

Suzanne Eder's Inspired Guide to Finding & Living Your Calling



Welcome! I'm delighted that you've chosen to download this special guide to finding and living your calling. It has been created with a heart-centered intention to illuminate the essential principles of living an inspired life. So let's dive right in.

Finding and living your calling is not the same thing as finding a new career – although you may certainly shift or change your career as you commit to living your calling. It is learning to live from a perspective that says:

- ❖ **You matter, and what you love matters because what you love expresses who you are.**
- ❖ **What you most long to create, give, share & experience is what the world most needs from you.**
- ❖ **Honoring yourself and your genuine desires or longings IS living your calling.**

I love how my former coach, bestselling author Tama Kieves, expresses this in her book, *Inspired & Unstoppable: Wildly Succeeding In Your Life's Work*. Says Tama:

"We are given our dreams and desires for a reason. They are the portals to inspired living. It's our work to choose this life."

Your dreams are neither random nor impractical. They call you to continually evolve into your fullest potential while bringing forth the ideas and creations that naturally serve the Whole. *You might think of your dreams - or what I refer to as your soul's longings - as part of your own Divine design for a deeply fulfilled life.*

Yet as simple and essential as following your longings is to a deeply fulfilled life, it may not come naturally to you...yet. Chances are, if you're like so many others still grappling with how to create a life you love, you haven't been taught how to honor and nurture and develop your dreams. You haven't been encouraged to listen deeply within for guidance about next steps. You haven't yet noticed that the voice you think is "practical" is really just scared. You haven't been shown how to sift through the myriad thoughts and experiences of your life and consciously choose to align with the ones that light you up.

We can support you in learning all of this and more.

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Your first step is to set a clear intention – to decide that nothing is more important than honoring yourself and expressing who you truly are. Decide with conviction that your dreams are important because they are your personal blueprint for an inspired life, and choose to let them guide you, one step at a time, into that life.

Take a moment right now to pause and see how willing you are to set this intention. In

the absence of a clear and loving choice to honor yourself and your dreams, you will be easily distracted or discouraged.

I've tweaked the quote from Tama's book into a personal declaration. See how it feels to claim it for yourself:

I was given my dreams and desires for a reason. They are portals to inspired living. I now choose this life for myself.

Be willing to make this choice, over and over again. Use it as what I call an "anchor statement," a reminder of deeper truth you can call on when you begin doubting whether your dreams are "practical" or whether you have what it takes to bring them to life. Remind yourself often!

When you choose a life of following your dreams, you are making a choice to *listen within to discover your path forward*. We have become accustomed to making life choices – everything from our major in college to the careers we pursue to the financial planner we choose to our nutrition and exercise programs – on the basis of research, analysis and the recommendations of outside "experts." *When you choose to live your calling, you acknowledge that you are the expert and authority on your life.* Your choices become inner-directed and so you must become adept at tuning into your own inner guidance system.

Your longings or dreams are an intrinsic part of your inner guidance system because they call you in a particular direction. You are also equipped with a failsafe means to determine whether you are heading in that direction or not: your emotions. And while the subject of emotions as guidance is far more in-depth than we can cover in an introductory guide, this core understanding will take you far:

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When you are focused in a way that is empowering and aligned with your Self and your true longings, you feel good. When you are focused in a way that is disempowering or out of alignment with your Self and your true longings, you feel bad.

Be willing to “lift the covers” of your negative emotions and find out what is underneath.

It will almost always be something you believe to be true, that you are ready to recognize is no longer true for you. Here are a few examples of the kind of beliefs we often hold that, because they are out of alignment with our true selves and the possibilities for our lives, generate negative feelings:

- ❖ This job is my only source of security.
- ❖ I don't have what it takes to _____.
- ❖ Work is supposed to be hard, or it wouldn't be called “work.”
- ❖ No one would pay me for _____.
- ❖ Money is always a struggle for me.

There are, of course, countless other beliefs we hold - about who we are and what is possible in our lives - that hold us back from growing into our next evolutionary desire. Yet our job isn't to dig for them. That would be tedious and exhausting. And more importantly, when we're focused on finding what's “wrong” with us that is keeping us stuck, we're reinforcing a self-identity of someone who doesn't have what it takes to follow her dreams.

And nothing could be further from the truth.

So we don't need to go on a search and destroy mission to uncover limiting beliefs - but we do need to be willing to recognize and release them as they show up. And the great thing is, if we simply commit to following our longings, whatever we need to uncover and release will reveal itself to us.

The key, again, is to pay attention to how you feel. In an excerpt from a book I started about soul's longings that is included with this guide, I share a bit of my own story about learning to recognize and honor my longings. I describe how unhappy and unfulfilled I felt in the work I had chosen. Those feelings of deep frustration *were* my guidance, telling me I was pointed away from my longings and not toward them.

Again, here is the simple and elegant dynamic:

When you are focused in a way that is empowering and aligned with your Self and your true longings, you feel good. When you are focused in a way that is disempowering or out of alignment with your Self and your true longings, you feel bad.

