



## Weekly Practice Document – Week 5

### **Part One:**

Continue your mindfulness practice of at **least 10 minutes EVERY DAY** for the next week utilizing the **4 Levels Presencing** meditation that we have been doing at the beginning of every session in the course.

If you already have a daily mindfulness or meditation practice, then just incorporate this into your practice for about 10 minutes.

**Here are a few suggestions for creating an effective environment for your practice:**

- Find a quiet place in your home or outside so that you can sit quietly undisturbed for at least 10 minutes.
- Get into a comfortable sitting position in a chair, on a bench or a meditation cushion.
- Remove any distractions from this space – No cell phones, computers, TV, radio, partners, kids or friends in this place.

**Here are the 4 Levels:**

- **Level 1 — Your Body & Physical Environment**
  - Bring your awareness to your breathing as well as your body. Notice your breathing as you scan your body. Notice your environment around you.
- **Level 2 — Your Mind**
  - Bring awareness to your thoughts (i.e. problems, future plans, family challenges, work frustrations); and notice and release them.
  - Notice if you're fixating on one topic or issue – use that awareness to let the thought go and come back to your breath.
- **Level 3 — Feelings (Emotions)**
  - Notice what you're feeling in this moment.
  - Here are the core feelings: angry, sad, afraid, joyful, shame and guilt.
  - Allow your feelings to be present and watch if you become fixated on a feeling in your mind. Let them go and come back to your breath.
- **Level 4 — Intention**
  - Tap into your "Trusted Source" for information about you...
  - Your Trusted Source is that "higher" part of yourself that has information for you that does NOT originate in your ego-mind. This is the wise voice inside.
  - **Ask your *Trusted Source* these questions and see what comes back:**
    - What is my essence? Who am I really?
    - What are my deepest gifts and talents?
    - What brings me most alive in my life?

**PRACTICE ACTION:** Journal on your answers to these questions. Allow the response to flow out of you, and try not to judge or evaluate as you are journaling.

## **Part Two:**

Send an email to at least 5 different people (up to 10) that know you well and share this with them:

“Hi. I am doing an exercise in a course that I’m taking and I need your help with my homework. So here’s a question that I’d like you to answer and get back to me as soon as possible.

- **What qualities or characteristics do you see in me that I express naturally and effortlessly, and which positively impacts others?**

Please describe them in single words or short phrases. Many thanks!”

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## **Purpose Definition and the “Three Elements”**

- **Core Definition of Purpose:**  
*The act of giving my authentic self (my true essence) along with my gifts and talents to the world...in service to something bigger than myself.*
  - The expression of my purpose has a positive and powerful impact on others and/or the environment.
  - My purpose is bigger than me, and it teaches me.
- **The Three Elements of Purpose:**
  - **Essence (Being)**
    - Definition: The qualities or characteristics that you express and exude naturally and effortlessly.
    - What might others say of you when you walk into a room of people and begin interacting?
  - **Gifts (Embodying)**
    - Definition: your embodiment (and full acceptance) of the special offering you bring to the world
    - What is your Essential Gift? You are moved and passionate about this as well.
    - Not simply your strengths or talents, rather the essential offering “underneath” all of these.
  - **Mission (Doing - Your Aligned Actions That Serve Others)**
    - Definition: The flow of your essence and gifts into your mission and aligned actions.
    - This is where your passions and creativity are activated through your mission.
    - Your purpose has impact and is measurable through your aligned actions.