

Quality #5: Joy in the Journey

Discovering Your Mission and Purpose:

Again we pose the question, “What creates or threatens joy at this deep personal experience we call living in the here and now? Let’s examine the impact of having a mission and purpose.

We awake in the morning. It’s another day. What tasks lie before us? What roles will we play today? What are our dreams? How clear is our vision? Are we grounded in the here and now – what is? Are we grateful to be alive? Are we clear on what needs to be created next in order to move us one millimeter closer to our dreams? Are we on a mission with a purpose?

If we are, joy abounds. If not, joy eludes us and the void is filled with doubt and plaguing questions. “Is this really where I’m supposed to be?” “Is this what I was meant to do?” “Am I meant to do something more exciting, fulfilling, meaningful or spectacular, even world-changing?”

Do we have answers to the questions Og posed in Scroll V? He asked, “Why have I been allowed to live this extra day when others, far better than I, have departed? Is it that they have accomplished their purpose while mine is yet to be achieved? Is this another opportunity for me to become the man I know I can be? Is there a purpose in nature? Is this my day to excel?”

It is easy to believe that there is a special calling for us. Something spectacular we are meant to do. After all, we do have a flame burning inside us that is a constant irritation to our soul to be better than we are.

What does it this mean? Is there a specific mission with a purpose, a specific calling that only we can answer? It is possible. However, before we sell everything and move to a third world country wanting to save world, let's explore some basic questions.

Do I love what I am “currently” doing? If yes, why? If not, why? Be specific and detailed. What do I like best about what I am doing? What do I like least?

As I consider the metaphorical “greener grass” on the other side of the fence, do I really believe that there are no weeds over there? Do I believe that that grass over there does not grow and need mowing? Do I really believe that those beautiful flowers over there do not require a focused and dedicated gardener? Do I believe that I will finally avoid the chore of shoveling manure? Do I believe that there will not be any pesky mosquitoes, snails, snakes and gophers? Do I really believe that all the things I hate about this side of the fence do not exist over there?

Conversely and lastly, how many people are standing over there, looking over here and wanting to trade places?

I would like to propose a new way of looking at mission and purpose – a mission and purpose that could be superimposed on almost any career, job or profession. A mission and purpose with such universal implications that Og wrote that “if I have no other Quality, I

can succeed with this alone.” This is a mission and purpose that will always facilitate joy in our lives and lives of others.

Og said the greatest secret of success was love, agape love, a heightened level of awareness. It is recognizing that everyone has a wall of resistance. It is knowing that behind this wall, many are drowning in their own doubts, fears, frustrations and insecurities, starving for validation. It is knowing that this is true regardless of the wall they present to the world. It is recognizing that the bigger, more intimidating the wall appears, the more likely challenges are raging.

It is knowing that behind these walls of resistance – this façade - are huge reserves of cooperation and productivity. It is knowing that the bigger the wall, the greater the reserve. It is knowing that these reserves are released only to those who care enough about others to listen for doors, step into their world and create a transparent and safe place where there is no need for walls.

It is knowing that in doing so we intentionally target one of the greatest needs in all of humanity, the need to be heard and understood. We focus. We listen. We feel. We connect. We serve. It is knowing that when we serve people at this intrinsic level, the very place where their value as a human being is determined, we become the beneficiary of their huge reserve of cooperation and productivity.

When we feel a need to do something spectacular, we can too often easily look beyond the mark and miss the point. The world, no

matter where we travel, is made up of individual human beings. Too many are in need of the basics such as food and clothing. Most are hungry for personal validation – to know that they matter.

We can change the world without moving half way around the world. We can start with ourselves – love thy neighbor as thyself (see Quality #6: Self Esteem). We can then move to our committed companions. Then we can move to our children, our friends, our neighbors, our co-workers and business partners. As we gain momentum wanting to do something spectacular we stay focused on the millimeters of creation starting with the one closest to us. As we do this the impact of our intentional creation can ripple across the world.

Now there's a mission with a purpose – be the one who changes the world one person at a time and everywhere you go.

If we choose to be a salesperson, we will let go of fear and serve our clients by selling them what “they” need. If we choose to be a doctor, we will fall in love with healing our patients. If we choose to be a mother, we find greater value in nurturing our precious children. If we choose to be an employee, we will become a conscious and conscientious team player willing to contribute. If we choose to own a business, our employees will become our greatest asset. If we are experiencing hard times, we will choose to become an influential victor. We will become an Intentional Creator.

On the other hand, we can go half way around the world – to proverbial greener grass - and bring all of our doubt, fears, frustrations and insecurities and just leave another self-centric mess there too. Bottom line: Whatever we are bringing to our current job, career, profession and relationships, we take with us when we move.

The painful truth is that often when we are searching for something with meaning and purpose, something that is grand, great and glorious; we are doing so because we are not bringing meaning and purpose to what we are currently doing. This can be a tough pill to swallow, but one that can mend an aching heart – ours and others.

Should we choose this worthy mission and purpose what is in it for us? We will be the beneficiary of huge reserves of cooperation and productivity from everyone we meet. Og says that can melt all hearts like the sun softens the coldest clay. We will experience joy and peace of mind. We will become capable of ever increasing levels of success in every area of our life. We will stand back in amazement.

Finding joy in the journey has more to do with the way we do things than what we are actually doing. Next time you are tempted to question the value of what you are doing and you start thinking about doing something that is grander, greater and more spectacular, look here first. The mission and purpose of intrinsically validating others is foundational to every other great accomplishment. And as Og wrote, “Without it I will fail though I possess all the knowledge and skills of the world. I will greet this day with love (agape love), and I will succeed.”

If you can identify a career path that more easily facilitates this mission and purpose, consider it. Some fit better than others. But don't waste any more time searching for "something special" that may not exist on this planet believing you cannot have meaning and purpose in your life until you find it. You may already have it. This is true of both current relationships and career decisions. Always remember, it most likely won't be a specific career that brings you joy in the long term. It will be the way you show up in that career.

If you have been searching for a mission with a purpose, start by creating one where you are right now. Love people and focus on bringing joy and abundance to their lives. Use your mind constructively to find inspired ways to do this. Take passion driven action on these ideas, impressions and solutions to problems. Become disciplined and structured. Find joy in the millimeters of creation. This will heal your self-esteem and you will become increasingly available to serve others.

In summary, these Qualities are the basis of the wisdom and principles that Og said will guide us "out of the shadows into the sunlight of wealth, position, and happiness far beyond my most extravagant dreams until even the golden apples in the Garden of Hesperides will seem no more than my just reward?"