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"Without a conscious life-purpose a man is totally lost, drifting, adapting to events rather than creating events. Without knowing his life-purpose a man lives a weakened, impotent existence, perhaps eventually becoming even sexually impotent, or prone to mechanical and disinterested sex."

- David Deida

Purpose Practices

In this guide, you will find detailed explanations of the five of the most powerful techniques for finding and grounding yourself in your purpose. These techniques require your commitment, courage and persistence. As does living true to your purpose. This is a constant process of discovering, adjusting, and error correcting. As with any skill, it takes practice, persistence and commitment in order to learn the proper techniques. However, once these skills are mastered, you will be in possession of the critical techniques needed to know, hone and constantly correct your course towards true freedom. From such an effort, results will flow in its wake.

Vision Quest

The most potent of all the techniques I will detail in this guide is the Vision Quest. The Vision Quest is a combination of the two generally conclusive methods of Purpose discovery. Austerity and challenge. And, whilst they are the most effective, they are also the most challenging. Very few men have the dedication, courage and strength to carry these through to the end. Completing a Vision Quest, crying and suffering for knowledge of the gift you were born to give the world, is nothing short of heroic. The payoff however, far outways the cost. Most of the people who take up a Vision Quest, even for a single 24hrs, come out with a very clear and specific mission which motivated and energises them highly. For some, it's as complex as business, for others, the knowledge of their gift, for others, they know what art they are here to create.

To conduct an effective Vision Quest, do the following: Go into the wild, somewhere you can stay for one to four days without moving. One day is good to begin with. Less time will produce lesser clarity. Four days is a maximum advisable. Because more than this is often difficult to integrate for your first attempt, especially if you are doing this alone. It is very wise to have people who have knowledge and experience of purpose honing, and can give guidance in the full realisation and manifestation of your vision. Once you

have chosen your location, set up a basic shelter or tent. Sit in the tent. Move as little as possible. Do not take anything except most essential survival equipment. Such as water and toilet paper. Do not take a journal or anything to read. Fast from food. If you need to use the bathroom, go outside and do what is necessary. Sleep as little as possible. Rest only to realign your presence and focus. Challenge your attention with some kind of practice, such as a visualisation, rhythmic movement or chanting. Over the hours, you will deepen. Initially your mind offer you an intense barrage of thoughts, feelings and experiences. Some of which may be hallucinogenic. Your task is to stay present with these, and to penetrate and feel through them into pure presence, the groundless ground of utter Being. Like a defragmenting computer, all these distraction will clear away, and the voice of your inner purpose will begin to speak to you. Over time, your attention will dissolve into the core of your life and realise the truth of it. You will be awakened to the truth. Everything is only change. And change means death. The only eternal is your awareness. A Vision Quest offers you the opportunity to know your deepest desire, your true purpose. The deeper you penetrate into that place and hold firm this place, the clearer your sense of mission will become. You may cry from the pain of hunger and frustration. You may feel for long periods of time that you don't *really* want to do anything at all. You may experience a series of flashbacks so vivid you believe they are real. You may find yourself travelling great distances. Or simply in searing pain at the boredom and suffering which seems to be at the bedrock of your life. Know this, however challenging a Vision Quest, actually living your mission will be equal to it. Stay in the pain. Stay in the pain. And you will be rewarded with the knowledge of your strength and ability to make this real. A clear impulse on which direction you need to go. You will receive a vision of your life. Your next step will be made clear. There will be a beginning. Because you have stayed the course, you will receive the clarity and power necessary to know and begin realising your next purpose in the world.

Many of the greatest minds and leaders to have lived conducted similarly intense endeavors to hone their purpose. Be it the yogi's of India, Steve Job's intense meditation and walking or Brother Roger's day long walks in the Swiss Alps, to Bill Gates *Think Week*, a period in which he retreats into a cabin for a week twice a year to remove distractions and clarify his mission.

Meditative Method

A more flexible, yet wholly effective technique, and one which can be done daily - even with a demanding schedule - is the Meditative method. This operates on the same basis of a Vision Quest, but is toned down and more dynamic. It is best used when one has responsibilities which cannot be neglected. Firstly, as with the Vision Quest, set up a space in your home or the garden where you will not be disturbed. It could be a room or a tent. Your objective is to remove all distractions. No food. No magazines or reading, no journaling. Nothing. Handle your obligations and responsibilities for however long you need to each day. Outside of the tent abstain from sex, cuddling, music as much as

possible, eliminate anything enjoyable. The rest of the time, sit. Closed your eyes. Open within. And wait for a vision. Be open to your intuition. Be open to wisdom. Be open to a deep impulse. Do not distract yourself with chasing girls, making excuses of business and obligation. Fall through all these forms into formlessness. Fall through into being. What you will find, is that as you remove all the many means you have of numbing and distracting yourself, your next move will become clear. This mission may not be fully formed. But it will be a direction. It may be a new business idea or project. It may feel time to write a novel. Or perhaps the need to deepen a commitment to the woman you are with. Or the need to end a relationship which you had been clinging to out of fear. The removal of all elements in your life which conceal your basic suffering brings you into full contact with your feeling. And through it, your most potent sense of self, the one which seeks to transcend your current limits, but embracing and penetrating the fear that you have been avoiding. It may take hours, days, weeks or months. Do not wait. Make the absolute commitment to know. Now. Glimpse that eternity which you know in your heart is the center all of power and consciousness. Hold to it, until it delivers to you a direction for you to move in, and then, make the move, with the same eternity in your heart.

It is highly effective, and a mark of those who contribute their truth to the world, to develop a daily meditation practice. Most of which are unique. The point is not to sit in Zazen and become a monk. The point is to hone your sense of intuition and impulse, so that you are present, clear, and undistracted.

