



## LOVE NINJA LEADERSHIP CIRCLE NOTES AND SUGGESTD PRACTICES

The Intention of this group is to: **LEARN. GROW. CONNECT. SERVE.**

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**December 7th, 2017: Life Purpose**

**Host: Gina Murdock**

**Guests: Drs. Ron and Mary Hulnick**

**WATCH THE VIDEO HERE**

**[NEXT SESSION JAN. 4 12-1pm mtn. with Yogarupa Rod Stryker!](#)**

### **Dr.'s Ron & Mary Hulnick:**

Dr. Ron & Mary Hulnick are both recognized as pioneers and worldwide leaders in the field of Spiritual Psychology. They serve as [The University of Santa Monica's](#) Founding Faculty and Co-Directors, designing the University's extraordinary curriculum and facilitating graduate Programs where the hallmarks of the educational process are characterized as experiential, engaging, relevant, meaningful, supportive, inspiring, practical, nurturing, and, ultimately, transformational.

### **Gina Murdock:**

Gina is the founder of Aspen City of Wellbeing, Lead with Love and Aspen Yoga Society. She is a writer, speaker, teacher and community organizer. More [HERE](#)

### **Suggested Reading:**

[Man Search for Meaning](#), Viktor Frankl

[Transcending the Levels of Consciousness: The Stairway to Enlightenment](#), David Hawkins

[The Lifetime when Jesus and Buddha Knew Each Other.](#) Gary R. Renard

[The 5 Minute Journal](#)

[Seven Spiritual Laws of Success](#), Dr. Deepak Chopra

[The Four Desires](#), Rod Stryker

### **Links Shared:**

Attendee Leigh Koechner's Facebook Page for her 33 day LIVE processes

<https://www.facebook.com/LeighKoechner33/>



### **Key Takeaways:**

- Don't Stress About Your Purpose. You are Living it Whether You Know It or Not!
- Take One Small Action Everyday Toward Your Dreams. TRACK IT!
- Set a Clear Intention. Be Patient and Trust the Process.
- Ask Yourself- "Do My Thoughts, Feelings and Actions Align With My Intention?"
- Start a Dream Incubation Journal and a Gratitude Journal
- Consider, What Did You Enjoy Doing as a Child? What Comes Easily to You?
- Check Out University of Santa Monica

### **TRY THIS:**

***"Ultimately, everybody's purpose in life is to serve the evolutionary impulse of the universe."***

- ***Ask yourself: How can you express your unique skills or talents?***
- ***What would you do if you had all the time and all the money in the world?***
- ***Would you feel joyful doing it?***
- ***Would it bring about joy to others?***
- ***Would it improve the quality of life for yourself and others?***

***The answer to these questions would be your purpose."***

***– Deepak Chopra***

### **NOTES FROM THE CALL:**

**Gina:** What is your purpose Ron and Mary? How did you know what your purpose was in life and how do you express that?

**Ron:** As soon as I met Mary, I knew my purpose was to do whatever Mary wanted, to make her happy :)

**Mary:** From a young age, I naturally found myself dealing with other people's concerns. I had natural warmth empathy and an ability to listen. I found myself drawn to English Literature, because of the depth of the characters, which is not much different than Psychology which is the nature of the Human Being. What is in the mind, the emotion, the ego? Is there a spiritual essence? I was in that conversation from very young. I did a one credit independent study and my topic was existential psychology. It informed my life from that part forward.

The natural knowing guided me through the entire process.



**Ron:** There is something inside all of us that draws one into the unknown. My dad had a chemical company in NY and I was supposed to take it over. I started college as a chemistry major and the first two years I was on academic probation and I slowly got the clue that this wasn't for me. I switched to psychology and went from academic probation to dean's list in one semester.

**Ron:** Use the human experience for the purpose of awakening. Our purpose is to do the work that we do and touch as many people as we possibly can.

**Mary:** Purpose- deep listening to your heart, listening inside something that awakens and you realize inwardly what to do.

**Ron:** Everyone tuned into this broadcast is attuned. We are closer than we give ourselves credit for. Most people on the planet are not asking these questions. The fact we are asking the question is an indicator that some place inside we know the answer. If we didn't have that awareness, we wouldn't be asking the questions.

**Mary:** People are so busy in their mind with "what should I do with my life?" They don't pause and ask, "What does life want to do with me? How can I be of service here?" They will come to a nature knowing of their purpose by asking these questions.

Carter Lipnick (Love Ninja Leadership member)- A really awesome question that a teacher of mine asked me this summer when contemplating life direction was, "Who or what do you want to be in service to?"

### **Course Correction - When you feel you're not on track or on the right path**

**Gina:** What does it feel like? How do you know? What gave you the awareness to shift into a different place and do something differently?

**Mary:** It was just such a clear knowing. I just recognized it. I looked around at the other people and I was not like them. This was not an environment in which I was going to feel at home.

