

J . H . T E P L E Y



THE  
QUEST  
FOR  
PURPOSE

THE 5 TRAPS  
THAT HOLD YOU BACK

# THE QUEST FOR 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.”*

— *Codex Semperis*

# FOREWORD

This can be one of the most honest books about finding a Life Purpose that you've read so far. Being honest, especially with yourself, can be tough; yet 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's meant for you, if you feel that there's more to this world than you've been told; that there's more to your life than what you currently have and deep down, you sense – you *know!* – that there's a greater reason why you're here. And you want to discover what that reason is. If you nodded to these words, you're in the right place! This guide will help you start on the Path you've been searching for so long.

**This is your invitation to adventure.**

This book is for the visionaries, the dreamers and the rebels who would rather create their own world than try to fit in. It introduces you to the powerful basics of the ARIYA Mind Training, so you can finally embark on the quest for finding your Purpose. To succeed on that quest, you must be ready to question what you know and unlearn many things you have learnt. You need an open mind and the ability to think for yourself.

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*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.*

—

There's one crucial thing that you need to know right from the start, and it's this... The true difficulty in living your Purpose is not about finding it.

Your Purpose is not a set of lost car keys to be searched for. The knowing of it is already there, within you. Always has been. It is encoded in the very structure of your soul.

It can't be any other way because your Purpose is part of who you are. It is the ultimate expression of your true and evolved Self. To get there, you need to shed the fetters of old thinking and limiting beliefs that stop you from becoming that who you were born to be. In other words, to live your Purpose, you must become the person who is fit for the task. Don't worry if the concept may be a bit baffling at first, it will become clearer as we move forward.

Here's another misconception to get out of the way before we start: your Purpose is *not* a career choice. Your job or career is simply an expression of your Purpose in the world, and you are free to choose whatever suit you best. Think of it as an avenue of your self-expression, a vehicle. Don't get attached to it. You'll find that your way of expressing yourself changes and evolves as you do.



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The word 'mission' comes from the 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 Path and make a difference. The reality of our world, however, is that we often get distracted and tricked into directing our focus elsewhere.

And this is where the problem begins.

Our deepest, most burning longing as human beings is not to have more money, more awards of more social influence. These things are nice-to-haves but not must-haves. Deep down, what we really want is the freedom to be ourselves, truly. To return to our core essence and reclaim the divine power that we've lost. Go beyond the confines of the limited, suffocating, mundane existence.

This is why no matter how famous you are or how much you own, if you're not on the Quest of finding yourself and serving the world greatly, you're at risk of developing self-loathing and depression. Confusion, anger, doubt, anxiety and the feeling of powerlessness are all side-effects, or symptoms, of not living your Purpose.

Let's also address some typical misconceptions about what realising your Path would feel like. This understanding usually comes to you in a flash of inspiration, seemingly out of the blue, yet typically after a period of dedicated self-work and meditation. Imagine it like climbing up a mountain covered in thick fog – all you see is what's right ahead of you, taking one step at a time. Then suddenly, you're above the clouds, the sun is shining, and in an instant, the vista of where you are and where you are going becomes crystal clear. You feel relief and silent bliss, as though a burden had dropped off your shoulders. You suddenly feel at peace, and invincible.

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Trust that silent knowing.

To your surprise, you may discover that the moment of epiphany brings not only joy but also a certain hint of overwhelm, the 'Light and all gods, WHY ME??' kind of feeling; your ego may even start fighting against it. It is alright to experience it that way. We will be talking more about it a bit later.

Another important thing to keep in mind – your mission is *not the same* as your dreams and goals. Ideally, these should be in alignment but in reality, our conscious mind is too easily distracted by the 'social bling' that circulates around.

We tend to dwell on goals and ideas that other people passed on to us. We usually allow them to influence our belief of what's possible, and what a failure or a success means. We often end up pursuing someone else's goals and dreams, mistaking them for our own.

This is one of the reasons why meditation is a crucial skill to master – it increases your resistance to mental induction, while helping you develop better focus and discernment, so you become free from other people's influence.

Last but not least, here is another myth we need to dispel. When it comes to learning to live your Purpose, many coaches and 'gurus' talk about focusing on 'whatever brings you the most joy' – which is both misleading and untrue. Here's why.

