

EQUILIBRIUM

Your Total Wellbeing & Resilience Guide

PART 03

CONNECTION



Finding Your Purpose

by Ashleigh James

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Connecting to a purpose larger than ourselves is a big part of our total wellbeing. There's a lot to share on this topic and here to help is nutritionist and wellbeing awakening coach, Ashleigh James.

Finding Your Purpose

by Ashleigh James



Many people I speak to struggle to find their purpose, and find themselves in their late 20s, 30s and even 40s living a life that doesn't feel aligned with what they truly want.

For many reasons, they've found that life has swept them down a specific direction and they aren't sure what to do, how to pivot, and how to change direction towards something that truly lights them up.

If this is you, you absolutely have the power to change course and walk a different path towards something that feels right.

If this resonates with you, below is a 6-step process to help you align with your purpose and take action towards the life you know you deserve.

This is the exact method I use to help my clients transform their mindset and find the confidence and drive to consciously create the life they want.

If you want to learn more about this method, visit my website ashleighjames.com.au

1. Start thinking about what you are drawn to and what your ideal life looks like

Most people struggle to get clarity on what they really want, because they are pushed onto paths dictated by what society, parents or teachers tell them they should do. They then set goals based upon these “shoulds” and then wonder why they are left feeling unfulfilled.

Many people also struggle to get clarity on their desires or purpose because they don't know how to access their intuition. They don't know the questions they need to ask themselves in order to figure out what they really want. They may limit themselves in some way by setting goals based around what they feel is possible for them.

So the first step is getting out there and researching – what are you attracted to, who's doing the thing that you feel drawn to? Remember, clarity of goals and desires is not just about the physical goal, but also about the emotional goal. So it's important you have clarity not just on what you want, but how you want to feel when you get there.

2. Identify what is keeping you stuck

The next step is to identify why you don't yet have your desires. Most people think they don't have their goal or desire because they are lacking some sort of action. They believe that they haven't yet done the thing that will get them from A to B or they don't know what strategy they need to help them achieve their goals.

Whilst action is required, the biggest thing holding most people back from having what they want is their belief system. We know now that whatever you believe in and focus on shapes your world. If you believe you can't, chances are you probably won't. We all have limiting beliefs that hold us back from achieving our desires and living our most brilliant lives. Some we are aware of and some are completely under the radar and will need to be uncovered so that you can then do the work to change them.

Digging work and inner child healing work can be used to identify what is keeping you stuck and causing the patterns that keep showing up in your life.



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3. Transform your negative beliefs

Once you've identified both your conscious and subconscious beliefs, the next step is to transform them. This involves reprogramming your mind with a new set of beliefs that match the reality you want to create for yourself.

So let's say you want to find a career where you feel you are making a difference. You need to let go of any conscious or unconscious belief that it's too late, that you don't deserve it, or that you aren't capable of creating it. You need to erase this belief from your belief system at both a conscious and unconscious level. You then need to find a new belief, for example "I'm capable of creating the life I desire", and reprogram your mind with this new belief so that it becomes your new reality.

With the right kind of beliefs, anything becomes possible. Various techniques including NLP, EFT and visualisation can help transform and remove negative beliefs.

4. Raise your vibration and frequency

We are all made up of energy and our energy has its own vibrational frequency. We magnetise into our life the people, things and experiences that we are a vibrational match to. In order for you to possess your desire, you have to be on the same energetic frequency as that desire.

This is where energy work comes into play.

Energy work falls into two parts: Part one is all about releasing negative energy and part two is all about raising your vibration. Once you match your energy with the frequency of your desires, you can manifest them into your life. Energy healing, meditations, visualisations and chakra balancing can be used to lift your vibration, as well as healthy food and exercise habits.

