



In Stage 5, I'm talking about **what sparks your heart**, and I'd like to take this **conversation** a little deeper. Join me in the next video where we will dive right in. See you there.

Who are you? What do you **love**? What **sparks your heart**? What are you really here to do?

If you were to be a kid in a candy shop, where you could have anything you ever wanted without any fear, limitation, or doubt, what would you love to do? You see, it's our programming that keeps us separated from that question and from getting clear about what we really are here to do.

If you were to be a kid in a candy shop, where you could have anything you ever wanted **without any fear, limitation, or doubt**, what would you love to do?

You see, it's our programming that keeps us separated from that question and from **getting clear** about what we really are here to do.



In this video, I challenge you to spend time **getting to know yourself**—your likes and your dislikes. Stages 3 and 4 (getting to know yourself, being alone, getting comfortable being alone, and connecting to the divine) set you up for **understanding who you are**, your likes, and dislikes. This is so that you can **fine-tune** with yourself and then just **have a little fun**.



How far off-base are you from **living the life you were born to live**? What have you said “yes” to in your life? What career are you in, and is it really **fulfilling** you? If not, it's time to start to **dive in a little deeper**.

What sparks your heart? It doesn't necessarily mean you have to change your **entire life** in order to bring that piece in. But what it does mean is if something is your **true calling**, it's so important to really **add it into your life somewhere**.

What sparks your heart? It doesn't necessarily mean you have to change your entire life in order to bring that piece in. But what it does mean is if something is your true calling, it's so important to really add it into your life somewhere.

For example, there's such a stereotype around being an artist in society. When you're an artist, people say, “How are you going to pay the bills?” Or, “What a challenging career.” Those are just some of the **energy** that could surround that topic.

And yet, when being an artist is **our true calling, our true nature**, it's essential to incorporate it into our lives.

I have a **dear friend** who would love to be a **writer**. But she was taught at a very young age that she needed a career that was more stable than that. She's a lawyer now, but she has a **passion that lives inside of her, burning within her being**, to write. I have a couple of people whom I could say that about, too.

Until we actually had a conversation and she witnessed me making a **significant change** in





my own life to do what my **soul** came here to do—because I was living a whole other life before I stepped into **the truth of who I was**—she looked at me and she said with almost pain in her heart, “I always wanted to be a writer.”

It sparked it for her. So what sparks for you? **What is your passion?**

Whatever it is, **write it down.** And is there any way that you can **add that piece into your life in the smallest way?** Just bring it in a little bit at a time. You'll find there's **so much joy** when you do.

What sparks for you? Whatever it is, write it down. And is there any way that you can add that piece into your life in the smallest way, a little bit a time? You'll find there's so much joy when you do.

Thank you so much for being here today. Please like, subscribe, and share this video. The more that we **connect together** and go through this **journey as a collective whole**, the better it gets. And it's **amazing** what happens in our lives. So let's do this, and let's do this **together**.

Thank you so much, and **I look forward to our next time together.** Bye for now.