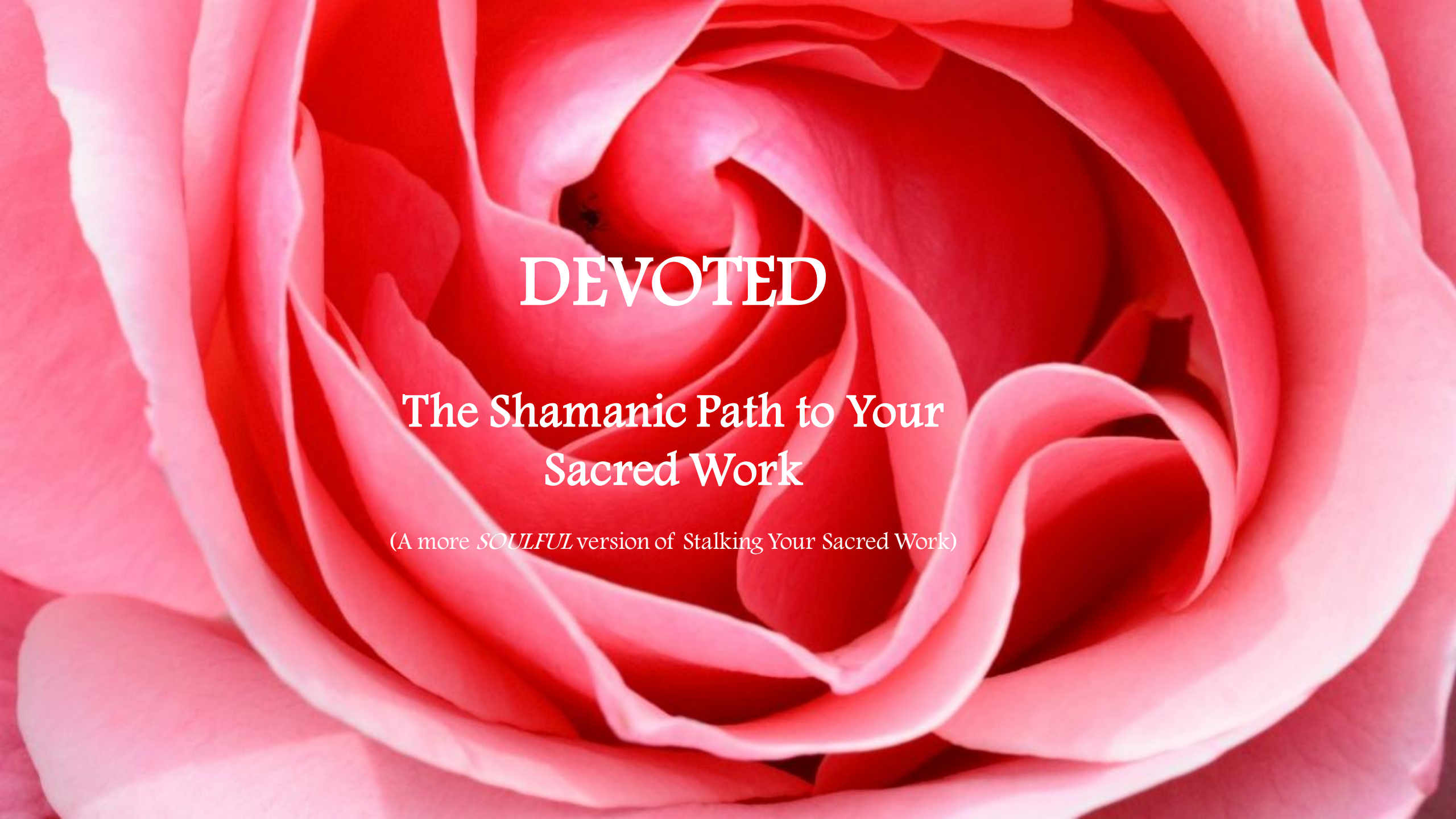
