

OPRAH & DEEPAK
21-DAY MEDITATION EXPERIENCE™

Your Roadmap

to Purpose, Desire, and Destiny



How to identify your deepest desires and
make sure you're on the best route to fulfilling
your life's purpose.



DESTINATION:

Your destiny

STARTING POINT:

Where you are right now

TOTAL DISTANCE & TRAVEL TIME:

Variable

PATH:

Sometimes straight, but usually windy, with some detours along the way



Your destiny. Your calling. Your fate. Your purpose. You hear these words all the time and they sound incredibly mysterious and exciting at the same time ... and confusing. We all want to discover what our true purpose and passion is in this life (and preferably RIGHT NOW!) but how do you find out?

Get in the driver's seat and follow this simple set of directions to help guide you on your path to your Dharma, a.k.a. life purpose in Sanskrit. Your only job is to follow the arrows.

Watch out for signs along the way—it's important to follow those signs, even if it feels like you may have to backtrack. Trust your intuition—also known as your internal GPS—it always proves to be calibrated correctly. It will even adjust its route if you go off-course, just like a regular GPS. Your internal GPS is a powerful tool, as long as you know how to use it and access it.

If you take the time to understand how your own internal guidance system functions, you can actually get where you're going much faster than you would otherwise. In the end, you'll arrive at a place of inner wisdom, tapping into your unique gifts and talents. This place is called home.



Start Off Exactly Where You Are Right Now

Before you start on your journey, you need to figure out exactly where you are.

Take this quick assessment to discover your level of satisfaction in the most important life domains.

Please rate where you fall within each domain, on a scale from 1 to 10:

- ☐ Family
- ☐ Health and Well-being
- ☐ Happiness
- ☐ Romantic Relationships
- ☐ Spirituality
- ☐ Finances
- ☐ Friends
- ☐ Community
- ☐ Career
- ☐ Fitness

Be on the lookout for any gaps, roadblocks, or forks in the road—they are incredibly helpful as you build your awareness muscles and identify what in your life needs attention.

Turn Left @ Reflecting

Take the time to reflect on the magic moments in your life so far. You can start with the big milestones and accomplished goals. But then look deeper. What were those magic moments really made of?

It could be something completely non-tangible such as an area of personal growth. Maybe you worked on patience or anger and stress management. Perhaps you focused on a spiritual practice. A magic moment could be healing a relationship or forgiving someone from your past. It could be a feeling of connection with a loved one. As you discover these magic moments, write them down in a journal with the date they happened. Notice the timeline and any pattern that might arise. These magic moments probably didn't happen just by chance.

Where can you find these magic moments? They are everywhere. You can find them while you're waiting in the checkout line at the grocery store. You can experience them on a warm fall day as you crunch through the fallen leaves. Magic moments make you feel alive.

Sit quietly and reflect on the following questions to realize how beautiful your life has been and what it can be as you make your way to your destiny:

1. What is the funniest experience you have ever had? One where you laughed the loudest? Who did you share it with?
2. What has made your mouth drop in awe and wonder?
3. Who makes you smile the most?

4. What is an annoying experience you had that is now a great memory?
5. When did you feel closest to God or your Higher Power?
6. What has made you jump for joy? (On the inside or literally)
7. What was the most beautiful thing you have ever seen?
8. What is the overarching emotion or mood present in your day-to-day life?
9. List the memorable and kind things strangers have done for you.
10. What words made your heart melt?
11. When was your proudest moment?
12. What are you most grateful for?

By taking the time to reflect, you will be better able to make meaningful goals for the next step. Remember, there is no right or wrong way to create your new goals. Be present to who you are and what you need. Your inner Self will reveal how to best care for you.



Make Another Left @ Meditation + Visualization

The power of the mind is astonishing and, when coupled with mindfulness-based practices like meditation, you can increase your ability to make leaps and bounds toward creating the life you truly desire. One of the most inspiring and powerful things you can do as a human being is to visualize what it is that you want to manifest, and then make it happen.

The first step is to start with the end in mind and work backwards. The end result is your highest vision for a given area of life—be it health and well-being, relationship, family, career, fitness, or finance—and your ability to connect with that vision.

Take a look at your scores from the first step in this process. Begin with an area of your life where you have been struggling or would like to experience some transformation. Once you've decided on an area of focus, take a comfortable seat somewhere without distraction and close your eyes.

