

# The 4 Master Keys that accelerate YOU living your soul's highest purpose



**Your Soul Purpose** is written in your soul before you were born. It is written in your soul AND it is encoded in your very fingerprints! You are a unique creation of the Divine Source that imbued you with a particular fragrance and a unique mixture of special qualities and talents.

Our Soul's Life Purpose is exactly in alignment with our deepest desires and passions. It's what we love to do, we're good at it and it comes naturally. When we're on it - life is beautiful - we're in the zone and we jump out of bed ready to greet the day. It's more than a career although it can be expressed through the vehicle of your work.

We are spiritual beings having a human existence; a soul attending "Earth University" school for souls. You are a spiritual being living in a dense body that is here to REMEMBER who you are as a manifestation and spark of the Divine Light. You're here as an expression of the Divine in this world shining your light and evolving your soul for yourself and the soul of humanity.

Because your Life Purpose sits in your Soul - it cannot be found through the mind, or the logical brain.

*"What are you searching for? Search for your heart, the heart of your soul. All the secrets are in the heart of your soul. Everything is inside you. You have many hearts, yet all these are one. I want every student to know his heart well, to know the truth of himself, to see inside his soul" (from Music of the Soul-Sidi Al-Jamal)*

The Soul is 70,000 times bigger than your body- it's expansive, spacious, beyond the everyday and more connected to the Divine. It close to what

Carl Jung calls the Collective Unconscious. It contains our Life Purpose AND is also contains 7-10 generations of information that we came here to clean. Information that's in the DNA, in our ancestral history, our ethnic background, our cultural background, our gender background and our religious background – whether or not you think you are connected to it – this is the truth and it is there even if you are not yet conscious of it. This 'stuff' is what we came here to clean and purify for ourselves and for the involvement of the soul of humanity. And in the Life Purpose Hand Analysis way of talking – it's what we call the "Soul's Agenda" in Earth University.

These FOUR KEYS are the catalyst that will jump start your soul's highest purpose and open and help unfold your divine destiny effortlessly.

When all four keys are practiced and are in alignment, your soul's life purpose will flourish.

Your life becomes one of joy, happiness, health, holiness, freedom and fulfillment.

**The Four Master Keys that unlock and effortlessly unfold your soul's highest soul purpose:**

- 1. SELF-LOVE - EMOTIONAL AUTHENTICITY**
- 2. SERVICE (versus SELF-SACRIFICE)**
- 3. TRUST (the Wisdom of the Unknown)**
- 4. PEACE & BALANCING YOUR WORK & PLAY**

THE TRUTH OF OUR ONE SOUL

Because in reality we are all 'one soul' we each have a piece in each of the keys and will recognize ourselves in each of these four keys to a greater or lesser extent. It's what you need for you on a micro level AND on the macro-cosmic level (remember we are all 'one soul') it's what is needed to evolve the soul of humanity. As we each do this personal work in our own life, we become part of the TIPPING POINT in consciousness for the planet as we collectively break through the density of false beliefs about how and what we truly are!

## **KEY #1 SELF-LOVE (Self Knowledge) Know thyself, love thyself and learning to live emotionally authentic**

### *Love is the bridge between you & everything - Rumi*

Love is the water element and the ultimate truth of the Universe, our planet and ourselves. Do you love yourself? Are you able to look at yourself in the mirror (really look) and pinch your cheeks and say out loud to yourself "I LOVE YOU" ??? Do you know who you are? (How does my asking this question make you **feel**?)

Yes, we are spirits in a body – so what about this body? What's the secret to success living in this body? The answer is: EMOTIONS are the master KEY! We are feeling sentient beings with a wide range of emotions that need to be felt and expressed.

Emotions are our tuning fork to know how we're doing! Emotionally authentic people are passionate people, free people and healthy people.

Are you able to feel and express a full range of emotions? Or do you tend to stuff your feelings? Were you taught it's ok to express some feelings and not others? Do you think some emotions are 'bad'?

The truth is there are no 'right' or 'wrong' emotions. Emotions are the flow of life and research shows that stuffed feelings buried 'alive' actually cause disease!

Your body is 70% water, our planet is also 70% water and water flows – the tide comes in, the tide goes out – sometimes it is calm, sometimes it is turbulent.

The masterful human being is able to feel the feeling (whatever it is) in the moment, express it appropriately and let it go (tide in – tide out).

When you are emotionally free this opens your soul and your passion. For example, if your life purpose is to be a singer, being emotionally free helps you shine more and connects you with your audience as well as yourself – there's a BIG difference between listening to a singer who is technically

proficient versus a singer that is singing both technically sound and is also connecting and expressing emotionally!

## **KEY #2 SERVICE (versus Self-Sacrifice)**

### **Mastering both GIVING AND RECEIVING**

#### **Learning 2 things:**

#### **1. Win-Win consciousness = WIN/WIN or NO DEAL!**

It is the path of SERVICE WITH SELF-CARE....putting yourself first in a holy way.