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It's so obvious you may wonder why I even need to put it into words. The reason why is that many of us have become accustomed to feeling badly (stressed, overwhelmed, frustrated, resigned, etc.) – or not feeling at all. We think “this is just the way life is” and push ourselves forward into lives that are filled with struggle, stress or boredom. (Or maybe all three.)



When we learn to respect our feelings and be willing to see what they're telling us, we're following the innate guidance system we were born with.

In my case the feelings of deep frustration I had were not really about the job itself. They reflected my belief that I had to stay in a job I didn't like so I could pay the bills, and the corollary belief that my dreams were impractical. Once I became willing to challenge those beliefs, my life was on a whole new trajectory.

And that's because our beliefs powerfully shape our lives. In fact, what can be difficult to understand is that *beliefs are a generative force. We always act, and attract things to us, within the confines of our current beliefs.* And so we keep getting “evidence” that they are true. Yet when we change our beliefs, we change our experience. We get new evidence that reflects our new beliefs.

Learning to do this takes intention, awareness, willingness – and a bit of coaching and practice. In fact, from a certain perspective it could be said that the journey of finding and living your calling *is* a journey of shifting beliefs. It is a journey of personal transformation, and what we're transforming is our identity: our beliefs about who we are and what is possible in our lives.

As you become aware of beliefs you currently hold that do not support or align with your longings, be willing to ask a few simple questions:

- ❖ Is this really true?
- ❖ If I didn't believe it was true, what could open up for me?
- ❖ What else might be true (about myself or my life) that is more empowering for me to focus on?

Just your willingness to poke some holes in your beliefs – to see them AS beliefs and not as hard facts – will go a long way toward loosening their hold on you.

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So the basic elements of finding and living your calling are...

- ❖ **Decide that you matter, and what you love matters.** Recognize that your dreams are portals to inspired living and consciously choose an inspired life for yourself.
- ❖ **Give yourself permission to want what you really want** in, and for, your life. Not what you think you should want, or what others want for you, or what you think is practical, but what you really want.
- ❖ **Set an intention to create or experience what you want.** Consciously choose to focus on it, to explore it, to cultivate it. Learn to ask effective, possibility-generating questions such as:
 - How great will it feel to create or experience _____?
 - How might this be possible?
 - What inner and outer resources do I already have to move me in this direction?
 - How could I make this fun and easy?
 - Where might I carve time into my schedule to explore this further?
 - What aspects of this can I bring into my life right now?
 - What's the best outcome I can possibly imagine?
- ❖ **Set aside time in your life for self-connection.** Explore ways to really listen to yourself. Acknowledge and honor the guidance of your heart of hearts.
- ❖ **Pay attention to your emotions.** Be willing to actually feel them rather than to ignore them or cover them up. Peek underneath at the thoughts and interpretations you're holding about your life that are generating any negative feelings.
- ❖ **When you uncover a limiting belief, be willing to challenge it...or simply let it go.**
- ❖ **Find ways to stay supported and inspired!**

Of course we hope you'll take advantage of the many resources Suzanne offers to powerfully support you on this transformative journey. We offer special classes on cultivating inner guidance and disempowering limiting beliefs, and we can guide you through the whole process in private coaching.



Perhaps the best way to get the support you deserve is to sign up for Solid Ground's foundational online course, [*Love Yourself to Success & Fulfillment*](#). This course is clear, comprehensive and catalytic. It teaches you, in depth, how to shift limiting beliefs, and provides both inspired and practical guidance to literally transform your life.

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The course expands on all of the key elements of finding and living your calling as described above. Topics covered include:

- ❖ Giving yourself permission to want what you really want
- ❖ A fresh look at the power of intention
- ❖ Learning to support your dreams rather than diminish them
- ❖ Dissolving limiting beliefs and creating ones that empower you
- ❖ Cultivating inner guidance
- ❖ Dealing with fear and other negative emotions

It is self-paced and also includes:

- ❖ An audio recording of Suzanne's popular "Spacious Moment" meditation
- ❖ Two additional recorded messages from Suzanne
- ❖ Audio recordings of the powerful Diving In process for dealing with negative emotions
- ❖ Five supplemental articles by Suzanne, originally published in Living.Well Magazine, to expand and deepen some of the concepts in the course material
- ❖ 15% discount on a private mentoring session with Suzanne

As a reader of this free guide, you are entitled to a special \$50 discount off the regular price of the course! Just enter "calling" in the coupon field when you register. For full details about the course, click [here](#).

Please give yourself the gift of clear and compassionate support, regardless of which form you choose. Without finding ways to stay supported and inspired, it is all too easy to fall back into old patterns of thought that convince you it's crazy to want a more deeply fulfilled life.

But it's not crazy. It is the most sane, wonderful and generous thing you can do.

Remember always that you matter, and your dreams matter because they are an expression of who you are. I wish you deep peace and expanding joy as you find and live your calling.

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Suzanne E. Eder

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And don't forget, as a recipient of our newsletters, you are entitled to a free 25-minute consultation with Suzanne to see if private mentoring might be right for you.

Call Suzanne at 302-888-2138 or email her at Suzanne@suzanneeder.com for more information and to schedule your session.