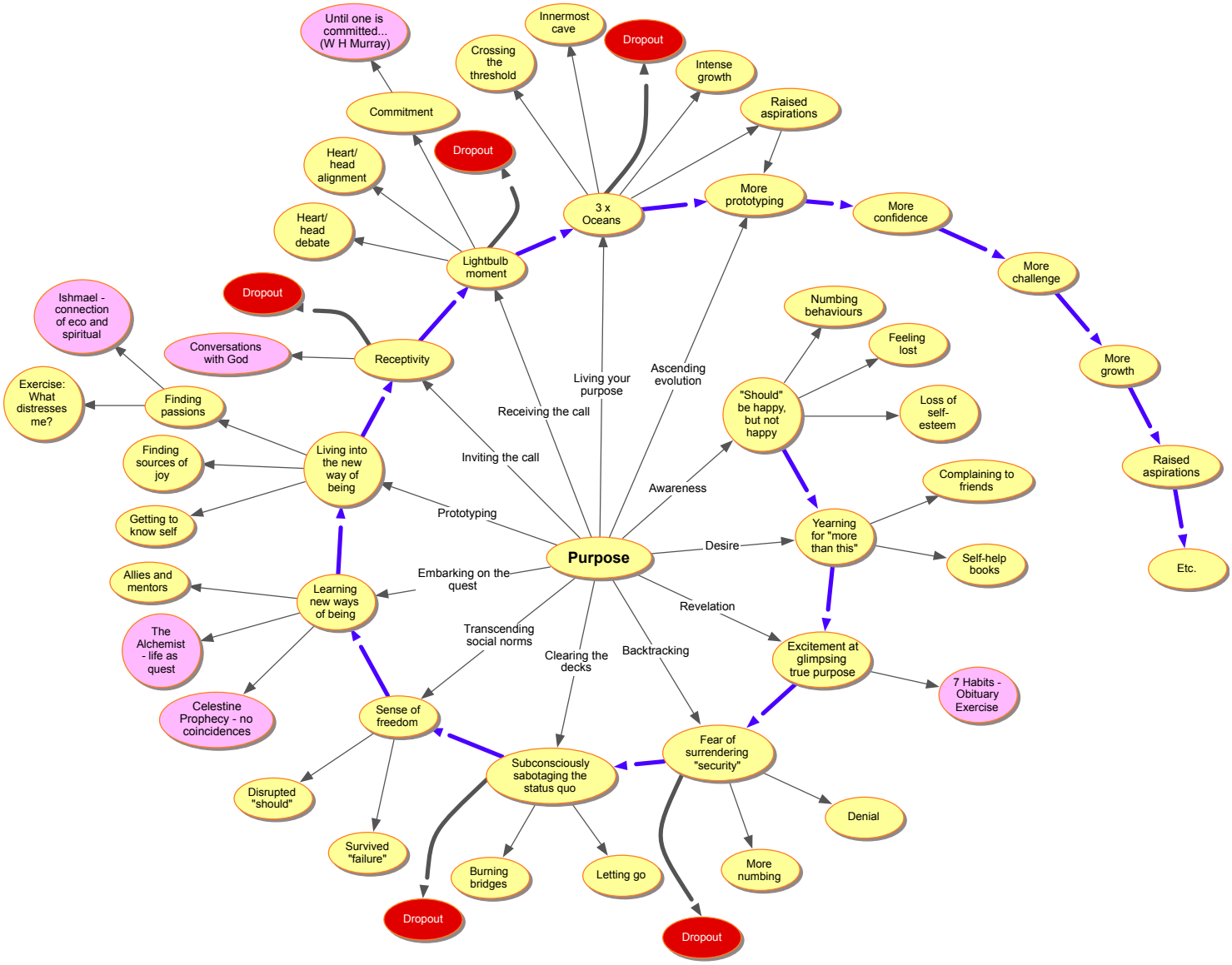
Purpose
Living your purpose
Ascending evolution
Receiving the call
Inviting the call
Prototyping
Embarking on the quest
Transcending social norms
Clearing the decks
Backtracking
Revelation
Desire
Awareness
3 x Oceans
Innermost cave
Dropout
Crossing the threshold
Intense growth
Raised aspirations
More prototyping
More confidence
More challenge
More growth
Raised aspirations
Etc.
Lightbulb moment
Heart/ head debate
Heart/ head alignment
Dropout
Commitment
Until one is committed... (W H Murray)
Receptivity
Dropout
Conversations with God
Finding passions
Ishmael - connection of eco and spiritual
Exercise: What distresses me?
Living into the new way of being
Finding sources of joy
Getting to know self
Learning new ways of being
Allies and mentors
The Alchemist - life as quest
Celestine Prophecy - no coincidences
Sense of freedom
Disrupted "should"
Survived "failure"
Subconsciously sabotaging the status quo
Burning bridges
Letting go
Dropout
Fear of surrendering "security"
Denial
More numbing
Dropout
Excitement at glimpsing true purpose
7 Habits - Obituary Exercise
Yearning for "more than this"
Complaining to friends
Self-help books
"Should" be happy, but not happy
Numbing behaviours
Feeling lost
Loss of self-esteem