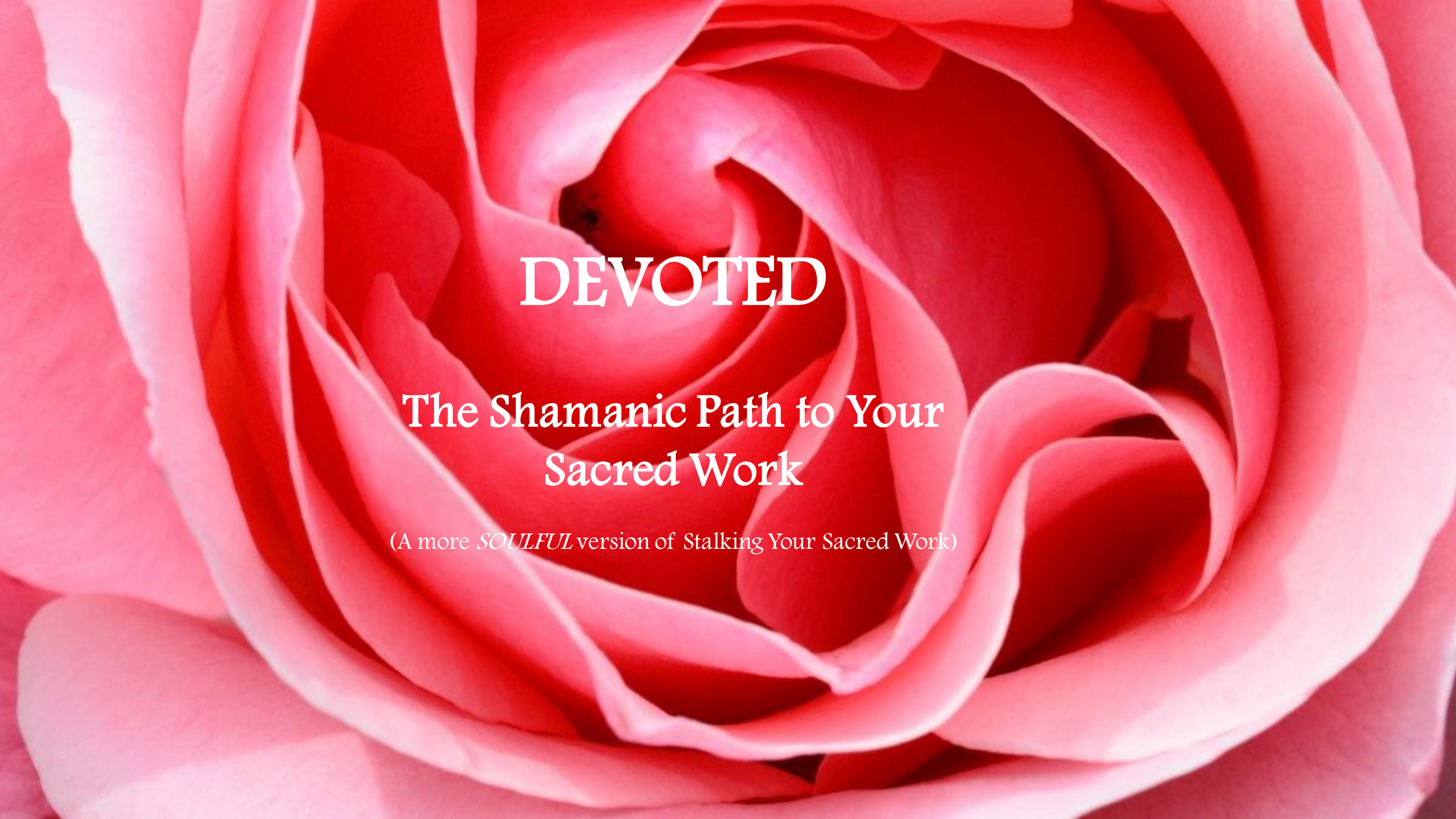




DEVOTED

The Shamanic Path to Your
Sacred Work

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



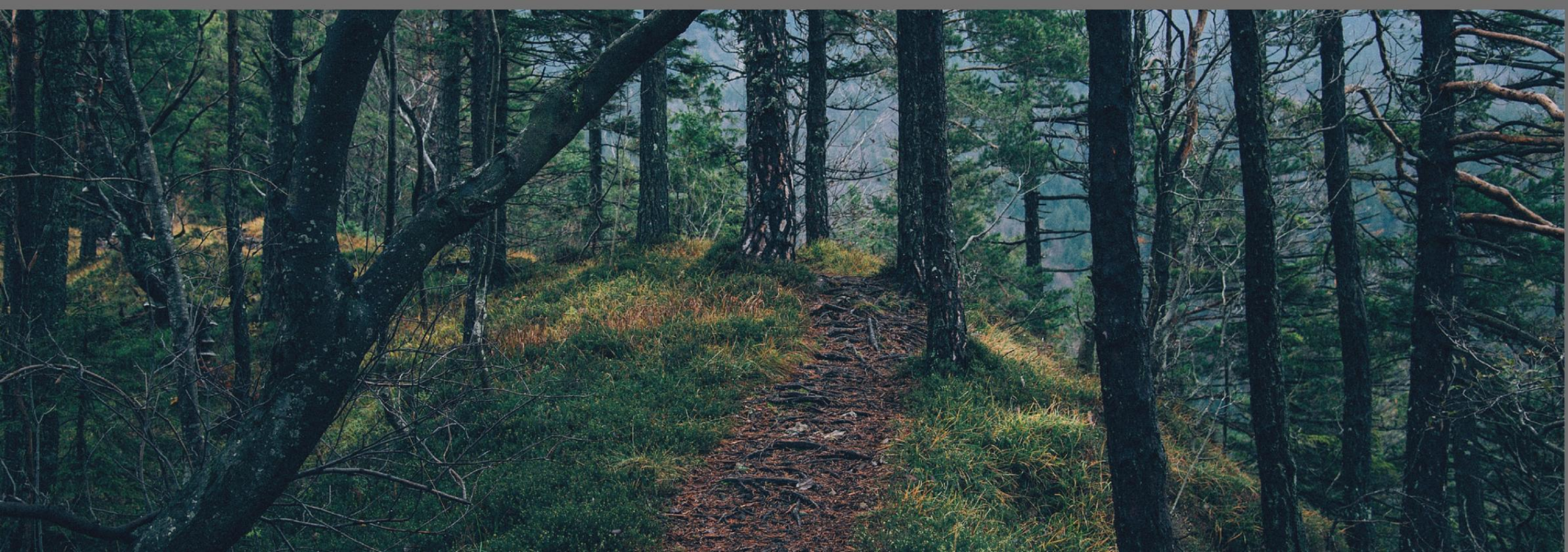
Class 3

Devoted ~ Part 3

Doing What You Promised the Divine You Would Do

**Connecting to your Mission
with Kathy Forest**





Laying the Groundwork for our practice, resources,
The Importance of a Daily Spiritual Practice, Tracking your Cycle
New Moon Ceremony



Discovering What You Came Here to Do: Mission Statement and Vision Statement for your Life



