

# You Are Sacred Purpose: Be More Afraid Of Avoiding Your Path Than Walking It

*By Jeff Brown*

*You are Sacred Purpose.*

You are not your shame, your fears, your addictions, your games, your guilt, the internalized remnants of negative messaging... You are not your resistance to your true path ... You are not your self-doubt... You are not your self-distraction patterns. You are not your escape hatches... you are not your pessimism about a life of meaning and purpose. You are not here merely to survive and endure.

*You are Sacred Purpose.*

No matter what others have mistakenly told you about who you are, no matter what mistakes you may have made in the past, you are here with a sacred purpose living at the core of your being. If that weren't true you never would have made it down the birth canal. You never would have overcome what you have already overcome in your life.

*You are Sacred Purpose.*

*Whatever your ways of distracting, postponing, delaying, armouring, avoiding, altering, feigning, artificializing, externalizing, superficializing your life... I encourage you to STOP IT NOW.*

This really is no game, this is completely real, this sacred purpose that courses through your soul veins crying out to be heard from below the surface of our avoidance. I cannot say this with enough assertiveness.

To the extent that you identify and honour your true path in this lifetime, you will know genuine satisfaction, real peace in your skin. You will be infused with vitality and a clarified focus, new pathways of possibility appear where before there were obstacles. You will know a peace that will buffer you against the madness of the world, a clarity of direction that will carry you from one satisfaction to another. Life will still have its challenges, but you will interface with them differently, coated in an authenticity of purpose that sees through the veils to what really matters.

To the extent, that you avoid the quest for purpose, you will live frustrated, a half-life, your avoidance manifest in all manner of illness, perpetual dissatisfaction, emotional problems, depression, addictive patterns, all reflections of your own alienation from the purposeful root of your being. You see, there really is no escape from reality, all there is, is postponement.

*You should be more afraid of avoiding your path than walking it.*

*You are Sacred Purpose.*

It doesn't matter what anyone tells you about who you are. There is so much of that. This is your journey. Even those with the best of intentions, cannot know the path you are here to walk. The REAL journey is not one of adapting ourselves to someone else's vision, but instead, shaping who we are with our own two hands. The unique clay we work with lives deep inside our soul bones, awaiting our own detection & expression.

*You are the sculptor of your own reality – don't hand your tools to anyone else.*

Only you can know the path you are here to walk. It's a personal decision, and it doesn't have to be grandiose. Your

purpose can be as simple as learning how to listen better, how to enjoy the moment without getting in your own way – wherever the growing is, wherever you find genuine peace with path, wherever you feel unmasked and genuinely real.

In the survivalist world that we are coming from, we defined ourselves by what GOT US through the day, whatever masks got food on the table, whatever way of being endured this challenging life, but we are at the beginning of a new way, a way of being that is sourced in who we REALLY ARE, not our egoic face, not our survivalist face, not the false face of our hidden power, but the real face, the real path, the no bullshit no hype no pretence expression of WHO you REALLY ARE and a life that fully and deeply expresses the magnificence that lives within you. Your sacred purpose may be covered in dust, it may be hidden from view, but it is still in there, sparkling with infinite possibility.

*You are Sacred Purpose.*

This is a call to action. A call to authenticity. A call to dig yourself out from below the bushel of shame and self-doubt that has plagued humanity. A call to get off the dime and do the real work to call yourself on your distraction patterns and excavate your own purpose in this lifetime.

*What are you here to learn? What are you here to overcome?  
What are you here to express? What does your authentic face  
look like?*

Who are you, above and beyond all the noise and haste? This is not about money, or bullshit ideas of abundance, or gratifying your ego. This is about the real thing, the real deal, the vulnerable and courageous truth about who you are and why you are here.

I ENCOURAGE you to take the question of sacred purpose seriously, to not postpone it for another hour, or week, or

until you retire, until the next lifetime, until you finish school, or end your relationship, but to take it seriously now. To work like a dog to find out what lives inside of you, what you are here to express, what you are here to manifest and express, what you are here to give, to share, to learn, to create, to dance, to art, to walk...

