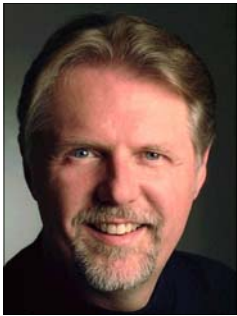


Remembering Who I Am

Alan Seale



The last two months have been all about home – finding a new one, selling the old one, imagining life in a new city, and taking care of many details. (See the [April newsletter](#) for background information.) For the move, the detail work is just beginning. Yet to come are the

perfect buyers showing up for our house, having an offer accepted on a house in Rochester, closing both house deals, packing, moving, unpacking, and all of the business things that go along with a move – address changes, insurance, car registrations, finding new services and support systems, and the list goes on. Through this saga, I'm learning how important "home" has become for me. It is my sanctuary.

While it is important to stay focused on all of the details and each next step as it comes, the last few weeks I have become aware of how easy it is to get lost in these mundane things and allow them to consume my life. I've done pretty well keeping my eye on the big picture most of the time, but some days I admit that my sense of who I am has gotten lost in the detail.

However, I'm preparing now for a very packed five weeks of workshops and speaking engagements on the road. Getting ready for those presentations reminds me of who I really am. It reminds me of who I was born to be, of my soul mission: I liberate and empower. My perspective shifts completely when I remember that I am a liberator and

empowerer, not only a life administrator and detail manager. Suddenly I'm standing and sitting taller, my mind is clear, my thoughts are focused, and I feel alive again. I'm excited and in touch with my passion for facilitating transformation. And all of those details get put back into their proper perspective – important for ongoing life maintenance, but *not* the final word on who I really am.

Coming back to that larger sense of self served to remind me of an even bigger picture: that all is one. However, if all is one – if indeed I am the administrator and the liberator and the experienter of my life – if I am the creator of the experience as well as the experience itself – if every person and circumstance is in some way reflecting something back to me – then what is the greatest gift that this whole home saga is offering to me?

As so often happens, as soon as I posed the question, synchronicity was ready with my next opportunity to learn.

This past week it appeared that a prospective buyer for our house who had been stringing us along for a month had completely disappeared. To add to that frustration, the house had not been shown, other than to those prospects, for more than three weeks. It seemed that there was no energy moving at all on the sale of this property. And in addition to that, the house we had fallen in love with in Rochester suddenly had a potential buyer, and we don't feel we can make an offer there until we have some movement here.

And so more letting go. I happened to be on vacation on the beach in Florida this past week – a great place to let go. The morning after getting the news about the Rochester house, I walked the mile down the beach to my favorite meditation spot, sat in the edge of the surf as is my practice there, and asked of the greater Consciousness, "If indeed all is one, and therefore we are on some level every part of this situation and experience, what are we missing? What are we not getting? Everything has pointed to this move to Rochester being what wants to happen. We have been shown the potential for the next big step in both of our lives through this move, both professionally and personally. We keep following the potential, yet somehow the energy is not yet in complete alignment. How are we holding this manifestation back?"

The first response from Consciousness was for both of us to let go more – to hold absolutely no attachment to any part of this process. And the second was for me personally – to recognize that *I am* home. That is to say that I was not fully embracing the reality that *I am* already the embodiment of all of the components I've been so concerned we wouldn't find in our next house. I've been so consumed with finding the perfect house – the perfect creative space, the incredibly beautiful and tranquil setting, the sense of style and character that I love in a house, the welcoming atmosphere for our guests – that I was making the space responsible for all of that, and had forgotten that *I am* those things regardless of the space I'm in. *I am* home. *I have to be home for myself* and not depend on a particular house or living space to do that for me.

And so in that moment I claimed myself as my home, "once and for all" in the fullest sense as we talk about in workshops. It was incredibly liberating. I was able to completely let go of the Rochester house and step up to yet another level of trust about our house selling and us finding the perfect house in Rochester. And I understood that once the house had been chosen and the deal closed, I must expand the "home" within me to fully inhabit that house. It is my fully inhabiting that house that will make it home. And it is my fully inhabiting any space that I am in that can make that space home, whether for an hour, a few days, or for years.

This shift in my perspective also seemed to be what was needed to get the energy moving again on our house. Later that day, the potential buyers that had vanished two weeks ago reappeared, and a new potential buyer entered the scene. And so far, the potential buyers for the Rochester house have not made an offer. Time will tell what will happen next, but right now I'm busy being grateful for all that I'm learning and the inner transformation I'm experiencing through this saga.

There is one more piece to this manifestation process that I must also acknowledge, and that is that mine is not the only vote in this situation. I don't just mean that my partner also has a vote, or the other potential players in this unfolding story. Consciousness, the greater intelligence overseeing all of this, of which I am a part, also has a vote. In other words, there is a timing to all of this that I can't always see. And that I must accept. If I live in partnership with the greater potential at work here, and fully engage in a co-creative process with Consciousness, then I have to accept that I can cast my vote, but it's not the only one and it may not be the winning one. And that means more letting go.

