



Discover Your Passion and Purpose

Does Your Life Lack Meaning?

By Dr. Margaret Paul

Do you find that nothing really excites you or holds much meaning for you? Does your life lack passion and purpose? Discover the source of this emptiness and learn how you can heal it through Inner Bonding.

Vera sought out counseling with me because her doctor advised her to discover the emotional causes of her chronic fatigue. Vera, a successful stockbroker, was in a loving 18-year marriage. On the surface, everything in her life was fine. She had enough money, friends, and a good relationship. Yet Vera awoke each morning battling fatigue and depression.

David sought my help because of chronic feelings of inner emptiness. David is very successful in his manufacturing business, has a good marriage and two adult children. Like Vera, everything seemed fine. Yet the feelings of inner emptiness drove David to overeat, overspend, and indulge in porno on the Internet.

While both Vera and David were successful in their careers, neither loved their work. They worked to make money, but their work had little meaning for them. Yet when they looked inside, neither could discover what did have meaning for them. Both reported that they had never experienced a sense of meaning in their adult lives, and that the emptiness and depression had been with them since adolescence.

As I worked with Vera and David, it became evident that each had made a decision early in their lives to shut down their feelings to avoid the deep pain of unbearable loneliness and heartbreak. Vera shut down because she was unable to tolerate the loneliness of her mother's behavior toward her. Her mother would say she loved Vera, but Vera never felt her love. Instead, she felt her mother energetically pulling at her, trying to suck the life out of her. As a very sensitive child, Vera could not tolerate this confusing experience, so she put her feelings in a box and decided to live from her head instead of her heart.

David, also a very sensitive child, shut down because he was unable to tolerate the loneliness of being with two emotionally unavailable empty parents, and the heartbreak of rejection from peers.

As adults, both Vera and David were still shut down from their feelings. They were still afraid of feeling the pain of loneliness and heartbreak - feelings that are actually everyday facts of life. Loneliness is present when your heart is closed or another's heart is closed, or when there is no one with whom to share love. Loneliness is the primary feeling when we want to connect with another and the other is unavailable. Heartbreak can occur when others who are important to you are unloving to you. If you were completely open to your feelings, you would feel moments of loneliness and heartbreak or heartache throughout the day. However, most people never feel these feelings and are completely unaware of them, because the moment there is a twinge of emotional pain, they move instantly to various addictions and addictive behaviors, such as substances, activities, thoughts, shame and blame. Yet when we shut out pain, we also shut out joy and a passionate sense of purpose.

Pain and joy are in the same place in the heart. Vera and David could not discover what has meaning for them and what brings them joy while keeping a lid on their feelings. The very act of keeping their hearts closed to their feelings was creating their depression and inner emptiness.

Imagine that your feelings are a child within. If you ignore this child - by ignoring your feelings - this child feels abandoned. Our refusal to be in Step One of Inner Bonding - to feel and take responsibility for our own pain - is an inner abandonment and results in anxiety, depression and inner emptiness.

It is your child within - your feeling self - that has the blueprint for what has meaning for you, for your passion and purpose. Each of us comes to this planet with a deep purpose to express, and when we don't express this purpose, we end up feeling empty and depressed. Yet we cannot discover this purpose when we keep a lid on our feelings.

Learning to manage the pain of loneliness and heartbreak is essential to discovering your passion and purpose. Inner Bonding is a powerful process for learning to manage these feelings.

There is no way of managing loneliness and heartbreak without a deep and personal connection to a spiritual source of love and wisdom. We cannot manage these feelings from our mind alone.

You will find deep meaning in your life when you decide to practice Inner Bonding - opening to and learning from your feelings of loneliness and heartbreak, rather than continuing to shut them down. And you will open to these feelings only when you do not feel alone inside - when you begin experiencing the love and wisdom of your spiritual Guidance. Opening to Divine Love and opening to your feelings will bring you the fullness, joy, passion and purpose that are the yearnings of your soul.

Discovering Your Passion and Purpose

By Dr. Margaret Paul

Discovering your passion and purpose is vital to your joy and wellbeing. The problem is that you might have lost touch with any sense of passion and purpose and you may have no idea how to access this information. Discover how Inner Bonding can open you to your passion and purpose.

"I can't seem to discover why I'm on the planet."

"What is my purpose here? I know there's something I'm supposed to be doing, but I don't know how to find out what it is."

"I don't seem to be passionate about anything."

I've heard these complaints over and over from my clients.

The blueprint for this information lies within your core Self, your essence, the true Self that may have been buried during your early years. If your true Self was not seen and validated by your parents, teachers, or other caregivers, it is likely to have gone underground. The self you know as your "self" is likely your wounded self, your ego, the self you created to get love and avoid pain. The wounded self has within it all your fears and false beliefs, and does not have access to what is true for you.

How, then, do you discover your passion and purpose, if the blueprint for this information is long buried? The good news is that while it is

buried, it is not lost. Anyone can reclaim this information if you are willing to do the inner work of healing your wounded self.

