



True Callings Podcast – March 15, 2008

TrueCallings News – see end of transcript!

Lissa: The question we're asked more than any other is this: how do I find my calling? What is my life purpose? How do I find out? You'll probably get tired of hearing us say this, but it's worth repeating and going into a little more detail than we have in the past. First, calling is not synonymous with purpose. But most people, the vast majority of people have come to associate calling with purpose as if they are one and the same thing. They are not. Life is filled with a sequence, an organic, interrelated sequence of callings, and each calling leads us deeper into a life of purpose, if answered. You can have more than one calling alive at a time. They'll always be interrelated and they'll always be functioning in support of one another. If you're only looking for one, you can mistake one area of passionate engagement or an area of intense focus for the only thing to give your life energy to, and it may not be. If you mistake calling for purpose, you could miss – or confuse – some important signs and clues in your life because you're looking for one single track and there may be two or three active at the same time.

Randy: One of the reasons we make these distinctions is that it complicates things if you are looking for one purpose in your life. You could end up actually paralyzing yourself and not taking action because you want it to be in the right direction and for the right purpose. Until you find that right purpose, many don't take action. True Callings turns that upside down and says pay attention to the signs in your life every single day. Your life is talking to you. Your life is sending you clues. Forget about your life purpose. Follow the trail. The trail will lead you where you need to go.

Lissa: So in essence, you don't need to know right now exactly what your life purpose is.

Randy: Yes, and you can take action without having to know your life purpose.



Lissa: That's right.

Randy: So that simplifies it. It takes the...

Lissa: ...the pressure off!

Randy: It takes the pressure off. It makes it an easier 'to do': just pay attention to right now, what is my life asking of me, and look for the clues and begin to follow those clues. As you follow them, as you begin to live into your callings, your life purpose will be revealed. We're not going to tell you when or where or how that's going to happen.

Lissa: Because we couldn't, even if we wanted to!

Randy: We don't know, and you don't know. But the point is, you'll be on the right path. You'll be on track because you're following the clues.

Lissa: The reason why this exists, and when most people hear this for the first time, what we often hear them doing, because we work on the phone with most people. We don't actually get to see them, is they just kind of go, "ohhhh. That makes sense," and they just kind of relax. Now, changing the habits of the way we've been living takes a little bit longer. But as soon as they understand this one key critical idea behind all this, things start to become easier. And it is this: your life knows the path you need to take to help you develop the critical strengths and capacities you were born with that you're going to need to live through so that you can fulfill your purpose. It knows them better than your head does.



It knows them better than the people around you do. And it certainly knows them better than the culture might otherwise direct you. So, if you learn to just obey your life's callings and clues, your life will direct you in the proper ways, at the proper time, in the proper degree or rhythm so that you don't have to figure out so much. It becomes less arduous to live this way than it is to plan out your life and figure out what all your goals are and have everything figured up before you can take a single step. You don't have to have it figured out. In fact, trying to figure it out can actually get in your way.

Randy: There's actually a trust that's required here to be able to listen to your life and trust where it wants to take you. For a lot of people, that's a real challenge because they look at their life and say, "well my life sucks. Why would I want to listen to that?" So there's a requirement here to trust but to be able to begin looking at things in a different way and to be interpreting your life in a new way. That's what True Callings also teaches, is how do you begin to interpret the clues? How do you begin to make sense out of what your life has been sending you day after day after day?

Lissa: And that's such a really important point. The sense we have been taught to make of our life is often not the sense our purpose would ask us to make of our life. So a big chunk of this, as we listen to calling after calling after calling, is that we reorient ourselves and come back to our senses. Not the sense of the culture. Not the sense of our employer. Not the sense of external expectations, whatever they may happen to be, or the ideas we have in our mind about what it is to be successful. Our callings and our purpose will return us to the senses, our own, that will direct us in the right way at the right time in the appropriate measure. As you said, it does take trust because it asks us to shift the way we've lived.



To trust something that often we can't even articulate at the very early stages. That can feel a little freaky. So when it comes to learning how to answer your callings, forget about trying to figure out, beginning to end, in one bright, shining moment, what your purpose is. It will show itself to you. It might take some time, but it will happen. It happens every time. Two, understand that the callings and clues will ask you to come back to your senses. They'll ask you to live differently and they'll ask you in bite-size pieces that where you are in your life will allow. It's not like sitting down and eating a whole chicken all at once, which is really what most people think they're supposed to do when they're trying to find their purpose. It's like, give me the whole meal now. What callings do is give you what you can handle in bite-size pieces, incrementally and synergistically, so you only take on as much as you can handle.

Banging the TrueCallings News Drum:

Marci Shimoff, one of the featured teachers in *The Secret* (and Lissa's all-time favorite guest), will be joining Lissa on the **Small Business Big Ideas Show** *Sunday, April 13th at*

*9am EDT on 107.7FM, AM1580 or www.ckdo.ca to talk about her chart-topping new book, **Happy For No Reason** – so save the date!*

Listen live from anywhere in the world via www.ckdo.ca!

And call **1-888-511-2536** to ask Marci your questions and you'll be eligible to win one of two autographed copies of **Happy For No Reason**.



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There's some rumbles that **Jack Canfield** could be joining Lissa on the **Small Business Big Ideas Show** *Sunday, April 6th* – along with a woman who, inspired by Jack and The Secret, began answering a mind-blowing calling in August of last year! Stay tuned for more information – but in the meantime, save the date...

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The new True Callings Tribe, *the one-of-a-kind interactive-learning community*, will be opening its doors in June, 2008!

If you'd like to be considered for the Tribal beta-test team, bang the drum (Tribal Talk for *tell us about it*) at contactus@truecallings.net and tell us why!

Only 20 beta testers will have before-the-paint's-even-dry access, and 10 spots are already full so if you'd like to be one of remaining 10, be sure to bang the drum!

Know anyone out there living their callings and life purpose? Think we should featuring their story in a podcast or article? Then bang the drum (Tribal Talk for *tell us about it*) at contactus@truecallings.net!