So where do we start? We start by evolving our individual consciousness. We start by evolving ourselves. We begin by recognizing that we are creators by nature. And from here, we move into the second paradigm, which is all about how we express our evolution as unique individuals. This is what is meant by life purpose.

The following pages contain 5 steps that will help you align with these principles and find specific meaning and purpose in your life.



## **Step 1**

# **DETERMINE Your CONTEXT**



**T**HERE ARE 2 POSSIBLE contexts from which to approach the purpose of your life as an individual. The first one stems from the belief that the current conditions on Earth are deemed to be this way by our creator for some unspecified reason. This is the context of the rational, linear mind.

This first, most common context presumes that because God supposedly created the good and the bad, the right and the wrong, etc., then our job is to do the best we can and help others to cope with these exceedingly difficult circumstances. This is the context that seeks to justify why things are the way that they are. This is the context that attempts to assign divine meaning to the existence of pain and suffering.

The second context can only be discovered if you listen to your heart and assign it the highest credibility that it deserves. Your heart is of a very different intelligence than that of the rational, thinking mind. Your heart exists as the highest beacon of truth in a very confused world.

If you could turn off your thinking mind for a few minutes and really pay attention to your heart, what do you think you might learn? First of all, you would learn that your heart is of a much higher, more expanded intelligence. Your heart knows things that are beyond the comprehension of the everyday, thinking mind.

In fact, the knowledge that your heart possesses is so much more powerful than that of the finite mind, that it doesn't even ask the questions "how" or "why". It simply knows the truth. In reality, your heart already lives in the infinite world of perfect love. So your heart is a wonderful place to turn to, if you want to learn about what is really going on.



Have you ever noticed that your heart has an exceedingly difficult time comprehending the existence of pain, struggle, death, and suffering? Your heart finds such things impossible to accept, no matter how much you have been exposed to them. Your heart will never get used to the existence of these negative experiences, no matter how much you try to rationalize them.

Your mind, on the other hand, is all about justifying why these negative things exist. It can come up with all sorts of mental calculations as to why the existence of such experiences makes sense. And when all else fails, it will simply assume its default position that it was all created by a higher power for our own good.

Essentially we are talking about choosing the context proposed by the heart or choosing the context proposed by the mind. This is an important choice, because it will determine how you approach your overall journey of discovery.

It is always easiest to choose the context proposed by the mind, since that context represents the collective status quo. But this choice will not be as fulfilling, because it sets you up for an endless battle with opposing forces in life. It sets you up to try and win the battle of duality. This is a coping context. It is about learning to cope with a world that is unforgiving in terms of all of the pitfalls that one can encounter in life.

The context of the heart is by no means the common choice, yet it is indeed the most fulfilling. In this context you can achieve enormous clarity, not only about yourself, but also about the world at large. This is the context that is 100% supported and backed up by many benevolent forces in the universe. This is the context that is ultimately supported by truth and infinite love.



### *How do I choose one context or the other?*

Choosing a context is about consciously aligning with the platform of your choice. The mind's platform is linear and one-dimensional. It bases most of its assumptions on the past. If the mind cannot calculate a solution, then like any good computer program, it deems the original assumption to be invalid.

The mind has a very bad habit of invalidating the heart, simply because the intelligence of the heart lies completely outside of the thinking mind's range of understanding. The mind will always invalidate whatever does not compute with its current system of beliefs. This is why it is necessary to make a conscious choice.

What causes this commonly experienced discord between the heart and the mind? In Earth's current state of evolution, the mind and the heart are usually not positioned to exist in harmony with each other. Instead, they occupy totally different platforms that are positioned in reverse order. When reversed, the mind tries to calculate and decide everything on its own and override the heart. The heart ends up repressed with little or no input into the mind's activities.

But this problem can be fixed if you understand what their proper alignment should look like. In truth, the mind exists to be in service to the heart's superior intelligence. The mind also has a very necessary intelligence, but that intelligence is meant to harmonize with the heart. This is why it is important to make a conscious choice to align with your heart. When you consciously center yourself in your heart, the mind falls into its natural position, which is to serve the heart's greater intelligence and desire.

So what is in the way of this very simple arrangement? Generally speaking, it is what we call the ego. The ego exists as a false identity

whose sole purpose is to interfere with our human platform of existence in such a way as to place the ego in firm control of everything.

The ego has a strong tendency to want to hijack the entire system and control your experience in a way that is mostly difficult and negative. The ego exists as the proverbial “voice in the head” that blathers on with meaningless chatter and causes you to judge everything that you encounter on your path, including yourself. It exists as the world’s greatest source of distraction.

