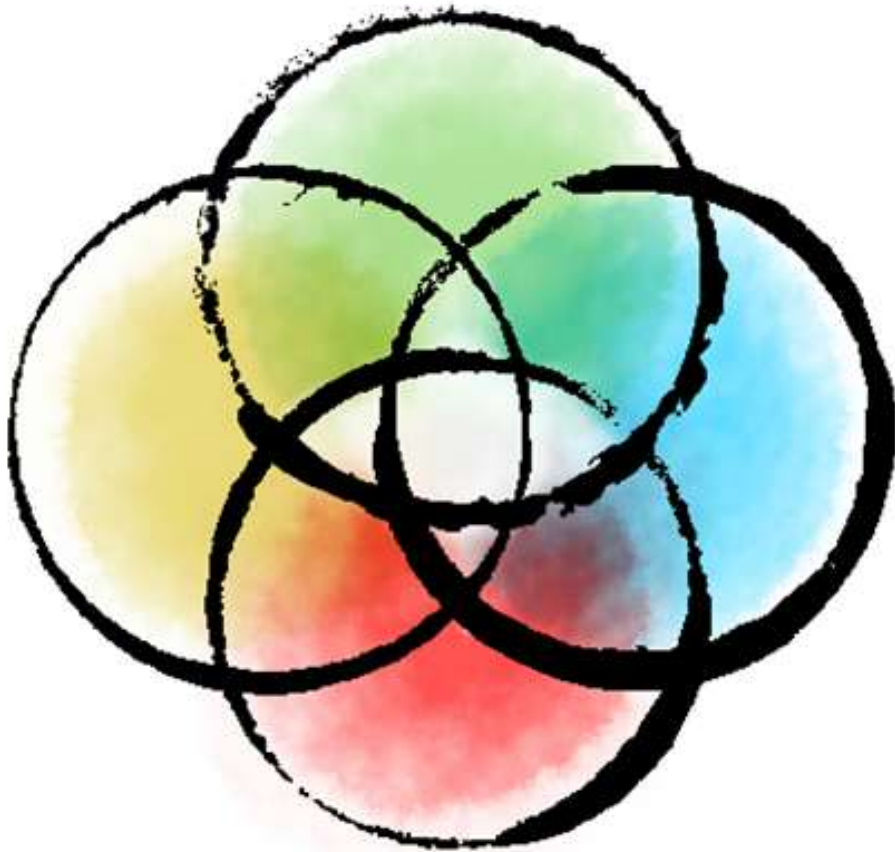




The Eagle Tribe

2019

The Ikigai Playbook



ERAM SAEED

The Abundance Retreat

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THE SECRET TO A LONG AND HAPPY LIFE



What's your reason for getting up in the morning? Do you live a life of anticipation and joy?

Fulfilment is fast becoming the main priority for most of us. Millions of people still struggle to find what they are meant to do.

If you were living a life of purpose, it's like being on a never ending high. Life is full of anticipation, meaning and joy and you never think of retiring. You keep doing what you are doing till the day you die. Purpose fuels your physical and your spiritual body and brings you abundance. You live life in the "flow".

WHY PURPOSE IS SO CONFUSING

One of the most talked about topics these days is purpose yet it's also one of the most misunderstood subjects.

Some common misconceptions are:



It is a calling from day one

You love serving humanity and can't charge money for it

It's something new, something grandiose

Purpose requires sacrifice

It's a pleasant dream, far from reality

Something one is born with

It has to be my job

CONFUSING PURPOSE WITH PASSIONS

Most of us are confused because we typically have 4 main areas in ways we go through life:

1. Skills: These are things we do well

2. Joyful activities: Things we love to do

3. Profession: The work that we actually get paid for

4. Service: How we can serve people

Where it gets very confusing is how do these all meet? Why are these present in my life and how do I know what my purpose is because there definitely are some activities that I DON'T like doing and yet without them my life is not going to work. And then there are things that I should feel fulfilled with but I don't. The gurus that teach about purpose and passion say that servitude should bring me 100% satisfaction but

truth is my bills keep me from feeling that satisfaction. **So, what's really going on?**



DOES THIS SOUND FAMILIAR?

