

Several people have come to me for healing recently feeling lost, confused, like they no longer know who they are or what they genuinely want in life.

It used to be called a mid-life crisis, now it's called finding your purpose. And I want to tell you that it doesn't have to be hard. There is a really really simple way out of this situation, and I know because I've been through it recently. Like REALLY recently, like give up my vocation and start a brand new life recently.

So...how do you go about it, where do you start when you can't see the wood for the trees and can't envision what you actually want, when you are weighed down by the mortgage and making a living and doing the right thing?

The first thing is that it's not about visioning, hoping, wishing it will somehow miraculously come to you. It's not 'out there' somewhere, it's not sat on top of a golden cloud somewhere waiting for you to click your fingers and demand it come to you.

No, it's more simple than that. The first thing to remember is that it's right here right now, just follow the golden thread and it will lead you directly to your life purpose. Again, life purpose doesn't have to be complicated, it's not that shiny bright thing outside of yourself, our big dream that you can't quite reach, those shoes that you're never quite big enough to fill. NO, it's right here right now and you already have the potential to achieve it. Not when you attend the next course or learn the next big thing or heal your story or or or...no, right now, if you just allow it.

Let me give you an example. This week my husband and I are in Pembrokeshire. We are looking after a Youth Hostel for the week as Volunteer Managers, a beautiful place perched on a clifftop, west-facing for the sunset every night. We did it last year and we loved it, and we saw dolphins four out of seven days. Our "joy" involves desolate places, remote islands, nature, beautiful countryside, walking and camping. Yet it nearly didn't happen at all. When he suggested it my mind came up with every excuse; it was a rush to get the paperwork back in time, then there was the training course, the cleaning, the accounts, the difficult customers (they have all been delightful). However I let him persuade me and this year whilst on a walk to even more desolate places, we see a sign asking for people to volunteer on a remote island next summer. Needless to say next year we will probably be on said remote island.

Do you see the pattern here? Our passion, our life purpose, whatever you wish to call it, has literally found us. Because we followed the thread, because we took the first step. Otherwise we would probably be sitting on the sofa wondering what we really really want to do this year, what we are MEANT to be doing, what is destined for us, suffering from bright shiny object syndrome, wanting the perfect image before we do anything at all.

It's a progression. Your life purpose isn't some shiny fixed destiny point out there, it's not the star, it's more like a whole journey along the Milky Way, stopping at cool places along the way.

In the same way that I started with massage and midwifery, which became just massage, then birth story healing then life healing. And I'm not finished yet, I am still evolving and so are you.

That's all I have to say really. Follow your golden thread. Allow the nudges of the Universe to

prod you into action. Give it a go. You'll either like it, in which case further opportunities will present themselves, or you won't, in which case you can try something different. Don't worry if you go down a few dead-ends, they are all part of your journey. Let action lead you to clarity and back to yourself. In a million years of dreaming, visioning, wishing, hoping, manifesting, I would never have come up with 'volunteering on a remote island.'

Where will your action lead you and what fun will you have on the way?