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Eating ice-cream may give you joy, and so would sunbathing on the beach or having drinks with friends – none of which would point at your true calling. While being true to your Purpose does give you a feeling of peaceful bliss, it comes only *after* you've taken steps towards it, and after having won the inner battle with your ego that tried to hold you back. That silent bliss is a reward for your victory, and you only experience it once you get there. It has nothing to do with the epicurean mood.

It's more like the joy of a soldier, or a Special Forces operative who lives with the awareness that his work really matters, however challenging it may be. With the moment you align with your true calling, your life transforms into a Quest for inner power, and you become the hero, or the superhero, of that story. The story of you stepping into greatness and true freedom.

Living your Purpose will not only inspire and liberate you but also push your limits. If what you do doesn't challenge you, you may want to re-evaluate your direction. Comfort is the enemy of growth. Your quest will usually demand that you muster the courage to face some inner ('I'm not good enough', 'I can't do it', 'What if I fail?') as well as outer ('That will never happen', 'You're just weird', 'It's not how it's done') kind of resistance.

But the more you do your work and the more connected with your Purpose you feel, the more immune you will be to that kind of pressure. Becoming a 'man on a mission' means that you care less, if at all, about external validation. You'll free yourself from the yoke of craving approval that cripples the efforts of other people. The sense of being inspired and alive will guide you to where you need to go, and you'll patiently acknowledge other people's judgements without being swayed by them.

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This feeling is extremely liberating. It is similar to listening to your favourite music or the voice of someone you love – all other sounds fade into the background. You don't have to fight them out, they just don't matter.

This is why living in alignment with your Purpose is the most effective way to exist in this world. Your thoughts become streamlined, so you don't waste your time, money and energy on pointless distractions that bring resentment afterwards. You become naturally inspired so you won't need anyone to keep you accountable or motivate you for action. The pangs of procrastination become a shadow of the past. And with that passionate and relentless attitude, you are bound for success.

Not only that, but your success and your evolution will be *real*.

What do I mean by that? You will avoid being trapped in self-delusion, a spiritual 'ego-trip' that some unknowingly fall into. That one mistake can keep them stuck for years, sometimes even for life.

You might have seen people who go from one self-development seminar to the next, who have devoured a pile of spiritual books and bought every course imaginable – and yet they are stuck in the same place as they were three, five or even ten years ago. They tell themselves that for the amount of time they spent they should be really advanced, probably even enlightened – but you can easily tell that that is not the case. And yet their chaise of mirages cost them a lot of wasted time and money.

This book can help to make sure that this doesn't happen to you. You are going to discover the five hidden pitfalls that can be holding you back, and what to do about them to step into your real power.



# The Real Price of Not Living Your Purpose

The truth is that the Quest for Purpose is not easy, or else everyone would be already doing it. To help you stay on target and succeed, you first need clarity about your deep WHY. It is that clarity that will push you forward when the doubts come up, when the challenges seem exhausting or when others don't understand – in other words, your WHY will carry you through whenever the going gets tough.

Living your Purpose equals serving the world greatly, which in turn means being valued greatly and attracting the right people into your life – including your soulmate if that's what you wish for. The power radiating from you will make previously impossible things an everyday reality.

Your very presence will become inspirational and uplifting, and make other people be naturally drawn to you. If this sounds like some sort of a fairy tale, simply look at the examples of those who dared to step outside their comfort zone and be true to themselves – the millionaires, the influencers, and the people who changed the course of history.

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When you tap into the sense of living your Purpose, your true power unfolds. You become naturally confident, driven and passionate, and the 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 for you and synchronicities follow you wherever you go. You start to feel invincible and unstoppable. As your decisions become aligned your true priorities, your life naturally transforms for the better.

For as long as you haven't found your Path, you may feel like you're in a prison of some sort, as though the world is closing in on you. You may be haunted by the sense of disempowerment, depression, financial difficulties and low self-worth.

People who don't know what they stand for, often don't have the confidence to say 'no' and therefore sell themselves short. They settle for partners, 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 being literally 'cut off' from your personal power. Making a decision to show up to the world as you really are has the effect of flipping a light switch – suddenly, everything looks different. As your mind becomes illuminated, so will your life. We are the creatures of the Light, so being trapped in the darkness hurts.

Let's sum it up.

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Below is a list of symptoms that are common for those who have not yet started on their Quest for Purpose. Everyone's circumstances are unique, so you're unlikely to resonate with all points but you should take it as a warning sign if you can relate to three or more.