In order to make the most meaningful choice of context for your life’s purpose, you must do 3 simple things. First, decide to stop listening to the ego for advice. Second, tune into your heart. Find out what your heart has to say about conditions on this planet, which ultimately produce the conditions of your own personal life. You don’t have to know the answers. You just have to know the truth. Your heart will be happy to tell you, if you are willing to listen.

If you discover (which you will) that the heart believes in a universe of infinite love and abundance, then you can decide if you wish to back that up in your own life by doing whatever you can to evolve yourself as a creator.

If you choose this position, then you will be in an excellent position to take full advantage of the mind’s intelligence because you will have consciously recognized the superiority of the heart.

And that brings us to the third and final thing you must do, in order to settle on the most viable context. You must consciously recognize and adhere to the natural alignment of heart, mind, and body. The heart knows the truth, the mind is positioned to act on that truth in service to the heart, and finally, the body is the physical medium that will happily express that truth in the physical world.

The reason that this alignment is so important is because it is an alignment that expresses only love. This alignment constitutes a conscious acknowledgement of a higher context that is who we really are in the infinite universe of divine love.

It is also the most empowering alignment, because it is how we are made to function as creators. Step 2, which we will discuss next, is all about realizing that you are a creator.



## Step 2



**REALIZE  
That You Are  
A CREATOR**

**I**N ORDER TO DISCOVER and enact your life purpose, it is imperative to first understand that you are a creator. Because we live in a dualistic universe, there are always two sides to every coin. In this case, you will find yourself living either as a victim or as a creator.

If you have chosen the context of the heart described in Step 1, then you are perfectly positioned to align yourself as a creator. If you decide to remain in the default position of the linear mind, then you will likely find yourself perceiving much of life as a victim.

What is the difference between a creator and a victim? A victim is primarily reactive to the circumstances surrounding him or her. In other words, the pre-existing circumstances define the conditions of this person's life. A victim finds it extremely difficult to believe that he or she can change.

A creator, on the other hand, is one who has decided to take command of his or her existence. This person no longer chooses to believe that life is hopeless or immovable. A creator is the ultimate student. Such people are compelled to learn a better way, where they can have the life that they want. They are primarily driven by their hearts.

Ultimately, you are the final creator no matter which of these positions you tend to occupy. It is your creative choice about which one you choose to live by. If you are interested in living a life of purpose and meaning, you will by necessity find yourself drawn to the position of a creator.

So the important thing to realize about Step 2 is that you already are a creator. You can create the life of a victim or you can create the life of a person living in creative command of their situation.

### *Take Stock of Your Life*

The most important thing to do in Step 2 is to take stock of your life so far. Step back and observe how you think, feel, and live. Do you have a habitual way of looking at the world? Are you fundamentally positive or negative? How much do you feel in control of your life? Are you inspired to try new things to improve your situation? Or do you feel hopelessly trapped in your current circumstances and feelings? The chances are that you will find yourself experiencing a combination of all of these.

Step 2 is really about becoming conscious. It's about knowing where you are starting from. One way to do this is to get a piece of paper and make two columns. Title the first column "Creator". Title the second column "Victim". Under the creator column, list any areas of your life where you feel in command of your situation. Interestingly, you will probably find that these areas constitute positive and fulfilling experiences.

In the victim column, list areas where you feel that change is impossible. These will likely be areas where you feel that someone or something else is in control. You will also likely find that these are the areas of life that you are most dissatisfied with. You can also list areas where you may feel like a victim of your own behavior.

Why is it that the victim column is likely to be filled with things that make you unhappy? And why do the things in the creator column likely consist of things that you feel good about? It is for one simple reason and that reason probably has nothing to do with the items on your lists.

The real reason is because we can never be truly happy unless we are living as our authentic human selves. The most fundamental truth

about being human is that we are indeed creators by nature. The victim column will contain all of the areas in your life where you are not functioning as a creator. This means that you have blocked your inner creative resources and intelligence.

These areas represent places in your life where you believe that something or someone outside of yourself controls your experience. These are the areas where you are not living as your natural, empowered self.

It is also possible and very common to feel like a victim of your past. In this case, you may feel that you are a victim of your emotions and your interpretations of that past. You may feel like a victim of your own unwillingness to let go and forgive either yourself or others. You may have placed certain impossible conditions on your ability to let go, such as deciding that someone else has to change first. Again, if this is the case, you will have placed the outcome of your experience in the hands of someone else. You will live as a victim of whatever they decide to do.

Granted, the path of the victim is the easiest path of all because it means that you don't have to do anything. Your life is completely in the hands of other people or circumstances. You are merely the bystander in your own life, dragging a heavy load of excuses and hoping for the best. It may appear to constitute a convenient comfort zone, but it is a very painful and unfulfilling way to live.