- ▶ *You know what your passions are, but they leave you with a feeling of uselessness?*
- ▶ *Your profession provides a comfortable lifestyle but leaves you feeling empty inside?*
- ▶ *Perhaps you have found that have skills that people need and that brings excitement and a sense of comfort yet it's almost always accompanied by uncertainty because either you are not yet skilled at it or you are not sure if there's something else that you could do better?*
- ▶ *Or perhaps you are one of the few lucky ones that have found what they love doing and it even serves people. Congratulations! But wait....you have no money!*

Ikigai (pronounced “ee-ki-guy”) is, above all else, a lifestyle that strives to balance the spiritual with the practical.

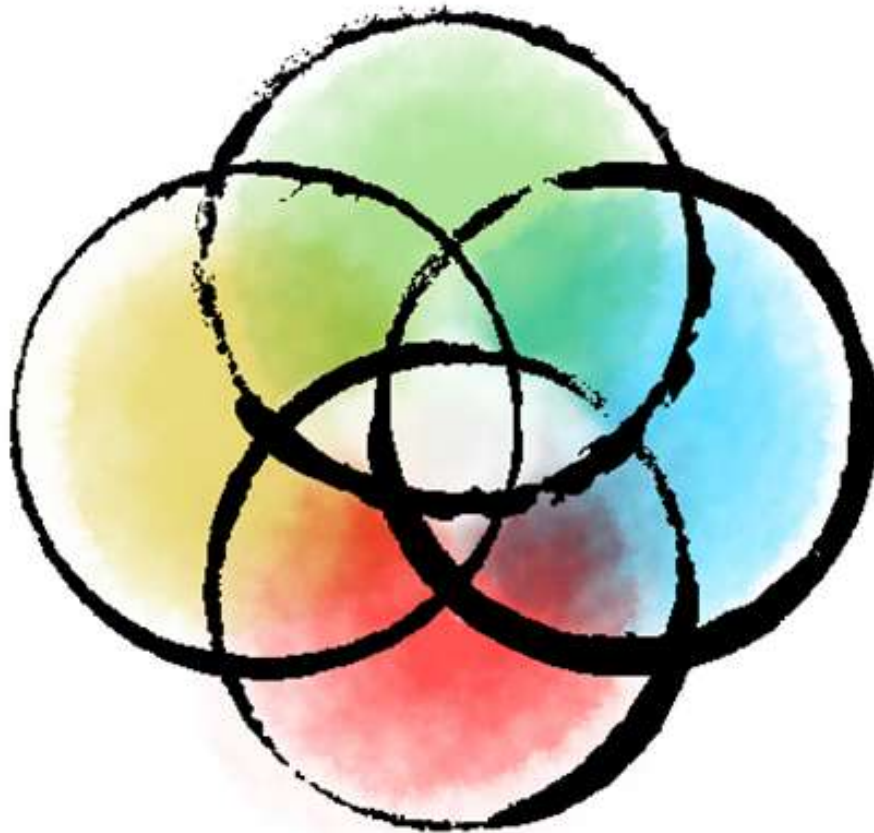
This balance is found at the intersection where your passions and talents converge with the things that the world needs and is willing to pay for.

However, there's a difference between the things that are important in your life and your life's work.

Ikigai is about finding joy, fulfillment, and balance in the daily routine of life.

It's all too easy to fall victim to thinking, that our job, family, passions, and desires are all separate and unrelated aspects of our lives.

The fundamental truth of Ikigai is that nothing is separate. Everything is connected.



INTRODUCING...

IKIGAI!
YOUR REASON FOR BEING

Philosopher and civil rights leader **Howard W Thurman** said,

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

The problem for millions of people is that they stop being curious about new experiences as they assume responsibilities and build routines.

Their sense of wonder starts to escape them.

But you can change that, especially if you are still looking for meaning and fulfilment in what you do daily.