## Signs of a disempowered state:

- Depression
- Low vitality
- Financial difficulties
- 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
- Insecurity
- Procrastination
- The sense of 'not belonging' and being out of place
- Emptiness (when nothing you do seems to make sense)
- Attracting people into your life that bring you down
- Willpower failures

On the other hand, if you have started your Quest already and working towards uncovering your true self and living your Purpose, your life will also reflect that. Below is a list of tell-tale signs that you're on the right track.

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## Signs of an empowered state:

- The sense of energy and 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
- Discovering natural heartfelt self-love and self-respect
- Your life transformed beyond your wildest dreams

The beauty of the list above is that it's NOT a wishlist. These are the *actual* feelings and circumstances that show up to accompany your journey towards a meaningful life.

Notice how all these things are merely signs or side effects – not goals in themselves. Many people make the mistake of pursuing these material rewards as standalone goals, which leads to the sense of emptiness and emotional breakdowns in the long run. This is because they are missing the bigger picture and deny themselves the chance to find fulfilment on the soul level.

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At our core, we are both spiritual *and* material beings, so only by balancing both parts of our nature, can we truly unfold as individuals and learn the lessons we came here to learn. Financial rewards truly nourish you on your journey only when they come as a side effect of your service to others.

The next chapter will show you where to start. Let's go!



# Your 5 Steps To Freedom

Below are the five major pitfalls that may be holding you back from living the life of Purpose and fulfilment. They are like invisible but solid chains that will keep you stuck for as long as you don't realise they are there.

The reason why many people are unable to move forward is that it's impossible to deal with something you're unaware of. This is why learning about these hidden obstacles will be your first massive step towards liberation.

With your new awareness, you will be able to see the traps from what they are and navigate away from them – even without training (although that path would be much slower).

You will reclaim your right to choose your direction and craft your life more consciously, in the way that is unique to *you*.

The curious thing about these five 'mental chains' is that they are all interlinked, meaning that pulling on one will move the rest as well.

Now it's time to find out what they are.

## I. THE LACK OF 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 Lightwatch Chronicles,' Book I*

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

Your Purpose is an intrinsic part of who you are. This means that if you've never learnt about who you really are under the surface, you will find it hard to define your Path. Most people spend years pretending to be someone else until eventually, that mask 'grows in'. Before they know it, they forget what they really wanted to be and become trapped in their social roleplay.

Here's a clue – you're not being yourself if you don't distinguish between *you* and your mind. In other words, if you believe your own ego-story.

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That story is the idea of what you can and cannot be, created and maintained by the untrained ego. It's typically made up of different elements such as, 'I'm this way because of where I was born (or because of my parents, friends 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/public speaking/expressing my feelings' and so forth.

All these are merely stories. They only seem real in your mind; they simply don't exist anywhere else. Other people are often unaware of your self-imposed limitations until you choose to share them.

But if you're not aware of that mind's game, you tend to end up getting sucked into it and start acting as though what your ego believes about you were true. In other words, that distorted image will shape the way you speak, act, and feel, and influence the choices you make.

Always remember that your true identity is beyond your birthplace, your job and your life story up until now. To set yourself free, you need to separate your awareness from your ego-mind. Once you wake up your true sense of Self through meditation and self-enquiry, your mind won't be able to impose its limitations on you anymore.

You are not what the world made you believe you are. You are something infinitely greater. And you can decide to reclaim your divine heritage and power at any moment.

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There is something very important that you need to know. The truth is this – *your Purpose does not belong to the human world*. This is because it is part of your core immortal essence that comes from the higher levels of existence. In other words, it is as transcendental as you are. Don't feel intimidated by that thought, so. It is a task that you can manage.

Imagine the information about your mission as being written in a different language, say God's language, and your task is to translate it into the human-used terms. The better you learn to understand yourself the better job you can do. And if you don't know who you really are, chances are, you'll get stuck or misinterpret what you see.

Just like studying an appliance closely would give you the clues about what it was designed to do, by studying yourself, you will get clarity on what you are best suited for.

Knowing how to train your ego to work alongside you and not against you is one of the most crucial skills on your Quest. This work can be done on your own, although proper guidance could streamline your progress right past the disappointments of trial and error. A right mind mastery training can save you years and even decades of your life while offering faster and more powerful results. If you're serious about your success, consider finding a teacher.