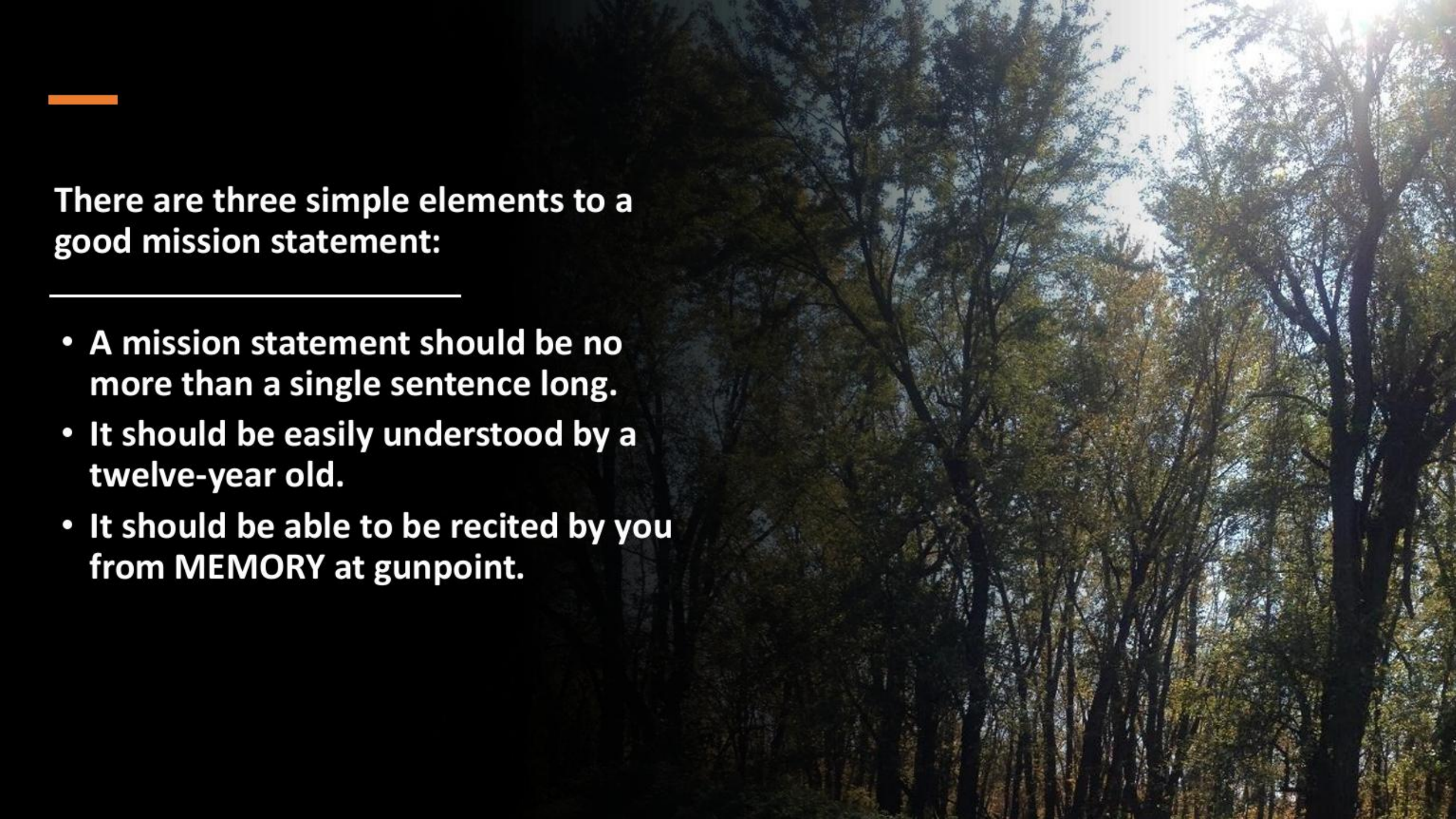


Remember Your Mission

“You do not create your mission, you detect it.”

--Victor Frankl

Today we are going to help you remember why you incarnated upon the planet. We are then going to put it down in writing so you can see it and remember it. To do this we are going to use the basic format of a mission and vision statement. Let's begin by learning what a Mission Statement is and what it is not.