Albert Einstein encourages us to pursue our curiosities. He once said:

“Don’t think about why you question, simply don’t stop questioning. Don’t worry about what you can’t answer, and don’t try to explain what you can’t know. Curiosity is its own reason. Aren’t you in awe when you contemplate the mysteries of eternity, of life, of the marvelous structure behind reality? And this is the miracle of the human mind -- to use its constructions, concepts, and formulas as tools to explain what man sees, feels and touches. Try to comprehend a little more each day. Have holy curiosity.”

We are born curious. Our insatiable drive to learn, invent, explore, and study deserves to have the same status as every other drive in our lives. What excites them. What makes them lose the sense of time. What brings out the best in them.

“Our intuition and curiosity are very powerful internal compasses to help us connect with our Ikigai,” ~ Hector Garcia and Francesco Miralles

Discovering your own ikigai is said to bring fulfilment, happiness and make you live longer.

“Your ikigai is at the intersection of what you are good at and what you love doing,” says Hector Garcia,

ikigai is seen as the convergence of four primary elements:

- ❖ ***What you love (your passion)***
- ❖ ***What the world needs (your mission)***
- ❖ ***What you are good at (your vocation)***
- ❖ ***What you can get paid for (your profession)***

EXERCISE:

Want to find your Ikigai? Ask yourself the following four questions. Make a list of all the activities that fall under each category. It's OK to repeat activities in one or more areas...actually it's great if they do. You'll soon know why 😊

1. *What do I love?*

(list all activities that you love doing. Things that make you lose track of time. Cooking, watching movies, dancing, reading etc. etc.)

2. *What am I good at?*

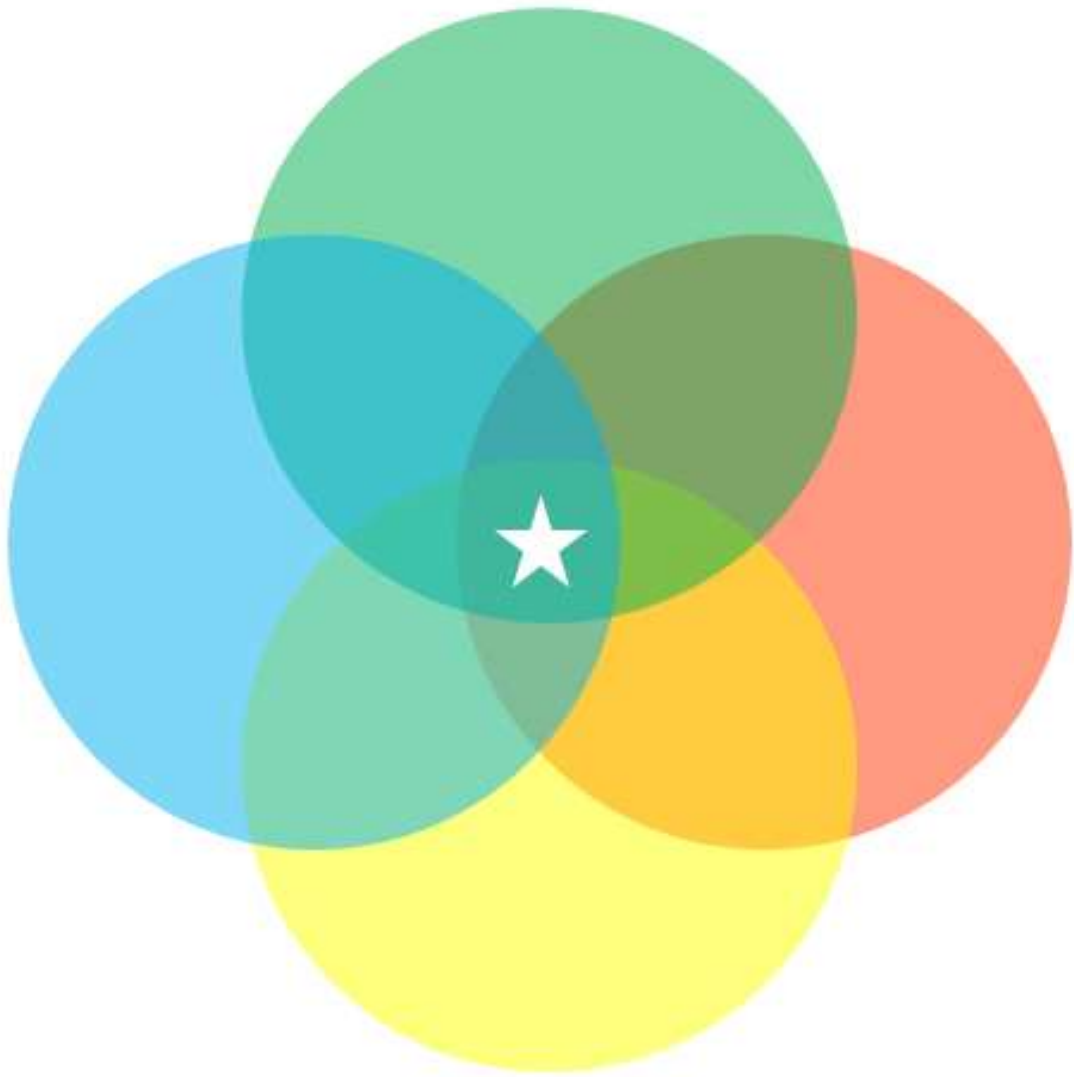
(List all the things that you actually feel you are skilled at or can do them well. For example: accounting, meeting deadlines, writing, speaking, critical thinking etc. etc.)

