



5

HIDDEN TRAPS

THAT KEEP YOU FROM

LIVING YOUR
PURPOSE

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5 Hidden Traps That Keep You From Living Your Purpose

By J.H. Tepley

“Resolve to commit to your Path. Follow your Purpose, go for it, heart and soul, wake up every day determined to serve the greater good. In that commitment, you will find inner peace, motivation and strength you have never known before.”

FOREWORD

This can be one of the most honest books about finding a Life Purpose that you've read so far. Honesty can be tough to deal with, especially honesty with oneself, but I believe that it's the only path to real and lasting change.

But before we begin, a word of warning.

This book is not for everyone.

It was written for the warriors in spirit, for those who feel that there is a greater Purpose for their existence, and its aim is to guide them to that Purpose. It's dedicated to the visionaries, the dreamers and the rebels who would rather create their own world than fit in.

This book can become your ultimate self-development guide because the secrets you are going to read you will not find anywhere else. You may find the scattered fragments elsewhere – but not the entire system. And to achieve your goal, you need the whole thing.

This is your invitation to an adventure of a lifetime.

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To succeed on that quest, you have to be prepared to question your perception of reality and have an open mind. If aligning with one's true Path were easy and simple, we would live in a world where everyone would be doing it. Imagine how great a place it would be!

There is a reason why the desire to find your Purpose haunts you. There is a task you have been called for. A mission that only you can accomplish. You were born to create a difference, and the world is waiting for you to wake up.

Here's something very important to understand. The true difficulty in following your Purpose is not about *finding* it. The truth is, you already have that knowledge within you. It can't be any other way. Your life Purpose is part of who you are, something your heart is naturally aligned with. The actual challenge is to shed the limitations of the mind that stop you from following your path. In other words, you will have to become a person who is fit for your quest, a person who can make it happen. This concept may be difficult to grasp the first time you come across it, but it will become clearer as we move forward.

Finding your Purpose is not about a career choice. It is about understanding yourself on a deeper level and realising what you have been called to do in this world. To realise your sacred mission that goes beyond the scope of the mundane life.

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The word 'mission' comes from a Latin word 'mittere' meaning 'to send'. You were sent here for a special reason, to fulfil a task that only you can do. And you were born with a yearning to follow that true Path and make a difference. The reality of our world, however, is that we often get distracted and tricked into directing our focus somewhere else.

And this is where the problem begins.

Our deepest longing and our greatest desire as human beings is to return to our true essence and reconnect with the power that we've lost. Being denied this possibility feels suffocating. No matter what material possessions you've got, being restricted in living your Path is a sure gateway to depression. Confusion, anger, doubt, worry and the feeling of powerlessness are all side-effects, or symptoms, of not living your Purpose.

Let's address some typical misconceptions about what finding your Path would feel like. Usually it comes to you in a flash, after some time of dedicated search and meditation – and in an instant, your mission becomes crystal clear.

Some people subconsciously expect it to be something more dramatic, but there will be no trumpets and no voice from heaven. Even the feeling of joy and excitement is somewhat overemphasised. In reality, it will bring a mixture of feelings, something in between of, 'Whoa, this is just incredible!' and 'Light and all gods, WHY ME?!' all intertwined with a peculiar sense of inner peace, calmness and invincibility.

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We don't have one word to describe that feeling, but look out for these elements above. They are the heralds you can trust. Depending on your mental structure and the level of self-denial, the discovery may bring you a feeling or epiphany or really intimidate you, to the point where your ego starts fighting against it. We will tackle this later in the book.

Another important thing to keep in mind – your mission is not the same as your dreams and goals. Ideally, they should be in alignment but the reality is that our conscious mind is too easily distracted by the 'bling' of the mundane life.

We tend to dwell on ideas that other people passed on to us, which influence our perception of what is possible and what not, and what failure or success mean. We often end up pursuing goals that are not ours and dreams that serve someone else. This is why meditation is a crucial skill to master on your Quest – it increases your resistance to mental induction and helps you to see things for yourself.

Here's one more misconception we need to get out of the way. Many guides that talk about finding your Purpose focus on 'whatever brings you the most joy' – a suggestion that is too easy to misinterpret.

Eating ice-cream may bring you joy, and so would lying on the beach, or having drinks with friends – activities none of which would point at your true calling. The joy you're looking for here is of a very different kind, and it has nothing to do with the epicurean mood.

