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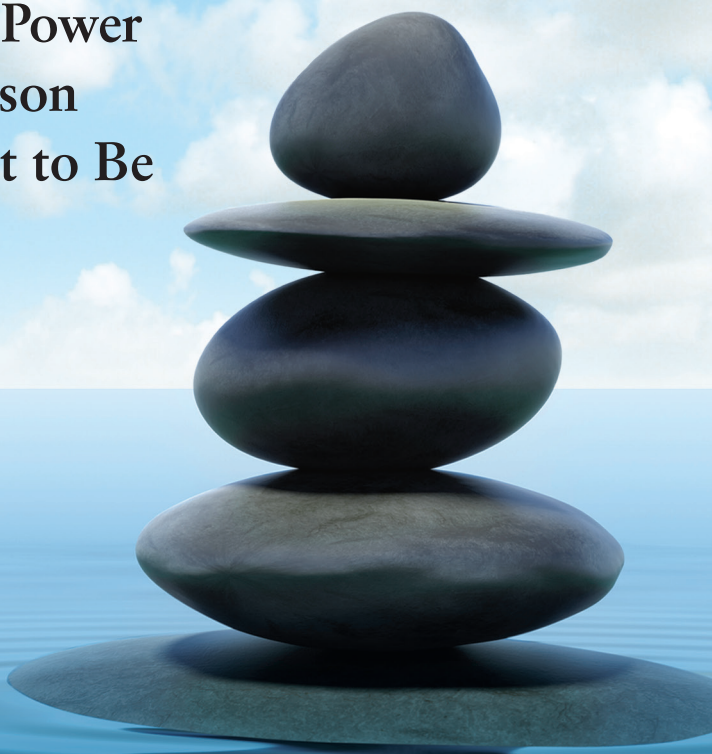
UPDATED AND REVISED 2ND EDITION

True Purpose

Unleash the Power of the Person You're Meant to Be



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"Knowing your real purpose is essential to doing big things in the world. Tim's book will help you find your true purpose—and start living it."

—**MICHAEL PORT,** Author of *The Think Big Manifesto* and *Book Yourself Solid*

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"The secret of success is constancy of purpose."

—BENJAMIN DISRAELI

Chapter Five

Direct Methods for Finding Your Purpose

How Direct Access Works

Direct access methods are far more accurate for identifying life purpose than indirect access methods are. Since your trusted source already knows your purpose, having your trusted source directly disclose it to you gives the least subjective, most clear expression of your purpose possible. Think of this like running a telephone wire from one floor of a house to another. A person on the top floor would like to have a conversation with a person in the basement. Shouting does little good, but running a telephone wire from the top floor down to the basement will solve the problem.

All direct access methods share this two-way line of communication between the ego and a trusted source. Using this communication link, the ego asks questions and the trusted source answers them. The questions need not be restricted to life purpose, which makes these methods extremely useful for answering any question that is plaguing you, such as a career decision or a relationship issue.

Let us remind you of an important distinction here: We are *not* talking about using a psychic or channeler to find your purpose. In those methods, another living human being tells you what your purpose is. In the direct methods we will be using, your trusted source will tell you directly what your purpose is. This eliminates the concern that the psychic or channeler got it wrong. It also means that you can talk to your trusted source whenever you like, even in the style of an ongoing conversation, without having to set up a session with a psychic.

This book provides 11 direct access methods. The reason that there are so many is because there are many different ways to establish this connection. Each method is a different way of getting the ego into a state where it is capable of asking questions and receiving answers from a trusted source. Unlike indirect access methods, not all direct access methods work for all people. The individual methods have different rates of success as well.

Furthermore, while indirect access methods work for people who have most any belief system, this is not true of direct access methods. Some direct access methods may be uncomfortable for some people, or may fall outside of the confines of their belief system or faith. Therefore, it is appropriate to have a number of different direct access methods to choose from. You will need to read about and evaluate the different methods. Select the ones that most closely match your belief system and seem most likely to work for you.