You don't know how long you have, it may be 60 years, it may be 60 seconds, you may not make it to retirement, you may not make it to tomorrow morning. At least if you are questing for your purpose, living your truth, you will not suffer when it is time to leave your body in this lifetime.

You will be living in your authenticity. This is no small achievement in this distracted world, where the unconscious media and manipulative marketers try to turn us generic and frightened so we will be locked into their script... fuck that. You already have a script and it lives deep inside you – that script is your purpose, what you are here to express, to learn, to embody, to humanifest.

So u decide which script to read – the fictional novel written by those who do not SEE u, or the HOLY BOOK written by your glorious spirit. When you walk through the gateway of purpose, you walk into yourself. You are sacred purpose, you are sacred purpose, you are sacred purpose. Don't stop until you find it.

***Jeff is the author of [Soulshaping: A Journey of Self-Creation](#), [Ascending with Both Feet on the Ground: Words to Awaken your Heart](#) and [An Uncommon Bond](#).***

Copyrighted Material

# SOUL SHAPING

A JOURNEY OF SELF-CREATION

Jeff Brown

"Soulshaping does an excellent job of demonstrating how we can listen to and follow our soul's guidance in the midst of life."

—RAM DASS, spiritual teacher and author of *Be Here Now*

Copyrighted Material

Including APOLOGIES TO THE DIVINE FEMININE

# Ascending with Both Feet On the Ground

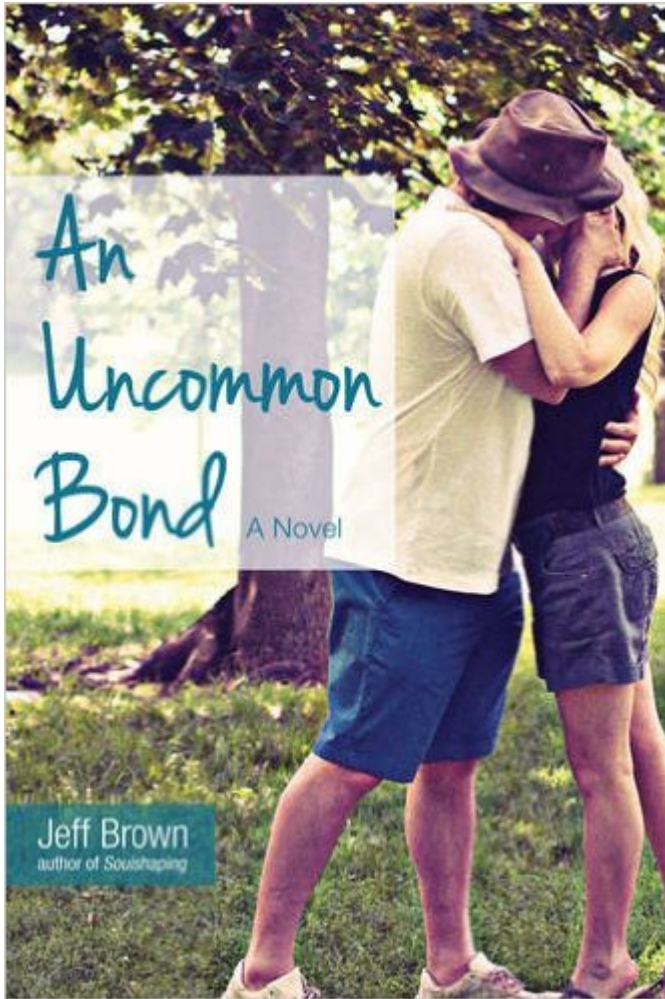
*Words to Awaken your Heart*

JEFF BROWN

Author of *Soulshaping*



"I love learning about life and truth through the wizardry of Jeff's words. I think you will too." —ELIZABETH LESSER, author of *Broken Open*



## #SACREDPURPOSE

HOWL WITH US  
ON [FACEBOOK](#), [INSTAGRAM](#), [TWITTER](#) & [PINTEREST](#).

SHARE THE MAGIC: