



Man on Purpose Course

Session 2: Listening for the Call

Practice for this Week: “Accessing the Message of the Call” Process

Instructions: Answer these 6 questions in the order they are listed below. Be honest with yourself and allow whatever needs to be said to come out in your responses.

The Questions

1. What is calling you forward right now?

(What you wrote in the Week 1 Reflection Question)

2. From which access point are you coming to your Call?

(Here are the two options: 1. From break-down, suffering, turmoil; or 2. From a longing for something deeper, more meaningful)

3. How did you “hear” or experience this Call?

(Examples of forms of hearing the call:

- *A major event(s) in your life—a true ‘wake-up’ call*
- *A conscious noticing of what is actually occurring in your life (i.e. Mapping Your Life)*
- *Your sleeping dreams*
- *Watching the signs around you—the pointers in daily life*
- *An internal process—alone time, nature-time, stillness, meditation*
- *Through your “trusted source”—your higher self, a higher source, spiritual teacher, contemplative practice, etc.*
- *Self-journaling process (write the question down and let the words flow)*
- *Traumas and wounds that are explored and reveal a Call*
- *“Hitting rock-bottom”—from despair and surrender*
- *From your passions in life, or from the longing that you feel for something bigger than yourself)*

4. What's the message in the Call—what do you think it's saying?

What's the message underneath that, if you were to delve deeper...?

5. Are you willing to take FULL responsibility for your Call and what it might be asking of you?

(Key point: Be completely honest with yourself in this moment if you are truly willing to take 100% full responsibility for this Call)

6. Are you noticing any resistance around this Call and what it may be asking of you?

(If so, describe it using the 3 levels — where is it in your body, what feelings are arising and what thoughts, beliefs or stories)