

Contents

Introduction	5
Purpose And Destiny	7
Looking Deeper For The Reason Why	12
Today's Challenges	16
In Pursuit Of Happiness	20
The Universal Yearning For Unity	24
Infinite Diversity	26
The Conscious Universe	29
The Ultimate Question	33
The Great Paradox Of Infinite Being	40
The Dynamics Of Consciousness	43
Celebrate Who You Are	47
Remember Your Spiritual Home	50
Understanding The Yearning	53
Transformation Into The New Reality	55
The Density Layers Of Existence	58
Dynamic Life Planning	63
Discovering the Details Through Meditation	66
The Dream Recall Method	69
Tune Into Your Inner Knowing	72
About The Author	77

Purpose And Destiny

What is your purpose in life?

You can probably sense that you have a purpose, in which case you know intuitively that one exists. The challenge is, bringing that information forward into your conscious awareness so that you can confidently act upon it each and every day.

Your purpose in life is real... very real. And, unique.

The knowledge of your purpose in life exists at a deeper level of awareness than your daily consciousness, so that is exactly where you go to find it.

In this book, we'll see how you can take that exact journey. We will also be going *deeper into why* you have a purpose in life. Deeper than any book in recorded history has ever done!

Purpose and destiny are closely related. The purpose of your life is the theme that runs throughout your life. Your destiny is the plan that you, at a soul level, made for yourself to act upon that theme.

We will see how destiny begins with your own pre-life planning; with a collection of intended experiences that you carefully preview, at a soul level of consciousness, before you are born into this life.

You may have had one or more déjà vu experiences in your life. These are experiences where you feel or see something for the first time and, yet, it feels as if you have already had the experience. For example, you may walk into a new house for the first time and yet you feel as if you have been to this house and seen it before.

It is as if your memory has been jogged, but how could it be a memory? Did you dream this before you actually experienced it? How does this happen, and, more importantly, why does it happen? We'll explore this concept later in the book, as we unravel the mechanism behind the phenomenon of déjà vu.

As you know, your conscious mind is just one part of your full range of consciousness. It is focused upon the external world and upon the information that you are constantly fed through your physical senses. The conscious part of your mind is designed for a very specific task. It enables you to focus upon, and act out, experiences upon the stage of life. The conscious mind, with its precise awareness of the concepts of space and time, makes physical life appear solid and real; even though, as we all know, matter is made of energy, and, is, therefore, not really as solid as it would appear to be.

It is the job of your subconscious mind to expertly manage the functions of your physical body. It also contains the full memory of every experience you, as a soul, have ever had since time began. While your subconscious mind remembers everything about the past, it is the superconscious part of your mind which looks forward in time. It is here, in the superconscious, that you are fully aware of the fine details of your personal destiny.

Your superconscious mind is also known as your soul, higher self or inner self. The term *inner self*

contrasts the superconscious mind to the conscious mind, which, with its focus upon the external world, acts as an *outer self*.

At the level of consciousness of your inner self, you have some very definite plans as to what you want to experience and achieve in this life. The moment you turn your attention within through meditation, or simply by letting your outer self go to sleep at night, your awareness is free to expand to encompass more of your inner self. It is in these deeper states of consciousness that you are aware that, at a soul level, you have made some very definite plans for your life.

However, this self-made plan faces an ongoing challenge. You, at your soul level of consciousness, before you incarnated, made the best possible plan for the life ahead. You chose your parents based on who they are, where they lived, and how they would affect your life as a growing child. You set up strategic links with other souls so that you would meet people who were key to your plan as your life progresses. All of this intense planning occurred before you breathed your first breath as a newborn infant and transferred your focus into the physical

world. So, the original plan was made before you were born, for what was seen as the probable future that existed at that time.

The problem is, the future is a fickle thing. It can change like the wind, and often does. Future events can materialize in ways different from the likely outcomes that you pre-viewed at the time.

How do you prevent the calamity of your best-laid plans becoming derailed? We'll get to that a little later, but first, let's go deeper into the why's and wherefore's of destiny and purpose.

(To return, click your browser's Back button)