1. Take a few deep, cleansing breaths—inhaling through your nose and exhaling through your mouth.
2. Now begin to imagine the highest possible outcome that you would like to be living in this area of your life 6 to 12 months from now. Imagine living your life the way you would envision if all your hopes and dreams were to come true. What is your ultimate reality? Try not to get hung up on limitations or negativity; instead, just allow yourself to get carried away with your wildest aspirations.
3. Next, connect with one goal you would like to achieve in the next three months. Make it a good one, and make it specific and attainable. If you choose a goal that doesn't carry a lot of weight or isn't all that meaningful, the end result (if you even bother getting there) won't feel all that special. So be sure to choose something that is big enough that, once you've carried out this goal, you will be left with a high level of accomplishment and feeling super motivated to set your next goal.
4. Now that you've connected with your goal, imagine what your life will be like once you have completed it. Create a picture or movie in your mind and step into the visual representation as if you are inside it and looking through your own eyes. Adjust all of the qualities of sensory perception (taste, touch, sight, sound, smell) to create the most positive and real feelings. Who is there with you? Where are you? What is happening around you?

5. Next, step out of the image you've created and imagine floating up in the air above where you are now, taking the mental image with you. Take a deep inhale and as you exhale, use your breath to energize the image, filling it with positive energy and intention. Do this five times.
6. Now it's time to imagine floating out into the future and visualize dropping the internal representation of your goal down into your life below you at the date and time you've set for this goal to reach completion.
7. Notice how all the events between then and now re-evaluate themselves to support you in accomplishing your goal. Visualize this process to make it feel real.
8. Once you feel complete, come back to now and, with your eyes still closed, consider what one action step you will take in the next week to move you closer to your goal.
9. Take a few deep breaths to ground yourself before opening your eyes.

Make a U-Turn at Journaling

As soon as you're finished with your visualization, grab a notebook and a pen, and begin to write down what surfaced during your period of stillness.

Begin by jotting down your list of action steps and do any journaling about your experience. What did you learn? What can you do every day to move you closer to realizing this goal that surfaced during your meditation?

Next, journal about where you see yourself in one year, two years, and five years down the road.

Take a Left at Vision Boarding

Now that you've done some reflecting on what you want to be, do, or have in your life, it's time to create a visual representation of just that. Vision boards can help crystalize your desires even further. A vision board is a collage of visual images or words that represent the life you want to live. Quite literally, it is a tangible representation of the vision you have for yourself. You can make one by hand—think old-school magazine cutouts on a bulletin board—or you can make one digitally, via a website like Pinterest.

What matters is that you manually create it (no one else can do it for you), and that it excites you when you see it. It can represent your vision for a particular area of your life (i.e., your career), or your whole life in general.

How Do They Work?

You know how when you get a new car, you see that particular make and model everywhere you go? That's because you have put your attention on something specific, and are unconsciously scanning the world for items that match it. It's not that those cars were never there; it's simply that you never noticed them before.

So it makes sense then, that if you put your attention on the images in your vision board (e.g., pictures of your dream trip to Hawaii) that the energy of that thing will more likely be in your awareness (e.g., commercials for Hawaiian Airlines might keep popping up on your TV, or your job might unexpectedly send you there for a work project).

When you continue to give your attention to the things you want, you attract those things into your life. But be careful! The universe responds with both the positive and the negative! If you look for reasons to support why you are having a terrible day ("I stubbed my toe, then spilled my coffee, then got stuck in traffic"), you'll keep attracting annoyances to prove you right!

Bottom line: The more you surround yourself with the things you want to experience, the more you'll actually get to experience those things in your life—as so perfectly put in the adage: Energy goes where attention flows. Follow the steps below to create your own vision board.

Step 1: Connect to Your Vision

Meditate, daydream, or journal about all the things you want to be, do, or have, and don't forget to consider the multiple dimensions of your life as well. Use inspiration from the exercises and reflections from this book you've done so far. Imagine your ideal career, relationship, house, car, community, body, and so on. The more specific you can be, the better! You want to be in a good headspace when you sit down to make your vision board, so lighting some candles and playing some good music can also help to set the scene.

Step 2: Gather Your Materials

Sometimes it's fun to flip through magazines and cut out images and words that call to you. If you go this route, take into consideration what kinds of magazines you have laying around. For example, *Yoga Journal Magazine* might be a good choice, whereas *Us Weekly* might not be quite as chock full of positive imagery.