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It's more the joy of a soldier, or a Special Forces member, who is sent on a mission he knows would serve those around him, even though it means a personal sacrifice. With the moment you discover your true calling, your life transforms into a Quest of Purpose, and you become the hero, or the superhero, of that story. The real story of you that becomes a legend.

Living your mission is exciting and inspiring but never easy. If doing what you do doesn't challenge you, you may want to re-evaluate your direction. To fulfil your Quest often means having to overcome a lot of inner ('I'm not good enough', 'I can't do it', 'What if I fail?') and outer ('That will never happen', 'You're just weird', 'It's not how it's done') resistance.

The more you feel connected to your Purpose though, the more immune to that pressure you become. Being on a mission means that you care less, if at all, about receiving the usual approval and validation on which most people operate. You feel inspired and really alive, and you leave other people to their stories and their judgements.

This feeling is extremely liberating. It is similar to listening to your favourite music or a person who you care greatly about – all other sounds and voices fade into the background. You don't have to fight them out of your life, they just don't matter.

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This is why working on your Purpose is the most effective way to live. Your thoughts become streamlined, so you don't waste your time, money and energy on things that are not important. You lose interest in distractions and you don't have to motivate yourself to move forward. Procrastination becomes a shadow of the past. And with that passionate and relentless attitude, you are bound for success.

You might have seen some people who are devoted attendees of self-development seminars and avid consumers of spiritual literature, and yet for years they stay exactly where they are, with only minor improvements. I wrote this book so you don't fall into the same trap. There are 5 major hidden obstacles, which unless you know about, will stay like shackles hindering your progress. This book serves as your guiding light, so you can save yourself both effort and the precious time, and step into your real power as soon as possible.

The *real* price of not living your Purpose

Firstly, let's look into why discovering your Purpose is worth the hassle. When delving into a task that requires lots of dedication, it helps to have a clear and sound WHY. Having clarity will allow you to push through the inner and outer obstacles you may encounter along the way.

Following your Purpose means serving the world greatly, which also translates into being rewarded greatly and attracting the right people into your life, including your soulmate if you so desire. The power radiating from you will make previously impossible things everyday reality.

Your very presence will become inspirational and uplifting and others will be naturally drawn to you. If this sounds like some sort of a fairy tale to you at the moment, simply look at the people around who had the courage to step outside of their comfort zone and align with their Purpose – the millionaires, influencers, and people who changed the course of history.

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When you tap into your Purpose, your true power unfolds. You become naturally confident, driven and passionate, and this world will reward you adequately for the difference you make. Serving your mission means swimming with the current of life. One of the signs that you're going in the right direction is that things mysteriously fall into place and synchronicities become usual occurrences. Following your Purpose makes you invincible and unstoppable. As your decisions become aligned with your Path and integrity, your life naturally transforms for the better.

For as long as you haven't found your Path, you may feel like you're in prison of some sort, like the world is closing in on you. The price for not being aligned with your Purpose is the feeling of disempowerment, depression, financial difficulties and low self-worth.

People who don't walk their Path usually don't have the confidence to say 'no' and therefore sell themselves short. They settle for people, jobs, and circumstances that are way below what they really deserve. That, in turn, may trigger dejection, self-resentment and even self-hate if no progress is being made for a long time.

We are at our happiest when we see that we are making a difference, that what we do matters. Not being in touch with your Purpose means that the person is being 'cut off' from his or her true inner power. Living your truth is like putting a plug into a socket – suddenly every corner of your being lights up and illuminates everything around you. We are the creatures of Light, so being trapped in the darkness hurts.

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Let's sum it up. Here are the symptoms that you may experience if you're not in touch with your Purpose yet.

Every person is different, so not every single trait may apply to you, but if you find more than three, it should be a warning sign:

- Depression
- Low vitality
- Financial constrains
- Low confidence
- Restlessness, a burning urge to do something yet with no direction in mind
- The feeling of vulnerability
- Being pushed around by others
- Deeply felt loneliness
- The feeling of not belonging
- Insecurity
- Procrastination
- Emptiness
- Attracting people into your life that bring you down
- Willpower failures

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Aligning with your Purpose means:

- Tapping into your inner power to create the life of your dreams
- Financial freedom
- Increased health and vitality
- The feeling of fulfilment while changing the world for the better
- Seemingly miraculous occurrences and synchronicities
- Attracting empowering people into your life
- Natural charisma and confidence
- Ultimate focus and iron willpower
- The feeling of being needed and being in the right place
- Developing true self-love and self-respect
- Your life transformed beyond your wildest dreams

Notice how all these things are merely telltale signs, or side-effects – not goals in themselves. Many people make the mistake of pursuing these side-effects as standalone goals. Doing so often leads to the sense of emptiness and an emotional crisis in long run. You may already know this, but making money is not a goal in itself and can never be. Money is always a side effect of your service to others.

