

One summer morning in August of 2012, I walked over to my outside office to do a little Qigong, yoga and hula-hooping. I call it my outside office but it could be anyone's outside office, as it is a public space in the Western Prom of Portland, across from the Western Cemetery. The earth is grassy and flat, perfect for my movements, and there are two pine trees and one birch, forming an imaginary isosceles triangle. There is also a monument honoring Veterans of Foreign Wars in the form of a large rock with a plaque on it. I always address these spirits of place before I begin my practice, and on this particular August morning, I got more than just the benefit of relaxation and connection to the natural world: I "heard" my purpose, and my purpose in this life is to **Bring the Sacred Back to the Living Consciousness of the Planet and the People of the Planet**. I cried tears of joy on the spot as this particular message from Spirit was clear and penetrating to my entire being, not just my mind. It was as if my purpose had a megaphone and was delivering this revelation from the rim of my heart. When I recounted the experience to a friend, I had to laugh out loud when she said, "Well, I guess you can't google that one!"

This revelation led me to pursue what exactly Bringing the Sacred Back to the Living Consciousness of the Planet and the People of the Planet looked like, and has become the proverbial canvas on which I paint. Whenever I write creatively, I am bringing part of the Sacred back to consciousness because creativity is God's calling card. Whenever I do ceremony for someone, I am bringing the Sacred Back also. When I drum, sing, do reiki, I am bringing the Sacred back. As simple as it sounds, I am also fulfilling my purpose when I listen with my heart, staying in the moment, allowing myself to respond fully with heart sense (and not ego-agenda) without attachment to outcomes.

Before I was gifted this super-charged information surrounding my Purpose, I had been receiving the same message or variation thereof over many years of shamanic study: "**Make your intentions clear.**" We are all very powerful right now in terms of the Earth's evolution and the evolution of consciousness and therefore are called to Live Intentionally.

I strongly believe that everyone has a sacred duty and purpose for being here on the planet. Because there are many distractions in our world which pull us away from staying in touch with our higher callings, it is imperative to remind people just how powerful they are. I do that by offering reiki and shamanic healing, helping them to align with Divine Source. I do that for myself by diving into the mysterious and boundless waters of creative writing.

I also am a big champion of change. Lots of people are afraid of change because change shakes up the "status quo" of our thought patterns, our belief systems and our ideas about who we think we are. However, **growth** is a form of change--when a plant does not grow, decay sets in and the plant eventually dies. We need to be open to change in order to keep thriving in our lives and so our souls can keep learning its lessons.

As a very trusted teacher once told me, "Self-analysis leads to judgement but self-awareness leads to acceptance." I like to think I help people better accept their Sacred Nature and may assist them in finding their Truth, so that they may Live Intentionally.