There are three simple elements to a good mission statement:

- **A mission statement should be no more than a single sentence long.**
- **It should be easily understood by a twelve-year old.**
- **It should be able to be recited by you from MEMORY at gunpoint.**

False Assumptions about a Mission Statement:

- 1. My job is my mission. Your job may be, and ideally should be part of your mission. But a mission is always larger than a job.**
- 2. My role is my mission. While roles such as mother, father, or partner can be a completely engaging task, having a role as a mission puts you in a very precarious position, because those roles change just like jobs do. It is always larger than your current role.**
- 3. My “To Do” list is my mission. Your mission is certainly much broader than the details you have on your plate today.**
- 4. I am not currently living my mission. Many leaders do not feel powerful when, in fact, they are exercising their power to its greatest potential. It is highly probable that you are already living your mission at some level. The goal here is to extend and broaden it so you can be more aware of it. It can begin right where you are.**
- 5. I am not important enough to have a mission. Nonsense! Physicists and scientists agree that even an apparently insignificant event such as a butterfly flapping its wings in Africa can affect the atmosphere in Alaska. Your life makes a difference!!**
- 6. In truth, YOU ARE PROBABLY ALREADY DOING YOUR MISSION AND JUST DON'T REALIZE IT.**



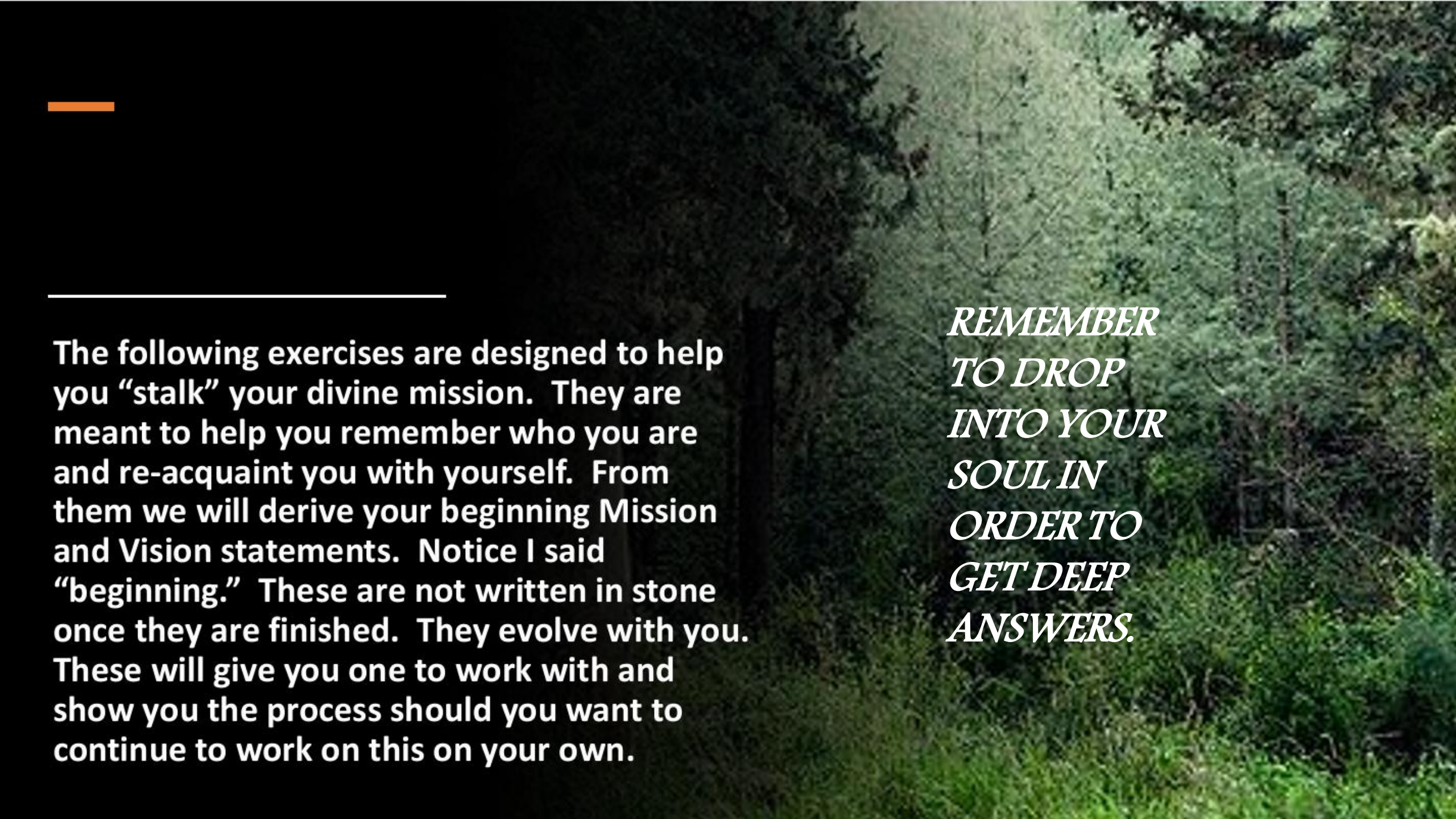
- **My mission has to be a grand one or help a lot of people.** As we just learned, no act is insignificant.
- **A mission must be full of suffering.** Just the opposite is true. We gravitate toward things that excite us. That is how our mission calls to us. What a dysfunctional set-up it would be if our mission tried to beckon us through things we did not like or that caused us pain. When the teacher said, "Wear my yoke, it fits perfectly," he was indicating that a divinely ordained mission is a perfect fit.
- **My mission must be the same as those of my peers.** Your mission is unique to you. When developing one, it is helpful to temporarily dissociate yourself from the influence of those around you lest you become a mere follower.
- **Geography is destiny.** No. It is merely a technicality.
- **What I am doing is as close as I can get to my real mission.** You don't really believe this or you wouldn't be here. This is what this class is about.