Cutting Off The Chains – Your 5 Steps To Freedom

These five points are like five solid chains that may be holding you in place right now. For the majority of people, those chains remain invisible, and therefore impossible to cut off. Once you know every one of them, you can make a decision to set yourself free. You will see that they all are intrinsically connected to each other. Even without a training, simply knowing about their nature would already help you progress on your path.

I. AWARENESS

“The snares and lies of the Shadow can deceive your mind but never your true consciousness. To win your battles, you need to awaken and strengthen it, lessening the grip of the ego. Through the power of awareness, you can turn your mind into a powerful weapon.”

The first chain is a lack of awareness and self-knowledge.

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Your Purpose is intrinsic part of who you are – hence if you've never discovered your real self, you will have difficulties defining your Path. Most people spend many years pretending to be someone else, sometimes even mistaking that mask for themselves. I'll give you a clue – you're not being yourself if you believe that you are your mind, or in other words, if you believe in your own story.

Your story may consist of different elements such as, 'I'm this way because of where I was born (or because of my parents, peers or partners)', 'I am an employee/an entrepreneur/a CEO/a freelancer, and therefore, I do things this way', 'I am a morning/late night person', 'I am not good at math/singing/pubic speaking/expressing my feelings' and so forth.

All these are stories created in your mind and that is the only place where they exist. Other people are often unaware of our self-imposed mental limitations, until we reveal them. If your true awareness is asleep and you live in your mind, those limitations will not only appear real, they will inevitably influence the way you speak, act, and feel, and the choices you make.

Your true identity is beyond your birthplace, your job and your life story until now. To set yourself free, you need to separate your awareness from your mind. Wake up your real essence, so the mind can't impose its limitations on you anymore. You are not what the world made you believe you are. You are something infinitely greater. Always remember this truth. Remember who you are. Reclaim your divine heritage and power.

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There is something very important that you need to know. I will have to use spiritual terminology there because we are limited by words. This is something that is crucial to understand – your Purpose does not belong to the human world. What I mean by that is that your Purpose is part of your essence that comes from the higher levels of existence.

Imagine it as being written in a different language, say God's language, and your task is to translate it into the terms of the mundane world. The better you learn to understand yourself the better translation you can do. And if you don't know who you really are, chances are, you'll get stuck or misinterpret it.

The more you step into your essence, the more apparent it will become what you are best suited for. It is like having your eyesight gradually getting better, until you see an object you are holding in your hands. Once you see what it is, you can figure out how you can use it.

Knowing how to break free from the tyranny of your mind is the most valuable knowledge you will need on your Quest. It is possible to discover many aspects on your own, although it would take time. Proper mind mastery training could save you decades of blind search and disappointments. If you are like me, and prefer faster and more certain results, I would definitely recommend finding a good teacher.

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Here are some helpful questions that can help you get clarity. While answering, require absolute honesty from yourself. Don't rush it; sometimes finding or remembering the right answer may take a while.

1. What did you dream about as a child?
2. What do you like reading about or watching the most?
3. What is a conversation topic that makes your eyes light up? What you like listening and talking about the most?
4. If you were sent to a faraway secluded place to study or master one discipline for a year, what would you choose?
5. If a genie offered to bestow you secretly one skill (anything) using which you could really help the world, what would you ask for? Don't be shy.
6. What is at least one selfless activity that you enjoy so much that you would do even if you had to pay to do it?
7. What is an activity nobody has to remind you about, because you are naturally organised and inspired while doing it?

You don't have to list only one answer to each of the questions. Write down several and look for commonalities. Find what desires and activities interconnect, so you can get a sense of direction.

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I'll give you one important hint that will make your search much easier – focus on those activities and interests that are not self-centred. Dismiss the ideas that point towards self-gratification only. This is where many people get it wrong when trying to map out their true priorities. Your life mission is never about *you*.

Although fulfilling your Quest will transform and enrich your life, it's a reflection of your service to others. Living your Purpose ultimately means bringing your Light into this world in your own unique way. You already have that power, you just need to find the best way of expressing it. Reflecting on the questions above will help you shape your vision.