Another reason that choosing the path of a victim can be so painful is because you are essentially lying to yourself about your very human nature. You will have placed yourself in a position where in order to maintain this perspective you must repress and deny all of your basic human gifts to be able to create the life you want. You will have to fill



your mind with very negative thoughts that you don't possess such gifts.

After you have completed your two lists, don't be surprised if your victim list is longer than your creator list. In fact, you shouldn't even be surprised if your victim list is ten times longer or more. The good news is that it really doesn't matter. What matters is that you recognize that no matter the length of either list, you have indeed created it all. Even if your victim list contains items over which you clearly had no control, like a forest fire or an earthquake, you still have total control over how you interpret that situation and react to it.

Your task at this point is to look at your victim list and decide if you are willing to move those items over to the creator list. You don't have to move them all at once. Pick one or two. This will be enough to change the course of your life, because the act of doing so indicates a clear acknowledgement on your part that you have the ability to take command of whatever you choose. You are indeed the creator.

Why is it so important to go through this step in order to discover and enact your life purpose? Because if you don't, you will not have the openness necessary to discover something new in your life. You will find yourself resistant to the idea of new possibilities that you haven't previously thought of. You will struggle to come up with something that fits in with your current, perceived limitations and be poised to reject anything that doesn't. This would not be a good environment for divine inspiration, which we will be talking about in Step 3.

Once you recognize that you have the power to decide which column you wish to live in, you have acknowledged yourself as a creator with the power to choose. This step will open you up to receive new

## **5 Steps to Discover Your Life's Purpose      Step 2 – Realize That You Are A Creator**

ideas and embrace new possibilities for yourself, which is a necessary prelude to discovering your life purpose.



## Step 3



**ALIGN  
with  
DIVINE LOVE**

**N**OW YOU ARE GETTING much closer to being able to discover your life purpose, because you have aligned your consciousness with the ability to receive the inspiration. But we are not finished yet. Because life purpose is such a profound and sacred undertaking, it is imperative to function as a co-creator with divine love.

It is exceedingly difficult to function in a purposeful life in the highest sense of the word on a planet such as this. What do I mean by that? Planet Earth continues to suffer from an erroneous state of duality, which means that confusion here is rampant. Unconsciousness and extreme reactivity is a chronic problem in the human sphere of life. It is ever so easy to get lost.

For this reason, we always need the help of a guiding light in our lives. We need some way to ascertain the truth when the going gets tough. Fortunately, such a guiding light has been provided to each one of us. In fact, there are multiple forces that work on our behalf at all times. There are massive forces in nature that are heavily invested in a positive outcome for us all.

The most important question for you to answer is what is your center? What is your guiding light? The clearest, most significant guiding light for each of us is love. But we are not talking about conditional love, born of the same duality that is causing all of our problems. We are talking about divine love. The infinite, unconditional love of God.

There are numerous ways to get in touch with this love. One way is through meditation and other spiritual practices. Another way is to spend time in nature and observe the astonishing beauty of life in its most primitive state.

Learning to be grateful for whatever you can is another way. Keep a gratitude journal where you list big and small things every day that you can appreciate. All of these acts will put you in touch with your heart.

Your heart is your ultimate connection to God's love. It provides the origin of sincerity, humility, and a deep openness where you can feel safe. It holds the key to an experience of your true self. You should sit quietly with your heart in meditation and listen to its presence at least once a day. You should learn to let its radiant love fill your being whenever you can.

The next thing that you can do to receive all of the help that is available to you is to welcome your guardian angels into your heart. Everyone has guardian angels, whether one is aware of it or not. Your angels are silent sentries who watch over your every breath with love. They are close; yet remain inconspicuous in their divine wisdom in order to respect your individuality and free will.

In fact, if you want specific angelic assistance you will have to ask for it. Your angels cannot interfere with your will, and will only respond when asked. Otherwise, they simply support you as a beautiful extension of God's love. Because you are a creator, your free will is of paramount importance. It supersedes all else.

### ***Self-Respect and Self-Worth***

What do self-respect and self-worth have to do with aligning with the divine and discovering life's purpose? They have everything to do with it and here is why. If you berate yourself, if you are down on yourself, and if you judge yourself harshly, you are not respecting your

existence. You are essentially saying that God made a terrible mistake in creating you, in that you are an inferior or failed creation.

As difficult as it may be to turn your back on the ever-present ego that loves to tear you down, you must at some point choose to do this if you are ever to have a meaningful life. If the voice in your head persists in chattering on about how hopeless you are, how weak you are, how stupid, failed, or otherwise, you must make a choice. You must decide to see this perpetual voice of doom for what it really is. An imposter. It is not telling you the truth.