## 'Remember Who You Are' Exercise

In the meanwhile, start with the questions below to help you get initial clarity. There are two conditions to get this exercise right: 1. **Absolute honesty** with yourself and 2. **Time**. Don't rush it; sometimes finding or remembering the 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 do 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 give you 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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Here's one important hint that will make your search much easier – focus on those interests and activities 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 at the beginning of this book? While looking for your Path, you must be prepared to question and challenge everything you know, including this one thing you may hold particularly dear – your paradigm, your deeply rooted set of views about the world. Quite often, the very idea of looking through the contents of your mind can cause the ego to throw a tantrum and try to deny you access.

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But if you persevere, what you discover may surprise you. It can be quite unsettling to find out just how many of your 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.

Here's an example of a common paradigm that leads many people away from their Purpose, and yet many accept it without a second thought. This paradigm is about making money.

For clarity, there is absolutely nothing wrong about earning an income you deserve. But if what was meant to be merely a tool becomes your main focus, that chase may prove soul-destroying. Here's why.

Imagine a young boy of seventeen or eighteen, let's call him Jake. He's only beginning to learn about the ways of society and living in this world. Jake is absolutely passionate about drawing, and his skills are really good. Soon, he masters the art of digital animation as well, and even got some following on social media with his art.

His parents are staunchly against him going to an art school, though. 'We only want you to do well in life,' they said. Deep down though, they just wanted to be proud of their son on *their terms*, according to their own views of what a prestigious job should be like. When the logical arguments didn't seem to work, the parents changed their strategy to shaming, calling Jake a loser for wanting to do something 'nobody was interested in'. They even offered a bribe of sorts – their financial support if Jake were to enrol in the university of their choice. They reckoned that should be enough to make him yield.

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'You don't want the whole family to be ashamed of you, do you? You won't get a penny if you continue with your nonsense! We hope we've got a deal,' they scoffed as they left his room.

'I'm sure he'll do the right thing,' Jake heard his father voice from behind the door.

*The right thing, huh? Jake set his lips. I wish I knew what the damn right thing is.*

Luckily, he was not like the other young people of his age. He had a secret power that he never spoke about.

Once he was on his own, Jake slowly closed the lid of his laptop, drummed his fingers on it, pensive for a moment, then got up and dimmed the lights. Next, he dived under his bed, pulled out his meditation cushion and put it on the floor.

Jake liked to use music when meditating but today it didn't feel right. So he simply closed his eyes, relaxed and focused on his breathing to slow his racing thoughts down. Then, in his mind, he pictures two different futures – one that his parents wanted and the other one his soul was drawn towards.

With the first one, he saw himself many years from now, finishing school he hated. The graduation ceremony brought no joy; he felt just directionless and lost, thinking of how he had to start looking for a job he had no interest in. Jake saw himself eventually securing a boring low paid position in a private healthcare centre that slowly pushed him first into depression, and then the desire to drink his sorrows away.

Jake took a deep breath. That vision was terrifying.

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He focused again, this time on the future that he would love. In his mind's eye, he saw a community of fans supporting his work, and an online course he could take instead of going to an expensive school. He saw people reaching out to him offering work, buying his prints and artworks; and eventually – becoming part of a large film production that made his name known. The finally, his elderly parents looking at him with pride...and then—

Jake would go on but his phone's screen suddenly lit up and a cheerful *ding!* snapped him out of his meditation. Jake scowled as he realised he forgot to turn his phone off, reached out and looked at the screen.

'Hi Jake,' a message said. 'You don't know me but I saw your work online and it's fantastic. I was just looking for someone like you to join project...'

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The money-centred paradigm of modern times is not as harmless as it may seem. In essence, it equals the value of a human being with his or her net worth; it implies that to prove that you're worthy of respect, you must show the funds to 'qualify'. The followers of that belief – countless salesmen and the internet marketing gurus – try to make others feel that if they don't spend all their time striving to make as much money as possible, there are losers and there must be something wrong with them. They try to make you feel guilty for not serving their system.

Don't waste your time chasing their misguided dreams. Adopting this paradigm is one of the main mental pitfalls that keep people stuck.

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You need to be financially strong so support yourself and others, but money is no substitute for true inner power and fulfilment that your Calling brings. Possessions can't numb the pain of not living your truth. Trapped in that paradigm, people can suffer from severe depression for years while having more money than they know what to do with.

