

THE UNFOLDING PATH OF PASSION: PETER PAUL HARNISCH

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Heart-felt thanks to all who attended my talk at this year's ASPECT 2017 Conference. As I believe that the points shown on my power-point presentation were only meant to be a bridge for further conversation, including it may not make complete sense to those who were not in attendance. Instead, I decided to include 4 of my blogs that cover the essence of what I shared.

1. FINDING YOUR LIFE'S PURPOSE

a blog from www.myawarelife.com

Life-purpose is never found, it is created. It is created from the well-spring of your very existence. Purpose is generated by you and from within you. The saying "what you seek you do not find" is very apropos.

If you in this very moment feel incredibly discouraged or fearful that you will never find your life purpose, this message may help to change your perspective. If the concept of or desire is within you to be living on purpose and filled with meaning then you can begin from where you are now. You most likely will not be able to change your feelings quickly, as it took you a long time focusing on your thoughts and beliefs, to generate the sense of 'lack of purpose' you may be feeling. The process of creating purpose and turning the energy of your current life experience around may take awhile and will require patience and understanding on your part. So, whatever your age, 15 or 105, you can make it happen!

Purpose is generated from feeling good, from your perspective on all that is life, and from being patient to allow signs, hunches and inspirations to bubble forth. This will require you to spend more time being still, relaxing and listening to the messages that spring forth from within your depths. When you are caught up in the busyness of life, something that happens to all of us, you will most likely not be able to perceive the messages from your heart and soul. However when you quiet yourself down you will begin to get hunches (feelings) to act in small ways; to make a phone call, to sign up for a class, to walk down a certain street, to have coffee with a friend, to take the bus instead of your car...where you will overhear a conversation that may give you some information, to go the library, and to read up on that hobby you put on hold for many years...and the list goes on...and on...and on. There is no end to the small seemingly insignificant inspirations that will bubble up from within you. But, insignificant they are not.

By following the hunches, energy is being generated and you are in a way announcing to the universe, to YOU, that "Yes, I am ready, willing and able...bring it on"! When you keep doing this...energy will build within you. You will actually feel the energy building without much of a trace of your physical world changing. This is not the time to give up. You cannot push the process of creating your life purpose, especially in the beginning. You are tending to the delicate (but powerful) messages from your heart. Act as if you are tending to a small shoot

from a flower breaking through the soil and be as gentle as you possibly can be. Continue in this way and the flower, your life-purpose, will grow sure and strong. Before you know it you will be feeling so good about your life, and so on purpose, that the person you are now will be unrecognizable.

You may be thinking that I am grossly oversimplifying the process and that it's not as easy as I am making the process out to be. Well, you are right. At first, and often along the way, creating the feeling of life-purpose is simple, but often not easy, as you are bucking against your old ways of doing things. Change can take time. How many years did it take for you to get here? Well, cut yourself some slack in the process of realizing that it will take you time to nurture a new way of being. As with my example of tending to a baby plant shoot breaking through the ground, try to treat yourself during the creation process gently and with a loving heart.

Your life purpose is created by you, from within you, and it is no where to be found. You determine how to proceed from here. Are you intrigued?

2. INTUITION, YOUR HEART SONG

a blog from www.myawarelife.com

An ancient language is being communicated through you at all times, it is the only true language of life, it is the language of loving expansion. This language is referred to in many ways...inner guidance, intuition and I like to also refer to it as 'heart song'. The most beautiful thing about your heart song is that it only guides you toward your highest good and toward happiness. It absolutely knows the path of your inner most desire. Always, no exceptions!

This guidance could also be referred to as the *language of the soul*, your soul. Every person on planet earth has their own soul and every person in turn is guided in different ways that ultimately leads (or points) to their joyful path. No two people are guided in the same way. Your journey on this planet is completely unique to you. What I find fascinating is that although all people on this planet have their own unique intuition guiding them, all paths ultimately lead to the same place, love. Yes, all 7 Billion of us, different paths all leading to the same goal.

I know, I know, this is all getting pretty esoteric and sounds very lovely however what does this actually mean for your life right now? What it means is that you are now, always have and always will be guided to the path that will lead you to happiness. Even though in the moment you may feel like you are in the depths of hell (there is no hell) you are still being guided. You just don't feel it. There are two paths within you simultaneously, the path of your egoic mind (the conditioned mind or the way you have always done things) and the path of your heart or intuition. Yes, even if you are experiencing chaos and pain, your heart is still singing to you, but in a very soft almost inaudible melody. You are most likely not used to hearing and listening to it as you are drowning in the chaos of your busy mind. What's the solution?