The direct access methods are divided into two categories: self-study methods and facilitated methods. The self-study methods are ones you can do on your own. It makes sense for you to start with these because you can get the answers more quickly and will not have to hire someone in order to learn your life's purpose. The facilitated methods each require the assistance of someone with specific expertise and training.

We recommend that you read about each of the self-study methods first and then choose the ones that feel and seem most appropriate for you. Try each of your selected methods and see if you are able to create a connection with a trusted source. You need only one method to work

in order to find your purpose! Once you find a method that works, you can continue to use it to get whatever information you need. If you are unable to create a connection to a trusted source using any of the self-study methods, consider hiring a facilitator (such as a Certified True Purpose Coach) to use one of the facilitated methods.

Asking Revealing Questions

Once you know whom you'll be asking questions and how to ask, you will also need to know which questions you're going to ask. As long as you understand the four aspects of purpose well enough, it will be simple to ask your trusted source about them:

1. "What is my essence?"
2. "What is my blessing?"
3. "What is my mission?"
4. "What is my message?"

Recall that your purpose is the sum of these four things, so it doesn't make sense to ask, "What is my purpose?" These questions will probably be plenty for your first time out; don't try to get everything resolved at once!

The answers you get in your first session will likely require clarification, so feel free to ask follow-up questions. Your essence and message may need another question or two in order to be determined, but blessing and mission are detailed enough to require a number of questions to fully understand them. It usually takes several sessions with a trusted source to get all of these questions answered.

CLARIFYING YOUR ESSENCE

The first time you ask about your essence, it is typical to hear something like "You are light" or "You are love." If this happens to you, there's no need to stop there—get curious and ask, "What kind of light/love am I?" You might get vivid imagery in the answer, such as "You are radiant luminous love," or "You are the clear light of an exploding star."

CLARIFYING YOUR BLESSING

Since your blessing is a process that you have been designed to do, you should ask enough questions to fully understand this process. This will typically take place over a series of interactions with your trusted source, not just one. Here are the questions we recommend asking:

- ✓ "What is my blessing?"
- ✓ "For whom is it intended?" (You can ask for details about the best type of people to bless.)
- ✓ "In what state are people when they need my blessing?"
- ✓ "What are the steps of my blessing? What happens first, second, third, etc.?"
- ✓ "When does it end? How do I know when I'm finished?"
- ✓ "What effect does it have on people? In what state are they when my blessing is complete?"

Knowing when to stop is a very important feature of the blessing. You can make yourself miserable if you are unaware of the details of your blessing and continue past the end of the process.

Here's an example: Tim's college roommate's father was a gifted leader and entrepreneur. His blessing expressed itself with distressed companies; he was a turnaround expert. Startups that were failing would hire him as CEO, and the results were pure magic. Within months of coming on board, he had fired the problem people and set a new course for the company, and things would be moving forward beautifully. But once things were going well, problems began. He would continue to reorganize and shift things around, and the company would have difficulty settling into a rhythm. Within a few years, his influence began to be a negative one. Several times he was fired by company owners or venture capitalists.

Had he fully understood his blessing, he would have known when to leave. He could have told the owners that they would need him for about two years, but then they would have to find someone else to replace him. The transition could have taken place amicably, and everyone would have been served by it.

CLARIFYING YOUR MISSION

It can be challenging to understand your mission completely. Trusted sources are often reluctant to reveal the details of your mission because your ego will likely feel daunted and overwhelmed by it. Nonetheless, it is critically important to grasp as much of your mission as you can, so that you can make informed choices about it. You can do some of it, all of it, or none of it, but you can't choose unless you know what it is. Here are some questions we recommend asking to get a good sense of your mission. Again, this will probably happen over the course of several interactions with your trusted source, not just one.

- ✓ "Is there some problem in the world I've been created to solve?"
- ✓ "Is there some group of people I've been sent to serve?"
- ✓ "Is there some change I'm designed to create?"
- ✓ "Given all of the ways I could use my blessing and all of the people I could serve with it, in which ways and with which groups of people would it be most purposeful for me to use it?"
- ✓ "What shall I do to prepare to accomplish my mission?"
- ✓ "How do I get started with my mission?"