Your mission will fit you perfectly. If you are constantly complaining or feel bitterness, you are probably not following your DIVINELY ordained mission. You may be following your ECONOMICALLY ordained mission or your CULTURALLY ordained mission, but not your divine one. ***Because bees hum while they work, they don't whine.***



A landscape photograph featuring a grassy hill in the foreground. A bare, dark tree stands prominently on the left side of the hill. The sun is low on the horizon, creating a warm, golden glow across the sky and casting long, soft shadows. The background shows rolling hills and a distant town under a hazy sky. The text "Center in Your Soul" is centered in the middle of the image.

Center in Your Soul



The following exercises are designed to help you “stalk” your divine mission. They are meant to help you remember who you are and re-acquaint you with yourself. From them we will derive your beginning Mission and Vision statements. Notice I said “beginning.” These are not written in stone once they are finished. They evolve with you. These will give you one to work with and show you the process should you want to continue to work on this on your own.

*REMEMBER
TO DROP
INTO YOUR
SOUL IN
ORDER TO
GET DEEP
ANSWERS.*

Reflection Exercise I

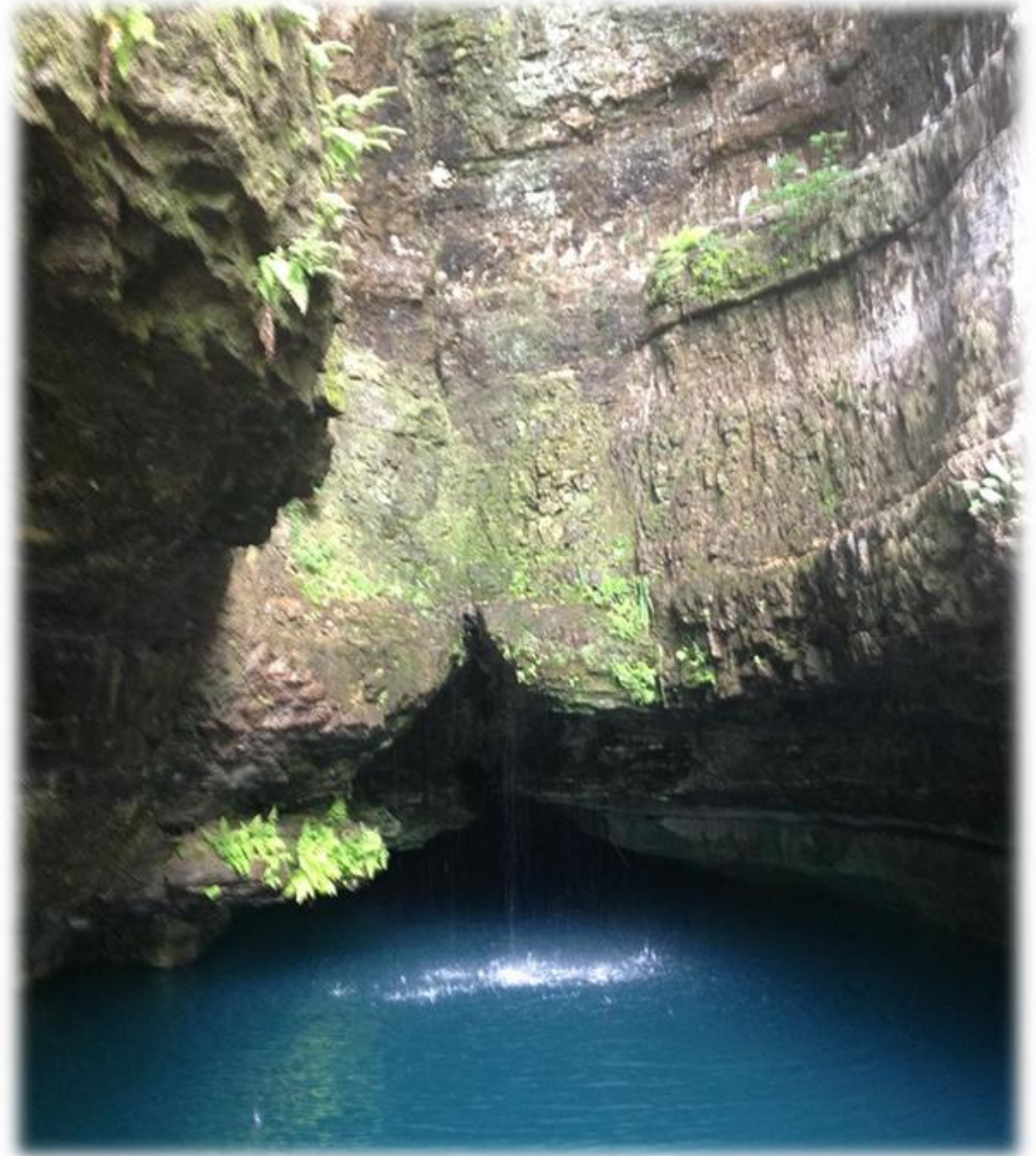
Below you will find the questions on page 6 and 7 of the handout. Take your time and answer them as honestly as you can.

- People say, “Oh, you are so good at...”
- What are some of your talents? Name 10
- Which of those have you buried?
- What most excites you in or about the world?
- What most angers you in or about the world?
- If you could teach three things to others about what excites you in the world, what would you teach?
- If you could convey to others three things about what angers you in the world, what would you convey?
- How can you use what most excites you to affect or change what angers you? List at least seven ways.
- Remember times when you were living your mission and you knew it. Describe them.



Reflection Exercise II

On page 8 is a list of verbs. Pick out the three verbs that excite you the most. You may have to pick several and then eliminate some. You can only use three. Write them at the bottom of the page. These three verbs are piece number one.



Below is a list of verbs. Pick out the three verbs that excite you the most. You may have to pick several and then eliminate some. You can only use three.