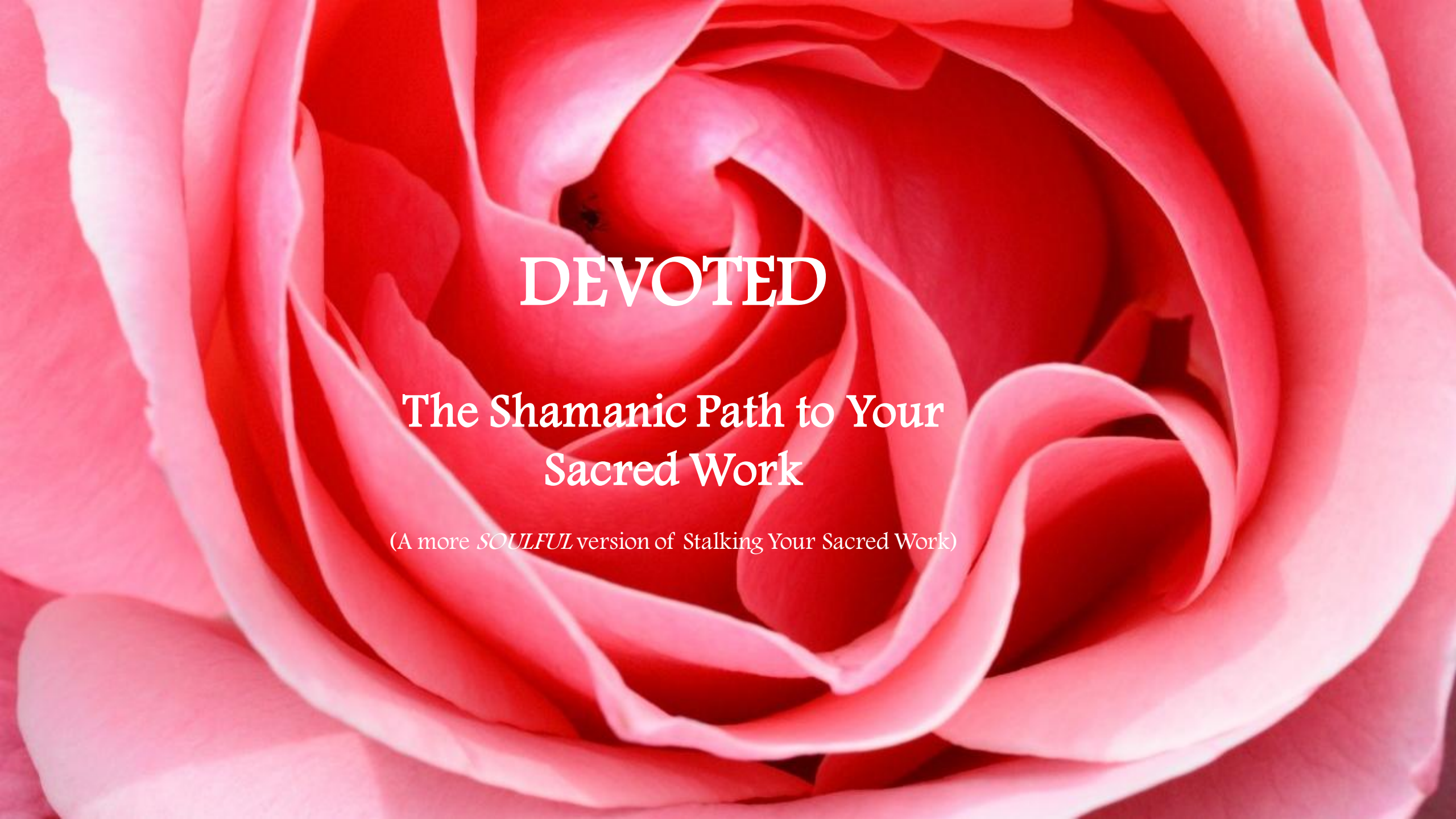




