

PASSION FUELED PURPOSE : 'DHARMA'

Dharma is a Sanskrit word (ancient Indian language) often used in Ayurvedic (Indian / Hindu system of Medicine) and Yogic philosophies. Sanskrit words are very simple yet have an incredible depth of meaning. To know your dharma can mean you understand what your purpose in this lifetime is and so you understand your direction and what is needed to fulfill it, which can bring peace, clarity and a sense of humbleness. Dharma is not necessarily a masculine driving force to 'achieving' goals and purpose but can be regarded from the softer feminine approach of 'knowing' and 'nurturing' and a feeling of being 'supported' by something greater - it is not ALL up to you - you are serving the whole and being nurtured as a part of the 'whole', adding your contribution. Just as the ocean is made up of individual water droplets.

Dharma can be interpreted as:

- living your truth
- finding and following your path
- being of service to something greater than you, to humankind and mama earth
- knowing your way in this lifetime
- fulfilling your higher purpose - what that means and what that looks like to You
- Universal laws of nature
 - = humans are a small version (microcosm) of the earth / universe (macrocosm)

Humans **need** purpose and have a deep desire to understand their purpose. **Ultimately, humbly growing, learning and evolving while being a good, honest and caring human could well be considered the ultimate purpose of the human experience.**

***** Purpose or dharma can be as simple as being a good human, as just mentioned, following good morals and values. Or in this lifetime maybe your role as mama is important. Or as a loving partner, auntie, volunteering in your community. There are endless possibilities and variations !! Note that regardless what you do or feels right, living from 'your truth' is the dharma. Purpose (or dharma) is more of a **feeling** rather than it 'sounding amazing'. It is something that can easily make you feel filled up. Something that lights you up, drives you. It may be paid or unpaid, a hobby or a role (mother, auntie, in community etc). Purpose can even change and evolve - it may not be set in stone. You can start / stop / change at any moment. It's about what feels right.

NOTE: this concept of Dharma and purpose (passion) is part of this course to open up some playful thought, deeper questioning and self inquiry.

You may wish to think about what legacy you want to leave ? What do you want your impact to be ? (yes Your impact - the world wants and needs it regardless what your age or story !!)
Do you care about leaving a positive impact ? (it's also ok to not have this as a priority in your life) Are you doing something / want to do something for your children / the future children?
Have you experienced something challenging / great that you would love to share with others to help them on their journey / through their experience with this ? Things we feel passionate about can feed us and create positive momentum = drive = zest for life.

Understanding our purpose here on mama Earth plays a powerful role in our health, our relationships (with others AND self), interactions with our world, working together as one, attaining peace and contentment and for structure and routine. It is vital for humans to feel like they are 'needed', 'important', 'doing something', 'know *what* they are doing' and 'contributing to' or 'helping'. I strongly believe chasing a 'sense of purpose' that is not fulfilling to our inner being / soul may not fulfill.

It is very common for people to work their whole life then retire and no longer have structure = a form of their purpose has been removed, they may not feel like they need to do anything anymore and are not needed = mental / emotional health can decline >> physical health declines. This can also happen when people fall ill, children leave home or the elderly are moved into aged care.

Passion fueled purpose

Understanding your purpose is not an overnight process – there are several steps to unveiling your passion / purpose and being fulfilled through understanding what that exactly is, feels like and looks like for You. Passion can lead to purpose. Understand your journey in THIS current life. Maybe in this life your purpose is to be a mother. Maybe a mother 'and' having a business sharing your gift. Maybe no children, and being a good role model for society by being a 'good human', or a good partner. Or sharing your passion without it being a monetary exchange. Or volunteering for something that lights you up and you think is important. Or, living a peaceful life just enjoying yourself. Nowadays 'purpose' can be pigeonholed and can be paintbrushed with an image of a successful business woman doing it all (think IG etc) which ofcourse it isn't.

Purpose has so many forms - finding which form is relevant to you and most important to you in this life round can bring more fulfillment and peace. Be honest with yourself and what feels true - you can utilise the '3 zones of feeling' and your journal for this - feeling into it rather than thinking what would be a cool purpose / passion.

In our Western society the word 'purpose' is now thrown around very easily and often linked to earning large amounts of money while pumping out something to the masses.

Purpose may not even entail financial gain. Example : you may have your work / job / business and then volunteer your time / skills to your purpose - your way of serving others (people, environment, animals). Or you may offer something free of charge to your community / online through your business / work / skill.

Guide questions for working out / refining purpose and passions

- What do you love doing ? - this can be anything !
- What do you find yourself really drawn to?
- What makes you feel filled up and glowy ?? - this can be anything – dig deep and wide !
- What do you love telling others about or notice yourself helping others with ?
- What is something / things you have learnt throughout your life / want to learn more about that you think would benefit others / the environment / animals / world ?
- What do you love reading / researching / learning more about ?
- What do you find really interesting and want to know more of ?
- What does / would make you jump out of bed in the morning – bursting just thinking about it ?
- What would you do / continue to do **without** earning money from it ?
 - = NB: this does not mean you can't / shouldn't accept money for doing this

If you have lots of different things that feel like passions / purpose that's great too – try to focus on the order of most important to you. See if there is a possible link between the several things you wish to do – work out if some would be more of a hobby and occasional thing or if you would LOVE to do this thing everyday / most days. Could you make a living from this or is this something you would dedicate your time / skills to out of 'service' ?

Is your WHY greater than your WORRY ?

Example: I want to work for myself – but am worried that it might not work out / I won't be able to earn a suitable income etc.

Worry and **Fear** play an important role – they show that that 'something' actually means something to us. If worries or fears didn't even cross our mind it most likely isn't a real challenge or something *new*, something that triggers us to feel exposed or vulnerable and encourages us to take a leap. When we meet with this WHY vs WORRY battle we can see how it feels so good and liberating when we follow through with something we want. As we move through the challenging patches and are determined to get to what we want because it means so much to us, the WHY naturally outweighs the WORRY. When we get clear on how much we want something, we will be supported from all directions.

Self Sabotage

"behaviors or thought patterns that hold you back and prevent you from doing what you want to do".

Do you sabotage situations or experiences for yourself ? Often this may come from a place of fear of us 'actually' living well, being loved, being seen, being successful, being happy, being healthy, being fulfilled. Or even the fear of having or experiencing something amazing and then it failing or being taken away from us again and looking silly or feeling sad. You name it, there are so many self sabotage possibilities ! If you recognise self sabotage in any area of your life, the question is 'Why do I believe I don't deserve this ?' and 'What would be so bad about me actually experiencing / having ?'

Note : it is better to try something and it not work out exactly as expected than to never have tried. There is always growth from trying - this leads to us evolving and growing and feeling alive. Not trying is when we stay stuck, feel stuck and empty or anxious and possibly have regrets for never trying and going for it.