Contemplation

If Purpose is a sword, then contemplation is it's whetstone. Daily distractions pile up, and we cannot remain in the wild, or a tent, or on the meditation cushion forever. Contemplation is the tool with which we calibrate and align in our daily lives. It can, and is most effective, when done on a daily basis. A series of questions, cutting the root of who one is and what one feels must be done, must be given, and who one truly is, lies at the heart of contemplation.

Examples include, but are not limited to:

- a) What do I need to do today, so that tonight I can sleep in peace?
- b) What do I need to give, so that tonight I can sleep in peace?
- c) What do I need to give, before I die, so that I can die in peace?
- d) Who do I need to become, before I die, so that I can die full?
- e) If I had three days to live, what would I need to do, so that I could die in bliss?
- f) What is my deepest fear?
- g) What am I most afraid to do with my life right now?
- h) If I were free from fear, what would I do with my life right now?
- i) What can't I see?
- j) What don't I know?

k) Who am I?

These questions reveal the information essential to living our truth, as a daily embodied practice. Without asking these questions, our values go to the wayside, our passions unsung, our force unfelt in the world. Ask a selection of these questions daily. Set aside five or ten minutes. Find out what happens when you decide to gain the clarity you need.

Purpose Council

A purpose council is essential, whatever life you live. You may recognise it by another name, a Board of Directors, a Mastermind, even a Jedi Council. The point is simple. These are people you trust and know are living their purpose. They are in contact with their own limits and fears, and seek to embrace and move beyond them.

Gather together with these people. Once a week is optimal. Ask them to reflect and give feedback to you. Where do they feel you are living in fear, and holding back? Ask them to ask you one of the questions above. Often a tough and potent question to ask is "What are you most afraid to do with your life right now?" You will know if the council is suited to its task, because it will follow up with probing questions until you hit something which resonates. It may feel deeply uncomfortable for you, or you may get a sense of awe and clarity. Either way, continue with this process until a clear action reveals itself. The conversation may go something like this.

"What are you most afraid of doing with your life right now?"

"I'm afraid of wasting time."

"Be more specific, how would waste your time?"

"I feel this current project is doesn't need me and it definitely doesn't resonate with me. I know I need to move to go train for my next project. I'm frightened that if I quit, I will have wasted my time, and that if I move, I will fail the project."

"What would make you most afraid of failing your next project?"

"Closing out this one, selling my stuff and buying a one way ticket."

"Okay, so that feels closest to your next purpose. Do will all agree?"

"Yeah."

"Uh huh."

"Get it done!"

"Phoar... Fuck...Ok. Then that's what I need to make happen."

An excellent signal you have found what you most need to do next is a spike of fear or adrenaline. Recognisable often as a feeling of nausea.

Intimate Oracle

This one is not for the weak of courage. If you have an intimate partner, and you trust her, or you have a female friend who knows your core, your true self, you can ask them to assist you in what I call the Intimate Oracle method.

In this practice you will need to both lead *and* express deep vulnerability to a woman. There is little that is more emotionally fulfilling and erotic for her. It is best conducted with a relaxed, non-detachment in the outcome. Be sure to talk your partner through the exercise first, so she is clear on what is going to happen. Ideally, do this in a peaceful and deliberate setting. Evening and candles are often helpful.

- a) Sit with your partner facing opposite you.
- b) Place your right arm on her chest, her right on yours. You want to both be able to feel each others heartbeat and breathing.
- c) Have each of you point to your left eye. This will be where you maintain eye contact from.
- d) You may close your left hand over her right hand. Suggest she do the same.
- e) Begin synchronising your breaths. Breathing in and out at a steady, even and relaxed rhythm. Maintaining an open posture and awareness.
- f) You are allowed to blink. It's not a staring competition!
- g) Take several minutes to synchronise your breathing. Five minutes is the minimum of direct, unbroken eye contact to be most effective. You will all tension dissolve and a sense of immediacy with the moment will prevail.
- h) You will then take turns with your partner in speaking your current edge of fear out loud. Defining it through your purpose. You may say something like:

"I'm afraid to charge more money for my art. I believe that people won't pay and will reject me if I do this. I'm afraid to be alone and to ask for what I want."

Your partner's role is to then assign to you a number, from one to ten. Ten, represents the fullest depth of truth and presence she has ever felt from you. The greatest feeling of courage and powerful vulnerability. 0 means you're not even paying attention, you may as well be watching television.

Repeat this process as many times as necessary. Alternating on speaking out your edge of fear, with claiming your purpose. You may say:

"I feel my purpose is to own a multimillion dollar business, buy a Tesla, and have several open and loving polyamorous relationships."

Your partner's answer may well be a ten. More likely it will be a two or a three, reflecting the fear funk of social expectations, trends and ego constraining your judgement and vision. It is important in this case that you trust your partner. You will know if her heart is open and clear by the feeling you receive from her. Is she tense and frightened, or does she wave away your mission with a cruel edge, or is her smile open and loving, is she fully with you when she says, 'Thank you. That's a four. Please speak your truth again.'"

This technique can be used on many occasions. You will find it equally effective in d
These are the most effective I have discovered and honed in my life to discover and
deepen into my purpose. They have been potent and powerful forces of transformation
in all areas of my life and tremendous catalysts for growth. Not least in self-awareness,
the power to make decisions, cultivating stronger personal relationships and an open,
honest to God intimacy. Such a life and love is complete unto itself, and transcends the
pain and suffering which life can often give you.

Learn more on my [Podcast](#).

Sign up for a place now on my [website](#).

May these practices bring you to your edge of truth, into the core of your power, so that
you may spread it's light and energy to limitlessly benefit humankind.

Strength & Courage,

Christie