Once put into words, this may sound obvious and simple, but often this and similar beliefs can lodge in your mind unchecked. Their insidious influence can hold you back without you even knowing.

We only tend to snap out of that social trance when the pain becomes too intense to handle. This breakdown moment is popularly called the 'midlife crisis', or sometimes the 'quarter-life crisis', or the 'old age crisis', but the essence is 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 lost time.

You have the power to avoid it, though. You don't have to follow where the rest are going. Start by letting go of the ideas that don't truly serve you, no matter how widespread they may be. To chart your own life journey, you have to first disentangle yourself from other people's expectations. You need to know which dreams and goals are truly yours.

This is why self-enquiry and meditation are so important. They can help you look through the contents of your mind and clean out what doesn't belong there.

One of the easiest ways to tell your real goals apart from social indoctrination is through the simple meditation called the Exemplary State. [If you are new to this technique, look up the video tutorial on the ARIYA Creed YouTube channel.] Practised regularly, it can bring about a groundbreaking shift.



## III. YOUR TRIBE

*"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 there."*

*— Codex Semperis*

The third chain can be hidden in your environment.

The people you date, work, and socialise 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 you realise it or not, you tend to absorb the mindsets, habits, behaviours, as well as likes and dislikes from people you mingle with.

**A good exercise to do at least once a week** is to analyse your dominant beliefs, emotions and views to see if you can track them down to their source – to the person they originally came from. For example, if you grew up in an environment where negative thinking and disempowering mentality were a norm, you may struggle before you realise that those mental constructs are what is holding you back.

The presence of the right people in your life makes a world of difference to how quickly you can move forward. The surest way to success on your Quest is to surround yourself with those who are going in the same direction, who share your values and dreams.

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While your family circle may be not something you can easily change, you can decide for yourself what people to get close to and make friends with. Choose those who will inspire greatness in you and challenge you to rethink your beliefs and limitations. Nobody can be strong all the time; you need a pack of loyal friends who would help you up whenever you feel low and in a dark place. Think about it this way: if you could get to your goal all by yourself, you'd have already made it there.

This is exactly why we have ARIYA Warriors hubs on Facebook and Telegram. The guys who joined the groups describe them with most often one word, 'phenomenal'. You are welcome to join, too – the invite links are at the end of the book. Unity brings strength.

## IV. FEAR (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?', 'you can't do that', 'that's way out', 'what if you fail?'

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Those questions and insecurities come from the untrained ego that wants to keep you small based on its distorted idea of 'safety'. It wants you to lead a stifling, mediocre, miserable life because this is what it deems safe.

Make no mistake – the ego will let you do things like bungee jumping, climbing up a rusty staircase in an abandoned factory or travelling through the jungle. Displaying this kind of *external* courage gives it the boost of validation it likes. It may even trick you into thinking that you're completely fearless, and this may even be true – but only externally.

To see what I mean, try to share yourself with others as you are: tell them about that prophetic dream, or that time you saw a what seemed like a ghost, or when you could sense 'bad vibes' from someone without being able to explain it in any rational way. You will notice how the ego will pull you right back. And speaking your truth can be a challenge, it gets even more intense when you try to *live* your truth.

Many self-development courses are focused on teaching you how to deny or suppress your fear. This creates a jerky, unstable trajectory when you make one step forward often followed by two steps back. This is because the amount of energy you spent to suppress the fear at a certain point to get what you want leaves you depleted and less able to resist other challenges later. Such types of training are like getting patches for a glitchy program, instead of reinstalling it.

This is not an effective way of dealing with fear. Instead, you should work towards going *beyond* your ego – to the sense of your real, immortal core, the unstoppable source of power within you. It is like getting access to your BIOS, from where you can rewrite your mind's processes however you want. This is one of the main goals of ARIYA Training. You'll receive the tools and the exact steps to get you there.

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In the meanwhile, though, start from mapping out your fear, get to know where your mind blocks you assess to certain thoughts, feelings and experiences. Because many of those fears operate in the background unchecked, awareness is a great tool to curb their power.

For a real breakthrough, though, start from the guidance you'll find in Codex Semperis and begin training your mind for focus and strength through mental and physical exercises.

## V. THE EGO

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

All other nuisances aside, the untrained ego is typically the main barrier that stands between you and your greatness.

This point brings you straight up to the pitfall #1 – a lack of awareness, making a full circle. The less aware you are, the more your ego will take over your life.