If you align with the ego and assign it equal credibility to what is in your heart, you will find it extremely difficult to align with God and divine love. You will find yourself living in a perpetual state of doubt and uncertainty about whether or not you are even worthy of having a purpose in life. You are very likely to believe that perhaps you are the exception to this. Without realizing it, you may even view yourself as an “extra” or unnecessary person in God’s creation.

Ultimately, you can never reconcile what the ego tells you about yourself and the truth of God’s infinite love and acceptance of you. The ego will do whatever it takes to destroy your self-esteem, so that you will never be able to accept God’s love. It does not want you to align with that life-giving, divine energy that inspires you to enact your life’s purpose. It wants to keep you separate.

The ego also wants to destroy your self-worth so that you will not believe that you are capable of enacting your life’s purpose, should you succeed in discovering it. It will tell you whatever it can to intimidate you and frighten you into believing that you will be rejected and won’t succeed. It will try to convince you to heed its negatively charged advice in order to protect yourself. In the ego’s world, God doesn’t

exist and there is danger all around. According to the ego, it's better to be safe and forget about such lofty ideas.

The ego's final card to play is to succeed in diminishing you in your own eyes, so that you will not respect yourself. If it can convince you that you have no purpose, other than to sustain yourself in a scary world, then your motivation to take care of yourself at a higher level becomes rather pointless. The motivation to live from a higher level of consciousness seems unnecessary or optional. You may even begin sabotaging yourself or cultivating habits that are destructive to you, because you believe that you don't matter. You are simply not important enough in your own eyes.

Ultimately, the ego causes you to doubt your connection to God. It will cause you to question if God even knows you exist. It will throw you completely out of alignment with a necessary and conscious connection to divinity. It will make you feel that you are completely on your own. If you believe that you are on your own, you will live in fear and your focus will be on survival. Life purpose will have no place whatsoever in that reality.

### ***Co-creating With The Divine***

If you listen to your heart instead of your ego, here is what you will find. You will find an experience of self-love, self-respect, and fulfillment. Because there is no duality or negativity in the heart, you can relax and easily accept yourself as an imperative part of creation. You can easily open your arms to God's love, because without the ego's interference that divine love makes complete sense to you. God's love is an absolute, unquestioned given in your life.



It would be nearly impossible to successfully enact your life's purpose without a connection to a higher power. The struggle to know would be too great. You simply can't know everything that is needed at a larger scale from the small perspective of your own, individual life. A direct relationship with the infinite love of your creator is imperative. You must be able to co-create with the divine. You must be able to act, in essence, as the physical hands of God.

So how does this work? It works in subtle, yet powerful ways. Yet, the only reason it seems subtle, is because of the ego's incessant, loud interference. To the ego, everything is always in a state of emergency when it wants your attention. The ego is like a loud person yelling at you, when you are trying to hear the integrated notes of a beautiful, harmonious symphony.

The reason to meditate, write gratitude journals, enjoy the power of nature, and find ways to feel inspired, is to give your heart a voice. Otherwise the ego will overwhelm that voice to the point where you can barely hear it, if at all.

Your heart needs a voice so that it can connect you directly with God's inspiring ideas. It needs a voice so that you can hear your angels and receive their guidance. All of these factors, your heart included, operate as One in the Real Universe of ongoing, infinite love. All of these factors combine to provide you with the guidance and inspiration you need to know and enact your life's purpose.

When you learn to consider yourself a part of the universe of divine love, then you can co-create with these beautiful factors of love. You become an empowered part of that world, instead of a separated, frightened entity who lives in the dangerous world of the ego.

So let's review where we are so far. First, you must choose the context for your life. You must decide if you will listen first to your heart or your thinking, rational mind. You must decide what order you want to put these in.

Second, you must realize that you are a creator, so that you are empowered to enact your life's purpose. And third, you need to establish a connection with divine love, so that you can receive guidance, inspiration, and support in fulfilling that purpose.

Now on to Step 4, which is to find your passion.



## Step 4

# FIND Your PASSION



**I**N STEPS 1 TO 3, we established a solid platform of consciousness on which to stand in order to discover and act on your life's purpose. We established a platform of alignment and empowerment. We created a platform that permits clarity, strength, and love. Now it is time to move into individual action that is unique to you. It is time to discover exactly what it is you are here to do.

This task would be effortless, except for one thing. From the day you are born, you are met with competing agendas from people, societies, and religions everywhere that want you to do everything their way. There are deeply entrenched social structures in place to make sure that you follow the crowd and do what you're told. The guidelines are social, political, and religious approval. God and the divine are nowhere in this mix.

If you are confused as to why I added the subject of religion to this list, it's because religions are as competitive with one another as are political ideologies. There is not a single, unifying whole on this planet when it comes to religion. They are still all arguing with each other about which one is true and judging everyone else. So we can go beneath that planetary discord and simply connect with the actual peace and love of God.

