



"There are two ways to live your life. One is as though there are no miracles. The other is as though everything is a miracle." Albert Einstein

Connecting to Your Sole Purpose **Linda A. Lubin, M.A.**

Each of us is potentially the difference in the world." Marilyn Ferguson

Observing the world around us, we see a whirlwind of tumultuous change occurring economically. Many of you may find that these changes are impacting you in a very direct, immediate form through the loss of a job, and diminished financial resources from investments. For others, the direct impact may be softer; however, you are most likely feeling the effect of all these seismic shifts on many levels.

What is happening collectively is mirrored in what is happening personally. Change often kicks up fear, and understandably so. Yet the more we are able to focus on the opportunities change allows for, the more we will be able to move through these times in a manner that opens us to much personal growth. These opportunities come in many forms. They may give us a chance to take a deep look at the way we live, at our values, at our core beliefs. How much are our lives in sync with our values? How well are our core beliefs serving us? Bringing this into awareness opens us to the potential for significantly altering our lives to bring ourselves into alignment with our soul's purpose.

It is my belief that we each come into this world with a soul contract, which gives us a blueprint of what issues, what challenges, what lessons we wish to learn, and also, what we are meant to offer to the world. The more we are able to figure out why we came here, the more we may then be able to live our life in an enriching, deeply satisfying way.

Carolyn Myss explains that "we each have been put here on earth to fulfill a Sacred Contract that enhances our personal spiritual growth while contributing to the evolution of the entire global soul ... A contract is your overall relationship to your personal power and your spiritual power. It is how you work with your energy and whom you give it to."

How we align ourselves with our soul's purpose, is very much connected with knowing what our gifts are. It is through our gifts that our soul's purpose is best manifested. The more focused we are in our awareness of this purpose, or contract, and our gifts, the better able we then are to live a life that "feels right," that is meaningful to us.

As Karen Bishop explains, "we have a soul blueprint that carries us wherever we go. We each vibrate in a unique and distinct way that separates us from the whole, but also allows for our contribution to the whole to make it complete." Perhaps this will help you to understand why it is vital for you to understand why you came here. Without your unique vibration, we are all missing something vital. You came here not only to serve your own personal needs; you came here because the essence of who you are is needed at this time.

And so we come full circle to the beginning of this article. In speaking of the tumultuous times we are journeying through, I ask that you look within, know that you chose to be alive at this unique time in human history, and that by remembering your soul's purpose, you will activate a passion for what you came here to do.

*"What lies before us and what lies behind us are small matters compared to what lies within us.
And when we bring what is within out into the world, miracles happen."
~ Henry David Thoreau*

Linda A. Lubin, M.A. is a Health & Wellness Counselor in private practice in Ridgefield. Contact her at 203-470-5317 or visit her website at www.mindfulhealing.org.