DEVOTED

The Shamanic Path to Your  
Sacred Work

(A more *SOULFUL* version of Stalking Your Sacred Work)



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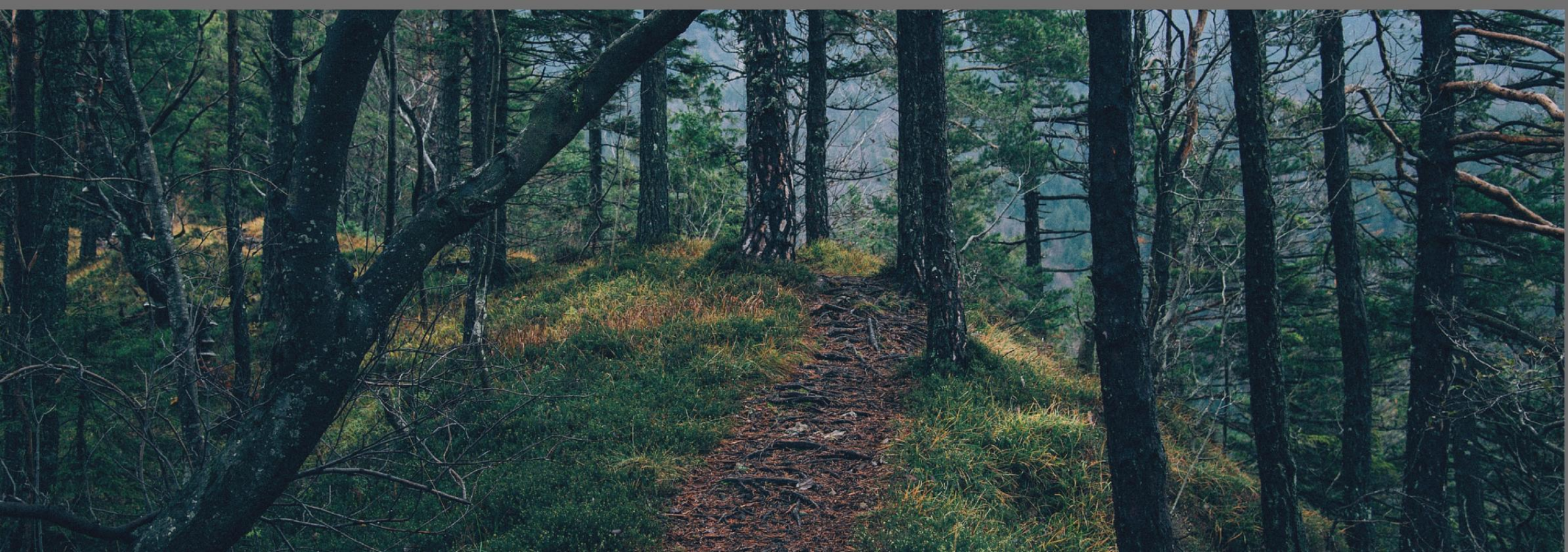
## ***Class 4***

### ***Devoted ~ Part 4***

**Doing What You Promised the Divine You Would  
Do**

**Remembering the Vision  
with Kathy Forest**





**Discovering What You Came Here to Do:  
Medicine Wheel Basics  
Connecting with Your Soul  
Mission Statement and Vision Statement for your Life**



Discovering What You  
Came Here to Do:

