

What Serves Your Purpose?



a message from [Jennifer Hoffman](#)
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www.urielheals.com

As I write this two of my three children are preparing to move into a new life purpose, one which will take them into new territories, geographically, emotionally, mentally and spiritually. To arrive at this point they had to make some difficult choices about what was important to them, who they would be influenced by and whether they would serve themselves or others. Their biggest challenge was to decide what served their purpose and to have the courage to follow that path, even if it meant walking it alone. They had to look carefully at their life and decide whether they were going to allow their dreams to expand their purpose and then let their dreams guide them to a new path. Their choice was to live according to their purpose or to serve someone else.

The purposeful life is one in which we respond to the call of our greatest dreams. Of course we want to follow our dreams, isn't that obvious? But there are so many things that can stand in our way or take precedence or put us in the position of choosing between what we want, what someone else wants or what someone wants for us. Family, friends, partners, obligations and commitments all demand our time and energy, which we give until we arrive at the crossroads where our dreams challenge us to begin to think and live for ourselves. Who do we leave behind and how do we deal with their expectations?

When we are finished with a situation, as in being complete in our healing and growth, energy begins to flow in new directions. Our healing purpose is completed and now we can follow another path, creating a new purpose for our lives. Our spiritual aspect is comfortable with this process; it is the emotions that get in the way. While moving on may serve our purpose and help us move forward in our life, can we be willing to release whatever is not in alignment with this purpose? Remember, our purpose changes as our energy shifts, so when we have completed healing, everything that has been part of our healing journey is also complete.

How much of what you do serves others' dreams or supports them in some way? How much serves your past and issues that block your joy? How much of this are you willing to release to create your new purpose? This is the challenge of our crossroads of transformation, where many of us are now, where we can create our new life purpose and release the old, allowing the process of transformation to release the bonds of the past to create a bright, new future. This is a choice for each of us, to decide what serves our purpose and to co-create that path in peace, joy and with gratitude and love for those whose role in our life has been to help us find and be in integrity with our purpose.