

Living From
Divine Passion and
Purpose

BYM Women's Retreat

January 29-31, 2010

Cynthia Way

The Invitation

by Oriah Mountain Dreamer

1. What is your Invitation to others?
2. What Invitation have you answered?
3. What is the Invitation that is in front of you now?

Living From
Divine Passion and Purpose

Working Definition:

Connecting with something larger than ourselves that has us feeling energized while taking action to make the world a better place, no matter how small or how large these efforts might be.

Reflection Questions

1. **Where in your life do you need to reconnect with Divine passion and purpose?**
2. **What is it you're doing that reflects something that used to be true and is no longer based on who you are now?**
3. **Where do you need to take a break to rejuvenate in order to come back to Divine purpose with renewed vigor**

Living From Divine Passion & Purpose

1. What personal contribution do you feel really great about?
2. When do you feel closest to God, the Divine, the Universe, something greater than yourself?
3. Describe a time when what you were doing was so important that the struggle, discomfort or even pain didn't matter.
4. Describe a time when you felt really alive. What was going on?

Every Day Living from Divine Passion & Purpose

1. Your relationships with people
2. Your obligations
3. Your relationship with The Divine
4. When "down" things happen

Adapted Exercise from Dmitri Bilgere,
creator of the Deep Change

Sustainability: How Can You Do This?

- Post your list and read it each morning.
- Meditate, silence, pray, mantra.
- Imagine yourself feeling/being/doing the things on your list for at least 30 seconds.
- Have a “buddy”—someone to check in with and support you.
- When disconnected, imagine yourself telling the story of how you reconnected.
- End of day reflection.

Resources

- *A Book of Games: A Course in Spiritual Play*, by Hugh Prather
- *A Return to Love*, Marianne Williamson
- *Not All of Us Are Saints: A Doctor's Journey With the Poor* by David Hilfiker