The number one solution is, silence. Yes, the only way to even begin to get clued into how busy your mind is, is to get quiet. Simply sit somewhere for even 1 minute with little to no distraction, close your eyes pay attention to your breath. In this writing I'm not going to pay huge lip-service to becoming silent however I cannot overstress the value of doing so. What this will ultimately help you to do is be able to distinguish between your busy mind and the inner guidance from your heart. After a while your 'being silent' practice may increase to 5 minutes, then to 15, a half hour and perhaps more. My common time is 30 minutes in the morning however I am also conscious of my mind and 'go inward' many times throughout the day. Inner awareness is my way of life.

A little example of how inner guidance can work is; a few days ago I began writing this information. I had to take a bathroom break and while sitting (forgive the visual) I closed my eyes and followed my breath and became very aware of the beautiful silence that embraced me. My inner guidance communicated 'move reallllly slowly today' and pay attention to everything. That's it. No big fanfare but just a strong awareness of this message. I did that for the most part, as I eventually had times through my day where my mind got wrapped up in my workday and I 'forgot' to move slowly. However, move much slower I did. During my employment I became aware of this message and would instantly slow my movements down and do a self-check on how I was feeling in that moment. After my bathroom break I returned to my writing, but after I sat I received another message to 'stop writing'. I listened, stopped and turned off my laptop. This morning, 3 days later I had the urge to write again however not really knowing the topic. When my desktop finally lit up I saw the name of this file, what I had written a few days earlier, and I 'found myself' opening it and continued. You could look at my process as not logical or productive. I could have forced myself through the writing process however I decided to honour my guidance and simply stop. There was no rhyme or reason to stop, but I just did. Sometimes intuition does not make sense however after a while it can just be followed with blind trust.

As previously mentioned, heart song or inner guidance is your one true language that will always guide you in the direction of your 'highest good'. It is a language that as children we knew instinctively, as it was our 'only' language except for our grunts, coos, giggles, gurgles and screams we emitted into the physical world. But over time this language was 'forgotten', not completely as it's always there, however because this language was usually never talked about and acknowledged by parents and those around us. Everyone around you was too busy, with their busy minds, and taught you how to speak their language. As with any skill not used it gets forgotten, as with a muscle not used it gets weak, the same thing happened to the language of your heart. From childhood it was not talked about, supported and honoured so it subsided and 'common language' of your people (English, Arabic, Cantonese, French, and Swahili etc) took over. However the thing about the language of intuition is, not only has it never left you, it has been and is always calling. It has to because it is the calling from your inner most being, your soul.

Following your heart at first is a delicate process and it takes time to nurture. It is as if you are dealing with a frightened or traumatized puppy (your body and mind) and in order to

regain its trust you treat the puppy with utmost care and love. You spend time with it, being quiet, feeding it little treats now and then and sharing your loving presence. Just like with the puppy you also will rebuild your body's sense that your intuitive heart is real, that it can be trusted and that it is your only path to true happiness. When you do this your inner guidance will give you more guidance but only to the level point that you are able to handle. Your intuitive heart knows you inside and out and will always give you exactly what you need, and when you are ready your intuitive heart will give you more. Thing is, are you ready to listen?

3. INTUITION WHISPERS

a blog from www.myawarelife.com

In our hunger for the grandiose there is so much we miss, the subtleties of life that are so sweet. As the big epiphany is desired we often forget that intuition continuously whispers and nudges us along a path of ease and happiness. "Consider this, go here, follow there, stop now, pay attention" (in gentle ways) is the language of our heart that always guides with tender love. But, do we heed the call?

Intuition speaks to us from within just as the outer world communicates to us in every way, in a plethora of subtle and magic unfoldings. Whether we walk in the forest, saunter along a beach, stroll down an urban street or hang in a crowd, we are being beckoned to pay attention, to slow down and to enjoy. Yes goals are great but it's the joy of the path that makes our hearts sing. Love abounds in each corner and in every turn as the richness of life speaks to us, urging us, to be in joy during all moments. Joy speaks to us, anger speaks to us, hatred speaks to us, frustration speaks to us ... showing us way back home to our nature that is in truth connected to everything.

When we dislike the now or any situation that we find ourselves in our Intuition is guiding us like a warm embrace, guiding us to a happier place. When we suffer intuition is hard to recognize as the noise of our mind and in the intensity of our feelings distract us from our true nature. "Pay attention to me"!, suffering yells, as intuition, which is the calling from our heart and connection with the universe, is also communicating with us from our *higher more expanded state*. Pull back from suffering and you will find yourself there watching with never ending love.

