



SPD-120

Discerning

Your Purpose

SPD-120 Discerning Your Purpose - Syllabus

Course Overview

Course Instructor

Name

Virtual Office Hours

Telephone

E-Mail

Response Time Policy

Course Description

The spiritual path diverges in many ways. Discerning which path to take is both a reflective and an action-packed process. In this course, we take a look at our strengths and abilities, as well as, our desires and passions to help to determine what actions to take or better yet, to discover the questions. Getting to a full-bodied ‘yes’ may be a desired outcome for some, while for others may find forming the questions for clarity more beneficial. Being on the path of your purpose is enlivening and fulfilling, and it also comes with real-life challenges. How do we navigate this terrain?

Discerning Your Purpose provides a process for challenging your thoughts and desires along with accountability steps to manifest that achievement. Students will explore their skills, abilities and spiritual gifts while discovering the ‘next steps’ for progressing to the desired outcome. This course was created and designed by Unity minister Rev Douglas Duerr, after years as a personal coach, trainer, and mentor to many on the path of self-discovery. “Discerning the sacred in any path is our greatest point of awareness. Invite your inner wisdom teacher to emerge. It knows the way.”- Rev Doug Duerr

Course Learning Objectives

By the end of the course, learners will be able to:

- Articulate and refine a clear vision/purpose statement with steps of accountability and goals along the way
- Develop a time line of goals; identify and celebrate when at each stage
- Define personal skills, abilities and passions; understand the difference and determine the next steps to support their purpose

Required Text/Readings

- Levoy, Gregg. *Callings: Finding and Following an Authentic Life*. any edition. New York: Three Rivers Pr., ©1998.

Recommended Readings/Handouts

- Brumet, Robert. *Finding Yourself in Transition: Using Life's Changes for Spiritual Awakening*. Unity Village, MO: Unity Books, 2001, 1995.
- Rosenberg, Marshall. *Nonviolent Communication: A Language of Life*. Puddledancer Press; 3rd edition. September 1, 2015.
- As assigned

Academic Performance: Progress Evaluation

- **S: Satisfactory** = 75 - 100%
- **NC: No Credit** = 0 - 74%

Other possibilities:

- **AU: Audit** – student is not seeking credentialing (no assignments required).
- **I: Incomplete** – waiting for completion of one or more assignments. Given by approval of the Instructor due to urgent and unusual circumstance in the life of the participant

Graded Assignments

It is important to complete your assignments on or before the due dates.

NOTE: If you experience an emergency and are unable to complete your assignments on time, Contact your instructor.

Assignments: Discerning Your Purpose	Possible Points
General Assignments (5 @ 25 pts) Describe Your Discovery Assignment (1 @ 25 pts)	150
Your Purpose Statement (1 @ 50 pts)	50
Four-Part Motivation (1 @ 100 pts)	100
Class Sessions (6 @ 25 pts)	150
Total Points	450

Modules Outline

Module 1: “Welcome to Discerning Your Purpose”

Module dates: *Instructor Insert Dates*

Module Affirmation

“Every stumbling block has become a steppingstone!”

Module Learning Objectives

In this class, learners will:

- Examine their “why” (reasoning) for taking this course, by naming or describing it in the discussion board following the first class
- Discover one inner strength or ability they currently have to support their purpose/calling
- Identify their Meyer’s Brigg’s type and post on the discussion board

Module 1: Learning Assignments	Due Dates
<p>Reading(s)</p> <ul style="list-style-type: none"> • Gregg Levoy: <i>Callings: Finding and Following an Authentic Life</i> <ul style="list-style-type: none"> ○ Intro through Chapter 1 	<p><i>Instructor - Insert Dates</i></p>
<p>Prior to this class go on line and complete the Meyers-Briggs Type Test</p> <ul style="list-style-type: none"> • If you have not done so already, please complete the Meyers-Briggs type test: https://www.16personalities.com/free-personality-test Bring a short summary of your “type” to class or print it out from the website. Be prepared to share your discovery and any thoughts from this assignment 	<p><i>Instructor - Insert Dates</i></p>
<p>Suggested Reflection Journal</p> <p>For self-reflection, it is recommended you keep a journal specific to “Discerning Your Purpose.” Spirit works in and through you. Journaling is a sacred action to assist in this discovery. This is not graded and is for your personal reflection.</p> <ul style="list-style-type: none"> • Journal Prompt <ul style="list-style-type: none"> ○ Desire – to want something. ○ Passion – the refusal to live without something. ○ What is my WHY? • Questions for reflection (journaling): <ul style="list-style-type: none"> ○ What inner strength can I identify within me to support my calling/purpose? ○ What abilities/skills do I bring to the table that will assist me along the way? 	<p>None</p>