II. THE PARADIGM

"We see reality not the way it is. We see it the way we are."

The second binding chain can be your paradigm.

Remember the warning I put at the beginning? This book is set to give you very honest explanations. While looking for your Path, you have to be prepared to question and challenge one thing that you may hold really dear – your paradigm, your deeply rooted beliefs about the world. Quite often, the very idea of looking through the contents of your mind can cause the ego to fight fiercely back.

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But if you persevere, what you discover may really surprise you. It can be quite unsettling to find out just how many thoughts, wishes, beliefs and goals are not, in fact, your own. Too often, we pick up resolutions and directions of someone else – perhaps a parent or a peer, or someone whose life path we secretly admire.

I need to warn you against one of the most common paradigms of today that leads many people away from their Purpose, and towards the abyss of emptiness and desperation. This paradigm is about making money.

While there is absolutely nothing wrong with earning an income you deserve and making your life comfortable, if turned into a way of life it can be soul-destroying. I will explain. According to that spreading paradigm, your value as a human being is nearly directly related to how much you own.

So therefore, to prove yourself and show to others that you are worthy of respect, you have to gain a net worth that would testify that. The advocates of that belief say both directly and indirectly that if you are not determined to earn as much as possible, there must be something wrong with you. They try to make you feel guilty for not serving their system.

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They try to fool themselves and others that having the power to buy anything you want is a good enough substitute for your true inner power. That it's a strong enough painkiller that will numb the pain of not living your truth. And I'm telling you – it is not. Trapped in that paradigm, people can suffer from severe depression for years, while having more money than they know what to do with.

Don't waste your time chasing their misguided dreams. While it is noble to devote some of your efforts to become financially strong so you can support yourself and others, that in itself can never be enough. Don't let anyone make you believe that you will become free and fulfilled just by becoming known or wealthy. If one doesn't treat things such as fame or financial prosperity as mere tools to spread his message to the world, they will drag him down, and sometimes fast.

This may seem obvious when expressed in words, but often such beliefs exist within our mind unrealised. We follow them, mistaking for our own desires, until the pain of not following our truth becomes too much to bear. We call it the midlife crisis, or sometimes the quarter-life crisis, or the old age crisis, but the essence is pretty much the same. It is the realisation that we have been on the wrong path for years, and there is no way to make up for the time lost.

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You have the power to avoid it happening to you. Throw off the chain of the old paradigms that don't serve you, no matter how widespread they are. To chart your own life journey, you have to first disentangle yourself from other people's expectations. To follow your true Purpose, you need to know how to tell which dreams and desires are truly yours.

Only then can you make aware and conscious choices and become the fullest expression of yourself. One of the easiest ways to make that distinction clear is through using the Exemplary State, as you may know already. (If you are new to this technique, you can find it described in detail in my books and videos.) Practised regularly, it can bring about a ground-breaking shift.

III. PEOPLE

"Treasure those who stand by your side in your darkest hour. Protect those who offer you a hand when you're down. A real friend can inspire in you the greatness that you didn't even know was possible."

The third chain can be hidden in your environment.

The people you date, work, and keep friends with have a huge impact on your mindset and your life. There is a notion that we become like the five people we interact with the most – and it is generally true. Whether we realise it or not, we pick up the mindsets, habits, behaviours, as well as likes and dislikes from people that surround us.

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Here is an exercise for you – analyse your dominant beliefs, emotions and ideas about the world and see if you can track them down to their source, to the person you had initially picked them up from. If you were brought up in an environment where negative thinking and disempowering mentality were a norm, you may struggle before you realise that those mental constructs are holding you back.

The presence of the right people in your life makes an enormous difference. The surest way to success in your quest is to surround yourself with those who are going in the same direction, who understand your aspirations and share your values.

Although our home environment may be beyond our control, we can decide on the people we interact and make friends with. Choose those who will inspire greatness in you, who will challenge you to rethink your beliefs and limitations. It may take a bit of time to find a group of people that are right for you, yet finding 'your tribe' is invaluable.

Sometimes, it's simply a question of a right word said at the right time, which helps you get up and keep going. Or you may need a supportive listener who will hear you out without judgement, and who will understand. There may be times when you have a question that seems too hard to resolve it alone. That's why we have our ARIYA hub on Facebook that operates worldwide. We all need others to be there for us on our journey.

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If you could arrive to your destination on your own, you would have already done it.

