

YOUR SOUL'S PATH

Volume One Your Soul and Your Career

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Many people associate their soul's path with finding a particular kind of work that they can do which will bring them success and fulfillment. They desire a feeling of enthusiasm and passion about their career. Though your soul's path is so much more than this, I will address work in this first article because of the high interest in this subject.

Very few of us are born with a soul mandate to have a specific career. These few often know very early in life what their career choice will be. Most of us have a particular arena that serves our soul best and we are given the task of selection within those parameters.

For instance, you may know that healing and the field of medicine are your interests. This knowing is indicative of your soul's path. The kind of credentials you need, or the exact professional choice within that field, is strictly up to you. You have a lot of latitude if you stay in your soul's chosen arena.

You might enjoy and feel drawn toward the building profession. Whether you become a fine carpenter or a construction supervisor is up to you. Perhaps you are enthusiastic about a particular kind of building project; homes or commercial, green and unique, etc. As long as you are creating buildings, and happy with that, you are on your soul's path.

Above all, your soul wants you to feel energized by your work, not depleted. This is true for all of us. If you are someone who has decided you must stay in an unsatisfactory job for financial security, I challenge you to reconsider this notion.

An important question to ask yourself is, "Why can't I be one of those people who has a job they enjoy, and financial security too?" If you are honest and unemotional in considering this question, you will find no viable reason. Yet, you have been operating as if financial security and boredom, or being overworked and unappreciated, are synonymous.

The idea of having work that is creative and energizing is not a new one. Looking back over history you can find many examples of people who struck out on their path with conviction and had great success. One characteristic you will find in all of them is dedication. In spite of any negative opinions of others, or obstacles along the way, they felt a strong dedication — not to the work itself so much as to the idea of being stimulated and fulfilled by what they did every day. The work they chose was the means to that end.

If you have been unable to create a work life which excites and supports you, then you can be certain that you subconsciously hold a belief that this is not possible, or that you are not worthy or good enough. Instead of passively succumbing to this, why not question your beliefs and ask for help in seeing the bigger picture clearly. You can ask a friend or mentor to assist you in breaking out of limited thinking. And you can ask Spirit for this help too. Beneficial guidance will be offered, to be sure.

Over the years, when I have asked some of my clients in my intuitive coaching sessions what excites them, they have no idea. They completely draw a blank and feel helpless about

ever being able to identify a career that could bring them happiness. These are individuals that have lived too long ignoring their dreams and desires; suppressing them out of a fear that they will never be fulfilled. It seems safer for them to dissociate from their very real needs than to try and satisfy them. They anticipate disappointment or failure with every attempt.

If you feel perplexed about identifying what kind of work would make you happy, I suggest three evocative questions to pose to yourself:

- What were my dreams and fantasies when I was young, no matter how foolish they might seem now?
- If money and education weren't an issue, what kind of work would I be doing? (This indicates your soul's chosen arena.)
- What would make my life happy for me right now? What do I need more of in order to be happy? What do I need less of to be happy?

Take your time with each of these questions. Write out your answers so that you can refer to them later for further thought and consideration. More information will come up inside of you through the process of writing out your answers.

The third set of questions about happiness and the answers you arrive at are your potent tool for transformation. When you can admit to yourself what makes you happy on a regular basis, and take steps to make it happen, then you are on your way to intentionally creating a life that suits you. In other words, you are on your soul's path. Happiness is a state of being that is very receptive. Therefore, ideas and inspirations will come to you regarding your work, quite organically. Also, people will feel free to talk to you because of your spirit of happiness. Without even knowing you need pointers and solutions they will offer them to you.

As your soul sees you relaxing, it begins to send you definitive messages because it knows you can receive them now. Your awareness increases. You may have revealing dreams, or synchronicities that are hard to ignore. A radio program comes on that addresses exactly what you have been wondering about. Your eyes fall on a book that will give you immediate guidance and answers. Your soul will use whatever means it can to encourage you and give you very strong signals along your way.

Finding your soul's path gives you clarity, a sense of destiny, determination and hope. Courage will soon follow, as will the support that you need. And then the fun begins! Trust the process; cooperate with it by letting happiness grow. It empowers you and all aspects of your life.

Future articles in Christen's Soul Path series:

Your Soul Purposes
Your Soul and Money
Your Soul in Love
Your Soul and Conflict
Your Soul and Creative Expression
Your Soul and Health
Your Soul as Home