

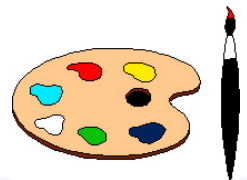
SPIRITUAL AWAKENING



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"The most beautiful and profound emotion we can experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead."

Albert Einstein



Preface

Thank you for undertaking TTD International's life purpose coaching. The aim of this booklet is to awaken you to the spiritual dimension of your life. By itself this booklet is not complete and you will need additional resources:

- PREREQUISITES -

This booklet constitutes one of three components you will need during the life purpose coaching process.

- This booklet.
- The workbook *Finding Your Vocation*.
- The assistance of your coach or for self paced study the audio recording for selected exercises within this workbook.

In each lesson your coach will take you through various exercises designed to help you discover the spiritual dimension of your life and ultimately your unique life purpose.

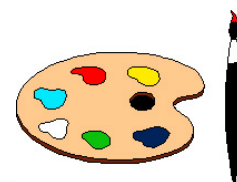
To gain maximum benefit from the coaching, please complete the Purpose in Life Test within topic 1 of this booklet and tally your score prior to your first coaching session.

If time permits, also complete the exercise on page 6 of the workbook titled *Finding Your Vocation*.

Rest assured your coach has already been through the process of spiritual transformation before so do take the opportunity to ask any questions you may have during the coaching process.

You are embarking on a rich and fulfilling process of self discovery that will bear fruit many times over in the not too distant future.

It is hoped the coaching you are about to undertake will bring you every success on your spiritual journey.



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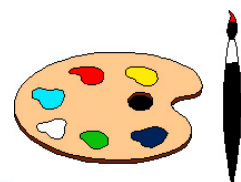
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1: Introduction

What is the Spiritual Dimension?

In spite of all the outward signs of success in life, some individuals do not find their lives meaningful or satisfying at a deeper level, reporting such things as: "My life is empty". Or, "There must be more than this". Or, "I feel hollow inside".

Modern life has failed to meet the human need for meaning, leaving the urgent questions unanswered: "What is really meaningful in life?" "What is truly important for me to achieve?"

These questions if pursued with ardor and purity of motive lead to the spiritual dimension of growth, where the individual finds purpose and meaning in life.

If you are currently engaged in the deeper search for purpose and meaning in your life then consider it a blessing in disguise, for the search is a necessary precursor to contact with the spiritual dimension.

It is like taking a long, arduous journey to another town and finally seeing a road sign that says the town is now only five kilometers away.

Now the stress and tiredness of the long journey is replaced with an eager sense of anticipation that the journey is shortly nearing an end.

Similarly if you experience an "emptiness within" feeling in your life it is a sign that contact with the spiritual dimension is not far off.

Contact with the spiritual dimension is one of the most profound experiences of your life leaving you in no uncertain terms about the importance of the spiritual dimension in your life.

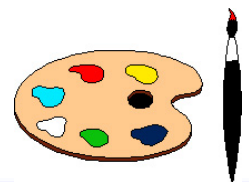
By comparison it will make all of the surface issues that occupy your life pail into insignificance.

The EXPERIENCE of the spiritual dimension is the solution to the individual's search for meaning. It immediately resolves the question: What is the purpose of my life?

It is not as if the question needs an intellectual answer.

The spiritual experience therefore puts a full stop on the search for purpose and meaning in life leaving the person **LIVING THE QUESTION** instead. At a deeper level you now realize the path is the goal and that the meaning of life is life itself.

From that point onwards though the individual still faces challenges in life they are accepted with a quiet appreciation of the role these issues play within the broader spiritual context of the person's life.



The spiritual experience may be a sudden awareness of the spiritual dimension (hopefully by reading this workbook) or more commonly a slowly rising level of awareness over time.

In mystical traditions it is referred to as a spiritual awakening, an awakening that is to the every present spiritual aspect of your life, even if you are an atheist or non-religious.

Contact with the spiritual dimension is like discovering what has always been present in your life, rather than grasping something new. It is like walking along a path and suddenly someone takes off the blind fold.

Realize therefore that only the experience of the spiritual dimension can restore new meaning to your life in times of emptiness. It is not sufficient reading intellectually about the spiritual dimension, it has to be directly experienced. So it is not the aim of this workbook to end up with an intellectual answer to question: what is the purpose of my life?

How then can you possibly be privy to a spiritual experience simply by reading this workbook?

The answer is there are no guarantees. Rest assured if there is a silver bullet for spiritual awakening it would have been included in this workbook.

It is hoped however the material and exercises within this workbook will provide the TRIGGER for your spiritual awakening.

If you are not privy to a direct experience then be mindful of hunches, images, ideas etc. that may come to you as you proceed through this workbook.

It may be that one of these inner messages provides a clue for further work that proves more fruitful in your spiritual development.

You might for example decide to pursue counseling (especially in transpersonal psychology), attend a workshop or spiritual retreat, read another book, talk with someone, etc. as a result of the work you do within this workbook.

Whilst this workbook addresses the deeper and broader question of purpose and meaning in life and has as its goal a moment of spiritual awakening, the accompanying workbook titled *Finding Your Vocation* has the more concrete goal of helping you find your unique vocational calling.

Crystallizing your vocation is something you can do with or without an awareness of the spiritual dimension. Most call it career counseling.

However awareness of the spiritual dimension through this workbook brings with it a new perspective on work. You will more likely see your work not so much as a career but rather as a vocation or calling.