Manifestation is all about alignment of energy. My job in this new home manifestation project is to ensure that my energy remains in alignment with the potential that is trying to unfold, and to let go of all attachment to any particular outcome. And so the saga continues. I've been in the practice of letting go for years, yet the practice is taking on new meaning in these current months. I am challenged to let go on deeper and more profound levels, and the whole concept of freedom continues to take on new meaning. There is nothing that I am learning for the first time, yet I'm now getting to live that understanding and knowledge on new levels.

A large part of the journey toward more enlightened living is closing the gap between what we know and how we live. Because I'm experiencing significant personal transformation, these months are serving to widen that gap. Whenever we transform, learn, and grow in significant ways, the gap gets wider. It takes us

time to fully integrate all of our lives into our new beingness. Every day I take another step toward closing that gap again by living more fully what I now know. When I remember the fullness of who I am, when I remember that I am home, letting go is easy. I remember that my life is not solely about that which I was holding on to. In the big picture, my life is about liberation, empowerment, transformation. My life is about service and shifting consciousness. My life is about heart and love.

Ah, yes. So good to be home again. I must remember to keep living here.

Many blessings,

Alan



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Soul Mission Profile—Joyce Anderson

by Johnathon Pape



As the old song says, “diamonds are a girl’s best friend” and that is certainly true for Joyce Anderson, whose soul mission is “*I mine and polish diamonds.*” But in Joyce’s case the diamonds refer to the priceless jewels that are hidden within each of us —

our unique gifts that we must dig deep to find and then take the time to polish into something of great beauty and value.

Over the years, as Joyce raised her children, managed her family, and built a successful business within the personal development and fitness industry, she gained a strong awareness of

the importance of recognizing the special qualities of each person. However when she began experiencing feelings of being unfulfilled, even in the midst of remarkable achievements, she began looking deeper within and discovered the extraordinary inner resource of intuition. “I think of intuition as our personal GPS,” she explains. “It signals us when an idea, person, or place is in or out of sync with our talent and purpose. It threads our mind, body, and soul for action in our everyday life.”

When Joyce came to *Soul Mission * Life Vision* in Santa Fe in November of 2004, she had done a great deal of work in personal intuitive development. And as she claimed her soul mission, she realized that it was not only important to mine and polish the diamonds within herself, but also to fully step into her ability to help others do the same. Now Joyce leads workshops, is sought after as a speaker, and works with clients to develop intuitive awareness.

Johnathon Pape: *You just took the Manifestation workshop at Kripalu in March. How did you like that?*

Joyce Anderson: It was great; so practical. And I found it very powerful to have it re-emphasize soul mission so completely. It had been over 2 years since I took *Soul Mission * Life Vision* and I personally liked having that time span between the two workshops. It let the Universe develop around me and my soul mission. A lot had happened and I really felt ready to take *Manifestation*. And of course it was nice to be in the Kripalu environment for that time.

JP: *Well you've already manifested quite a lot of your vision—mined and polished a lot of diamonds. What are you currently manifesting in your life?*

JA: I never knew that I'd be writing, but I'm writing now. I've had some articles published this past year, and I just found out that I'll have another article published in *Leadership in Action*, the magazine of the Center for Creative Leadership. It's a "how to" article on intuition called "*The Intuitive Hit*." I've also been working on a book called *Intuition in the Workplace*. It's good, but rather slow going. And about two months ago, while I was working on the book, this other thing came through—a fable for grown-ups. It's been so different—easy and creative and fun. It's this incredible story that's coming through. Everyday when I work on it, I just show up, open up, feel my mission, and let it flow. I never thought I could do fiction, but there it is. I know that it isn't "personality me" doing this—it's definitely my higher self receiving it.

JP: *I visited your website and it's beautiful. You've really expanded your work in the past year.*

JA: Thank you. A new market just recently opened up for me, too. I was going along, doing what I love, and trying to work with "what wants to happen" as Alan says. Then about a month ago, after one of my lectures on how to use intuition to make more effective decisions, a man came up to me and asked me to speak to the students at North

Carolina Agricultural and Technical State University (A&T), about intuition. A&T was one of the first black colleges in Greensboro and now specializes in helping minorities. It's a very technical university and he said that no one is ever going to talk to these kids about this—the invisible part. They are focused just on the books and approaching everything through the intellect. They won't have the opportunity to hear anything about going inside to get in touch with who they are and what they want. So, I spoke to them on how to match their degree to their intuition and where the earth calls them. Because of that lecture, I now offer a workshop called *Intuition and Your Degree: Where to Next?* The most I hope to do is plant the seeds and help them know that the answer is within. I want to teach them that the answers are in their body. That's how intuition speaks. For every question, the body will answer "yes," "no," or "do nothing yet."