The Vision Statement  
for your Life

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## The Vision Statement

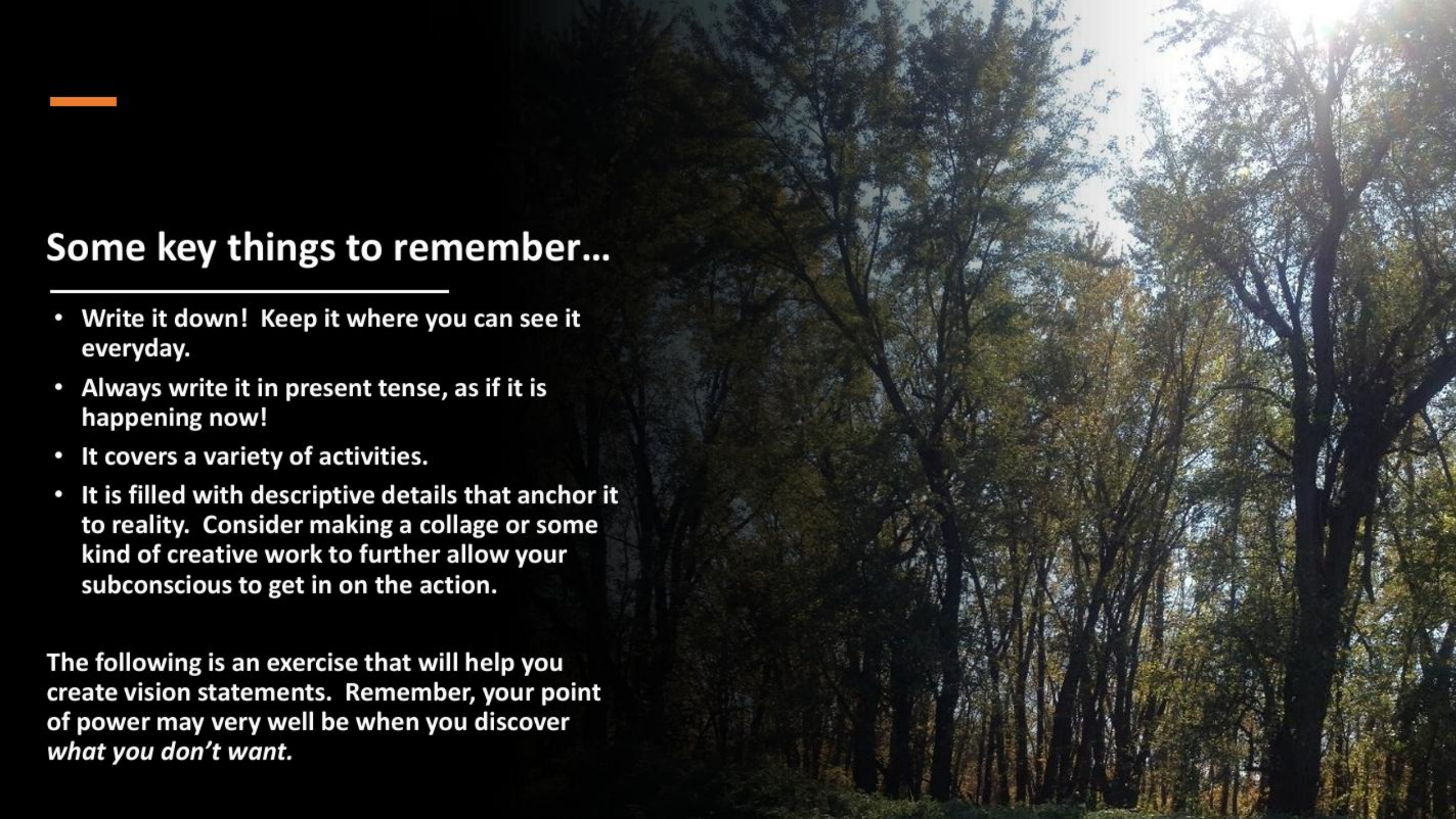
*“Not to have your own vision is to live somebody else’s.”*

*--Laurie Beth Jones*

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While a mission statement is centered around the process of what you need to be doing, a vision statement is *the end result*. The vision is what will keep you going when the mission statement feels too big to ever accomplish.