I've worked with thousands of clients who, as they practice the Inner Bonding process, gradually heal their fears and false, limiting beliefs to the point where their true Self comes peeking out. This is the vital, alive aspect of yourself, the aspect that just wants to joyfully express itself in the world. As you allow this aspect to emerge, you will gradually discover what truly brings you joy.

In our society, we tend to ignore our special talents, choosing our careers according to what will give us a sense of security. Too often, however, what makes us feel safe does not fulfill us emotionally or spiritually. For example, Roger worked for many years as an attorney, but he never enjoyed it. He made a lot of money, yet when he consulted with me he was suffering from anxiety and depression. He had become an attorney because his father had been an attorney and wanted Roger to follow in his footsteps. Roger had gone along with what his father wanted for him because he didn't know what else he wanted and now, in midlife, he was miserable. He yearned to discover his passion.

A few months after starting to practice Inner Bonding, Roger remembered that he had really wanted to be a teacher. He had never seriously considered teaching because he felt he couldn't make enough money, but now he was willing to make far less money because he was so unhappy with his present work. Roger went back to school and got his teaching credential and is now a high school social studies teacher. The last time I spoke with him he was radiant! He loved working with adolescents, and he felt he was making a real contribution to their lives. For the first time ever, he felt alive and passionate about his life. His wife decided to take up some of the financial slack by doing something she had always wanted to do: designing children's clothing. She started her own mail-order business and is thrilled with it. Their marriage and family life are flourishing because both of them are happy and fulfilled within themselves.

Ricki came to see me because she was so unhappy working as a controller of a big import business. Yet she had no idea what else she wanted to do. It took about a year of practicing Inner Bonding before her true Self told her that she wanted to be a nutritionist. Ricki hadn't wanted to hear her true Self because she didn't want to go back to school. Finally she was so unhappy that she decided to listen. She is now back in school, enjoying learning about her passion.

While it may not always be possible to change your work immediately to something you love, if you follow your passion, it will often lead you there. And even when you have to earn money in ways that do not express your soul, you can seek volunteer opportunities and hobbies to express who you are. Often these can lead to the work that you will eventually do.

Alfredo worked as a manager of a large supermarket. With his small savings, he decided to start pursuing a hobby that had always fascinated him - restoring old cars. He used all his extra money to buy his first old car and spent many blissful hours restoring it. He was so good at it, he was able to sell his restored cars for a lot of money. Eventually he was able to quit his job at the market and pursue his passion full time. Ultimately he started a project in a prison, teaching inmates to restore cars. Alfredo now loves what he does and receives great satisfaction from helping others.

Your soul has a deep desire for you to express yourself in ways that bring you joy. Through a devoted Inner Bonding practice, you can discover what that is and bring it about.

Discovering Your Calling

By Dr. Margaret Paul

Are you unhappy with your work? Do you have a sense that you have a calling but you don't know what it is or how to find it?

"Let the beauty of what you love, be what you do." - Rumi

If you had been brought up with parents who were devoted to encouraging you to be totally yourself, and who deeply valued your unique gifts and talents, what kind of work would you be doing today? Would it be different than what you are doing?

If you had parents who mirrored to you your magnificent core essence, and you grew up knowing who you are, what would you love to be doing for your work today?

Do you even know "the beauty of what you love"? Without knowing the beauty of what you love, you cannot be guided in what you do by what you love.

"The beauty of what you love" is in your core Self, waiting for you to discover it. But if your core Self is hidden beneath your wounded self because protecting against your very painful core feelings - loneliness, heartache, heartbreak, sorrow, grief, and helplessness over others and outcomes - is more important than loving yourself and others, you may not yet have discovered what you love.

If you feel lost regarding your calling in life, don't despair. You DO have a calling and you CAN find it!

In order to find it, you need to be practicing Inner Bonding in a deep and committed way, devoted to taking full responsibility for learning how you are creating your painful wounded feelings and devoted to fully nurturing your painful core feelings with great kindness and compassion. You need to be fully devoted to being so loving to yourself and others that you are willing to feel the painful feelings of life, rather than protect against them with addictive and controlling behavior. It is your protections that are covering your core self and the knowledge of what you love.

Some of us are lucky to always know our calling. But I have many clients who wander around trying one thing after another, never feeling like they are where they belong. Others have a sense of what they want and what they love, but are afraid that if they go for it, they will fail. Others put it on the back burner because they are afraid that they will not make enough money. They suffer in jobs they hate because they have made making money more important than the beauty of what they love, and they generally feel empty and unfulfilled.

Your beautiful essence is a unique expression of Spirit and contains your unique gifts, talents, and what you love - what has true value to you. When you discover what has true value to you to express, and you offer this to the world, you are letting "the beauty of what you love, be what you do."

If you have children, hopefully you are seeing and mirroring their essence. One of the greatest gifts you can give to your children is to support them in following their passions. However, if you are supporting them in following their passion, but you are not following your own, what message are you giving to them? So the other great gift you can give to your children is to role-model following your own passion. But in order to do this, you need to know what your passion is!

Once again, here is where Inner Bonding comes into the picture. The more you practice Inner Bonding, the more you will get to know your essence, which opens the door to discovering the blueprint for your true calling.