CLARIFYING YOUR MESSAGE

If you are ready to receive your message from your trusted source, there are a few questions you can ask to prepare you to share it with the world. In particular, ask:

- ✓ "What is my message?"
- ✓ "Who is my message for?" (Again, ask for details about the ideal recipients of your message.)
- ✓ "What effect will my message have on them?"
- ✓ "How shall I share my message?"

Every message includes an energetic component that impacts its recipients. In fact, there are some individuals whose message is purely energetic or transmitted visually instead of verbally.

If you are in this category, you might receive information from your trusted source such as:

- ✓ "You transmit your message without words."
- ✓ "You are your message."
- ✓ "Your art is your message."
- ✓ "Your music is your message."

If so, ask clarifying questions, including:

- ✓ "What is the message I transmit energetically?"
- ✓ "How do I transmit my message?"
- ✓ "How does my message impact its recipients?"

If you do not receive your message at first, ask questions about receiving your message, such as:

- ✓ "How shall I prepare to receive my message?"
- ✓ "What needs to be true in order for me to receive my message?"

ASKING ADDITIONAL QUESTIONS

All of the above questions should give you plenty of information about your purpose. Trusted sources can reveal lots of other things, too, in addition to your purpose. So, what else can you ask? Just about anything!

How you ask, however, is important. Avoid yes-no and multiple-choice questions, as these greatly limit the information and insight you can get. Open-ended questions work best, since they allow the trusted source to elaborate with a much more detailed and comprehensive answer. "What do you recommend? What counsel do you have?" Obviously, in seeking your life purpose, it makes sense to ask questions about your essence, blessing, mission, and message. Again, having a firm grasp of these concepts will enable you to ask good questions about them and to understand your trusted source's responses.

Your trusted source may flatly refuse to answer certain questions. This is normal. Trusted sources can be selective about what information they

reveal because of the effect that information may have on you. If your trusted source deems that you are not ready to know something, it will not disclose it. From your trusted source's point of view, the question is this: "Will knowing this information help you to develop and manifest purposefully?" If the answer is "no," the information will not be revealed. Trusted sources deal on a "need to know" basis. This means that certain information that is not available to you now may become available later. Think of it like a matching funds program. If your trusted source gives you information and you work with it, then it will likely give you more information later. If your trusted source gives you information and you ignore it completely, it's possible that no more information will be forthcoming in later sessions.

Trusted sources, by the way, don't always make accurate predictions about the future. There seem to be two reasons for this: Firstly, they have a very different conception of time, as if you were talking to a tree or a mountain. When they say something will happen "soon," that could mean several years.

Secondly, your actions may cause changes to the future. For example, a question like, "Will my business succeed?" is problematic, because a lot of the answer depends on you and what you do and don't do.

That said, your trusted source can give you excellent advice on a wide variety of topics.

Exercise: *Create Your Questions List*

It will be useful to have your list of questions ready before your first attempt to contact a trusted source. Trying to think of all your questions on the spot can be distracting and take you out of the experience.

Go ahead now and write the title "Questions" on a blank piece of paper or computer document. The first four questions should be:

1. "What is my essence?"
2. "What is my blessing?"
3. "What is my mission?"
4. "What is my message?"

Okay, now write down 3–5 additional questions. Make sure they are open-ended questions about issues you're facing in your life: problems or decisions at work, at school, or in relationships. Keep this list of questions handy; you'll need it when you start using the direct methods!

About the Authors

Tim Kelley is the global expert on purpose. He works with top leaders in many fields and countries to redesign and evolve society. Tim has trained over 1,000 consultants, therapists, and coaches in his methods. His methodologies have been featured internationally in magazines, newspapers, and on television.

Tim has worked with top leaders and executive teams from such companies as Alibaba, ING, Oracle, Nabisco, and PricewaterhouseCoopers. He has coached and trained business, military, and religious leaders, as well as members of parliament, government ministers, and three presidential candidates. He is an expert in self-organizing systems and has found the higher purpose of dozens of companies and two countries.

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