Years ago I had an out of body experience where in the middle of intense suffering I *pulled out* of myself. Two dear family members had passed and my then wife ended our marriage. I lay writhing and crying on the floor in a barren tiny apartment feeling the pain of it all, when suddenly ... nothing. I was looking down upon myself from the top corner of the ceiling in complete calmness and tranquility, and thought "oh, there is my suffering body". I was feeling my *true being* 'be' with me in full compassion and love. It is my belief that I became my *higher self* and I was being shown that my true self was not my suffering. Love is always with you, and communicating with you at all times.

Connecting with the whispers of our intuition means that we need to slow down and pay greater attention. Your current state of being was created by you over a long period of time so it will require patience to allow your 'self' to relax and connect with the ever-loving stream of intuition that is *always* present in each moment. Patience and mindfulness can be well nurtured by spending time in nature, through meditation (even when done briefly), purposely moving slower and paying attention to your breath and to everything around you and by appreciating the nuances of your world. Appreciation for every aspect of your life is one of the best ways to turn your life around into an entirely new way of being.

Intuition always always always guides you to your inner joy, and intuition is always always always a part of you. Your intuition is whispering to you now! Do you hear it? Are you willing to listen?

4. **THE PERFECT JOB**

a blog from www.myawarelife.com

What is *the* Perfect Job? Is it the one you are doing now or does it represent a goal, a dream or a fantasy? For most, the perfect job is something better than the present moment, it is the dream of happiness and true fulfilment ... down the road. But do you know what the perfect job truly means and how do you know what you have achieved it? It's a slippery subject.

Some people seem to be completely happy and content doing what appears to be the simplest job: an elderly man reading stories to children in the library radiates serenity and love; a young woman with a quaint flower shop, barely making ends meet, glows with everything she does; a man selling hot dogs on the street corner brightens up every life he comes in contact with; or a panhandler who is living life on his own terms looks at each passerby directly, smiles and says "have a glorious day". Have these people found their perfect job? Or how about the lawyer who makes a million dollars per year working for a large corporation, has the weight of the world on her shoulders, and is in complete misery of not being able to spend enough time with her family or having enough time to herself. But because she has a fancy job title, drives a luxury car, and lives in an upscale neighbourhood people automatically assume that she *must* be happy...that she has made it. Is the perfect job about an action that gives us the most money and things?

What if the perfect job had actually nothing to do with the job itself but about how you feel inside? If this were the case then it would not matter what job you were doing or if you were unemployed. If you (and I) felt good about the job being done right now then the perfect job would have been achieved. I know, I know I can hear the outcry now; "Do you realize how big a jerk my boss is?", "The pay I am receiving sucks", "The company I work for doesn't care about me, they are only interested in making money", "My colleagues are a bunch of backstabbing idiots", "The economy makes it impossible for me to find work"....shall I continue?

When you continue to rant and rave, complain and point-fingers at anyone or situation about the job you have, or about being unemployed, you actually continue to flame these feelings and therefore continue to recreate your situation. You create your own illusion of the trap. You expand your feeling body (happiness) by where you choose to hold your focus. If you are familiar with the law of attraction then you will be able to understand what I speak of. However, the universe is so perfect, as it allows you to control your life through the free-will of being able to direct (or redirect) your thoughts about anything. In this moment, no matter what you are thinking or what you are feeling about your job you can turn it around. You can in fact create your perfect job by switching your focus.

Your perfect job is now! Your unemployment is perfect right now! Even if you think that what I'm saying is ridiculous, wouldn't the idea of the possibility be great? All hardships you are facing in your job and in looking for work are the keys to you changing your world. Your lousy feelings of a situation is your clue that you are not focusing on that which you are capable of, your highest potential. Your frustration, anxiousness, hopelessness and anger are in truth pointing you in the direction of happiness and fulfilment. Whaaaat? ... you shout to the universe, "how can my jerk of a boss be helping to point me in the direction of happiness?" It is true, and to even further peeve you off, your boss could even be thanked for helping you realize what you truly want. Well, perhaps not in person, but to yourself.

Appreciation is a magic elixir. Where ever you are, begin to find things to appreciate about yourself, your boss, your job, your unemployment, the money you have, the feelings you have, your growing awareness, your colleagues, your ability to choose...your breath. Anything! Purchase a journal and starting now begin a daily appreciation list about...where you are in this very moment. After a while you will notice that you will begin to look at things differently. You will also 'lighten up' and have a bit of a bounce to your step. The people around you will begin to change, or they will move on to different departments or quit. You may be offered a promotion or you may find another more fulfilling opportunity. The point I'm really trying to make here is to become fulfilled ... now. When you do this you will loosen the emotional chains that bind you and your world will begin to open.

Your perfect job is not over the horizon. Don't think you have to look for it, because if you do you will never find it. Your perfect job is always now, it is right in front of your face. Make it so, and you will feel the satisfaction of your creation.

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