

LIVING IN PURPOSE

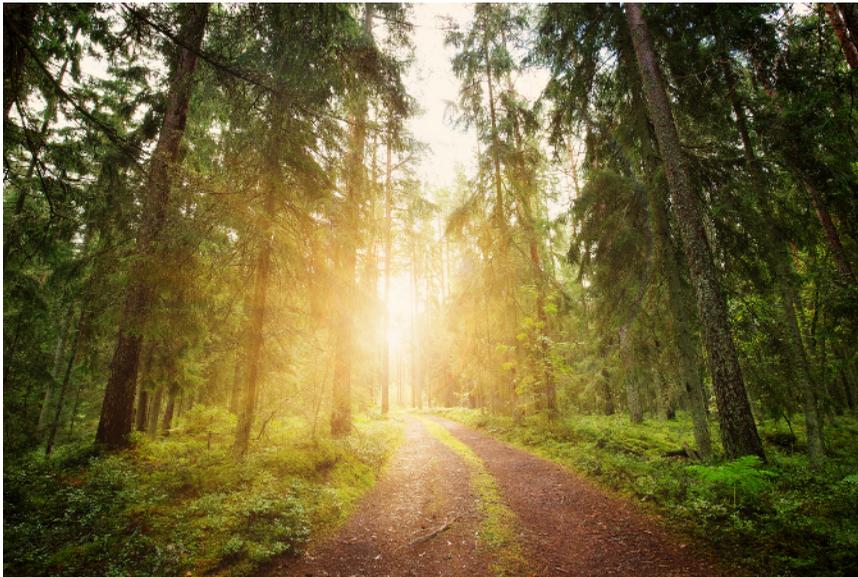
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Living in Purpose

A new year is on the horizon, it is a time to reflect and redirect. As I look over this past year, it has been full of change. A year full of choices made in commitment to my vision for my life. At times the vision isn't always clear, so what I am choosing to focus on, is strengthening my inner navigation system, comprised of feeling, intuition, contemplation, heart-felt knowing, and recognizing opportunities that present themselves that provide me with practice in using these inner compasses to navigate my journey to inter-connectivity and my true north.

If I can strengthen my ability to focus, to listen, to consciously experience my day, then I can come to a deeper understanding, a deeper knowing of my own truth. If I can hush the mind chatter, and all the external chatter, I can connect to my life essence which lies beyond my story. The *me* beyond my story that will guide my choices.

I cannot prescribe a way to access one's inner world, I can only share what resonates deeply for me in the hopes that you will be inspired to develop your own way of unplugging from the external distractions and plug into your inner most deeply felt truth of who you are. For me, I focus, meditate, and contemplate Nature.



I have come to understand how societal programming has been a major contributor to the lens through which I was seeing and experiencing the world, and how this has contributed to a feeling of disconnect from the natural world. An illusion that nature was something that I was separate from.

With my skin being the boundary that separated inner from outer, I had the notion that somehow I was separate from nature. It was outside of me, something that I would see, rather than the truth of me being a unique expression of it.

I learned to view my life beyond the physical. The physical body houses me and allows me to journey through this experience of life on earth. But I am not defined by only the physical. If I can access my Self beyond the physical, I create a new lens through which to understand my human experience.

If I can tap into the wisdoms held beyond my limited physical perceptions, I can move out of my own way and allow the unique expression of life that I am, to emerge and to serve.

My focus shifts from the separated "I" to a vision of how this all-encompassing "I" that I am, contributes to the whole. When I can make this connection, I understand how every choice that I make

impacts the whole. I then consciously see how my choices can make a positive or negative impact.

It is not about me (solely), it is about *me* who is part of a collective; a contributing member of a collective expression of life here on earth. My life experience is that of nature expressing as a human being, but I am also joined on this planet with other life forms, all of which have a significant part in service to the whole.

Being conscious of this wholistic connection, highlights the need to live with integrity for self and all other life forms that express differently. As *all* are an expression, *all* a contributing factor in the interwoven fabric of life.

Coming to deeply know the *I* that is not separate, I am able to access how best I can be of service, contributing in the strengths and truth of who I am.

This can mean going against the current of societal and institutionalized ways that I have been programmed by, and moving into a conscious collective expression, contributing my value to the earth. In nature, as nature, for nature.

As I go for a walk outside, I look at the trees and take a deep breath in. On my inhalation, I breathe in the oxygen the trees provide me, and on my exhalation I give back the carbon dioxide the trees needs. Together we are the lungs in visible, physical form. Each needing and contributing to the life of the other. As I make this connection of the service we provide for each other, it further enhances my awareness and experience of our connection to all.

If I can bring this mindfulness and consciousness into my new beginnings, in this new year, my choices will reflect my desire to be the best, most authentic *me* I can be, contributing my value to the world. In this way, I am living in connection, and living in purpose.

Cheers to a brand new year with new possibilities to connect and nurture the root of who you are!

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