

Practices for Field Guide to What Really Matters:

PURPOSE

Your Life Map:

Study your “Life Journey Map” and see how all of the detours of your path have led you to exactly where you are right now.

Write about how one of those detours was the perfect precursor to your current purpose. (Do this in your journal) EXAMPLE: my father’s death led me to work in hospice which brought me where I am now

Wandering

Set aside 20 minutes for this spontaneous walk. Begin walking with no predetermined route. At each corner or intersection proceed in the direction that seems to call to you. Pay attention to little details like flowers growing through a crack, birds singing on a wire. Make note of what you see. After 10 minutes reverse your route and return home.

Lake and Sky Meditation

This meditation is helpful for experiencing clarity and listening to your own deep guidance.

1. Sit comfortably, close your eyes, and take a few deep, relaxing breaths. Let go of your everyday thoughts and put your attention on your breath for a moment.
2. Imagine that you are floating on a small boat in a lake with rippling waves all around you. Drop an anchor from the boat that reaches all the way to the bottom of the lake, so you are safe and still in the middle of the lake.
3. Picture that above you the sky is covered with grey clouds that are floating overhead.
4. Take a few deep breaths and feel yourself becoming even more relaxed.
5. Now, as you breathe in, see the rippling waves of the lake around you begin to diminish and grow still.
6. And as you breathe out, see the clouds above you parting and floating away to reveal the radiant blue sky behind them.
7. Continue to breathe deeply until the lake beneath you becomes perfectly still and the sky above you is completely cloudless.
8. Notice that the water of the lake reflects the blue color of the sky and that you can no longer tell where the lake ends and the sky begins. You are surrounded with luminous, beautiful, blue stillness.
9. Imagine that this still light is present inside of you, as well as all around you.

10. Take a few deep breaths and feel this beautiful, calm, light energy filling and expanding your heart.
11. Now imagine that you are open to receiving any guidance that is coming to you today. Know that you will be able to see your next step when the time is right and you will have everything you need in order to take that step.
12. Gently bring your attention back to your body, wiggle your fingers and toes, and then slowly open your eyes.

Breathwork: Breath of Gold

As you breathe in for 6 counts imagine you are taking in gold sparkles that fill every gap and broken place within you.

As you breathe out for 8 counts see golden light that radiates in every direction from the cracks and wounds within you. Repeat for several breaths.

The broken places are where you transmit your beautiful light to others.

Observation: Broken Things

From your observation spot notice something that you might describe as being "broken" or not functioning as it should--perhaps something in nature or a manmade item nearby.

What happens to broken things?

Are they removed or do they remain as reminders?

Journaling Prompts:

The Japanese have a term called Ikigai that describes your "reason for being" or what is worth waking up for every day. The Ikigai is the intersection of

What you love,

What you are good at,

What the World needs, and

What you can be paid for. Write about these 4 things and what gives meaning to your life right now.