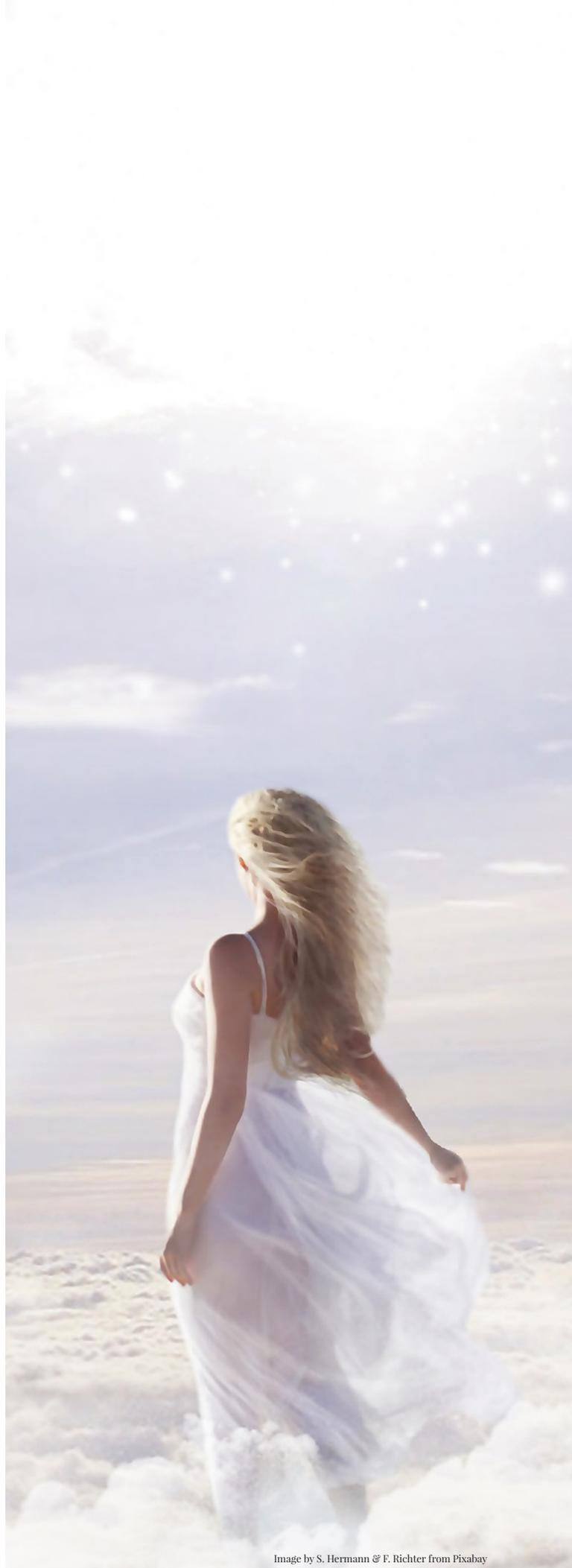


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5. Take inspired action

To achieve your desires is a process of co-creation. You take your role and The Universe plays its role. A part of your role is taking action.

You can't just sit in an empty room and do nothing and connect with no one and expect everything you want to fall into your lap. You have to be getting out there and doing things that are going to move the needle towards your desires. Mindset is 90% of the work, but the remaining 10% is your own action.

Knowing what kind of action to take is part of the struggle and most people don't have in place a step-by-step strategy to get to their goals, which keeps them stuck. But the other part of the struggle is understanding how to take inspired action. To take any kind of action is not enough. It has to be INSPIRED action, action that keeps you in alignment and action that feels good.

6. Surrender and let go

The next step is to surrender to the process. You have to be able to hand things over to The Universe so it can play its role.

Your job is to get clear on what you want, work on your beliefs and your energy and start taking inspired action but then you need to let go and trust that the universe will deliver, without resorting back to fears or doubts about whether it will actually happen.

As soon as you start to doubt, you hold your desires apart from you even further. You can only get to where you want to go with a firm, unshakeable belief that things are working out for you.

Written by:



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*"Be humble, for you are made of earth.
Be noble, for you are made of stars."*

- Serbian proverb

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