**Ron:** A person has to be ready to marshal a certain degree of courage to go off the path they are on and onto another path. I satisfied the part inside of me and realized that I needed very little to make me happy. Spirit doesn't reach forward to step toward you.



You have to step forward toward spirit and then it responds. To have the courage to dare to step forward is huge. Courage is a VERY big key.

**Mary:** I have a story about when I was married to my first husband. I had an inner knowing for some time. Two dreams in two days. Dreams can be a way of receiving guidance from spirit. These beings came and removed the fear. The fear was completely healed. They said, if you don't move now it will disrupt the flow of your life as it's meant to be. It would ruin my life. They next day I moved out. I didn't know the outcome, but I knew it was important to trust my inner guidance and trust my inner knowing.

**TRY THIS:**

**DREAM INCUBATION:**

*This is a process that involves first clarifying your questions before going to sleep.*

*Say to yourself: "Given my experience, my abilities, my gifts and skills, please show me in a way I can recognize, understand and remember how I can serve?"*

*Ask specifically about a person or situation that you need clarity with.*

*Have a pen & pad of paper by bed and write down your specific question so you don't forget and do this process right before bed. Try to create a calm environment. Take a few breaths and reflect on your day first. Maybe do Ron's gratitude practice first - List all of the things that happened that day that you are grateful for then move into the dream incubation practice.*

*Give yourself the instruction to remember your dreams.*

*When you wake up, before you do anything else, write it down, whatever you remember.*

*If your dream is not present it is helpful if you lay still and don't move.*

*Most important is to ask the question with the energy of how to be of service vs how to get what you want.*

**Ron:** I have this dream where I am driving and the brakes fail, and I am trying to slow the car down and it is picking up speed. I was very frightened then I realized the car is perfectly capable of steering itself. I think to myself, "**Oh my God, I can sit back and enjoy the ride.**"

**Gina** - One of my favorite quotes that I often remember is:

"What is, is God" by Byron Katie.



I often think of this when I observe myself struggling against reality. Katie says, “You can fight with reality and you’ll lose, but only 100% of the time.”

What this means to me is we can not change people and events. We can change the way we look at things. We can inspire change by being the change, but as far as I know, it does not work to try to tell people what to do to try to change them or circumstances especially from a place of judgment or fear.

**Leigh Koechner-** “Do what you know.”

My intention is to shine my light in the places that need it. I wanted it all to be done with grace and ease. I surrendered to what is simple and small. I am living my show everyday with grace & ease connecting with people LIVE on Facebook and it’s such a joy!

**Ron:** More is a “goalline.” Essence is “Soulline.” We need to be careful what motivates us and gives us a feeling of “success”. Ego will take us off track. Do what you are called to do regardless of the result.

**Mary:** To feel alive is affirmation of purpose.

## **FINANCES:**

**Gina:** What if your calling doesn’t help you pay the bills?

**Ron:** That takes one into the arena of how much is enough. The price you pay to do that something is not what that something costs, but rather the value of an hours worth of your time. If you see a sweater that costs \$200. How much time it takes you to earn \$200? Many people who follow a spiritual path learn how to live on less, not because they want less, but because they want to spend more of their hours on what they see as more valuable. What is money really worth?

**Mary:** Sometimes these things are a matter of timing. I know plenty of people who work for what they feel isnt their heart calling, but they kept going with what they loved on the side. They did it in the evening, on the weekends, they kept going, they persevered. There was a man who had a gift for poetry, and every day for more than a month he would take one action, one step, that would move him forward into making his way in the world as a poet. Now he makes his livelihood as a corporate consultant and a poet. He is living his purpose with great gusto. He went through that period where it was about creating a bridge. (This is the poet David Whyte - Highly Recommended!)



**“Take One Small Action Everyday, Be Patient and Trust the Process.”**

**Gina: How do you believe in the impossible dream?**

**Mary:** You can create an ideal scene, a picture of what would be being going on if everything was as you dreamed it would be. Write it as if it’s happening. It is important that what you write is 50% believable to you. Often times, people have competing intentions, they say they want something, but underneath something else is going on. This is called competing intentions. That is a huge part of it, getting very clear on what you really, really want. We have to let go of the unworthiness story. If you don’t believe you deserve it, you won’t get what you want. You have to get real with yourself and where you are at.

**Ron:** Consider the possibility that one is already living their impossible dream, but they don’t realize it yet. Being alive is an impossible dream.

**“Of course God doesn’t live in this world. If he did he would be as crazy as the rest of us.” - Gary Rinard**

**INTENTION:**

**Mary:** It’s very important that people really formulate their intentions, a clear positive intention and ask the question, “Do my thoughts feelings and actions align with my intention?”

An attitude of gratitude is so important. Keep a gratitude journal. Those with a gratitude practice tend to experience more abundance and possibility. It’s an acknowledgment of the goodness that is already present. A consciousness of gratitude and service “How can I be of Service?”

**Jerry-** As we think about this mystery of awareness that surrounds the spiritual path, why are we often so forgetful?

**Mary-** This is just how things are set up. In the process of taking a body there is so much distraction with the mind and the emotions. It is natural that there would be a forgetting.