Oftentimes, people try to find their life's purpose by searching for it in the same way that one might search for a job. But there are no classified ads for life's purpose. Life purpose does not necessarily have anything to do with having a job. So how do you find it?

### *Categories for Life Purpose*

When trying to discover your life's purpose, it helps to narrow your search into categories to get a better sense of things. You can start with two main categories.

The first category is about life purpose on an evolutionary level. This is where you want to see if you have an affinity for doing something that is designed to transform human consciousness at a larger scale. This could include massive paradigm shifts in terms of how people live, work, or how they perceive themselves as spiritual beings. This would be the category of a trailblazer or a person who is not afraid to be the first one to introduce new thought or science into the world. A life purpose in this category is generally ignited by powerful, other-worldly inspiration that comes in exceedingly unexpected ways.

The second main category is that of helping or serving others in the currently existing context of thought. This does not include shifting collective paradigms and things of that magnitude. Instead, it is built upon a basic acceptance of how things are. This category begets professions like artists, healers, teachers, doctors, lawyers, scientists, religious leaders, spiritual teachers, farmers, technical experts, mothers and fathers, and every other profession that is commonly recognized.

Both of these main categories are necessary. Each one supports the evolution of the other. You probably know, just by contemplating these two main categories, which one you feel most drawn towards. We are going to focus here on the second main category, since that one is the most common. But you should know that everything in these 5 Steps applies to both.

Within the second category, there are multiple sub-categories. But when talking about life purpose, there is one thing that all of these

sub-categories have in common. They are all about serving others. Why is this important? Because serving others carries your energy forward in a radiating flow of love from your heart. The energy of serving others exists in the domain of the heart. It is only in the desire to serve others that you can find yourself aligned with the first 3 Steps.

### *Looking For Clues*

Once you have decided which of the two main categories you are most comfortable with, the next step is to look for clues as to what your passion might be related to.

The chances are that you were born with a natural aptitude for certain things. You likely have certain natural talents. Whether or not those natural talents were developed over the course of your life, often depends on how you were raised as a child. If you were naturally artistic and your parents were against such things as a career, you may not have received the support you needed to develop as an artist. On the other hand, if your family was supportive of your talents, then you may already be far ahead in terms of knowing what your life is really about.

If you come from a background where the main goal in life was to have a good job for the purpose of making a certain salary and you find yourself in a career that is solely a product of that idea, you might feel completely out of your element. Even if you are successful and feel that you have reached your career goals, you may feel that your success has come at the high cost of your heart and your deepest self. You could feel unconscious, frustrated, dissatisfied, and bored. You might feel that on a personal level your life isn't working at all.

If you are a spiritually oriented person who considers yourself a light-worker, you may have been born with amazing intuitive, psychic, or healing talents that became evident as a child. Yet, you could also have been ridiculed, ostracized, or shut down for your gifts. Many parents have no idea what to do with such a child and therefore try to get “help” for that child in order to shut those talents down.

You will have to be willing to search beneath all of these obstacles in order to find out what it is that you really want to do with your life. You will have to spend some time alone in deep soul-searching in order to re-evaluate your life. You will need to decide if you want to spend the rest of your life compromising who you really are in spirit and repressing those natural urges to be something more than you are right now. You will have to weigh the seeming benefits and the costs of ignoring your heart.

If you feel dissatisfied with life in general even though things might look good on the surface, this sense of spiritual malaise is probably a powerful sign that you are not engaged with your life's purpose. So after you have contemplated everything that's been said here so far, the next step is to make a decision. Are you willing to change? If the answer is yes, then here is what to do next:

You want to reach deep inside yourself and find the intersection between your natural gifts, talents, and inclinations, and how those things can be married with a specific outlet of expression. The outlet for their expression is the vehicle. The natural talents are the essence of you and why you came into the world. The vehicle will manifest as a profession or an opportunity for action. The essence will manifest as the God-given uniqueness of you.



It's not enough to note what you would like to do. You must also consciously choose an avenue of expression in order to make it real. You must activate your purpose in the physical world, otherwise it will remain in the realm of dreams, what-ifs, and imagination.

The most important thing about finding your life's purpose and then choosing your unique avenue of expression, is that you stay aligned with something that you can love. You will know you have found it when you feel passionate. You'll know you have discovered your truth, when you are excited to get up in the morning and begin your day. It will inspire your creativity and you will feel your courage begin to awaken. The desire to go forward will begin to override the fear.



## Step 5



**CREATE A  
PLAN**

**I**N ORDER TO BEGIN Step 5, you will need to have chosen an outlet or vehicle for your passion and your purpose. In fact, your passion is your purpose. Most people think of life's purpose as manifesting as a particular profession and generally speaking, this is true. The reason that it's true is because when you find your purpose, all you want to do is enact it. You can no longer feel satisfied ignoring it or shoving it down emotionally. You want to spend as much time as possible openly engaged with it.