3. What can I be paid for now?

(List all the things that you can do or provide that others have paid for or will pay for. Example: services, products you can create, connections you can make etc. etc.)

4. What does the world need?

(List all the skills or services that others need from you. And you can fulfil these. These may or not be paid for. Example: teaching from the experiences you have had, your services as a compassionate healer etc. etc.)



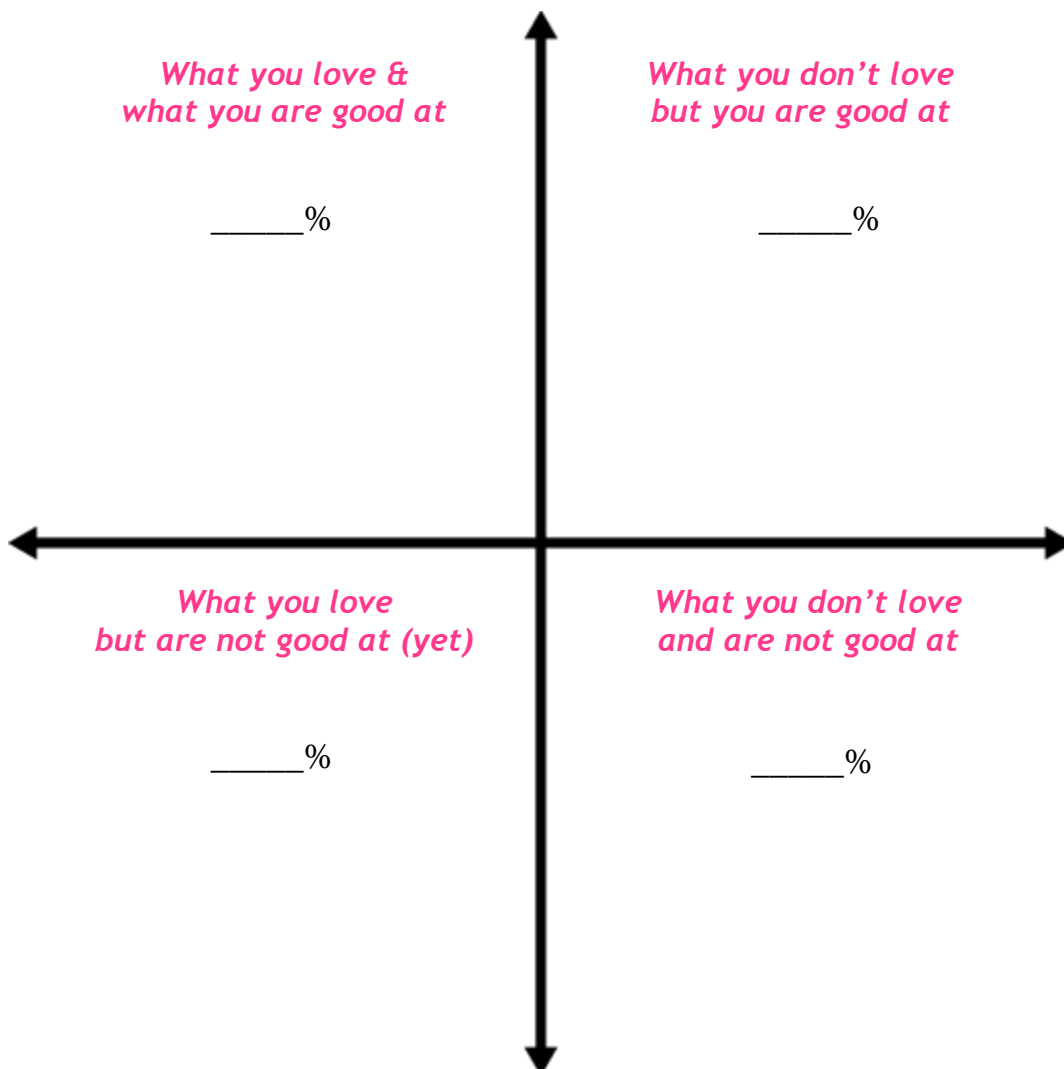
THE SECRET QUADRANT FOR MEGA SUCCESS

This is a secret I wish was taught in schools everywhere. One of my secret tools and used by almost all successful people in the world.

Exercise: less than 5 mnts. Eram will fill this out with you

Please mark as a percentage, how much of your time do you spend in each quadrant in your life?

Example: Sally spends 10% in quadrant one, 10% in quadrant two and divides the rest between the other two...



If you fell in the same category as the rest of the world, don't feel bad. You can change it now.

You didn't come here to carry out life as a series of chores or tasks. That when routine becomes a bone crushing reality.

For those of you, that are ready to start living a life of meaning and abundance filled with purpose and anticipation, I have a rare offer. A 1-1 session with me to not only discover what YOUR true purpose is but how to monetize it. For more info please contact a staff member.

“Despair is when you start losing hope that tomorrow will be different. Despair is when you think tomorrow will simply be a repeat of today.”

Think back when you were happiest in life....I guarantee you the most dominant feeling was “anticipation”

The great Abraham Joshua Heschel said,

“I didn't ask for success, I asked for wonder.”