Module 1: Learning Assignments	Due Dates
<ul style="list-style-type: none"> ○ What abilities/skills do I bring to the table that will assist me along the way? 	
Module 1: Graded Assignments	Due Dates
<p>Class Session</p> <ul style="list-style-type: none"> • Welcome, Introductions, Course Overview • What’s your “WHY?” Let’s start easy- for taking this course. This will help us consider what’s our “WHY?” involving our purpose. • Any aha’s from Meyer’s-Brigg’s? Any surprises? Class share. • Belief versus Hoping and Wishing? Let’s discuss. • Do we desire or are we passionate about our vision/purpose? Is there a difference? 	<p><i>Instructor – Insert Date, Time & Place</i></p>
<p>Assignment: Obstacles to Stepping Stones</p> <ul style="list-style-type: none"> • Write a one to three page, double-spaced, personal story from a single experience you saw as an obstacle in your life that has become a steppingstone toward your purpose. 	<p><i>Instructor – Insert Date, Time & Place and format. E-mail? Hard Copy?</i></p>

Module 2: “Vulnerability and Creativity”

Module dates: *Instructor – Insert Dates*

Module Affirmation

“I claim my inheritance – I claim Divine Wisdom to guide my way.”

Module Learning Objectives

In this class, learners will:

- Define empathy and self-empathy. Recall a time when empathy supported their own creativity
- Elaborate on a ‘calls’ and ‘choice’ as related to Gregg Levoy’s text and then compare to their own

Module 2: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Gregg Levoy: <i>Callings: Finding and Following an Authentic Life</i> <ul style="list-style-type: none"> ○ Chapters 3 - 5 	<i>Instructor – Insert Date</i>
Video(s) <ul style="list-style-type: none"> • Watch Brené Brown Video <ul style="list-style-type: none"> ○ Embracing Vulnerability: https://www.youtube.com/watch?v=AO6n9HmG0qM 	<i>Instructor – Insert Date</i>
Suggested Reflection Journal For self-reflection, it is recommended you keep a journal specific to “Discerning Your Purpose.” Spirit works in and through you. Journaling is a sacred action to assist in this discovery. This is not graded and is for your personal reflection. <ul style="list-style-type: none"> • Questions for reflection (journaling): <ul style="list-style-type: none"> ○ “If I knew I would not fail, I would_____.” 	None

Module 2: Graded Assignments	Due Dates
Class Discussion Topic <ul style="list-style-type: none"> • Gregg Levoy’s describes “A Calling” in the required reading. • Do you agree, disagree? • Did you receive any new insights? <p>Depending on class size, break out into small groups and share insights from the reading. In the main group, share what you heard.</p>	In Class
Assignment: Vulnerability	

Module 2: Graded Assignments	Due Dates
<p>Brené says: “You can’t access empathy if you’re not willing to be vulnerable.” “Innovation and creativity are born of vulnerability.”</p> <p>Specific to the video from above:</p> <ul style="list-style-type: none"> Write a 2-3 page, double-spaced reflective response about a time when you shared empathy and witnessed the results in yourself or someone else. 	<p><i>Instructor – Insert Date</i></p>

Module 3: “Where’s the Parachute?”

Module dates: *Instructor – Insert Dates*

Module Affirmation

“All I’ve ever needed is with me now.”

Module Learning Objectives

In this class, learners will:

- Identify their interpretation of ‘a self-forgetful way’ as mentioned in the text. Share what this means to them on the discussion board.
- Define motivation as it applies to human successes. Define success as it relates to the text, the video. Are they different? Describe how they will know when they get there.
- Begin the process of clarifying their purpose statement.

Module 3: Learning Assignments	Due Dates
<p>Readings(s)</p> <ul style="list-style-type: none"> Gregg Levoy: <i>Callings: Finding and Following an Authentic Life</i> <ul style="list-style-type: none"> Chapters 12, 13, & 14 	<p><i>Instructor – Insert Date</i></p>
<p>Suggested Reflection Journal</p> <p>For self-reflection, it is recommended you keep a journal specific to “Discerning Your Purpose.” Spirit works in and through you. Journaling is a sacred action to assist in this discovery. This is not graded and is for your personal reflection.</p> <ul style="list-style-type: none"> Questions for reflection (journaling): <ul style="list-style-type: none"> What is motivation as it applies to human successes? Define success as it relates to the text, the video, and describe how <i>you know</i> when you’ll get there. Based on the video, reading and your own reflection: 	<p>None</p>

Module 3: Learning Assignments	Due Dates
<ul style="list-style-type: none"> ▪ Did he simply decide one day to fly? What kind of preparations do you think were required? What may have been his motivator? 	