Accomplish	Acquire	Adopt	Advance	Affect
Alleviate	Amplify	Appreciate	Ascend	Associate
Affirm	Believe	Bestow	Brighten	Build
Call	Cause	Choose	Claim	Collect
Combine	Command	Compel	Complete	Communicate
Complete	Compliment	Compose	Conceive	Confirm
Connect	Consider	Construct	Contract	Continue
Counsel	Create	Decide	Defend	Delight
Deliver	Demonstrate	Devise	Direct	Discover
Discuss	Distribute	Draft	Drive	Educate
Elect	Embrace	Encourage	Endow	Engage
Engineer	Enhance	Enlighten	Enlist	Enliven
Entertain	Enthuse	Evaluate	Excite	Explore
Express	Extend	Facilitate	Finance	Forgive
Foster	Franchise	Further	Gather	Generate
Give	Grant	Heal	Hold	Harness
Host	Identify	Illuminate	Implement	Improve
Improvise	Inspire	Integrate	Involve	Keep
Know	Labor	Launch	Lead	Light
Live	Love	Make	Manifest	Master
Mature	Measure	Meditate	Model	Mold
Motivate	Move	Negotiate	Nurture	Open
Organize	Participate	Pass	Perform	Persuade
Play	Possess	Practice	Praise	Prepare
Present	Produce	Progress	Promise	Promote
Provide	Pursue	Realize	Receive	Reclaim
Reduce	Refine	Reflect	Reform	Regard
Relate	Relax	Release	Rely	Remember
Renew	Resonate	Respect	Restore	Return
Revise	Sacrifice	Safeguard	Satisfy	Save
Sell	Serve	Share	Speak	Stand
Summon	Support	Surrender	Sustain	Take
Tap	Team	Touch	Trade	Translate
Travel	Understand	Use	Utilize	Validate
Value	Venture	Verbalize	Volunteer	Work
Worship	Write	Yield	Imbue	Ignite

Please feel free to use others that you think of as you look over this list. Write down your three most meaningful, purposeful and exciting verbs here:

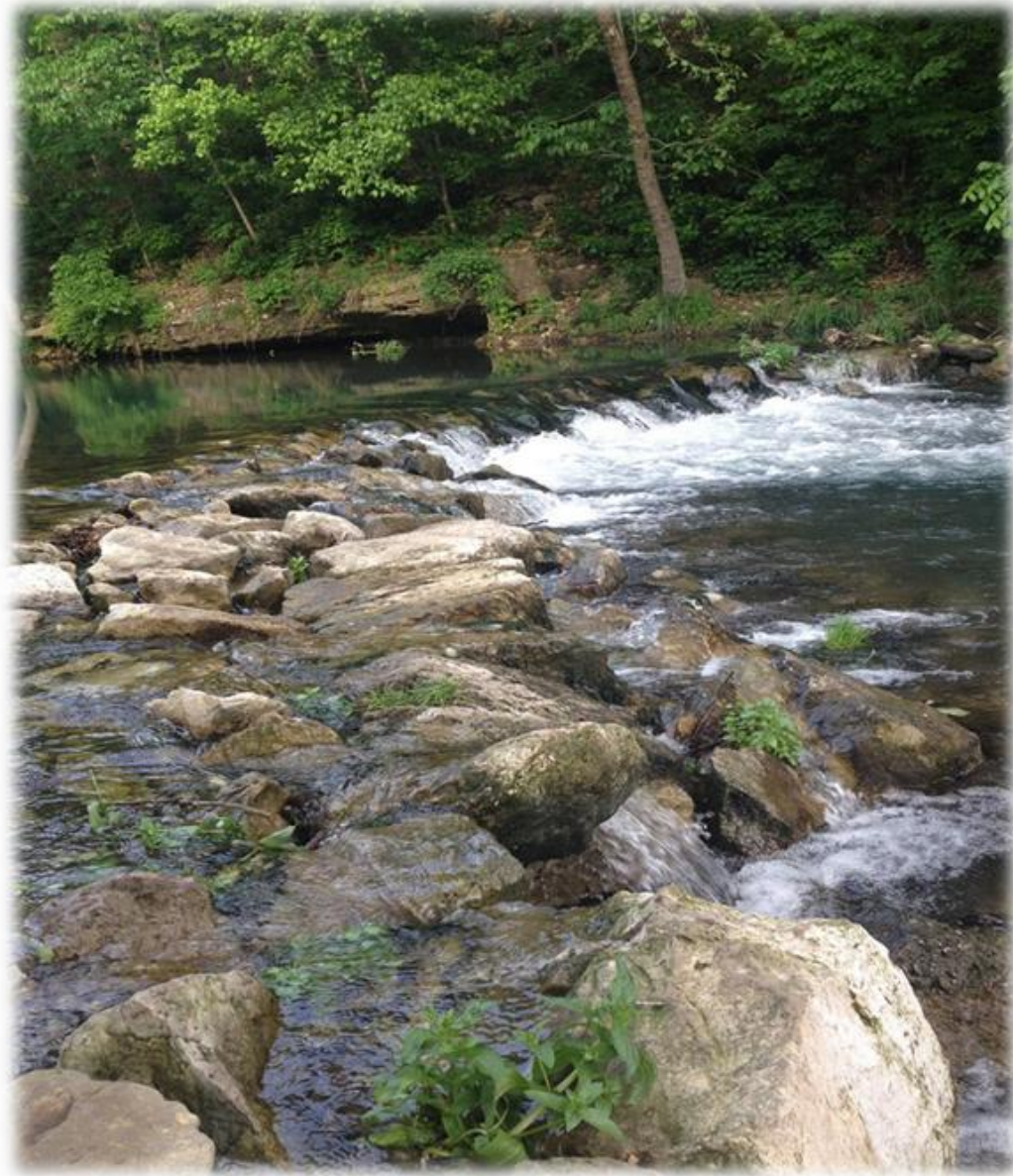
These verbs are Piece Number One.

