

On Purpose

Finding Yours

By

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Dedication:

Aloma (1943-2011)

I dedicated this book to Aloma as my inspiration and mentor. She was my dearest friend and she taught me the value of thought. Passionate as she was about the rights of individuals, especially women, everywhere, had she ever been granted the right to share with all women what she knew, her name would have been amongst the greatest feminists of our time...so deep was her passion.

She is not forgotten and will be forever missed by those whose lives she touched in her warm, unique, and immutable way. She was as quick to embrace others as she was to chasten anyone who behaved in a manner which was contrary to what she referred to as the 'nobility of man.' Aloma could see nobility in mankind no matter how poorly humans reflected our innate godly state. Her thoughtful approach to life enabled her to be in a place above the chaos of others and in a state of peace. I loved her and always will.

Introduction:

My story is one of long sung days of wishing, hoping, then dreaming and striving to become something that emulated the idealist I could always see within myself. Idealism is not always the best nor the realistic approach to living life in this world and yet to reduce my thoughts to anything short of idealism would have meant I had succumbed to the negativism that has surrounded me much of my life.

This story, you will find is somewhat unusual, given how long ago my real story began. Since time has passed, stories like mine may have become more common, and yet, I like everyone else, want to believe my story was special or at the very least, worth sharing. Primarily, in the writing of my story, I want to express my passion for thinking and seeking truth. I want to emphasize the importance of thought and why it must matter to us. Thought takes us to quintessential realities that are ours alone. Thought enables us to delve into sacred spaces of our

being. It grants us access to the most private and important places within the Oneness of All Things. Thought is our greatest ally in this world.

I have been alone in my mind now for many years. It is where I live my life. Even though I naturally physically exist, I do not live in my home, my herbal garden, on my land or any place tangible and touchable to others. I have dwelt in the boundaries of my mind or spirit for many years. It is the only place I feel comfortable. My random thoughts, though seemingly scattered by another's perception, are ordered and cohesive in my head. If I step out of my thought world, I feel disconnected. If chaos brings me to the point of nervous activity, I feel like a puzzle piece looking for the whole with which I can reconnect.

I do not live in my mind because I am self-absorbed. I live there because my mind has absorbed me. It creates the only real wholeness I have ever experienced and over time, when I had mastered the concept of thought, I finally stopped feeling alone. Thought may be defined as perception and analysis of what is perceived by the mind, the eyes, all senses, and the construct of data accumulated over the years and yet thought is, to me, in my idealistic definition, the very essence of who I am. Therefore, I use thought to determine who I am, and I use thought to direct my steps toward who I want to be. It was thought, in fact, that taught me to think differently about my world and its possibilities. Idealistic thought taught me to believe that maybe some things were not possible, unless I thought they were...therefore I think. Learning this concept, and taking it in, changed my life.

My mind is the only space in this world that I can control. Being one who feels a need to be in control, it is comforting to know that control is feasible, if only in my mind. Believing I can control my thoughts requires that I am also responsible for my thoughts and where they take me. I cannot blame my actions on another if I believe I am in control. The only conclusion I can draw from this philosophy is that my thoughts do control me therefore, how I act and react is my responsibility alone because I also control my thoughts.

I suppose that is little more than mature thought and behavior, but when one grasps the gravity of such responsibility, that realization brings with it the bearing of the cross of the self and whoever that self may be; be it pleasing or otherwise. Thinking or introspection, by its natural course, has brought me to the point of sharing my thoughts, thus this is the reason for writing this book. I pray this it takes you deep into the possibilities of your own mind because each mind is an abyss that has so many unexplored areas and caverns which too rarely see the light of deliberate consideration. The crevasses of the mind, the dark places, the forsaken places of memories long forgotten, and the lessons learned are the link to the depth of one's soul. In such depths, one can truly learn of the self, discover self-love and develop respect for personal fortitude. The crevasses are dark and wondrous places filled with shadows of the past and the enlightened path to each soul's future and purpose. Thus, through deeper self-awareness, one can develop a life filled with purpose.

