

By Alan Seale, PCC, MSC

Soul Mission

Foundation for an extraordinary life

When you ask people to point to themselves, regardless of the culture, they will almost always point to the center of their chest, to their heart center. They don't point to their head. We instinctively know that there is an innate sense of our core being deep in our body, not in the intellect. This core being is the soul.

Soul is a word that's showing up all over the place. Recently I even saw an advertisement for the soul of a car! It's a word that gets tossed around a lot, yet when I ask an audience to define soul, there is often a deafening silence.

Soul is essence. Essence is like water. When you add water to a seed, it brings that seed to life. In

“Your essence remains essentially the same throughout your life.”

the ancient scholarly languages, the words for soul and spirit translate to mean breath. Breath is our life-force. Without it we can't survive. Our soul is our life-breath. Without soul, there is no meaningful life.

Soul is the source of your intuition, wisdom, and creativity. It has intelligence, and it has a mission or a purpose. Your soul mission is why you're here, your reason for being, your calling. It's the passion or fuel that drives your life. It's not something that you

make up or decide. You are born with it, and it remains essentially the same throughout your life. Your understanding of it may evolve, and how you express and live it may change, but the essence remains the same. And because it is who you were born to be, it also represents your greatest potential. Discovering your soul mission and letting it guide your life unleashes your potential and sets you on a course for achieving it.

Living your soul mission

One of the greatest things about discovering your soul mission is the realization that you can live it all the time. It's not dependent upon a par-

ticular job, relationship, or situation. My soul mission is: “I liberate and empower.” I live that mission in obvious ways — writing, speaking, leading workshops and coaching — but also in conversation with a friend or how I interact with people. Earlier in my life I was a professional singer and voice teacher. In teaching singers, I liberated their voices and empowered them through strong and dependable vocal technique to succeed in the extremely



competitive worlds of opera and musical theater. When you let go and follow your intuitive sense of who you really are and what you are meant to be doing, living soul mission comes naturally.

So how do you discover your soul mission? You can start by breathing into your soul and remembering a time when you were incredibly happy, totally consumed by what you were doing, completely lost in the moment. Perhaps it was when you were a child, or maybe it was last week. Perhaps it was for an hour, maybe for a year. Step back in your memory to that time and breathe it in. Then drop below the activity itself to observe what was happening inside of you. What were the sensations in your body? What was the authentic part of you showing up? Who were you getting to be? What was being excited and fed within you? Maybe you were being creative, or helping someone, teaching something, or fixing something. Whatever it was, what was

the essence of what was going on? In recognizing that essence, you're starting to touch your soul mission.

In workshops and coaching I use a number of visualizations to help the client tap into the soul intuitively — to look beneath the mask they wear to meet the world every day. The entire process is one of intuitively discovering who you are at your essence — discovering the driving passion or fuel for your life.

As you discover your soul mission, it is important to condense it into a statement that is six words or less. Too long a statement waters down the energy and impact. You are looking for the fewest words with the greatest punch — a statement that calls you forth to your most expansive self and to your greatest poten-

tial, not just for the immediate future, but for your lifetime.

Living your soul mission doesn't necessarily mean you have to change career paths, relationships, religious affiliation, or communities. People discover their soul missions well into their careers and through living them, find new fulfillment and success in their work. They also realize that in many ways they had been living their soul missions all along; the new awareness of it just heightened its effectiveness and impact in their lives. Their careers became the vehicles for living their life purpose. The more you focus on your soul mission as the primary consideration for everything you do, the more it informs your life, and the more every part of

your life begins to be a reflection of your true essence.

Michelangelo said, "The greatest danger for most of us is not that we aim too high and we miss it, but that we aim too low and we make it." We each play a dynamic role in the ongoing creation of our world and our future. Engaging the soul and living your soul mission means aiming high — "going for the gold." Discover your soul mission and let it guide you, and you will have a great foundation upon which to build an extraordinary life. •

Alan Seale, PCC, MSC, is an inspirational speaker, trainer, and a leadership and transformation coach. He is the author of Soul Mission, Life Vision and Intuitive Living: A Sacred Path.

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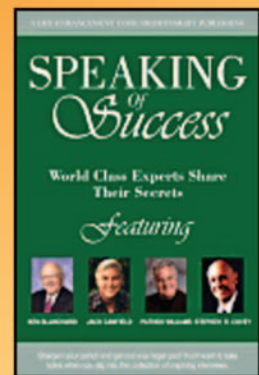
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