

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.

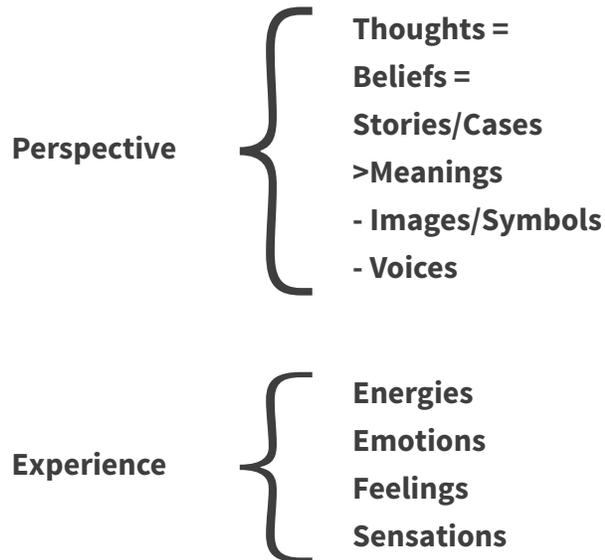
Directions:

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”



» **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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● ← “You Are HERE” RED DOT Worksheet

Think of a situation or relationship where you'd like to increase your sense of Freedom/Power/Peace/Joy/Inspiration etc. Let the scenes that come naturally play in your mind, paying close attention to the details and feelings.

Name the situation with a phrase. For example: In the situation with *Charlie Brown and Lucy*, regarding *how we make decisions about dinner*, I'd like more Freedom, Power and Inspiration.

In the situation with _____, regarding _____, I would like more - Freedom Power Peace Joy Grace Inspiration Passion Connection Abundance (circle all you want OR list your own)...

Follow the sentence starting prompts below. Let your perspectives and experiences pour onto the paper unedited and without judgment. The objective is to see them. Say in your mind “In _____ situation”:

Witness your **Perspective**:

I think... _____

I believe... _____

What this means to me is... _____

The story I'm telling myself is... _____

The case I am making is (for/against)... _____

The voices I hear & images that come to mind are... _____

The victims are... _____

The villains are... _____

The heroes are... _____

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● ← “You Are HERE” RED DOT Worksheet

Witness your Experience:

The energies I see are (describe them - creative/destructive, light/dark etc.)... _____

My emotions are... _____

My feelings are... _____

The sensations in my body are (name them: a pit in my stomach, tight in my throat, burning windpipe, headache etc.)... _____

Now you have it. **YOUR Red Dot about this situation.**

● ← “You Are HERE”

- » You have 2 choices. You can judge these perspectives and experiences, or accept them.
- » THIS and nothing outside you is the source of all pain, suffering and misery you perceive and experience.
- » Once you have accepted “this is Your Red Dot”...

ASK – Are these conscious expressions of my Heartfelt Intentions or a devotion to giving my Gifts, living On Purpose and creating the Vision I have of a better self and world?

ANSWER Yes/No . IF your answer is no, ASK – How shall I proceed On Purpose Now?

- ? What are your options, how shall you give your Gift, live On Purpose, and build the Vision you have of a better self and world?
- ? SLOW down and listen, your Purpose itself will reveal this to you!

List 3 options for how you can express a greater sense of Freedom, Power and Inspiration:

1. *I could...* _____

2. *I could...* _____

3. *I could...* _____

√ *It is imperative that you **make a decision** On Purpose and choose how you will act on that decision.*

I am deciding On Purpose Now to: _____

√ **Run the next Play ...**

On Purpose Now .