Your life's purpose can involve paid activity in the sense that it becomes how you earn your living. Or it can be entirely unpaid for. An example of this would be parenting or certain types of volunteer work. It could even be as simple as devoting your life to helping others to feel better by being kind and setting a powerful example of forgiveness and love. But whatever the case, if you want to fulfill your personal destiny in the physical world, it is important that you have a plan so that you can focus your efforts and be successful at reaching the full potential of *you*.

The first part of creating a plan is to decide where you want to go. What does the outcome look like? What is your vision? You can even think of it as a mission statement. Sit down and write out your statement in the present tense. For example, if you feel that your life's purpose is to exist as a positive influence of love, your vision statement might look something like this:

*"I devote my life to bringing more love and joy into the world. I express kindness wherever I go. I do my best not to judge others, as I realize that I do not have the necessary knowledge of their life to do so. I cultivate patience and understanding instead..."*

If your vision statement is about home, family, and relationships, think about the positive outcome you want to see in the lives of your loved ones as a result of your influence and presence in their world. Write about that outcome in the present tense.

Maybe your mission or life's purpose involves volunteer work or saving animals. In this case, do the same thing. Always start with the outcome that you envision, so you know what you're aiming for. Specifically describe this outcome in relation to your role.

For some, life purpose will involve an actual career. In this case, begin by describing the contribution you wish to make to those you are here to serve. How do you see your role in their lives, and what do you want to help them achieve or experience? Next, write exactly how you intend to do this. What is the vehicle for your service?

If you do not see your life purpose as a career, you can still include the step of writing about how you will enact whatever you intend to do in order to clarify things for yourself, and provide yourself with a greater sense of direction.

### ***What To Do If You See Your Life Purpose as a Career***

Let's focus now on the possibility that your life's purpose will manifest as a career or as part-time work for which you will need to be paid. This is a very broad topic, so for this writing we will discuss a basic outline to help you get started.

The idea of getting paid for your life's purpose puts your efforts in a whole different category. In many ways it is much more challenging, because you will by necessity have to take things a lot more seriously.

But this is a good thing, because it will force you to evolve as a person and do your absolute best to serve others effectively.

Let's say that you have an untapped talent that you know you can develop to help others. There are several things you must think about. Since you have already written your mission statement as described above, you have decided how it is you intend to use that talent to improve the lives of other people.

Start by envisioning this as a **3-Part Process**, with each part existing simultaneously.

**Part 1** of this process is about you. This part will involve you being willing to do the following:

Take good care of yourself physically, so that you can serve at your highest level

Determine if you need any further education, whether that is formal education or informal self-education. However, be very cautious about one thing. Education can also be used as a very effective procrastination tool and a great excuse. It is often used as a self-imposed obstacle or barrier for why you can't get started on your mission. Make sure that you find a balance and use whatever learning you need to embark upon as a *support* for your purpose, not an obstacle.

If you are not already living your life's purpose, your life is probably filled with other things. You will need to create space for your new endeavor. Take some time to decide what changes you can make in order to free up your time for something new. This is the area where you will need to develop new, positive habits to support your mission.

**Part 2** of this 3-part process is your vehicle or business model. What is the vehicle you will use to make it possible for your product or

service to physically reach those you wish to help? Will you seek employment or do you want to pursue this as an entrepreneur in your own business?

For example, if you are a healer, where will you do your healings? Will they be in person or long-distance? What things will you need in order to do this? Are there licensing laws or regulations that you will need to comply with?

Let's say you want to function as a coach. What is the best way for you to help your future clients? Is it online, in person, or both? How will you outline your service and then let people know about it?

If you are an artist, musician, or writer, how can you find new, innovative ways to reach your audience and establish a relationship with them? How will you deliver your music, writings, or art to them? In what form?

This second part basically involves learning about, creating, and experimenting with different ways to offer your help through a business model.

If you are a creative or spiritually oriented person, you may find yourself resistant to this part. But think of it this way. Your business exists as the conduit that makes it possible for you to reach and communicate with the people you are destined to help. Otherwise, they can't find you and even if they do, the quality of what you try to offer them will likely be poor and ineffectual. This is because you will not be taking it seriously enough to have set a standard for yourself.

**Part 3**, which is the final part of this 3-part process, is your client or customer. The entire process should lead to serving them. Even taking care of yourself and your own consciousness leads to this, because it

makes you better able to serve them effectively. With everything you do, you should be thinking about your audience, customer, or client. This rule applies even if you are employed and working for someone else. When you focus on those you are here to serve, everybody wins, including you.