“Who you are not isn't interesting. Who you are is magical!!!”

~ Eram

For example: I'm not smart enough. I'm not rich enough. I'm not educated enough.....

“Who others are or where they are at in relation to your path is also boring.”

~ Eram

For example: So and so already has so much experience. So and so has many connections in the field I am passionate about. So and so is really good at what I do and probably going to be more successful.

<https://orderjoynow.com/mypath>

Are you feeling fear? Good!!

“FEAR: False evidence appearing real.”

The only way to conquer fear is to engage in a dialogue and dismantle the false evidence. The ego is just trying to protect you. You must show it that it can relax. Trust and Surrender are they key habits you must develop on this path.

Fear appears when you are on the right path....so it's a good sign.



Some of my favorite quotes by mentor and New York Times Best Selling Authors Chris Attwood and Janet Attwood:

"When you are clear, what you want will show up in your life, and only to the extent that you are clear."

"When you begin to do what you love, what you are truly passionate about, your life will be irresistibly pulled in directions you can't even begin to imagine."

"The more you give attention to a particular belief, the stronger those neural connections in your brain become. When you focus on the positive aspects of your life, those neural pathways become stronger and that becomes increasingly true for you."

"If you are really honest with yourself, you will discover that where you put your attention is creating the results you are experiencing in your life."

***"You can never know what will show up in your life. You can only stay open to what is required of you in the present moment."
"Your results will always match your true intentions."***

THANK YOU