

Your Sacred Soul Mission

by Oceana del Fuego

Your soul mission defines the reason you are incarnated. It is the culmination of all of your collected karmic experiences and wisdom. It is that ultimate goal that compels you to be the most moral, ethical person you can be. It challenges you to clean up yourself and your life and to use your gifts.

Your soul mission is like a corporate mission statement. It is the statement of your life purpose. A soul mission contains sacred covenants. Covenants are binding and solemn agreements that were forged between lifetimes. They are a series of commitments to carry out your soul mission.

The covenants are like corporate objectives under the mission statement. They are a list of more specific and detailed goals. I think of the soul mission as the "glory, love, and light" part, and the covenants as the hard work. The covenants often reflect the shadow side, meaning issues in your life that must be addressed. For example, a person's soul mission might be "to teach children." Ahhh. Wonderful. A covenant for this soul mission might be "to teach each child equally, without regard for behavior, attitude, intelligence, disability, background, social status, family traits, or religion." Hmmmm. Challenging.

Since your soul mission was established before your birth, you might expect it to be obvious and in alignment with your current life and lifestyle. The truth is that soul mission is often buried under layers of

trauma, deadened emotions, addictions, foreign energy, an unhappy body, and a stressful and unrewarding life.

Because the covenants reflect your shadow, you must identify your vehicle for growth. To determine this, ponder what area of your life you struggle to heal. It could be addictions, relationship issues, abundance issues, or physical ailments, for example. My vehicle is my physical body.

Ninety percent of the growth and transformation I have done has been at the insistence of my physical body. This is discouraging and upsetting at times. It is as though my body has said, "I am going to hurt, itch, and be allergic until you heal your soul." Knowing your vehicle gives you focus and helps you to have love, compassion, and patience for yourself and others.

The more you work on your own healing through the vehicle life has given you, the more you will live in alignment with what

is true for you. Your soul mission will become clearer, and your life and work will be meaningful.

There is much divine support for those who abide by their covenants and pursue their soul mission. From a spiritual perspective, much suffering and misery occur because people enter into binding sacred covenants and then renege on the deal. We forget the agreements and live contrary to our own highest good and contrary to the highest good of all.

Those who live a life congruent with their inner knowing and deeply held values will move closer to their soul mission and covenants regularly. Those who lose,

forsake, or never had a connection with their own wisdom live lives that keep them from making this connection.

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Your path will lead you to your soul mission and sacred covenants. It may start with just an inkling like, "I think I'm supposed to be working with animals" or "I just have to do something to help homeless children in Latin America." Those strong urgings are your soul speaking to you. Your soul is the part of you that remembers the mission and covenants and leads you to them.

The process of aligning yourself with your soul mission is the process of moving farther and farther into the light of God's grace. The goal is to experience a continual increase in your vibration and clarity level. This, then, leads to increasing clarity regarding soul mission.

When you look at what is really important to you, you will get a glimpse of what your covenants are. The exercise of imagining what you would do if you only had a year to live is a helpful one. What is important to you based on the contents of this list?

Another good exercise is to make a list of people who are heroes to you. Who do you admire? When the list is complete, write the qualities each person embodies

that are important to you. Do not exclude people from the list because you have judgments about what they do. There have been times when many of the heroes on my list were college athletes who demonstrated admirable qualities that inspired me.

The qualities you end up with are things to look at developing in yourself. These qualities speak to you through your heroes in a way that touches your soul, and your soul will lead you to your soul mission.

Pursuing your soul mission is rewarding, because it is in accordance with God's will and your own wisdom. Adding alignment with God's will to a regular life adds ease, grace, manifestation, and other positive qualities. Once you are pursuing your soul mission, you are no longer living just for yourself. The goal in living becomes pursuing what is in the highest interest of all. There is great joy in pursuing a goal that extends beyond your own ego.

You have the abilities you need to do your soul mission. Your task is to do the emotional, physical, and spiritual growth work, using your vehicle, to uncover the abilities you already have. Dormant abilities are a waste of God's gifts.

This process of pursuing your soul mission requires faith and trust, because you can only see so far ahead of you on the path. The sense of seeing only part of the path is uncomfortable for most of us. We want to see the whole thing and then take the first step. Your soul mission unfolds before you as you take the steps. The desire to know it is the first step. Take a deep breath and commit to the next step now.

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