IV. FEAR AND SELF-DOUBT

"I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."
—*Bene Gesserit Litany Against Fear by Frank Herbert*

The fourth chain is fear.

This one can be very sneaky. It may not be a fear that you consciously know by that name. More often, it's a little voice in your head saying, 'who do you think you are to aspire to that?', 'you can't do that', 'that's way out there', 'what if you fail?'

We should remember that all fear can ultimately be tracked down to the fear of death. Being affected by it means that your mind is stronger than your true awareness. Living in your awareness means realising with absolute certainty that *you as consciousness* are eternal and immortal, and nothing that happens to the body can affect you at slightest. Just as no matter what happens in your dream, you wake up safe and sound.

Fighting your fear is pointless, because it tends to creep back up as soon as you look the other way. There is a better technique.

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Ultimately, fear means you're not in touch with your true essence. It dissipates before your awareness, like shadows disappear as soon as you switch the light on. To effectively get rid of it, you need to strengthen that awareness within you. Once you wake up to your true essence of Light, and step into your higher awareness, you will become an unstoppable force.

One of the reasons why so many people are shackled with fear is because they don't know what you know now. Most of the training programs are aimed at tricking yourself to forget about your fear or to deny it. But at the end of the day, it still sits there on a deeper level. If you want to take a first real step towards your inner peace and independence, begin with mindfulness.

For a real breakthrough, I would suggest learning about your Mindgates system and if you have the opportunity – train mind mastery. A real training should consist of both mental and physical exercises.

V. THE EGO

"Those who don't learn to tame the power of the mind are bound to become the prisoners of it."

The ego is the only thing that stands between you and greatness.

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This point springs up from the first one on the list, making it a full circle. Without your true awareness, your ego tends to take your life over.

Our ego is ***not us*** but we are conditioned to assume that it is. We believe in our own story, which we repeatedly say to ourselves and to others – a carefully crafted list of your habits, beliefs, and self-imposed confines.

The problem of being lead by the ego is that it is the fragile, always insecure, forever validation seeking part of our mind. Even worse, it's determined to keep things just as they are and would protest violently against any change. Examples of an ego-controlled thinking are, 'I've always been this way', 'it's outside of my comfort zone', 'I'm an introvert/an extrovert', 'it's too early/too late for me to start something new'. Those thoughts are traitors sabotaging your progress.

They are no more than lies that you tell yourself. And you know what? You don't have to believe all the lies that you hear, even if they come from within your own head! It is the ego that tricks you to play small. Its power makes you remain in your own mental prison – even if the door is wide open. The ego is limited and it doesn't have a slightest idea what it is you are really capable of.

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If you let your ego run your life, it will make you think that you are just like it – limited, fearful, not good enough to accomplish what your Quest calls for. It may make your life Purpose feel intimidating, to the point where your mind shrinks away from it, making it hard to even think in that direction.

The ego is that dark force that makes you perform below your true capacity and live in self-denial. It tells you that acknowledging your pain would mean that you are ‘less than perfect’ (it always strives to be perfect in its own eyes) and it will try to turn you away from the choices that it believes other people would disapprove of. And to unlock your greatness, you have to be willing to step against many common beliefs and expectations about what you should and shouldn’t be.

Don’t numb your pain – allow it to guide you back to your truth. I’m not talking of the physical hurt but of the deeply buried burning inside that you will need more and more energy to suppress as time goes by. The yearning to shake off the limits you’ve been bound with and to become truly and unapologetically *yourself*. To fulfil the mission you’ve been chosen for. To make your life a legend, a mystery that inspires others. To leave a legacy that outlives you.

Some of my students ask how to tell the call of Purpose from the voice of the ego. There is a huge difference between the two. We follow our Quest not because, but often despite and against the ego.

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The main challenge in living your Purpose is that to do it, you will have to leave your current mindset behind. To understand what I mean, look at the people who have achieved success and fulfilment in their lives – they were never the same at the end as when they first began their journey. You have to rebel against the fetters of the ego and step your game up.

You need to become a different expression of yourself. It could be a person who is in some respects stronger, wiser, and perhaps more audacious than you are at the moment. A person who has realised his truth and became ready to embrace the power within. There is no royal road to strength. It has to be earned.

That change would not be about becoming someone who you are not. It would be about becoming more yourself, about coming back home. It's like putting down a heavy load from your shoulders that you've been carrying with you, for no reason whatsoever.