Reflection Exercise III

What do you stand for? What principal cause, value, or purpose would you be willing to defend to the death or devote your life to? What are you passionate about? For example, some people's key phrase or value might be "joy" or "service" or "justice" or "family" or "equality" or "creativity" or "freedom" or "faith" or spirituality" or "integrity" or "excellence."

You will know it when you put it down because it will resonate with you. It will describe you perfectly.

For instance, mine is "empowerment through Spiritual Connection." Write the word or phrase in the space provided. This is piece number two.



Reflection Exercise IV

Who are you here to help? Every mission implies that someone will be helped, a nation will be freed, a bird will be returned to its nest again, a child will have a new image of what parental love can be. Whom is it that you were sent here to help? The more specific you can be, the more focused and powerful will be your energy. So now is the time to focus on WHOM you really want to help. On page 9 is a list of groups and/or causes to help you think creatively. Please do not feel limited to this list. Pick one and put it in the space provided. This is piece number three.



The formula for your mission statement is 1 + 2 to, for, or with 3.

My mission is to:

_____, _____, and _____
(your three verbs)

(your core value or values)

to, for, or with

(the group/cause which most moves/excites you)



Some Examples:

To create, nurture, and maintain an environment of growth, challenge, and unlimited potential for all those around me.

To inhale every sunrise and look under every rock for the joy life has to offer.

To uphold, discover, and support trust, honesty, and integrity in all relationships.

To ignite, inspire, and restore Spiritual Connection and Right Relationship with the Earth in those whose lives I touch.

As you work, please remember:

- **A good mission statement will be inspiring, exciting, clear, and engaging.**
- **It will be specific to you and your particular enthusiasm, gifts, and talents.**
- **It should be broad enough to encompass a lifetime of activities. (Jesus's Mission Statement was "...to give life, and give it more abundantly.")**
- **It should be powerful and encompassing and cover both work and personal life.**
- **It centers around the process of what you need to be doing, not the end result.**
- **You can't get it wrong. If it is not right, you will be guided to what is.**

Once you are complete, write your Mission Statement in the space provided on page 11.



The background of the image is a close-up, slightly blurred photograph of a fire. Several dark, charred logs are visible, with bright orange and yellow flames rising from them. The overall color palette is dominated by warm, fiery tones of orange, red, and black.

BREAK