## Some key things to remember...

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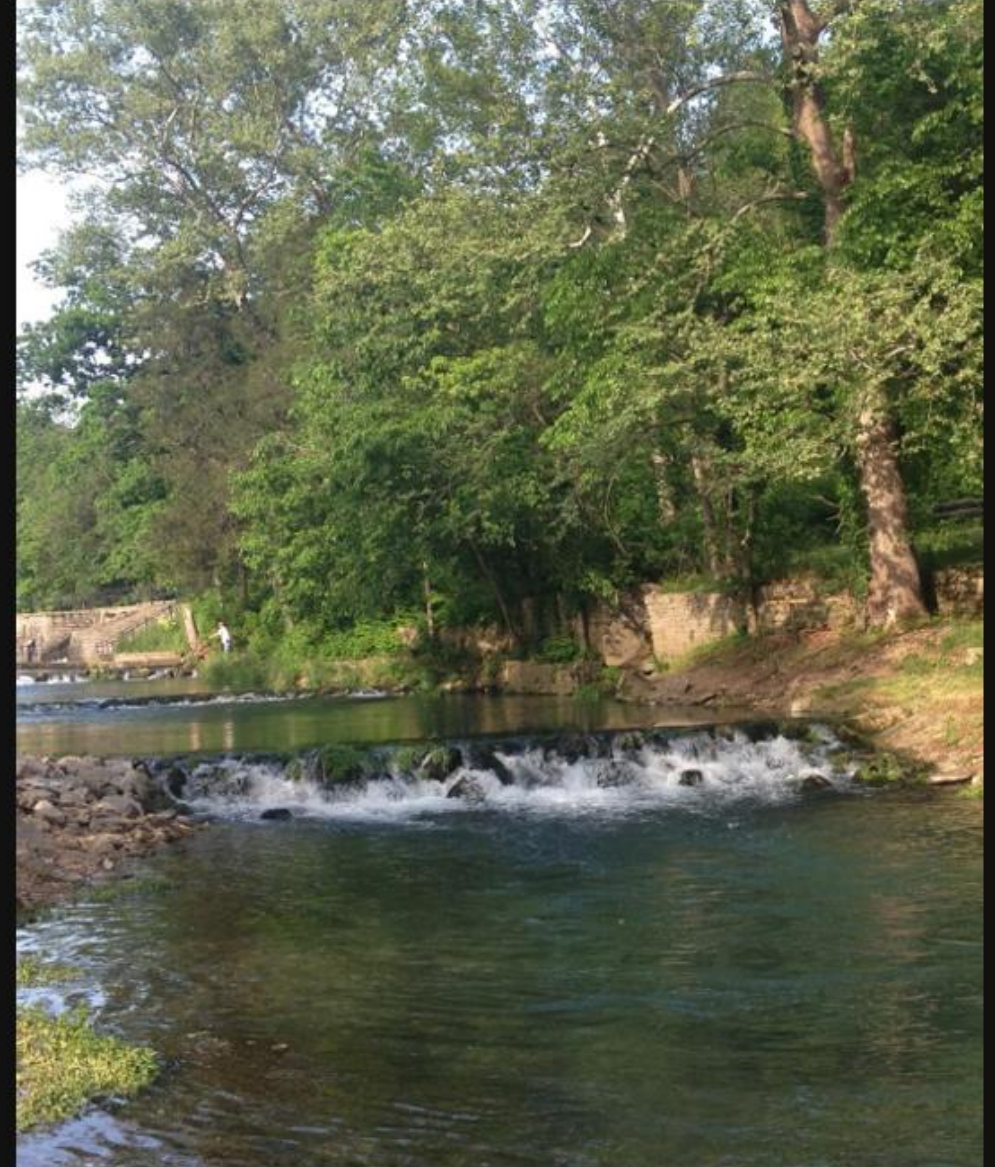
- Write it down! Keep it where you can see it everyday.
- Always write it in present tense, as if it is happening now!
- It covers a variety of activities.
- It is filled with descriptive details that anchor it to reality. Consider making a collage or some kind of creative work to further allow your subconscious to get in on the action.

The following is an exercise that will help you create vision statements. Remember, your point of power may very well be when you discover *what you don't want*.

# Vision Reflection Exercise

Below you will find the questions beginning on page 12 of the handout. Take your time and answer them as honestly as you can.