Making the decision to commit to your mission and to step on the path of deliberate and conscious evolution will be one of the turning moments in your life. Once you do it, you will never look back.

The world is waiting for you to unleash your dormant power.

Here is your basic checklist for the steps that need to be accomplished, if you are serious about living your Purpose and transforming into the unstoppable force for good:

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- Break free from the tyranny of your ego
- Realise your true essence and what you stand for
- Shape your mind in accordance with your new understanding

Before you can live your Purpose, you have to become the right vessel for it.

Many people talk about it, not many teach about how this can be done. It's easy to say, 'don't listen to your ego' – but to be able to set yourself free from its grip takes practice, courage and dedication. Don't be tricked into thinking that simply reading about what needs to be done will take you there.

To create a lasting change, you will need to learn mind mastery and meditation in the right way. You have to be willing to step outside of your mind and see it for what it is – merely a tool. You will have to challenge what you have known is possible, and ready to question your beliefs about reality.

It's not enough to be told that you are not your mind. It's not enough to know that you are meant for more. *You need to experience that truth*, and live it, to be able to act on it fully.

The good news is, it is perfectly doable.

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Once you reach the place of clear awareness, managing your mind, your emotions and your attitudes will become much easier. Going outside of the confines of your ego will also bring you closer to your real, immensely powerful and immortal essence that is Light. On the most fundamental level, the whole universe is energy, which I'm sure you know.

Tapping into that infinite energy source will transform you from the inside, allowing you to see things that lie way beyond your current view of the world. It will also unlock the passion, courage, patience and strength that you need on your quest.

Now the uncomfortable reality – you have it all already. Yes, you read it right. You are already everything that you aspire to be. You have all the qualities you seek. They are there, ready when you are.

But if you don't train your mind, its imperfect nature will deny you access to those qualities, making you believe that you're a finite and limited being, just like the mind itself. Imagine a lantern or a lamp that shines brightly, but is covered with many layers of dirty rags. The greater their number, the dimmer the light – even though there's nothing wrong with the lamp itself. Your task is to remove those layers so the real you can manifest in its full magnificence and strength.

This is why throughout the entire history of mankind, people strived to find ways to liberate themselves from the power of the ego. It would be a mistake to fight it, though. The ego is not a problem to be eradicated, but simply a tool to be honed.

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It is a projection, a dim and distorted image of the real you, created by your mind while your awareness is asleep. As soon as you awaken your true consciousness and put it in charge, as it should be, the ego gets transformed as well. It will then serve you, channeling your enlightened message in a way that other people can understand.

The sooner you begin to invest your efforts into transforming your mind, the sooner the rewards will come.

Conscious growth requires effort and focus. But would you rather remain stuck where you are? Would you rather keep being suffocated by the emptiness inside, while knowing that you are meant for something greater? Ask yourself, how much longer are you willing to put up with being stuck and trapped in a reality that doesn't feel right?

You have probably heard about the ARIYA Training Programme and what it was created for. I won't repeat it here. What I would like to share is *why* I've created it.

For years, I've been searching for a powerful system of personal transformation that wouldn't require putting your life on hold and meditating in the mountains for 40 years. Not that I would mind (I'd secretly love that) but I had a mission to fulfil here.

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I saw people teaching one, two, or maybe a small set of techniques, none of which would give the results I was after. That was really frustrating (and if you've done a similar search, you know what I'm talking about) but I kept looking. My research wasn't in vain. It brought fascinating insights and discoveries in the area of mind training and the layers of reality beyond the ordinary.

Many centuries ago, there existed a legendary system for training the ultimate warriors in spirit. And by the warriors in spirit I don't mean people carrying weapons, but rather those who are willing to face his or her shadow, fight it, and master themselves for the benefit of all. But there was more to it.

The training also allowed you to unlock the hidden abilities of your mind called extended, or extrasensory, perception. Back then, it was understood that with practice, we could become real life superhumans. Even modern science is being forced to admit that people can develop abilities that puzzle scientists, while being absolutely real.

Imagine if you could heal pain with a touch of your hand, to see the hidden layers of reality and be able to protect yourself and others from the dangers lurking there?

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Your mind can do it. Even more, if you *don't* use your powers as intended, you will feel a growing pressure and frustration inside, maybe not even knowing where it is coming from. We need to train our minds to use our faculties in full. The world of today desperately needs it. It needs its warriors – the people who are strong and aware, and can become the light that helps others see.