Now, I want to ask you....what does that immediately bring up for you when I say "putting yourself first"??? Do you see that as 'selfish'?

Be honest with yourself...most of us – especially women, are coming from 'self-sacrifice' and giving at the expense of ourselves. We tend to put ourselves last on the list of receiving.

In the Divine world, everyone wins. There is no win-lose game.

So we're cleaning the veils of the soul from giving out of habit, because we 'should', because it's our 'duty' or sacrifice – to giving from a place of abundance of time, money and energy – because we've filled our well to overflowing and we're giving for the pure joy of giving and not to get something back or to feed our unworthiness or whatever pictures and misbeliefs that come from the religions, the gender background, the ethnic background or ancestral background we were born into. This is our 'packet to clean' for the group soul we are connected to and there are no mistakes ☺

Just as in the airplane, when the oxygen mask comes down – we put our masks on first. If we don't take care of ourselves – who will?

When we care for others at the expense of our own self-care, we will feel drained, taken advantage of, resentful, sick or just plain worn out.

The sufis have a saying:

***“If you want to be generous...it is good to be rich”***

This applies to not only money, but time, space and energy. So if you're the type that can't say no or is prone to 'over-giving' try stepping back a bit. So next time when someone asks you for your time, money or energy – check in with yourself first – do you really want to do this? Is there a higher solution? Does it feel like a win-win proposition where both parties are getting their needs met?

BOTTOM LINE: **NEVER** GIVE AT THE EXPENSE OF YOURSELF!

There is ALWAYS a solution where everyone gets their needs met. It is spiritual law.

If you're a habitual giver, automatically saying yes to requests, or volunteering for extra duties, or you spend an inordinate amount of time listening to others needs at the expense of your own. If you feel you're giving more than you're getting and starting to feel resentful...it just means it's time to do it another way.

TRY THIS: When anyone asks you for your time, money or energy. Learn to not respond in the moment. Say, 'I'll get back to you', I don't have my schedule with me, or whatever feels correct for you. THEN, sit with yourself and the Divine and ask do I really want to do this? Is this my job or not? How can I do this AND get my needs met too?

The fact is, in the Divine's world there is ALWAYS a higher solution where everyone can get their needs met. We just have to take the time to hear it.

When you get your answer, you let the other person hear you take care of yourself, you either say no, sorry, or you say something like, "I'd like to help you and I can't do it Wednesday, but I can do it Friday - how does that work for you?"

DIVINE PRESCRIPTION: HIGHER LAW OF DIVINE SERVICE

When you learn to Serve and live in a win/win way of self care in your on microcosmic world you are helping to heal the soul of humanity. This is your true service! The Divine created this world for EVERYONE to get their needs met. There is enough food, energy and resources for everyone to eat and be abundant. However, many people are playing the WIN/LOSE game and the food and resources don't get distributed. As your soul breaks free from WIN/LOSE in your own life and as more people do the same, the soul of humanity will reach a TIPPING POINT and we all rise together to enjoy the

abundance of all that we have here given to us by the Divine Creator/Source.

## **2. RECEIVING & GIVING ARE ONE - Give from a full cup**

RECEIVE FIRST, FILL UP and GIVE FROM YOUR ABUNDANCE from the INFINITE SOURCE and not from your finite chi, habit, self-sacrifice or the 'shoulds' of old tribal beliefs and habits.

*"There is a fountain inside you, don't walk around with an empty cup"* RUMI

DIVINE PRESCRIPTION: Giving is about first RECEIVING, filling up and honoring your own needs and practicing SELF-CARE.

1. First, Do No Harm - to YOURSELF!
2. Take time to do what nourishes you FIRST

Discover, Practice, Enjoy what fills your well and the chalice of your heart & body. Take DAILY time to do what nourishes you.

For example, do any of things fill you up?

- Walks in Nature
- Meditation

- Alone Time
- Exercise, Yoga, Running, Athletics
- Creativity, Journalling, Art, Music, Dance, Beauty, Cooking

### **KEY #3 TRUST & TAKING ACTION (or the WISDOM of the unknown)**

You may be deeply wise and have a good intellect and sometimes exercise great brain power however – do you ACT ON WHAT YOU KNOW? What is being asked is to “Jump in” JUST DO IT! It is not enough to ‘know’ ‘think’ and analyze – it’s about ACTING on what you know – and being a full participant in this game of life. We are here to learn through doing, experiencing and learning to enjoy the process of unfolding and the wisdom of the unknown.

OBJECTIVE: ACT on what we know....move from analyzing, evaluating, reliance on the brain/mind and instead move into **ACTION** even if we don’t know the end game

Maybe you prefer to analyze, compare, make lists of the pros and cons and generally prefer to have a perfect plan before moving? The fact is that it’s ok to ‘plan’ SO LONG AS you’re not relying solely on your mind-brain as a way of not stepping into the game, or as a way to insulate yourself from others or from life itself? You need to move from being an observer of life to being actively engaged.

