



## What does it mean to live On Purpose Now?!

A question I'm often asked is, "what does it mean to live on purpose?" My response has almost always been, it means something different for each person. The question is far better than any fixed answer. It is a dynamic occurrence and, therefore, better to **let the purpose itself reveal its fulfillment, to you, moment to moment.**

*"A mind and heart are a lot like a parachute, they work best when opened."*

Ultimately, I come back to the above as reference. Yet, with decades of practice, I have developed some ideas that help me stay on track or get back to it, when I've gone off-purpose. I hope they can help your practice as well. Maybe you will contemplate these ideas about purpose?

Living and loving on purpose is a devotion to **this moment** as it is, and a conscious choice of expression and creativity within it. This is **the moment of truth**. Therefore, **here and now** is the only opportunity to contemplate and live on purpose.

Purpose by definition is organizing all thought, energy, and action in service of a **sovereign devotion**. It is a contemplative practice applied to every moment, person, and situation.

# ON PURPOSE NOW.

The inquiry begins simply by asking “Do I want to live On Purpose Now?” followed by an honest answer. When that answer is “yes,” the right to be a victim is naturally surrendered. When one has said, “Yes, I want to live On Purpose Now,” they are therefore here on purpose—no accident and no victim.

The arena is daily life. I personally work to view the “arena for living on purpose” through this Intention: life is school on purpose, a daily practice in the sport of **Fear Hunting**.

Fear Hunting is defined as bringing love to fear. Meeting every fear in every form with your chosen purpose. This catalyzes a miraculous shift. The mind filled with fear, doubt, and insecurity, is insane. It takes a sober and sane mind to admit this. The shift that occurs is out of the fearful mind (insanity), into the creative (sane) mind. The resolve to meet fear on purpose (no matter what) develops a mental ability to discern the critical, fearful self from the creative mind.

It starts where all change must begin, **here**. It works on all levels in the only time there is, **now**. It activates grace expressing through the grit and grain of human life. The honest answer to the question “Do I want to live on purpose now?” is the beginning of the end of the ego.

**Do you want to live On Purpose Now?  
Run the next play.**



Your Life Purpose Guide

**Mike Valentine**

**OnPurposeNow.com**