- Who is living the life you most envy? This could be several people, depending on the portion of their life you are most envious of. List them and what you envy about them.
- Describe what you think it feels like
- Who is doing the kind of work you most wish you could be doing?
- Describe what their work life must be like.
- If you only had six healthy months left to live, what would they look like?
- What do you want more of...
- In your relationships...In your work
- What do you want less of...
- In your relationships...In your work
- Describe your ideal work setting:
- Describe your ideal work day:
- Describe your ideal co-workers:
- If money were no object, what would you be doing with your life?



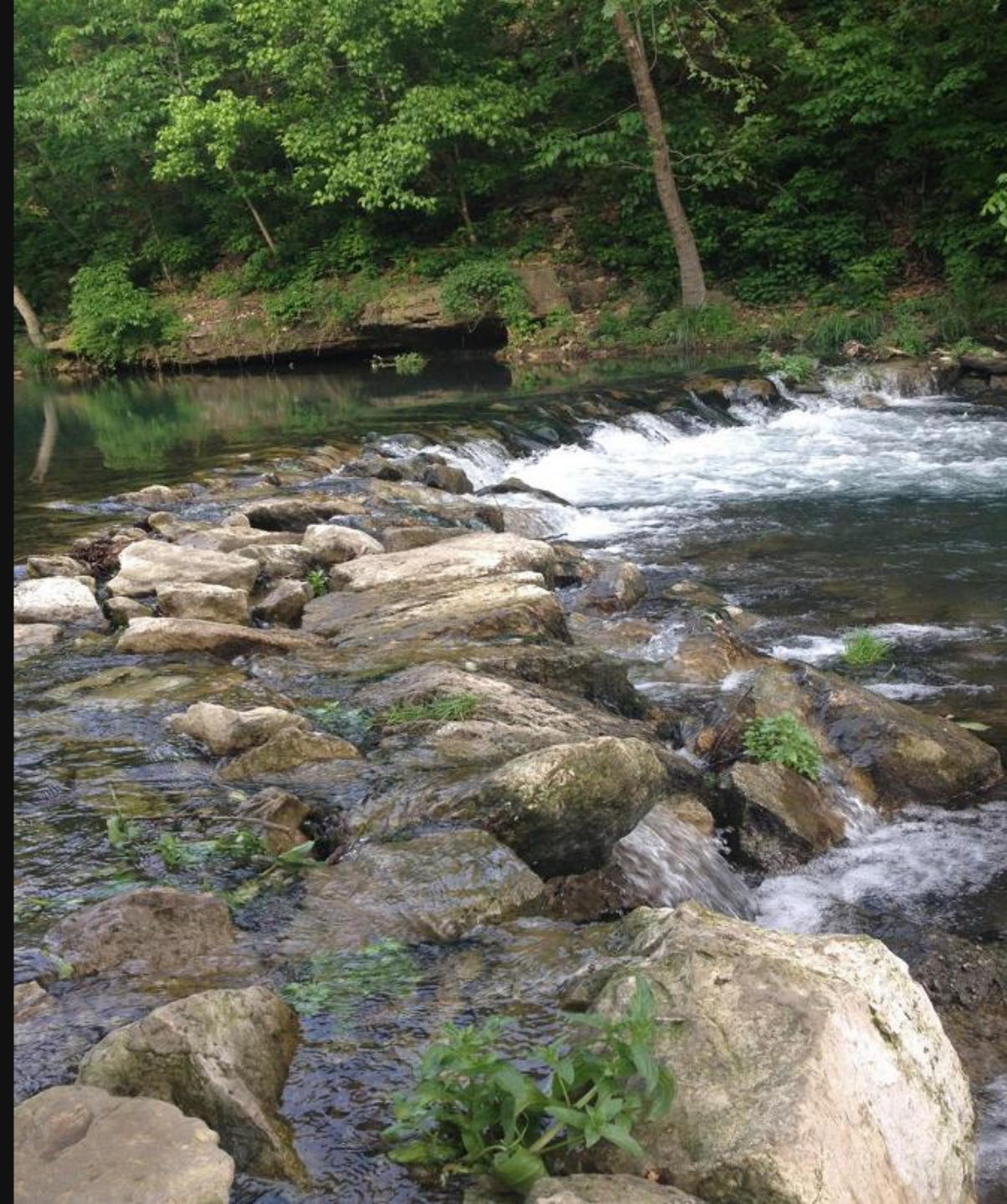
- What would you do if you were ten times bolder?
- In your primary love relationship...In your work setting...In your community...In your family...In your place of worship or spiritual community
- Imagine this is Monday morning, 9 a.m. three years from now. Where are you? What are you doing? Who are you seeing? What are you wearing?
- It is now noon, the same day. Who are you going to see? Where are you going for lunch?
- It is now Saturday, 6 p.m. Where are you? What are you doing? Who are you seeing? What are you wearing?
- You are now a very old person, walking with a school child who asks you, "What are you the most proud of about your life?"
- You are about to die. What did you accomplish before you left?
- As a result of your having lived, three things have changed or shifted in the world. What are they?