Module 3: Graded Assignments	Due Dates
<p>Class Session</p> <ul style="list-style-type: none"> • Review the handout: Four Part Motivation.pdf <ul style="list-style-type: none"> ○ Goals and Creating the Questions- Assignment (100 pts.) ○ Meet your partner for the assignment (instructors use creative tools for partnering. Ideally pairs work best) ○ Due Week 6 • Review handout: Creating a Purpose Statement.pdf <ul style="list-style-type: none"> ○ (Due week 6) • Discuss chapter 13, page 251 – “A calling is not so much about something in our path as we are and its path.” • “Beyond a given point we are not helped by more knowing, but only by living and doing in a partly self-forgetful way.” Share your thoughts about Ernest Becker’s quote (found in the required reading) 	<p><i>Instructor – Insert Date, Time & Place</i></p>
<p>Review Assignment: Four-Part Motivation There are four parts to the assignment.</p> <ul style="list-style-type: none"> • Part 1 (25 pts) <ul style="list-style-type: none"> ○ You will clarify your personal, academic, and professional goals and describe how you plan to accomplish them. • Part 2 (25 pts) <ul style="list-style-type: none"> ○ This week, during the Collaborate Session, you will be paired with a partner. You will formulate 3 open-ended questions that will help your partner explore their calling or purpose. • Part 3 (25 pts) <ul style="list-style-type: none"> ○ You will use the 3 open-ended questions you created to interview your partner. Plan ahead so you have plenty of time for the interview. You can talk by phone or you can use the Student Lounge in the Collaborate area to have a face-to-face meeting. If you choose to use the Student Lounge, since it is open to all, please let your fellow classmates know when you will be using it. 	<p>Due in Week 6 <i>Instructor – Insert Date</i></p>

Module 3: Graded Assignments	Due Dates
<ul style="list-style-type: none"> • Part 4 (25 pts) <ul style="list-style-type: none"> ○ You will answer the 3 open-ended questions for yourself and share your reflections of the process. 	
<p>Review Assignment: Creating a Purpose Statement Use the instruction sheet to complete the assignment</p> <ul style="list-style-type: none"> • Does your purpose statement describe what you do? <ul style="list-style-type: none"> ○ If so, it shouldn't. The vision statement is not an opportunity to use creative, colorful language to describe the operations or activities of your life. It's not about all the many wonderful skills you have or passions you have developed. • It describes the subsequent outcome. <ul style="list-style-type: none"> ○ Too many folks set out to explain, I do it too. We get caught up sharing how we get there, which is great as an exercise, but it doesn't encapsulate our vision or purpose. Let's go Big! Instead, we focus on the outcomes after the work is done. 	<p>Due in Week 6 <i>Instructor – Insert Date</i></p>

Module 4: “When I Grow Up”

Module dates: *Instructor – Insert Dates*

Module Affirmation

“I can do all things through Christ who strengthens me.”

Module Learning Objectives

In this class, learners will:

- Develop and order a series of personal life events/experiences that led them to this day. This will be accomplished through reflection, journaling and sharing.
- Describe their childhood dream and evaluate what influence or motivation remains alive today.

Module 4: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Gregg Levoy: <i>Callings: Finding and Following an Authentic Life</i> <ul style="list-style-type: none"> ○ Chapter 7, pay special attention to bullet points, pgs 100-101 	<i>Instructor – Insert Dates</i>
Video(s) <ul style="list-style-type: none"> • Watch When I Grow Up Video <ul style="list-style-type: none"> ○ https://www.youtube.com/watch?v=j4S8LnHZuuE 	<i>Instructor – Insert Dates</i>
Suggested Reflection Journal For self-reflection, it is recommended you keep a journal specific to “Discerning Your Purpose.” Spirit works in and through you. Journaling is a sacred action to assist in this discovery. This is not graded and is for your personal reflection. <ul style="list-style-type: none"> • Questions for reflection (journaling): <ul style="list-style-type: none"> ○ “The Events that Shape Our Lives.” Thoughts or experiences in your life you feel may have held you back <i>or</i> moved you forward. 	None