JP: *That's very exciting. You've been very busy since Manifestation! And I know you just came back from Ecuador, too. Tell us about that.*

JA: My daughter has been traveling a lot since she was about 14. So, she decided to study abroad for the last half of her sophomore year in college. She's going to the university in Quito. I went to visit her on her spring break. If it wasn't for her I wouldn't be having all these great experiences! Anyway it was an incredible 10 days. You have to be in Olympic condition to even get through the streets there. The elevation makes the air so thin. And I'm so tall, that I think I just sucked up all their oxygen. We walked everywhere and took buses. My daughter would never dream of taking a taxi. The buses barely stop. You have to run to catch them, jump on, and then hang on for dear life. But I realized that in this huge city that is full of traffic and horns blaring, I didn't see one ounce of violence. The parents never reprimand. They merely use love and a gentle nudge to move their children towards what they want. There's such family there. The economic disparity is very wide—either very rich or very poor—but they all seem to have family to love. It really helped seeing the connection between everyone.

JP: *So how has knowing your soul mission and living it changed your life?*

JA: Before, my energy was spread everywhere – being a Mom, a wife, managing a home, starting a new business – so everything took turns being on the periphery and it all felt separate from one another. I was spread really thin. Once my mission was clear it became the base that held me and connected everything I did. Everything I did became quilted together. Soul Mission provided the inner knowing of how I fit everywhere. I felt it before, but I didn't have it all married together with head, heart, and action. That quilting effect again. Since everything is now gathered around my mission, I feel whole and have a lot more energy.

JP: *Do you think part of that surplus of energy comes from things being easier when you know who you are and why you are here?*

JA: Definitely. When I hold my mission in daily awareness, the Universe does so much of the work. It's so much easier. Ideas, people, opportunities just came my way. When I just say yes to my mission, the "how to" becomes effortless. Even with the difficult things. When something new is birthing, it often means that something else is dying. I now know that it's OK to let that go; the dying part just doesn't fit into my mission any longer. Whenever things feel very dark now, I just realize that it's soil, the dark "earth" that nurtures new life. It's the unknown before the new, so now I welcome it.

JP: *And soul mission sustains you through those dark times?*

JA: Even in very dark times, I felt cradled by my connection to soul. I knew through my tears that the dark was necessary to get rid of beliefs that weren't true, that didn't belong with me anymore. It allowed me the time to look at myself and let the truth come out. Knowing my mission is what saw me through. Now at 53, I've never felt so free and unencumbered, cause I took the time to look. People are so afraid of that, but it's really where you find all your stuff. You have to go into the mine, the dark places to find the diamonds.

JP: *What tool from Soul Mission * Life Vision and/or Manifestation has been the most useful to you?*

JA: Remembering that my "personality head" isn't meant to figure out problems. It can only assist once my intuition has given me the clip or flash in a feeling or an idea. It reminds me to step aside and let the knowing come through. Then I can grab it and do the brainstorming with the head. I learned that from *Soul Mission * Life Vision*, from standing in that invisible place of wonder, outside of intellect.

JP: *What would you say is your greatest challenge to living your soul mission?*

JA: Being my own cheerleader. I'm learning how to now. Every time I doubt myself I get to the bottom of it and really feel it so that I don't fear it anymore. Then it dissipates. Even when I claimed my soul mission, my old chatter got in the way. My heart had to be allowed to trust it. It took a lot of awareness when the tape in my head said, "you're crazy to do this." It took daily attention of just sitting in the *feeling* of my mission before I began each day and before I went to sleep at night. And whenever I felt far from my mission, I'd get gentle reminders from the Universe to get me back on track.

I also had to weed out some people and events in my life that put my mission in jeopardy. It was subtle and happened over a long time, and ultimately it just kind of took care of itself without a lot of confrontation. We were simply no longer on the same vibration and so over time they just fell away.

JP: *Isn't it wonderful how your priorities change for the better once you're focused on living your mission?*

JA: Yes. I know my mission is true because I've always seen the diamonds of spirit in whoever I've talked to. When you see the diamonds in people, then those people act like diamonds. The gift is it works for me too. It raises the bar for us both.

But when I allow gossip to enter, it's the worst thing for pulling me out of spirit. It feels like

pollution in my body when I give in to it. And when I simply don't allow myself to participate in it, the energy immediately comes back. Your body will always tell you. Listen to your body.

I've recently been working with many African-American women, and I'm realizing on a whole new level how these powerful women are still oppressed. I'm actually grateful for the whole Don Imus controversy, because it's starting meaningful dialogue in a big way. Maybe the gift is that it manages to unplug the issue. Those amazing women from the Rutgers team speaking up brought us a lot of cohesiveness and connectedness. It really comments on how spirit has to come back into our daily world. We are so self-involved. We really need to polish our diamonds – to outgrow self-oppression and move towards outgrowing group oppression.

JP: *What would you say to someone who is considering doing Soul Mission * Life Vision and/or Manifestation?*

JA: I thought I was pretty aware going into the workshop and of course that's the first sign that there's more to learn! Since taking *Soul Mission * Life Vision*, I haven't been off my path once. And I see how everything relates to my mission. No matter what you think you've learned, when it's weaved around your mission, there's no greater meaning to life. You can't wait to wake up, even for the hard challenges, because you're always fueled. Everyone is here for their mission. It's what excites us and give us passion. It's what the earth needs from us. It's why we're here.

To learn more about Joyce and her work, visit:

www.intuitionbyjoyce.com