I am going to read you an example of a Vision Statement that is predominantly job related. Using it as an example, work to create a vision statement that encompasses your whole life. Think of a perfect day for you. What would it look like? What would the perfect job look like? Get detailed. How much money would you have? How would you spend your time? If you could ask a magician for the perfect life, what would it be?

Once you have your vision statement, you may want to anchor it further by creating a treasure map collage so you can visually call this into your life. You can create one that you see everyday and hang it in a prominent place. Your Mission and Vision Statements go in the front of your planner or in a place where you can review it everyday.

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## Example:

*"I have clients who delight in and cherish me, and who properly value my creative talents and efforts. We are mutually engaged in serving others. My clients come exclusively through referrals, allowing me to be free to devote my energies to creating. They are doing work or offering products I respect. They pay me well and on time. I have long-term relationships with the people I serve, and they are as interested in my well-being as they are their own. It is Monday morning, 10 am. I am wearing comfortable clothes, having returned last week from a major consulting job. I sit down in my home office and catch up on work from the week before. For lunch I walk down to the park for Chinese food. When the phone rings, it is another referral. I set up an appointment for the following week. When I open the mail, it is filled with checks."*

\*These exercises were adapted from the book, The Path, by Laurie Beth Jones.



The background of the slide is a close-up, high-contrast photograph of a fire. Bright orange and yellow flames are visible, rising from dark, charred logs. The lighting is warm and dramatic, with the fire providing the primary light source. The word "QUESTIONS" is centered in the middle of the image in a white, sans-serif font. Below the text is a thin, white, slightly wavy horizontal line.

QUESTIONS

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**You just completed the first exercise in the center of the Wheel. You got in alignment with who you truly are and what you came here to do.**

**You engaged your visioning skills and began to Dream again!**

**Feel into that! It should bring you a true sense of accomplishment and pride.**

***But what's next?***

I believe  
Spiritually  
awakened women,  
Focused on their  
Vision and Living  
their Mission can  
change the world!

I have another  
secret doorway  
in...



*Medicine Wheel  
Light Infusion*



***There is an inner wheel embedded in the Medicine Wheel...***

An inner path, that can make the journey to the outer ring easier... because:

**The world doesn't change because information changes.**

**The world changes because people change.**

***Every time one woman remembers who she truly is...***

fear loses its grip.

Division begins to soften.

Families shift.

Communities heal.

The future changes.

***Personal remembrance becomes planetary medicine.***

*Introducing...*

# Remembrance

*The Path of a Sophia Magdalene in the Modern World:*

*Seven Shamanic Steps to Personal and Global Transformation*

More than just another online class. This journey is a weaving of what **Magdalene** truly taught in the language she taught it in. It is an immersive transformational journey that weaves together ***the original wisdom of Sophia Magdalene*** with ancient shamanic practices, Aramaic teachings, embodied awareness, and practical methods designed specifically for living in today's rapidly changing world.

This isn't about escaping reality.

It's about becoming someone who can meet reality with greater clarity, resilience, wisdom, and presence.

[Remembrance | Kathy Forest](#)

# Dance to Integrate

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# Gratitude & Closure