Module 4: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none"> • Let’s talk about our childhood dreams. What were yours? Are they still alive for you today? Have you reached one or more? What did you let go? • Share any thoughts or experiences that have influenced your purpose to date. 	<i>Instructor – Insert Dates, Time & Place</i>

Module 4: Graded Assignments	Due Dates
<p>Assignment: Light Bulb Moment(s)</p> <ul style="list-style-type: none"> • Create a video diary or "selfie" recording, to share with the instructor or class. (Instructors create space for this as students are called to share)(3 minute max) Mp3, Mp4, .mov formats <i>OR</i> Turn in a reflective 1-3 page paper. • Topic: Describe a place, time, person, thought that you experienced <i>ONE</i> of the following: <ul style="list-style-type: none"> ○ “This is it- this is what I’m here to do” ○ A literal moment when the “light turned on” ○ A moment(s) when you knew you knew it was time to explore a new path” 	<p><i>Instructor – Insert Dates</i></p>

Module 5: “Is Discerning Our Purpose Linear?”

Module dates: *Instructor – Insert Dates*

Module Affirmation

“I am grounded in love and my purpose becomes clear.”

Module Learning Objectives

In this class, learners will:

- Explore the statement in the text “when the student is ready the teacher will appear.” Explain what Gregg is referring to as ‘the teacher.’ Knowing that we have many teachers and guides along the way, clarify what/who has become their teacher at this point in their journey.
- Outline, by way of a time line, how they will/are implementing strategies to live into their purpose. (Using “I will” and “I am” statements)

Module 5: Learning Assignments	Due Dates
<p>Reading(s)</p> <ul style="list-style-type: none"> • Gregg Levoy: <i>Callings: Finding and Following an Authentic Life</i>, Chapter 14 - 16 	<p><i>Instructor – Insert Dates</i></p>

Module 5: Graded Assignments	Due Dates
<p>Class Session</p> <ul style="list-style-type: none"> • “When the student is ready, the teacher will appear.” In the required reading Gregg Levoy has a unique spin on this classic quote. Let’s discuss. • Based on the text page 299 and forward – “rather than waiting and hoping for teachers to appear, we can create teachers by asking of whatever comes our way.” What is he referring to here? 	<p><i>Instructor – Insert Dates</i></p>
<p>Assignment: The Hidden Teacher</p> <ul style="list-style-type: none"> • In this week’s readings, Gregg Levoy talks about the Hidden Teacher. Think about this quote: "Keep an eye open for the hidden teacher; the one we don’t meet in the classroom but in the field where nothing is wasted." <ul style="list-style-type: none"> ○ What does this quote mean to you? ○ Where have you discovered the "hidden teacher?" • Using the prompts above, complete the assignment by using ONE of the following options: <ul style="list-style-type: none"> ○ Write a 1 to 3-page reflective paper on the topic the "hidden teacher" ○ Create a PowerPoint or Slidshare presentation about the "hidden teacher," and send in e-mail format to instructor <i>OR</i> ○ Find a music video or song lyric that represents the "hidden teacher" for you and share with the class. (Instructors will need to know how many will use this assignment and allow for class time to share. Consider as sign-up sheet for this assignment for the next three classes depending on number of learners) 	<p><i>Instructor – Insert Dates</i></p>

Module 6: “Let Go, Let God”

Module dates: *Instructor – Insert Dates*

Module Affirmation

“I am open and receptive to Spirit’s call.”

Module Learning Objectives

In this class, learners will:

- Explore Myrtle Fillmore’s text (provided) and define what it means for them to “move from one room to another.”
- Take part in a full senses meditation and reflection on their own
- Describe all the senses they experienced and share what they discovered

Module 6: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Gregg Levoy: <i>Callings: Finding and Following an Authentic Life</i>, Chapter 12 & 13 	<i>Instructor – Insert Dates</i>
Handout(s) <ul style="list-style-type: none"> • <i>Myrtle Fillmore</i> 	<i>Instructor – Insert Dates</i>
Suggested Reflection Journal For self-reflection, it is recommended you keep a journal specific to “Discerning Your Purpose.” Spirit works in and through you. Journaling is a sacred action to assist in this discovery. This is not graded and is for your personal reflection. <ul style="list-style-type: none"> • Questions for reflection (journaling): <ul style="list-style-type: none"> ○ What “Aha’s” if any were revealed through this weeks reading from Myrtle Fillmore Or “<i>Callings</i>” 	None