Your Purpose is to be that Light, translating your unique skills and passions into a real life change. All those many centuries ago, people used to know that, but the turbulent history of mankind caused many of those ancient teachings to be forgotten or distorted, until the system had been lost.

I've dedicated my life to bringing it back. Over the years, I've discovered its fundamental principles and logic, so I was able not only to restore the missing parts, but also to improve and adapt them to the needs of the modern times. It is my legacy and my gift to all those who are searching for their deeper Truth. I wish something like this existed when I first began my quest.

We are the rightful heirs of that once forgotten knowledge. Now, for the first time in centuries, it can be yours. Providing you're ready for it. Providing that you have the flame in you and the determination to succeed. The ARIYA training is not for everyone. *It's really powerful.*

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Nobody in the world has a system like this. Yes, it is fun and easy to follow, but it's designed to create a tremendous shift in your mindset and the way you see reality. It helps you unlock the dormant powers of your mind to liberate yourself and to serve the world greatly. Many of my students said that the ARIYA training not only changed their lives, it *saved* their lives.

That's why I'm excited to finally share it with you, after all this time. Here's the strange truth – we are all like superheroes with amnesia. There is so much more to you than you realise. The world is waiting for you to remember who you really are and to claim back the power that is rightfully yours. Answer your Higher Calling. Begin your quest. Your life can be an adventure beyond your wildest dreams.

The Secret Quest

This chapter is a reading meditation, which will allow you to test yourself. Its sense is mythological, not literal. Follow the tale and notice how you feel. The more it resonates with you, the closer to your Truth you are, and the more you are tuned into your Higher Calling. Let the adventure begin.

The early summer morning is misty and fresh at this sunrise hour.

You left the narrow lane that led southwest a while ago, and now are wading through the grassy field. Your trousers and sleeves are dotted with dew. In a distance, a rocky mess of hills looms overgrown with trees.

You walk hastily with your hood on, anxious to remain unseen. Nobody should know you're there.

The hills are soon before you. A wild whim of nature, one would assume, seeing the tangled roots and moss that covered the boulders. But you know that what you're looking at was not created by nature, merely reclaimed. You pensively touch a rock closest to you. There used to be a castle standing here, too long ago for people's memory to last.

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And yet you found it. You've discovered where it was, searching for the scattered clues, tirelessly, all these years. Your heart is jumping with joy, but on the outside you try to appear calm and focused. Not that anyone would see, but still. Somewhere here must be a door, you reflect. You walk around, carefully studying the surface.

There is no door, but a wide crack between the stones is good enough, you decide. A quick look to check if nobody is around – and you swiftly make your way in. Inside, it's dark and smells of damp. You mentally scorn yourself for forgetting to bring a torch. In a few moments, though, your eyes adjust and you see that some light falls in from above, scarce yet sufficient. You brush off soil and dust from your jacket. After a short hesitation, you pick up a large rock and force it into the crack to cover the entrance.

You realise that you are standing in a passage, so you decide to follow it, your steps careful and soft. A wooden door meets you at the further end, once heavy, now fragile and darkened with age. Its boards crumbled in your fingers and the lock has almost fallen clanging to the floor, but you catch it in time.

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You enter through the doorway and freeze with wonder. You are in an armoury! A secret armoury full of breathtaking weapons. The old piece of parchment you paid a fortune for was worth its money. It told the truth. In the pale light, you can discern the shapes and the blades, gleaming dimly. For centuries, no hand has touched them. Their slumber is filled with dreams of the days bygone and the distant echo of forgotten battles. You walk past, suppressing the urge to stop and look closer. You see the broken swords and ornate sabres, the lances and the massive axes that yielded to the power of rust.

You came here for a reason. Even though many told you not to bother. Many said it was old wives' tales. Some people laughed at you. Such a hopeless dreamer. There was no sacred sword. It never existed. Or even if it did, maybe once upon a time, it's been long since destroyed. Searching for it was pointless, they said.

You dismissed them all. In your heart, you knew better. The sword was real, and it should be there. You spent years looking for it. All in vain, until a scribble on a piece of crumbly parchment lead you to this hidden place. Your quest will finally be over. The sword is waiting for you, somewhere in these vaulted halls. Somewhere close, so close now. You look around with hardly disguised impatience.