So if you want to know the single, most important focus in fulfilling your life's purpose and the absolute most effective thing you can do, it is to always do everything with the benefit of your clients in mind. That should be your standard and your guiding light. The people you serve are your light, and God and divine love are your motivating force. The two things need to meet, in order for you to be truly effective.

So this 3-part process in its simplest form looks like this:



Notice that the entire process flows towards those who desire to receive and benefit from your service.

### ***How to Overcome Two of the Greatest Obstacles to Fulfilling Your Life's Purpose***

Before we finish, I want to mention two of the most common obstacles that people face in attempting to enact their life's purpose. The first obstacle is fear of what others will think. The second obstacle exists as the fear of doing something wrong or making a mistake.



Making mistakes is a vital part of learning and creating. Imagine a sculptor. He or she looks at a piece of marble, stone, or clay and sees a lump. In that person's mind is a vision of what that stone or clay should be. What should it look like? What should it represent?

It could be said in this analogy that the clay in its initial form is one big mistake. It is not at all what it is supposed to be. In fact, in that sense, it couldn't be worse! So the artist begins by removing some of the clay or stone that doesn't belong. He or she removes what does not contribute to the outcome they wish to see. This is a much better plan than sitting down and crying over the fact that this lump of clay just looks all wrong.

Next, the artist stands back and assesses how the clay looks. Naturally, it's not finished yet, so he or she goes back to work using various techniques to move that clay or stone closer and closer to matching exactly what they want to see.

What if the artist treated this endeavor the way people often treat their goals? Well, in that case, the artist would sit down and cry after a few serious attempts. They would berate themselves as hopeless and stupid for not getting it exactly right on the first 3 or 4 tries. Maybe they would even throw their tools down and walk out of the studio, declaring the entire "mess" to be utterly hopeless.

Of course, when we apply this analogy to a sculptor, this way of handling things sounds childish and silly. Yet, we do this to ourselves all the time when it comes to something as sacred and serious as our life's purpose.

So realize that when you begin, your life will probably look just like that mound of shapeless clay when it comes to your life's purpose. Planning and then acting on your plans is the equivalent of the

sculptor working on a shapeless mass of stone or clay to reveal the beauty of that artist's vision or purpose. You can do the same thing in your own life.

As far as being concerned about what others might think, people are thinking whatever they are thinking whether you are concerned about it or not. So your concern has absolutely no bearing on their thoughts. That is their private realm over which only they have control.

A much better path is to direct your concern at what *you* are thinking. This is the only thinking that should matter to you, because this is the thinking that will determine your results. What goes on in the minds of others has absolutely no bearing on your results, unless you decide to imagine that it does. And if you do imagine this, then it is still your own thinking that produces this result, not theirs.



# You Are Ready To Commit!

What we have achieved in outlining the five steps to discovering and acting on your life's purpose are several important things. In the first three steps, we created a solid foundation upon which to fulfill your purpose. Without that foundation, you may continue to feel lost and confused about what to do. Even if you know your life's purpose, without this foundation you may not feel that you are standing on ground that is solid enough for you to fulfill that purpose. This foundation is essential in order to have the necessary strength, clarity, courage, and confidence that you will need in order to go forward.



In the fourth step, you received guidelines to discover your passion and thus identify your purpose. Passion and positive emotions related to your purpose are essential ingredients to having the strength, fuel, inspiration, and motivation to succeed in manifesting that purpose. Passion and desire are necessary to override any fears that you may have.

And finally, in the fifth step, we talked about creating a mission statement and a plan. This is necessary so that you know what steps to take. This is what takes the mystery and wishful thinking out of your efforts. This is what makes the entire thing real.

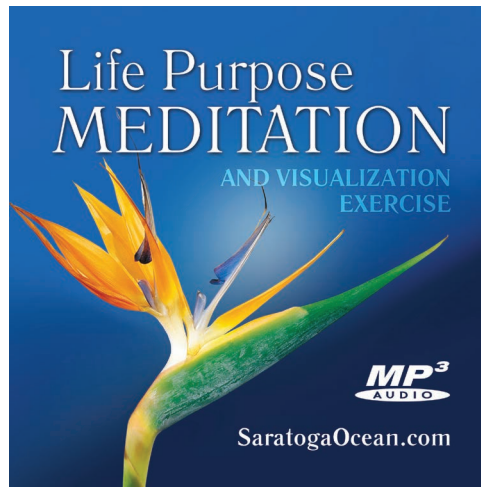
So now that you have all five ingredients, all you have to do is start. You will eventually realize that you need to keep all five of these things in mind on an ongoing basis. So go back and review them

anytime that you are having trouble or need a reminder. See if you are weak in any of the five and if you feel that you are, make an effort to restore that part of the equation.