Module 6: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none"> • Define what it means <i>for you</i> to move from “<i>one room to another lighter room</i>” based on the inspiration by Myrtle Fillmore 	<i>Instructor – Insert Dates</i>
Assignment: Describe Your Discovery <ul style="list-style-type: none"> • Prepare undistracted, undisturbed time for this assignment. You may want to reserve an hour or more to meditate and jot down thoughts. 	<i>Instructor – Insert Dates</i>

Module 6: Graded Assignments	Due Dates
<ul style="list-style-type: none"> • Then, allow the creative writing to flow. • Write: In a time of reflective thought, prayer and meditation, hold the vision of what it feels like, looks like, sounds like, smells like “moving into another larger lighter room” Toward your purpose/calling • Allow the time of meditation and journaling to support the final form of your assignment. • Please submit ONE of the following: <ul style="list-style-type: none"> ○ Writing (1-3 pages) ○ Creative drawing ○ Photo with description of how this supports your thoughts 	
<p>Complete Assignment: Four-Part Motivation <i>(Assigned in Week 3)</i></p>	<p><i>Instructor – Insert Dates</i></p>
<p>Complete Assignment: Creating a Purpose Statement <i>(Assigned in Week 3)</i></p>	<p><i>Instructor – Insert Dates</i></p>

Module 7: “Hello World! I’m Here!”

Module dates: *Instructor – Insert Dates*

Module Affirmation

“I AM _____.” Complete the I AM statement with what you choose to draw *more of* into your life.

Module Learning Objectives

In this class, learners will:

- Create imagery to define your purpose with brief text (no more than fifteen words) to define your purpose to the world.
- Distinguish a time in your life when you blamed others or experiences as an obstacle in your life.

Module 7: Learning Assignments	Due Dates
<p>Class Discussion</p> <ul style="list-style-type: none"> • How I find Peace in the midst of conflict? What tools support me? • Instructor may share videos/story boards/wisdom readings to promote conflict as part of human discovery and evolution to new possibility. 	<p><i>Instructor – Insert Dates</i></p>
<p>Suggested Reflection Journal</p> <p>For self-reflection, it is recommended you keep a journal specific to “Discerning Your Purpose.” Spirit works in and through you. Journaling is a sacred action to assist in this discovery. This is not graded and is for your personal reflection.</p> <ul style="list-style-type: none"> • Questions for reflection (journaling): <ul style="list-style-type: none"> ○ Share personal feedback on any standouts from this Module or any others you found helpful over the last seven weeks. 	<p>None</p>

Module 7: Graded Assignments	Due Dates
<p>Class Session</p> <ul style="list-style-type: none"> • How did you do with forming and creating a purpose statement? • Are you social? Do you use Facebook or social media to declare who you are and what you’re about? Interestingly, it can be a form of manifestation to your dreams. Use all the tools available to support your path. • Let’s talk about the blame game and victim consciousness, the seeming obstacles in our path. Do you identify any? What are your plans of action? • Discuss “How I find Peace in the midst of conflict?” 	<p><i>Instructor – Insert Dates, Time & Place</i></p>

Module 7: Graded Assignments	Due Dates
<p>Assignment: Social Media <i>or</i> Reflection Writing <i>or</i> Share any image you choose (for those not choosing to use Social media)</p> <p>There are 3 choices as to how you can complete this assignment:</p> <ol style="list-style-type: none"> 1. Share an image of yourself (if this feels safe) or an image that encompasses your purpose on your personal Facebook page if you have one. May also “tag” your ministry or instructor if there is agreement. <ol style="list-style-type: none"> a. This could be an image that displays joy, something beautiful to you, a quote, or whatever you find loving and supportive. Invite your instructor or class to join in celebrating your friendship on social media. Have fun with this! b. If you choose (with classmate agreement) you may also add other classmates from this course. Add your purpose/vision statement to this same post. <p>OR</p> <ol style="list-style-type: none"> 2. <i>Bring an image that supports your purpose statement to class as a “show and tell.” Share the image and your purpose statement.</i> <p>OR</p> <ol style="list-style-type: none"> 3. <i>Write a 1-3 page reflection paper describing “My Next Steps” or “How I Overcome the Blame Game”</i> 	<p><i>Instructor – Insert Dates</i></p>

SPD120 Discerning Your Purpose

Four Part Motivation Worksheet

Motivation, Goals and Creating the Questions- Assignment (100 pts.)

