

# A Year *On Purpose*

## My Intention

Name

Date

Intention:

### Physical Realm

**Mystery School Teachings:** Working with structure and form, earth-based spirituality, honoring the seasons and cycles, finance, beauty and aesthetics, body development, body knowing, body energy systems, nutrition, coordinated physical movement, sacred sites and more.

**Developmental Task:** To Embody Wholeness

**Key Word:** Sacred

**Soul Quality:** Gratitude

**Ecstatic Realm:** Touch

**Primary Power:** To Stand on Your Own

**Level 2 Power:** Alignment

**Natural Rhythm Cycle:** Wheel of the Year

*Earth*

### Emotional Realm

**Mystery School Teachings:** Inner child work, self-esteem, mirror of relationships, development of emotional maturity.

**Developmental Task:** Running clear, clean, current emotional water

**Key Word:** Clear

**Soul Quality:** Love

**Ecstatic Realm:** Play

**Primary Power:** Using Love as a force

**Level 2 Power:** Infusion

**Natural Rhythm Cycle:** Moon Phases

*Water*

### Mental Realm

**Mystery School Teachings:** Sacred geometry, intention, meditation, conscious language, prayer, vibration, crystals, sound, color.

**Developmental Task:** Consciously set your vibrational tone

**Key Word:** Visionary

**Soul Quality:** Peace

**Ecstatic Realm:** Soaring

**Primary Power:** Intention

**Level 2 Power:** Focus

**Natural Rhythm Cycle:** Astrology Wheel

*Air*

### Action Realm

**Mystery School Teachings:** Shamanism, tantra, dance, accessing life force, taking action on your own behalf, right use of power.

**Developmental Task:** Fully running your life force

**Key Word:** Dynamic

**Soul Quality:** Passion

**Ecstatic Realm:** Energized

**Primary Power:** Action

**Level 2 Power:** Shamanic Consciousness

**Natural Rhythm Cycle:** Day and Night

*Fire*

### Spiritual Realm

**Mystery School Teachings:** Expression of the spark of Spirit you are, Conscious Creation of your own life, Connection to God/Goddess.

**Developmental Task:** Bringing your essence forth

**Key Word:** Essence

**Soul Quality:** Compassion

**Ecstatic Realm:** Divine Union

**Primary Power:** Choice

**Level 2 Power:** Co-creation

**Natural Rhythm Cycle:** Yin/Yang

*Spirit*