MOTTO: “Just Do It”

Jump in!

Just do it! What are you waiting for? Feel the fear and do it anyway!

The key is simply to make a beginning...and then 'course correct,' set your compass and re-adjust for the winds of change.

It will lead you to places you would never have experienced otherwise...

It's time to release any 'perfectionist' tendencies that hold you back from jumping in head first.

We are perfectly imperfect and only the Divine is perfect!

When we trust in the Divine we are given wings of courage.

ENJOY the process - you're being challenged to gain insight through EXPERIENCE, to step out of the observer mode and to RISK being alive. What you will find through this risking is that God/Spirit/Universe will take you places greater than you could ever have imagined or 'planned'!

It's about being vulnerable to loss or failure, about putting yourself fully in – showing up and learning through the 'doing' learning through the participation and engagement.

You can read a book about sex; however you know you don't know *anything* until you actually experience it on a cellular level!

BOTTOM LINE: Feel the fear, use that energy and do it anyway!

SOUL STUMBLING BLOCKS:

Perfectionism – In point of fact we are only perfectly IMPERFECT.

Procrastination – one more thing to do before jumping in – got to do \_\_\_\_\_ before I step in

Fear of exposure – emotional exposure especially – no place to hide (v. in your intellect)

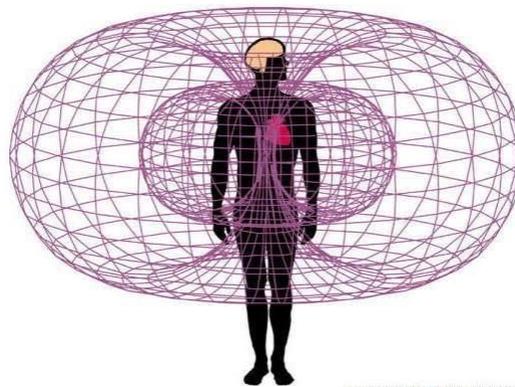
Fear of commitment – choosing a path, career, strategy and JUMPING IN?

Sometimes we're pushed into the abyss by life, circumstances and sometimes we leap into the abyss ourselves.

The more times we leap – through trial and error – we learn – we're safe we're ok – it wasn't so bad – I'm still alive etc. It's time to rely on your heart, your intuition and not your brain ☺

### **The Heart is more powerful than the Brain**

**The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.**



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### **KEY #4 Maintaining BALANCE learning to be the PEACE and having balance between your inner and your outer life**

Are you a workaholic? Are you running from task to task? Always putting out fires? Always something to do, people to see, places to go? OR conversely are you too laid back? Spending too much time doing nothing – meaning too much drinking, drugging, spending all your time on the mountain top?

Either way – whether it's “all work and no play” or it's “all play and no work” – it's time to consider why it's helpful and necessary to have BALANCE

Staying busy, always putting out fires is stressful and causes high blood pressure. Whether we learned it from our parents or life in general it's meant to keep us from our hidden feelings of fear or inadequacy. It also

serves to keep us from that all important quiet still time where we can receive new ideas, creativity and inspiration.

We are not machines built for perpetual motion. Eventually we will break down, burn out our adrenals or get sick. We are spirits and our spirit needs quiet time. Inspirational time. Play time. Time in our garden, walks in the woods, yoga or meditation. How else can we hear that 'still small voice' that knows all, and that will guide us to our soul's purpose and our highest good?

Some of us are born into families (all in the highest perfection of course!) where we got 'wired' early on to be multi-taskers, or where there was so much chaos and dysfunction that unless we are full out crazy busy we don't know how to function. We're running, running and running nowhere. And worse, our adrenals got wired for 'high alert' and over time can burn out. In order to break through this patterning it is necessary to find time in our day to stop the running. To find a place in our daily lives where we can open our soul, expand, breathe deeply, relax our adrenals and return to that deep peace, beauty and harmony inside our soul and our very being.

For some people it's time in nature that feeds the soul – beach, woods, the garden, the pool etc. For others it's a meditation practice, or yoga or sports.

The key again is BALANCE. Which are you? All work - no play? All play – no work? Too busy to sit quiet? Running from yourself? Avoiding life's challenges or too engaged in yours and everyone else's challenges?

If you want to know and live your true soul's purpose then it takes quiet reflection, inspiration, spiritual practices that help you open your soul and remember. Ahhh feel the peace, the safety, the rest and relaxation! Learn to work smart not hard. Move from your inside and not the outside. You have all you need inside you. Stop, look, listen and remember. From this peaceful place all is right with the world, you are re-energized and you will be guided rightly!

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Many blessings to you! I pray that you come to know *and live* your soul's highest purpose. And that you find a vehicle to express it so that it supports you on all levels (emotionally, spiritually, mentally and financially)!

**Soul Purpose Acceleration with Mary Halima Fleming**

**Eram's From Heartache to Joy / May 2019**