**Ron:** In order to exist in the creation, you have to have duality. You can't have light without dark, can't have fast without slow. You can't measure darkness, you can only measure degrees of light. You cannot measure slow, you can only measure degrees of speed. We must have both polarities. If one is just living in the loving there is no point in coming to earth. It would be silly to leave heaven to go to heaven. We have to learn to let go of that which is not the real thing.

**Ron:** "If the only prayer you ever say in your entire life is thank you, it would be enough."

- Meister Eckhart

What I am thankful for reinforces the whole notion of life as a gift. Nothing will take us into the spirit realm faster than being thankful.

**Mary:** The answer is really about listening to the wisdom of the heart. Learning to Listen, to recognize inner guidance, guidance that comes from the higher source or of spirit. A good practice is journaling those messages that we receive so you start to pay more attention to them. Spiritual guidance is available to each of us. There is an intention and purpose within each one of us that is really the gift we are here to share. Trust in that.

**“Because I always have a choice, I choose love.”**

- Deepak Chopra

**MORE ON PURPOSE:**

**Gina** - Data suggests that having a sense of purpose in life, the reason you wake up in the morning, is a huge factor in overall wellbeing. This could be your family, your job, your creative pursuits. “Finding your purpose” is a process, not an event! Ron and Mary Hulnick say, “Healing is a process not an event”. All things in life are evolving. Change is the only constant.

The spiritual teacher Carlos Castaneda wrote, “Death is the wisest advisor we have.” Knowing we are going to die helps us more fully embrace the gift of life. Make sure that you don't use this exercise to feel badly about yourself for not doing or being more by now. One of the most common pitfalls in the human experience is to judge ourselves “By the time I was 40 I thought I'd have this or be doing that.” Stop THAT! You are exactly where you are supposed to be and you're doing great! Life is for learning. And if



you can create a learning orientation to life, you will never “miss out” and you will always be evolving and growing. After all, that is the purpose of life!

### **TRY THIS:**

***Here is exercise to help you reflect on what’s important in life.***

***Ask yourself, what would I be doing if I knew I was going to die in two years?***

***Don’t get sad or morbid, think about what lights you up!***

***Be general with the qualities you know you want in your life and specific about what you’d actually want to be doing. What would an “ideal” day look like? What would it feel like?***

***Who are the most important people in my life that I want to nurture relationships with?***

***How can I shift my daily actions toward these activities and relationships that are most important to me?***

And from Deepak: “At some point most of us have wondered, “What is my life’s purpose? Why was I born and what did I come here to do?” These timeless questions come from the depths of our true Self, which gently takes us beyond the world of appearances to discover our inner divinity. Each of us manifests in physical form to fulfill a unique purpose – our dharma – and it’s up to us to find out what that purpose is. Only then can we experience complete fulfillment and bliss.

When you live in the harmonious flow of dharma, the entire field of pure potentiality opens to you. You’re able to create as much happiness and wealth as you want.

## **6 Tools for Discovering and Fulfilling Your Life’s Purpose**

Here are six ways to gain greater clarity regarding your life’s purpose:

- **Establish a connection with the core intelligence of your being:** All the intelligence of the universe resides within you. Open a dialogue with that intelligence and ask it to reveal your life purpose. Be open to the many avenues through which those answers can come—internally, externally, through friends, acquaintances, circumstances, and synchronicities.





- **Use meditation and introspection:** Practice meditation to create greater inner clarity and awareness. Use introspection to discover yourself more fully. Use both as ways to dialogue with your core being.
- **Affirm your unlimited potential:** Give yourself daily reminders that your true nature is pure, unlimited potential. You may benefit from creating affirmations that you write out and post in places where you will see them every day—such as a bathroom mirror or your car dashboard. Some people use apps that they can program to send themselves positive, personalized messages throughout the day. Get creative in affirming your unlimited potential. As you do, you will naturally release fearful thoughts and self-imposed limitation, opening the way to identifying and living your life’s purpose.
- **Follow your bliss:** Find the things you are most passionate about. Identify those things and activities that are most joyful, meaningful, and interesting for you. These provide good clues to where your life’s purpose lies.
- **Use relationships as messengers from your core intelligence:** Pay attention to what others are saying to you regarding your talents, skills, and gifts, especially if you hear similar things from multiple people. Relationships are one of the primary ways our core intelligence communicates with us.
- **Set your intentions and pay attention to synchronicities:** Use intentions to either create greater clarity *about* your purpose or to help *achieve* your purpose. Then pay close attention to the various synchronicities that play out in your life. Interpret these as responses to your intentions and then act on them accordingly.

**“Your long-term happiness and fulfillment depend on your ability to fulfill your soul's unique purpose and to fill the place in the world that only you can fill, making the contribution that only you can make.”**

- **Yogarupa Rod Stryker**

**“Tell me, what is it you plan to do with your one wild and precious life?”**

- **Mary Oliver**