

30 Day Journey to *YOUR* Unique Purpose

# The New U Now



## Synthesis

### Perceiving the Patterns

Module 8 Presentation and Exercises by Ken Herbert

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For the past few weeks, we've been looking at U from several specific viewpoints. We've been examining the PARTS of you likely to provide significant clues in relation to your Unique Purpose:

- Your Natural Intelligences
- You Passionate Interests
- Your Favorite Roles
- Your Personality Type
- The Reflections of Others and
- Your Talents – or Super Powers

Some of these clues may have confirmed what you already knew. Others may have been a revelation.

Either way, the clues you've gathered are like puzzle pieces of a buried treasure map . . . yet even more valuable because your true worth is infinitely greater than gold and diamonds ever could be.



So, today, we're doing something different.

We're taking a step back to look at the bigger picture.

Instead of examining a new *PART* of U, we're going to be looking at the *WHOLE*. And, as you'll discover, the *WHOLE* is always *greater* than the sum of its parts.

Like a detective who's spent the last month gathering evidence, it is now time to look at everything as a whole, decide what's most important, synthesize the information, look for patterns and notice the connections.



So, we're going to be using more of our right brain here on out.

We're shifting into *SYNTHESIZING* mode.

In the next module, we'll be adding the final "magic" ingredient that will bring your purpose to life and alchemically transform you into a cause to be reckoned with.

Like this gal . . .



(Ok, so fireworks are probably not gonna shoot out your chest. But it will still be pretty cool 😊)

This, of course, assumes you've actually been doing the exercises. After all, this alchemical transformation only happens with your full participation and commitment, which is the price.

This is why many are called but few are chosen. And why are they not chosen?



Because they do not choose themselves.

They wait for someone else to choose for them or give them permission. Or they allow circumstance, conditions or something outside of themselves to choose their fate.

That is why this journey to purpose is the road *less* traveled. Few there be that claim their purpose.

In my experience, this is a Universal Law. You reap what you sow. There's no way around that one. I wish there was. I've tried 😊

Which makes the rewards for your efforts all the more sweet.

Because U did it.

Not your mother.

Not your teacher.

Not your boss.

Not me.

U.

And the satisfaction that swells from within - as a result of *being* the New U Now - spills over into everything else in your life and makes all your efforts evaporate into nothingness in comparison to the value you receive by being True to U.

Ok, I got on my soap box for a moment. I'll climb back down now. Can't guarantee I won't climb back up at some point though 😊

Moving on . . .

**So today's assignment is simple. It is this:**

1. Grab your notes. For each past exercise, review everything you've written about it.
2. Take another piece of paper and carry over **ONLY** the most vital, the most essential, the most important – the stuff that resonates with a resounding “YES” in your heart.
3. Now, examine this new “synthesized” list as a **WHOLE**.
4. Next – and this is key – **look for patterns or common themes** that show up. Notice any interesting connections between the items on your list.
5. Identify these patterns and write them down.

## Extra Credit Assignment For the Daring

Write a paragraph or two (or a whole page if it flows for you). This part is not really scientific. It's simply your INTUITIVE "take" on what you're seeing so far. What general direction do these clues seem to be nudging or pointing you towards?

Remember, there are no right or wrong answers here.

You have the capacity to read the signals your life *has* and *is* giving you. Allow yourself to relax and *feel* your way through this. This is a less mental and more intuitive exercise.

As such, it would be optimal to set aside time and space where you can be by yourself without distraction so that you can clearly hear the messages from your subconscious/heart/soul – however you refer to that part of your nature.

And this doesn't have to be done in a single sitting. You might want to intentionally focus on your "synthesized" list for an hour or so and then come back to it the next day.

And whenever any thoughts or insight occur to you throughout the next few days, make sure to have your notebook handy to capture them.

Unless your thoughts come to you in the shower, which mine often do. Then you'll have to rely on your memory until you can write them down . . . unless you have water proof paper – in which case please send me some. 😊

**Until next time, remember: Everything you've experienced in life has led up to this very moment.**

Right now.

The good, the bad, the ugly and the beautiful.

And ALL of it – every bit of it – has a purpose. It has prepared you and uniquely qualified you for the next spiral up on the evolution of U.

May your intuition be your guide.

Be well.

Ken