

In The Zone

Last weekend I co-facilitated a weekend for men, and came away energised and enthused. When I work in alignment with my purpose I experience ease and lightness in my being. I become more energised, enthused and engaged with life, and have complete certainty I am doing what I am meant to be doing. When I am off purpose I get tired and restless even if I am satisfied from doing a good job; on purpose, I soar.

I have several deeply held statements of vision, purpose and contract with myself that ground me in my life. When I drift from them I feel a degree of disturbance that highlights the distance, and that acts as a call to return. The statement that sings most fully to me at present is: ***I am the wise guide who walks with and walks by the weary traveller at the temple of love and transformation.*** For me, this speaks to how I function when I work with others through transformative periods and processes. I do have value to offer. The other person is there as a self-directed, autonomous

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Abstract

There are massive personal benefits from living in alignment with your life's purpose. It is an act of courage. Do you know your purpose?

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Two companions journeying together

being. My contribution arises from having been through significant transformation as I have journeyed through life, and carrying the wisdom of such experience. I am available, have much to offer, and it is the traveller's own choice whether to engage with me. It is also for them to determine what to adopt of what I have to offer. As a guide I offer or invite. Compulsion, coercion and demand have no place.

The joy for me from last weekend was from profoundly engaging with men who chose to have me as their guide, who fully owned their desire to create something more workable in their lives, and who courageously stepped forward and did their work. I was present. I

offered suggestions, support and invitations along the way. The results were and are all theirs. They continue their journey owning their own wisdom that I may have assisted them to connect with.

The process of engaging with your own work, deciding to transform your life, and to step forward into the unknown with determination is an extremely courageous and powerfully liberating act. My privilege is to be party to some precious moments as an invited guide. When I am in that space, I know I am in my zone, doing the work that aligns with my purpose.

Do you know what your purpose is? Do you know where your zone is and how to access it when you wish to?

For more information related to themes in this article, refer to chapter 11 (Purposeful Forward Movement) of: Harrison, S. G. (2012). [*Appreciate the Fog: Embrace Change with Power and Purpose*](#). Auckland, New Zealand: Xlibris Corporation.

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