



Eating With Soul: Food for Body, Mind, and Soul
2



Learning How to Create Miracles in Your Life
5



Face Reading For The Job Interview
12



Extra Celestials Just Want Us To Live In Joy
20

Helping You Create Abundance In Your Relationships, Finances, Health, Career, and Spiritual Life



NEW Spirit FREE JOURNAL

VOL. 5, NO 12 APRIL 2009

Locally owned and published in the Pacific Northwest

Living Your Life On Purpose

Seattle's Gloria Burgess discusses how to get in line with your calling

By Judith Campanaro

Have you ever asked the question "what am I here for?" Or "what do I want to leave as a legacy for future generations?" Most of us would like our lives to count for something. We want to have an impact, to make a difference, and to leave the world a little bit better off than we found it. Gloria Burgess, PhD, president and founder of Jazz, Inc. answers these questions and more in her best selling book, "Dare

to Wear Your Soul on the Outside, Live Your Legacy Now." Dr. Burgess says that inside each of us is a glorious world waiting to be born. She teaches that the heart of living with intention is deciding what matters to you and organizing your choices around that decision.

Judith: Living your legacy now is a great concept. Does your book help a person find their own personal legacy?

Gloria: The book is really all about being on purpose,

being intentional about what you're here on the planet to do and to be and to make the most out of that. Life is really short in the grand scheme of things and this book is about helping you get in line with your calling and purpose and sharing that with others. It is also about being of service to other people.

Judith: So once you find your purpose then you give back.

Gloria: Exactly.
Judith: What would you say to someone who doesn't know how to find their own authenticity?

Gloria: There are lots of different ways that I would coach someone to do that but I think the primary way would be to ask them to think back to when they were a child. Between the ages of about five to nine is when we naturally kind of gravitate to our gifts. Most of us lose track of that time because we go through schooling, public education typically, and we're also trying to fit in and belong. Sometimes we end up losing a lot of ourselves along the way.

We go to college or many of us get married and have kids. All these other things start competing for our time and attention and we lose track of what really is in our heart's core, our heart's desire. When I work with



Gloria Burgess, PhD, says we tend to confuse passion and calling with our work. The goal, she says, is to be so alive that it doesn't matter if you have the kind of job that aligns with your passion.

PHOTO BY KEVIN RAY SMITH

individuals in my workshops, retreats or I'm coaching them privately I say go back to those years of childhood when you just lost all track of time, when your mother called you in from playing outside and she had to use all three of your names to get

your attention. Those are the places where if we reflect on those moments we connect with our passion and find places to reconnect our souls. It is really picking up parts that were left behind along the way.

Judith: So it's more

about being authentic in every walk of your life, being true to yourself first and foremost. But when someone reconnects like that and they find their passion sometimes it might be difficult to say, "Okay, I'm going to do my passion now." How do you go from finding your passion to implementing a lifestyle?

Gloria: That's a good question. I think a lot of times in our culture we tend to confuse passion and calling with our work. Some of us are lucky enough to be able to connect our calling and our purpose to our work but not very many of us are that fortunate. The goal is to be so alive that it doesn't matter if you have the kind of job that aligns with your passion or not. Most of the people I know are in jobs they absolutely hate, jobs that don't fit their passion and calling but they choose their attitude. Everybody knows when somebody is having a bad hair day. The word is to steer clear of that person. You can choose to have a bad hair day or you can choose to have a positive day. It really does depend on your choice and how you choose to show up. Victor Frankel is a perfect example of that. He's a holocaust survivor and if anybody can survive that kind

Continued on Page 3

Improve your life now

Go to www.videovillageonline.com

New Spirit Journal continues to add easy ways for you to connect with others.

Now you can meet practitioners, business people, service professionals through their videos online in the Video Village! Enjoy getting to know these folks and find out how they can help you improve your life now.

When you see this icon in an ad or at the end of an article in New Spirit Journal, it means that this person or organization has posted a brief video at www.videovillageonline.com. Go there and enjoy meeting this person through their video.



Like to be listed? Visit videovillageonline.com for complete instructions.