

# On Purpose Now .

## Owning the Red Dot

### Overview:

Much self-improvement work is about being some other way or getting somewhere else. For example, when I get that job, that body, that number in the bank account, that relationship...THEN I will be happy, peaceful, and inspired. Yet the wisdom of the ages agrees that the power is Here and Now. Later never comes. Any process that encourages you to leave power here, where it is, to chase it where it isn't, is sure to fail.

***Living On Purpose is more about being HERE than getting there. It's about living NOW rather than in the later that never comes!***

On the next page, you will find a guide module called "Owning The Red Dot". The use of this to practice being right where you are, is a valuable step in the implementation of your Shift to Purpose.

### Directions:

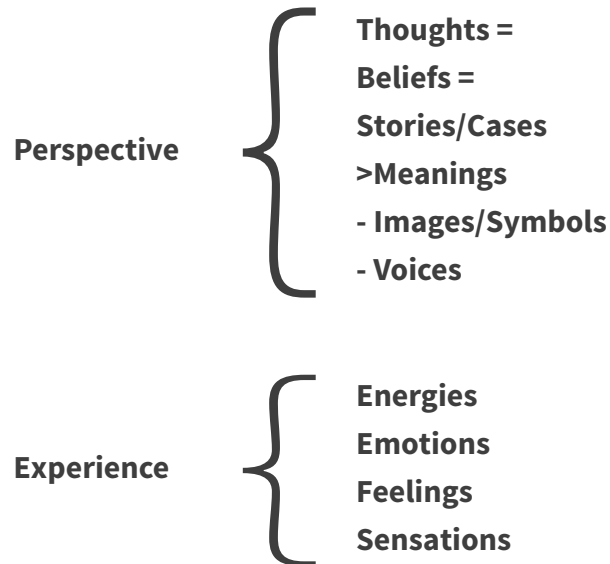
1. Print and keep several copies of this guide module in places where you have easy access to it for reference.
2. Several times each day, (especially when you are activated, confused or upset) use it to identify your current "Perspectives and Experiences". Starting at the bottom of experiences see if you can identify your sensations. From there work your way UP to The Red Dot.
3. Use this to practice being where you are! How can you be anywhere or anyway else? It is ok to be you, right where you are, exactly what you are thinking and feeling. There is power Here.
4. From this place of presence, learn to hear the Voice of Purpose, but don't rush it. The ego is in a hurry driven to prove fear is real, purpose is somewhere else. See if you can learn to catch the ego scams and slow it down to be right here, right now. Then, hear the Voice of Purpose show you the next move and next play to run.
5. Try to remember to do this several times a day, yet don't judge yourself when you fail. Use this to practice the sport of Living On Purpose.

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## Owning the Red Dot

### ● ← The Red Dot... “You Are HERE”



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» **Take this through the 3-step process of:**

1. Awareness
2. Admittance
3. Acceptance (emotionally)

This and nothing outside of you is the source of all pain, suffering and misery you perceive and experience.

- o By now you have a predisposed perspective and experience about everything.
- o You choose between but 2 choices – judge or accept this.
- o You can decide how you perceive yourself, life, other people and what you experience.
- o You are only a victim when you have perceived it such.
- o All you ever defend are your perspectives and experiences.
- o Once you have identified and accepted your Red Dot, ask “is this a conscious expression of my Gift, Purpose and Vision”?

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