



## **Follow Your Spirit to Work, Follow Your Work to Spirit**

*by Michele Lisenbury Christensen*

Business and career success and spiritual fulfillment are complementary aims. Each enriches the other when they are explored in tandem with mindfulness and commitment. The Soul of Business Success is my system for pursuing business success and spiritual fulfillment through one integrated path. This article will support you in two different dimensions of SBS: Following your spirit to work by working with your mission in life, and Following your work to spirit by accepting the invitations to growth you receive through your career.

### **Follow Your Spirit to Work: What is Your Mission?**

Laurie Beth Jones, in her book, "The Path," teaches a simple way to ascertain your purpose. Do feelings stir inside you that suggest you might contribute to a better way of life for others? Can you list opportunities currently in your path that might really be distractions? What are they?

Your talents could be put to numerous uses, very few of which will actually serve to advance your values and the projects you truly believe in. Until you become clear on what those values and beliefs are, you will be dangerously vulnerable to the myriad temptations vying for your attention. Jesus of Nazareth is a good example of someone who knew his mission. He was about abundant life for all, but he was given several "business opportunities" in the wilderness. Temptation arose to fly off the roof of the temple, to turn stones into bread, or to turn a stick into a snake. I like to joke that Jesus could've made a killing in sandal sales, the way people gathered around to hear him talk! But none of these "careers" fit his mission; although they would have used his talents, they were not viable options for him.

***To hone in on a straightforward articulation of your mission in life, follow these simple steps:***

1. What three verbs most excite and inspire you? These will be your statements of action; the "doing" part of your mission. Examples include: discover, inspire, reduce, uphold, or sell.
2. What are your core values? These point to that which you most want to teach and represent in this world. Examples include: freedom, justice, faith, simplicity, joy, and safety.
3. Who do you most want to impact, influence, and be with, and why? Your answer may or may not help you narrow down the sphere of influence of your mission. If your answers to the first two questions do not point to a particular "tribe", such as "women", "the people of the Northwest," "homeowners," or "illiterate adults," you can simply say "as many people as I can" or "people from all walks of life".

***Put your answers together:***

My mission is to \_\_\_\_\_ (verb), \_\_\_\_\_ (verb), and \_\_\_\_\_ (verb)  
\_\_\_\_\_ (core value) to, for, with, or through \_\_\_\_\_ (the group).

*For example, my mission is to delight in, give voice to, and embody practical spirituality for everyone I encounter.*

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



*When you find the mission that fits, you'll find you can live it everywhere, in any job, all day, every day. Your mission may, however, guide you to change your work or other life circumstances. Enjoy!*

## **Follow Your Work to Spirit: The Challenge Within the Challenge**

Life offers us opportunities for learning, growth, and enlightenment every day. Since many of us spend 30-60 hours per week at work, it only makes sense that life (or the universe, or Spirit, or God) would offer us opportunities to return to awareness of our true nature and the true nature of life itself during the time we're working. Our work situations, our professional relationships, our financial challenges and opportunities, and the basic challenges of getting it all done and remaining standing at the end are ALL opportunities for the Divine to speak to us of our destinies. And speak, it does!

Our Life Challenges, as I call these opportunities for evolution, are delivered to us inside the package of our challenging situations. Naturally, the Universe talks to us in ways it thinks we'll actually HEAR. And what better way to get an audience with a busy guy or gal than to cause him or her pain, stress, or consternation? It's not that this is Spirit's preferred way of getting your attention and reminding you of how beloved, unlimited, and amazing you are. But if you've been ignoring birdsong, rushing past sunrises, and neglecting to spend time playing with children or animals, what's an omnipotent Source to do?! It's gotta thwap you up side the head!

And so you receive news you don't want. You experience situations you'd rather not. You find similar themes popping up in different corners of your world. And there you are: paying attention. The universe has your attention as soon as you notice that something's not working.

Now you have two options: you can make the universe **wrong** for allowing this misfortune to befall you, or you can give **thanks** for the blessing of this gift wrapped inside a problem. I'd love to see you do the latter. To help you do that, please reflect on (and act on!) the following questions:

- What Life Challenge does this situation represent?
- Where else in my experience can I recall that this same gift may have been offered to me?
- How have I been making the universe or other people wrong for this situation?
- How have I been trying to "shortcut" my way out of this situation without really claiming its gift?
- Who do I need to converse with now, apologizing for my past blame and sharing my Life Challenge?
- If I were to fully respond to this situation, both internally and externally, what would I do?

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



## **Further Reading For Follow Your Spirit to Work, Follow Your Work to Spirit:**

**"The Path"** by Laurie Beth Jones

This is the best book I've found for quickly and easily discerning your life purpose and for finding ways to live that purpose from right where you are now. I've collaborated with Laurie to turn another book of hers into an e-program. Visit [www.jesusceo.com](http://www.jesusceo.com) to learn more.

**"Heal Your Body"** by Louise Hay

By looking at body symptoms in this indispensable little book, your Life Challenges may be revealed to you in vivid language. If your symptoms reflect messages you're ALSO receiving in other areas of life, you have a marvelous opportunity to heed them!

**"The Corporate Mystic: A Guidebook for Visionaries With Their Feet on the Ground"**

by Gay Hendricks and Kate Ludeman

A spiritual perspective on corporate work, leadership, and vision, written in a very grounded, "corporate-friendly" tone.

*Visit [www.successandspirit.com](http://www.successandspirit.com) or call 206.729.8497 for more resources.*

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!