Have a beautiful life, and may you receive all the blessings and love that you will ever need to fulfill your life's purpose!



# How To Use The Free Life Purpose Meditation That Accompanies This E-Book



Here is how to use the free MP3 download that you received to accompany this process:

This meditation is a visualization process that lasts for approximately 20 minutes. The purpose is to help you visualize yourself enacting your life's purpose in a way that you can emotionalize it and really enjoy it.

Enacting your life's purpose exists as a goal to create a fulfilling outlet in your life where you can effectively serve others. An emotional, enjoyable experience related to your purpose is a significant part of doing this successfully.

This guided meditation can be used in the following ways:

- 1** – If you are still not sure about your life's purpose or are not sure how to enact it, you can use this process to try on different ideas in your mind and see which idea you like the most.

For example, let's say that you are a musician and you have a particular idea for how to get your music out, but you aren't sure that this should be your final choice. You can close your eyes and listen to the guided visualization to get an idea of what it might feel like to physically enact your idea. Does it make you happy? Do you feel inspired? Or is it just "meh" for you? Your feelings about whatever you experiment with during this exercise will give you answers about whether you are on the right track. If it's "meh", then try something else.

This is a fun exercise, because you can experiment without physical consequences, since it is only happening in your mind. If you don't like what you experimented with, just try something else until you find the thing that really does it for you. This will also help to strengthen your powers of visualization, which is essential to creating anything.

- 2** – The second way that you can use this meditation is to reinforce and strengthen your experience of what you are already engaged in. The visualization exercise is angled to focus on an endeavor that you create for yourself. But you can also modify this to improve how you see yourself working at a job that you love.

If you don't feel that your life purpose involves a job or career, then you can use the meditation to focus on your family, friends, or relationships, and how your presence in those people's lives affects them and you. Just be creative and alter the instructions to suit whatever it is you are most interested in.

- 3** – A third way you can use this meditation is to use it as part of your process to further develop your ideas. Let's say that you have a healing or coaching practice, and you want to improve how you structure and see your business. Use this exercise to try on new ideas and ways to improve things.
- 4** – Another thing that you can use this recording for is to re-inspire yourself when you are feeling off track. If you have forgotten why you are doing what you have set out to do and are feeling unmotivated, then use this to realign with your passion once again.

I hope that you enjoy this recording and find it helpful!

Namaste

## About the Author

Saratoga Ocean is the founder and creator of Telstar Events, and has functioned professionally as the exclusive channel for Telstar for over 25 years. She has extensive training in classical ballet and is a former fitness professional. Saratoga is an artist and a writer, and has authored three books by Telstar. She is also what is known as a walk-in.



In addition to her full time work with Telstar, Saratoga has been certified by Doreen Virtue, PhD as an ANGEL THERAPY PRACTITIONER®. Saratoga works with angels in a way that corresponds with Telstar's larger paradigm of a universe where all is a manifestation of Infinite Love.

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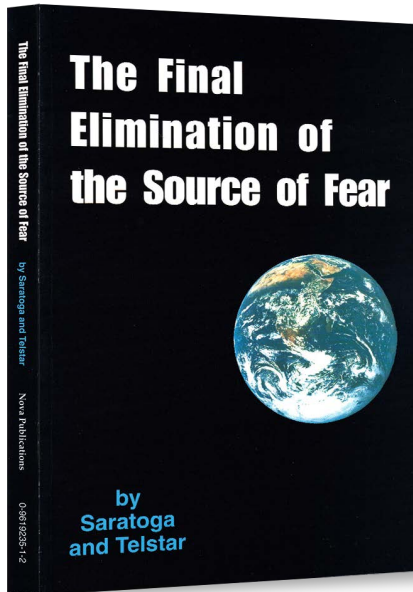
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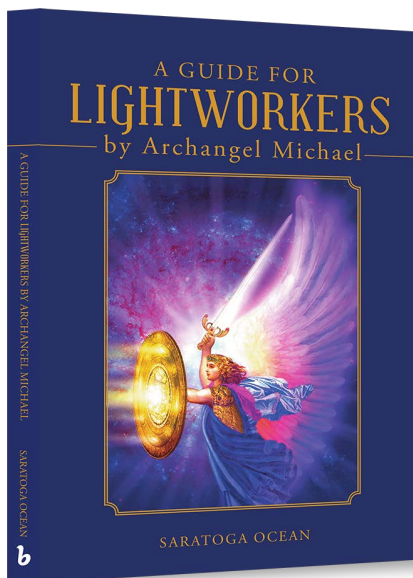
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Edition 1.1, 2017

Published by Telstar Events, Inc.

Telstar Events, Inc.  
1000 Cordova Place #552  
Santa Fe, NM 87505  
SaratogaOcean.com

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