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Finding it is not only your greatest desire, it's your duty. Something you always knew but chose to never share with others – the sword belongs...to you. It's yours by birthright. A dim half-legend, but you wanted to believe it's true – what your nan told you – you are the only living heir of an ancient line of warriors and sages. That thought has always resonated deep within, and you've been yearning for a chance to prove that you're worthy of your heritage. Reclaiming the sword would be the first step to your mission. The legend said that its divine power should restore your own, and bring peace to the realm, after a long and troubled while. You need to find it. You have all that it takes. You just need your power back. Those who've been pleading for your help won't have to wait for long. You're nearly there.

You keep moving through the halls, large and echoey, led only by the ancient promise and your hope. How long have you been wandering there? You don't know. It's too easy to lose the sense of time in a place like that. You start feeling tired, but you are not going to give up.

Finally, you enter a smaller chamber with a stone altar in the middle. A thick piece of cloth on top of it conceals some object, flat and narrow. Your heart skips a beat. 'Can it be?' You excitedly come closer. Light seeping in through the slit windows on the ceiling illuminates a cover strewn with gold and the mysterious symbols that you don't recognise. You pull the cover off.

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A long blade glistens on the altar in front of you, clean and untouched by rust, yet broken into several pieces. "Meteorite steel..." you whisper, incredulous. But then harsh reality starts to gradually sink in. You look at the shards, again and again, feeling something inside you collapse. This is one thing you never could expect. It can't be true. No. No!! Your mind goes blank. You keep staring at the broken blade until your eyes start to hurt. "This can't be...can't be.... Damn!"

You throw the brocade cover on the floor and slump down on top of it. So that's it? Your search has been for nothing, it would seem. You rub your face. The magic you believed in... the dream that kept you going for so long... Everything is lost. All that you got is just a useless pile of slivers. You're too late.

You remain there, motionless, hours emptily trickling by. The day is fading; stars come out in the gloaming, shining slowly brighter as the night seals all around. You meet the darkness alone, with no plan nor desire to get out. It's all over. The life feels pointless now when hope and purpose are gone.

You mindlessly track a crack in the floor with your finger. Suddenly, the words of an old prayer drift into your mind. You don't remember where or who you learnt it from. It's just always been there, deep down in your memory, somehow.

"I am the power of Light..." you utter softly; despondency has robbed you of your strength.

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“The power of Light...of Light...” responds the echo. It picks up the words, tosses around, and returns multiplied, as if dozens of invisible voices prayed with you.

For a moment, it seems as if the hall gets brighter. Sweet nonsense. You shake your head and tell yourself it must be just a trick your eyes are playing on you. The immense, indescribable tiredness gradually takes you over. And yet your lips stubbornly move, as if some part of you refuses to give up.

“My thoughts and words are filled with the power of Creation itself...” You remember how you’ve been told to *feel* that power when speaking, to allow it in, and let it flow through you. You do it without thinking.

Now you can swear the glow is really there! You hesitantly get up. On the altar, the broken sword is shimmering bluish white. You gasp in surprise. “My thoughts and words are filled with the power of Creation itself!” you repeat, firmly this time, not even knowing what to expect. The tiredness disappears in an instant.

Now you can notice a faint golden light coming from your hands, akin an aureole. You bring your hands closer to your face, staring at them in disbelief. “What?!” You wave them in the air, but the glow remains. You look confused. Then slowly, the puzzled look on your face fades away. “What is....? Hah!” All of a sudden, you close your eyes and smile a magician’s smile. You have remembered. The sword has been waiting *for you* to bring it back to life.

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"But of course!" you laugh with relief, not caring if anyone may hear. "Of course! How could I forget..." The power that you've been searching for. It's been there with you already, all along. You just needed the right time, and the right words...and the right weapon.

You straighten up and pronounce the last line solemnly, accentuating every word:

"I will always strive to follow my higher mission."

The words ring within the walls, echoing, echoing. The glow spreads rapidly enveloping you all around, brightening up the altar and the walls. A rush of energy flows through you, inebriating, pure, transforming. You feel free, and stronger than ever before. You take a deep breath and stretch your hand above the sword...

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What do you do next?

Join us, if you know the answer. Or if you're searching for it.

This is a shortened version of a book called the Quest of Purpose, which will be available from Amazon worldwide later this year.

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www.ARIYACREED.org

If you would like to get in touch with me personally, just use the address below or signup for our newsletter.

We are also on Facebook. Look for [ARIYA Creed](#) and [ARIYA Warriors Group](#) – you can talk to other warriors there as well as myself, and get support and inspiration when you need them most.

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