Ultimately, the ego is not an enemy to be fought but an interface to be restructured in a way that suits your purpose best.

Imagine a developer creating a really good app but the interface is awkward and glitchy. He doesn't start a war with it but instead sees where the problem is and remodels the interface to operate with the maximum efficiency. This is the best approach when it comes to the ego.

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There is something very pure and graceful about embracing ourself and your journey's simply for what they are and sharing them as you have lived them rather than holding back.

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 others – a carefully crafted list of your habits, beliefs, and self-imposed limits.

The problem of being led by the ego is that it is the most fragile, insecure, and always validation-seeking part of our mind. Even worse, it's determined to keep things just as they are and protests violently against any change. Examples of 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.

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 potential and live in self-denial. 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.

Focusing on the old ego too much only makes that ego stronger. To overcome it, shift your focus to how you can serve the world to the best of your ability.

# The Quest for Purpose

Don't numb your pain – allow it to guide you back to your truth. I'm not talking of the physical ache but the deeply buried 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.

# To Live Your Purpose, You Must Evolve Into The Person Who Can

The main challenge in living your Purpose is that to succeed, you need to upgrade your current mindset – to become a different expression of yourself. You have to evolve into a new, *elite version of you* that is capable of doing more and serving the world greatly.

It is a tough challenge but it brings the biggest rewards. Making a decision to commit to serving your mission can be one of the most important turning points in your life.

Upgrading your perception of reality and developing your energy sensing skills (which needs to be part of your training to fully adjust to the current challenges) is a delicate process though, and requires an experienced teacher to guide you. The power of the mind is real. Trying to master it is like training with sharp weapons. It can be risky when done alone the support of someone who knows how to get you where you want to be, safely.

This is way serious than most people realise. I know this first hand because my training not only helped men get stronger, more confident and more in touch with their true masculine essence, it also saved many lives.

# The Quest for Purpose

If you are serious about finally becoming someone you always felt you were called to be, and you feel you have what it takes to succeed on that journey, I will be honoured to help you get there.

Not only that, but you will join an inspiring tribe of other men – the ARIYA Brotherhood – who are going in the same direction as you, who understand your goals, your challenges and uncertainties, as well as your aspirations and your vision. Men, who will truly support you and cheer for your success, so you will never have to feel again like you're doing all the work alone.

If that sounds like what you've been looking for, there are some great news. I have a few spaces available for a private training that will absolutely skyrocket your personal evolution and will transform you into a real-life superhero version of you in the shortest possible time.

You can schedule a call with me, to talk about what you want to achieve in more detail. Free.

Is there a catch?

Only one.

You have to be determined to succeed. Think of it as the Selection process for the Special Forces, except the battle will be in your mind, against your old ego-self that's holding you back from the most incredible life, and the one you were born to live. You'll get all the knowledge and support you need (and more! I always go an extra mile for my students) but you'll still have to do the work.



# The Quest for Purpose

I only accept a few candidates a month because of how extensive and profound the training is. If you qualify, it will not only *transform* your life but it may actually save your life, too. I know this sounds a bit serious; this is because it is. I'm being absolutely honest with you.

No matter what choice you make from there, remember this.

Our world needs you. Your gifts, your power, your inspiring presence. You have it all within you, ready to be unpacked. I know you can sense that you were called for more – way more than who you are right now. Say yes to a future beyond your wildest dreams. Become a member of the spiritual warrior elite whose mission is to make this world a better place, using the incredible powers that lie dormant within every person's mind.

Say yes to a life free of depression, lack of direction and anxiety and step into the greatness that is waiting to awaken within you.

You are more than you think you are.

It's time to finally start living what you've always known deep within. If you've been waiting for a sign, this is IT.

Begin your Quest.

Book your **free discovery call** below.

[\*\*// CLICK HERE //\*\*](#)

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The right word at the right time can mean a world to someone who needs it. Feel free to share this book with anyone who you feel would benefit from it; just don't edit it so it maintains its integrity.

# JOIN OUR TRIBE

Last but not least... Connect with us, we're sociable:) Click on the links below to meet other warriors on the Path and get the support, accountability and motivation when you need them most.

To find out more about ARIYA and how you can get involved in our community click below or copy and paste this address in your browser: [www.ARIYACREED.org](http://www.ARIYACREED.org)

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[This is an excerpt from my upcoming book, 'The Quest for Purpose'. Full version available on Amazon soon.]