Thought is Both Exhausting and Exhilarating

To seriously consider what a vast number of thoughts pulse throughout your mind every minute is astounding. The speed with which our minds process and store information is startling. Scientists calculate that the brain processes 70,000 thoughts per day. Many of those thoughts may indeed be inspirational, deep, conclusive and even unique and forward thinking. Other thoughts may be trivial, random, dark, and maybe even depressing.

As I write, I wonder, just how many inspired thoughts go unnoticed because our minds are too busy with daily mediocre trivialities to note the inspirational aspects of an idea. I wonder too, how many incredible ideas were inspired and yet let go because the recipient neglected to pay attention to the gift that had been offered.

Inspiration is provided in such a simple manner. It comes in a thought delivered from the collective consciousness of all eternity. The recipient tapped into that plane merely by being a likely or resonate candidate or receiver was connected and boom...inspiration transpired. Regrettably, inspiration can easily go unnoticed. Aha! Moments often left unrecorded or acted upon are thus lost to the darkness of the inactive parts of the memory. To go beyond the darkness of hidden spaces in the mind, one must pursue thought, then shed light upon the discovery of what secrets may be hidden there. Old directions or inspirations could be hiding, waiting to be rediscovered and provide direction to securing one's purpose.

Replenishing the thought process is an obtainable goal and it is important. Rethinking comes in stages. The first of which is to come to know the self. One can learn to think about different concepts and ideas that are broader based than normal thought patterns just by letting go of the fear of confronting the self. The self is wondrous and should be fully embraced. If the self is a bit tattered and worn, a new thought process can restore the path to purpose and fulfillment.

Secondly, one can think differently by allowing their mind to wander outside the box of their current belief system; be that religious, political, traditional or what have you. It is of grave circumstance to find that many never think differently than they are accustomed to because they have been taught not to. A person who is in this predicament has had their freedom to think stymied by another's designs to keep them inside the box and under control of the social constructs or design of the world they inhabit. Numerous organizations use thought slavery to keep people in subjection to ensnare followers.

Thirdly, one must learn to regain freedom of thought. Freedom will be taken back, ironically, when it is set free. Start thinking differently than those around you expect you to and you will find freedom. The challenge will restore feelings of being truly aware of yourself and who you are. You might discover you are very different from what others have said you should be.

For example. many people of faith accept only their own religious doctrine and shun all others because they have been taught to do just that. Nearly all religions teach exclusivity and condone, even promote, self-righteousness considering all religions, except theirs, as being in error.

Regrettably, most parishioners adhere to the teaching of their faith and never examine the similarities in all religions nor do they explore the differences for what value they may possess. Apparently, it is disloyal to consider other ideas when one believes in a certain doctrine. Hence, thought is limited, and mind expansion and learning are limited as well. If you have already considered that you could be different if you could think differently then you may have much greater thought potential than you have acknowledged. On the other hand, if you have never wondered about the untapped potential of your mind, then you ought to give it some thought. Or conversely, let thought give something to you.

Who knows where you could end up by allowing your mind the freedom to take you there? And yet, that is what makes life exciting. The alternative is living the same old mediocre existence day after day and ultimately dying, maybe never having really lived.

Chapter One

The Open Mind

When one refuses to accept the possibility of other truths, they have, for whatever reason, failed or refused to explore, then they have essentially closed their minds. And in doing so they have limited their potential for growth. A closed mind is unreachable and unteachable. In that instance, clearer deeper thought is unfortunately annulled or minimized.

To read through my book may require that you keep an open mind and consider that my experiences have not been the norm and yet are not abnormal either. They are simply my experiences that resulted from opening my mind to new ideas. I decided, that to not do so was pompous and grandiose because I would thus be assuming that I already knew everything.

I had to ask myself, “How could I possibly be that wise that I did not need to learn more?” How could I risk not allowing myself the honor of education, mind expansion, exploration of wonders such as Philosophy, Science, Spirituality and the metaphysical. No one knows everything and never will. We cannot learn the truth of what we have not yet examined. We cannot examine all knowledge, but we can always learn something new. I love learning and always have. So, allowing myself to learn about many new concepts or possibilities seemed reasonable, exciting, and important. Even if you do not love learning, thinking with an open mind is an important skill if you have any desire to enhance your spiritual life and experiences.

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