Due Sunday of week six, the week before our final class date of_____.

Part 1 (25 points)

For each of the questions below, list personal, academic, and professional goals.

1. What are your purpose goals?

2. What are your goals for this year? 3-5 years?

3. What are your plans to get there? i.e. academic, prayer, mentorships, coaching, work programs, financial, visioning, etc.

4. What do you need in order to accomplish this year's goals? 3-5 year goals?

Think about the things you have planned for the next three-four weeks. Are those activities consistent with the goals that you have set above? What *top three activities* beyond this course support you and your purpose goals?

- 1.
- 2.
- 3.

In order to increase motivation for activities that are less desirable, create rewards for yourself. For example, “Once I have read pages 200-215 in “Callings” and journaled for at least 30 minutes, I will take a 15-minute break, go on a walk and enjoy my accomplishment”. Some of these activities will also have intrinsic goals (i.e. making you feel good). Don’t forget Self-Care!

Gregg Levoy in the book states “we may need to understand our questions before we get to the answers.”

Part II: (25 points) It’s all in the question. Part of the assignment is about the questions you create.

Step out- Be the observer and creator!

Formulate three questions that require deep thought for someone to answer about their calling or purpose. These will not lead to a yes/no answer.

Part III: (25 points) Buddy up and interview your partner in this class. Write down their answers to your questions.

Part IV: Reflection (25 points) Ponder the questions you've created and reflect on them for yourself. Share your discoveries. What did this exercise reveal to you. A short self-evaluation, one page or less will suffice.

¹Submit all via e-mail or mail or by hand by date or day of week before our final class along with this form or in a word document. Be sure to cover all sections I, II, III, IV.

SPD120 Discerning Your Purpose

Creating a Personal Purpose/Vision Statement

Guidelines for creating a vision:

Ambitious, simple, clear, two sentences or under. Not ambiguous statements or any openings for interpretation. This is to provide clarity for you, the Universe and all those who reside here with you.

Does it describe what you do?

If so, re-think it! The vision or purpose statement is not an opportunity to use creative, colorful language to describe the operations or activities of your life. It's not about all the many wonderful skills you have or passions you have developed. It's the big picture of whom you are or are called to be in the world. Go Big!

It describes the subsequent outcome.

Too many times, we intended visionary's set out to explain, we all do it. We get caught up sharing how we get there, which is great as an exercise and supports the process, but it doesn't encapsulate your vision or purpose.

1. **Has it gone beyond simple?** Is it over-engineered? Is it clear? Have you literally taken the clarity out of it with too much explanation?
2. **Is it easy to recite/share?** Can you share it with someone that does not know your story, your path or process? If not, re-think it. Editing is a powerful tool. It is helpful for the vision to be easily understood by all those who hear it and see it. It helps bring your purpose into expression. By creating clarity, we are inviting others to catch the vision with us and support us in prayer and many other ways of support. Your purpose or vision statement leaves an imprint on hearts and minds. Do you feel it? Are you excited? Let's not complicate our message to the Universe. Clarity=manifestation.
3. **Did you pray, meditate, and journal your process?** Vision crafting is a creative process. If you think you've got your vision complete, stop and allow it to permeate into your being. Wait a few days. Allow Spirit to move you through time as it develops. Be open to adjusting it along the way. It will become clearer and reveal itself to you as you prayerfully work through this process. When you come back to it, you may quickly re-connect with the same enthusiasm or not. Be open to questions from Spirit. Be open to Divine editing. Is your vision/purpose statement alive within you?

Vision and purpose statements are intended to clarify the pathway forward and invite others into the energy field of expression. When effective, the vision statement has an illuminating quality, which moves us forward and helps others support our journey.

And so it is!

Myrtle Fillmore Reading, Module 6

Quote:

“All of us sooner or later come to the place in our development where we are no longer satisfied to go on living the old life, without the knowledge of our oneness with God, the Source of our being. Sometimes, when we reach this point in our soul's progress, we do not at first know just what is taking place. We may become restless and dissatisfied. We may go through experiences, which we do not understand. We may even be tempted to think that our good has gone from us. But just as surely as there is God the one Presence and one Power, we shall find that all is well, and that we are but going from one room, as it were, into another, larger and lighter room.”¹



¹ *How to Let God Help You*, Chapter Three “Life is a School” by Unity Co-Founder Myrtle Fillmore