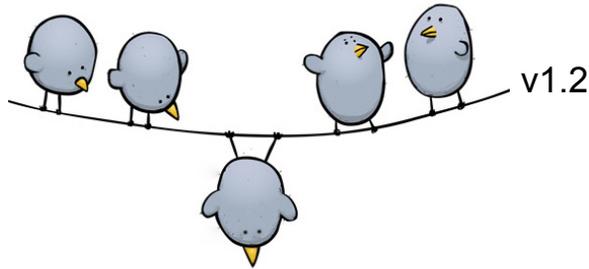


# Be yourself. Follow YOUR heart.

*By David Sunfellow*



Near-death experiences insist that everyone is born with a unique purpose in life. How do we discover what that purpose is?

1. Pursue jobs, develop talents, explore ideas that interest us whether or not our family, friends, and the culture at large share similar interests. In other words, follow the callings of YOUR heart, not the expectations of society or the heart callings of others.

2. Cultivate the ability to contact the deeper forces within and follow Their lead. This includes learning how to surrender our human wills and ideas to the greater, wiser powers within us. Seek to become conscious co-creators with The Infinite rather than slaves of unconscious impulses and self-centered egos.

3. Develop specific tools to help us connect with The Divine. Learn to talk to God using prayer. Listen to God using meditation. Receive insights, inspiration, and healings from our dreams. Discern the voice of God in signs, synchronicities, nature, and our fellow beings.

4. Work on shadow and developmental issues. If we connect with The Divine but are not actively seeking to identify and purify our human blindspots and shortcomings, our egos will misuse higher impulses for egoic purposes. The purer the vessel, the purer the impulses that are able to flow through it -- and vice versa.

5. Every day, in every interaction, especially those interactions that seem insignificant, strive to love everyone who crosses our path -- family members, friends, strangers, animals, plants, everyone. **The simple act of loving the beings God sends to us often leads us to our true work in this world.**

6. Finally, when we've found our true calling it will bring us a deep sense of joy and satisfaction. We will love what we do even when it is challenging.