

Inner Purpose

Notes from Annie Stewart, author of Career to Calling: How to Make the Switch. In Part 4, she discusses Inner Purpose – the ultimate calling. Here are some additional thoughts.

For two decades I have been fascinated and absorbed by concept and semantics of *callings*. I recall an academic colleague who encouraged me to keep searching. He said, 'Annie, this is one of life's imponderables but keep with it. Bring your knowledge together with a new consciousness, a new awareness, and a new naming.'

Whilst guiding people to name their calling, I noticed a deeply moving shift in energy when I explored the words they chose to describe their calling. When I asked why it is important to them and for what purpose do they have a calling, their responses could evolve to tender, vulnerable and heartfelt descriptions. The essence was typically love, service, legacy, consciousness, faith or family. For instance, Kristina a dynamic entrepreneur had a call to lead. When I probed further and asked these questions her eyes filled with tears as she responded 'I feel called to be of service and become the best person I am capable of being. Maybe I have two callings!'

I identified two types of calling: an inner and an outer experience. These are distinctly different, yet complementary elements of finding a life purpose. They may be experienced separately or simultaneously, although the outer awakening may occur first, with the resultant awareness allowing an inner motivation to spring forth. The alignment of inner purpose and outer calling brings with it a profound sense of peace and authenticity.

An inner purpose is the ultimate and highest calling. It is the WHY of our existence. It is pure, unaltered, without ego and shaped by love. It is a call to BE.

For some, this inner calling is a spiritual yearning to awaken and know God, or the power of the universe or a 'higher power'. In saying this it may appear that this knowing has to be underpinned by a belief system, but I don't believe this is so. For some people, a profound sense of peace can be achieved through simply living a 'good and moral' life, characterised by kindness, joy, generosity, love and being of service to others.