

The Bio Self-Emergence Institute

Create your soul purpose

By Donna Harber, MSW, CBT

I invite you to paint your soul purpose on the canvas of life.

In life, we ask, "How can I be in purpose?" We often call outside of self and soul for answers. Answers then come in a vague, unconnected manor similar to, "stand and bail water". With no other information except "bail", we feel compelled to bail. We are excited to have any purpose. We say to ourselves, "at last, I can make a difference - I will bail", thus begins what I refer to as the stages of bailing. The first hour, you would be bailing, perhaps with the passion of a young lover. For many of us, this connection to the bailing represents a teacher, a religion, spiritual principles, or something like the law of attraction, etc. and we work it, perfectly. We look for the bailing to produce something we can experience or see - yet we feel and experience nothing, leading us to a long hour of self-judgment or disheartenment.

In the second hour, disheartenment or self-doubt creeps in, our arms and legs are tired, and we aren't even sure the water level has changed at all (that we can see). As the second hour wanes, we abandon what we thought was purpose and look outward again to another ship. Others on that other ship next to ours call, saying "we are getting somewhere, come bail with us." We believe them because our perception is outside of ourselves, so we jump ship.

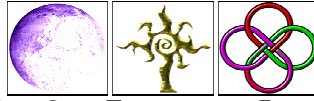
The third hour commences on our new ship. Now our legs hurt and our hunger begins to overtake us. The message of purpose is - still - to keep bailing. The hunger in our belly becomes rage at the lack of support and lack of citation. We began to scheme on how we can pretend we are bailing, or on how we can get others to think we are still bailing, and we stop to feed our appetite, our purpose lost to consumption, or we continue to bail in our disheartenment, a collapsed psychological position, and the bailing will end up in injury or physical illness.

In the fourth hour, we still feel no benefit or result from our bailing. We become angry and judgmental because we begin to feel that if others were bailing as hard as we are, this would have a greater meaning, we would see or experience something, and the ship would certainly be getting somewhere else. Gearing up, we purchase another self-help book or a spiritual practice book, looking to it to solve our evil negativity or judgmental problem. And so it goes, the bailing continues.

The soul essence purpose to free us from the stages of bailing (our action without clear purpose) has to come from vision connected to our inner pulse. The vision and clarity come first, then we take our place in the bailing. We bail out of our own clarity of purpose, making the bailing our own. It is the self and soul within our own sphere, connecting us to the all. **We stop doing to give us purpose and we bail out of purpose.** This fills in our soul's dot of color on the cosmic canvas of life.

In the course of my healing practice, I have seen the many pools from which the souls of human entities have been birthed. Some soul pools were created in the forming of the earth. Others have been birthed out of cosmic occurrences. Still other soul pools have emerged out of our own relationship to earth and sky.

When we view our actions as painting a color in our dot or place on the canvas of life, each movement of bailing is as if we are placing and filling in our dot on the canvas of life. When all the bailing is done, the canvas will be complete - for all the dots of color will be complete. In the vision, the canvas will reflect back to us perfection.



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To explore your own soul purpose, you may want to put out to the universe a few simple questions. "What is the overall purpose of my soul (i.e., what is my soul pool)?" "How am I to manifest this purpose (i.e., how am I, by what movement or action, to place my color on to the canvas of life)?" You can work with soul essence purpose or the energy of a different soul pools by doing a simple exercise: Pick a color from the chart provided. Work with one color at a time. Even if each person picked blue, because each of us represent a different spot in the painting or the canvas of life, as I work out of my color blue, I would be filling in my unique circle on the canvas. After you choose your color, began knowing everything you do that day is filling in your soul purpose dot on the canvas. Visualize and explore the one color for a least a week.

Evaluate how you are doing (and you are filling in the correct color for your soul purpose) by asking yourself the following simple questions.

1. Was life more fun?
2. Were daily tasks and routines easier to follow through with?
3. Did you feel more connected to life and people?

If you get a yes to all three questions, the color you explored is your first clue to your vision and clarity of purpose, one which will sustain you in clarity and purpose, while you bail.

Some soul pool colors to choose from:

- Red - The voice.
 - Orange - The pulse of experience.
 - Yellow - Power, joy.
 - Green - The reflective mirror.
 - Blue - Creation in flow.
 - White - The sensing way.
 - Gold - Opening to sky.
- (ref. Bio Self-Emergence)

Donna Harber can be contacted through the Bio Self-Emergence Institute, for a series of three readings and healings to reveal and clear the soul pool that you are birthed from.

Donna Harber, MSW, CBT, is an Energy Therapist, a Certified Bioenergetics Analysis Therapist, mother, wife, and Intuitive Healer. Donna works with adults, couples, and children, utilizing Bio Self-Emergence Therapy. Contact Donna at (248) 355-2191. The Bio Self-Emergence Institute is located in Southfield, Michigan. To learn more about Embodied Meditation, go to <http://www.EmbodiedMeditation.com/>.