Remember that it's crucial for everything you select to appear on your vision board to be representative of what you DO WANT, not anything you don't. For this reason, it can be even more helpful and specific to use your old friend Google to pull up the exact image or word you want to see. It's a lot easier to search online for a pile of cash to represent abundance and then print it out than it is to count on your magazine collection to contain that specific image.

Once you've gathered your images, you'll also need a bulletin board, poster board, or several pieces of paper, scissors, and glue or tape. *Sidebar:* If you don't consider yourself particularly crafty, and would rather create a digital vision board, Pinterest can be a great way to collect and display images that light you up.

Step 3: Display It

Once you've made your vision board, it's important to hang it in view—maybe on the inside of your closet door or on your refrigerator. Don't feel like you need to stare at it 24/7, but it does need to appear in a place where you will encounter it every day. If you make it and put it under your bed, you're likely to forget about it. Keep it in your consciousness, and you're sure to see results much more quickly.

Some people like to make smaller vision boards that they can take with them. You can put it on or in your journal or daily planner. If you are a student, you can slide it into the plastic cover of your three-ring binder. Or if it's digital, you can make it the desktop picture on your computer, or the wallpaper photo on your smartphone.

Veer Right @ Manifestation

Once you've clarified your vision and made your vision board, your job is simply to look at it often, and trust that the universe will provide you with the opportunities to manifest each and every thing you truly desire. Hold these images in your awareness on a regular basis, and say "Yes!" when opportunities present themselves to make your dreams come to life.

The best way to see your goals and intentions unfold is to surrender them to universal consciousness. Once the seed of your vision is planted, release control from the outcome and surrender to a higher source. When you allow the universe to handle the details, things tend to fall into place.

A great way to do this is through your meditation practice. Be silent and open yourself up to messages from the universe. This can both strengthen your intuition and help create meaningful coincidences. Presenting your goals and intentions before meditation, either verbally or in your mind, will allow you to be guided in the right direction when it comes to sticking to and achieving your goals.

Turn Right Again @ Remaining Open

During this process, it's important to pay attention to signs and synchronicities. Always be on the lookout for opportunities to meet new people, have new experiences, and see things from a different perspective. The essential ingredients for living a life of purpose and passion are to be:

- Open
- Flexible
- Curious
- Adaptive
- Spontaneous

When you're outside of your comfort zone, you'll find that the infinite possibilities you once believed to be purely fantasy have manifested as your new tangible reality.



Look for the Sign for “Limitless Opportunities” Straight Ahead

Opportunities are present all around you as well; you just need to learn how to identify and step into them. There is nothing in the universe that says you can't fulfill your own dreams and create a life you want to live. On the contrary, the universe actually invites you to step into who you were created to be, offering your unique skills to others in ways only you can.

Whether you're an entrepreneur embarking on your next business idea or a visionary simply wanting to start a new quest in your personal life, you don't need to wait around for an opportunity to present itself. By knowing yourself and making a conscious effort to push forward, you can create your own opportunities or find ones that fit what you're looking for. Follow these steps...

Step 1: Believe in What You Offer

Once you have a strong understanding of who you are and what you want to give, believe in your power to offer those skills. Developing self-confidence can open up doors that you may not have knocked on before. By projecting this type of confidence, you encourage others to view you as an expert in your skills. If you believe in yourself, others will too.

Step 2: Step Out of Your Comfort Zone

Opportunities rarely happen in your comfort zone. If an opportunity were likely to present itself where you are, then you'd already have one. Use your confidence to step outside your comfort zone and engage people and situations that will help get you to where you want to be.

If you want to develop an app, join a networking event in your area that focuses on the tech industry. If you want to start a travel blog, go somewhere you've never been and interview locals to get an insider's look into the area. If you're looking for a business partner, join local entrepreneurial meetups and networking events. By putting yourself out there and meeting people who will support your dream, you're more likely to create opportunities for yourself.

Step 3: Remain Open

This one is worth reiterating. You might set out with a goal in mind of exactly what you want to do and how you want to do it, but rarely will life work out exactly how you think it will. By not holding anything too tightly, you open yourself up to opportunities that may not have even been on your radar before.

For instance, if you're a storyteller at heart and have a passion for giving other people a voice, you might be able to use those skills in a corporate communications or marketing job that develops testimonials. You get to know people and their story while also meeting a business need. Be flexible as you take action. Sometimes opportunities that use your skills are different than what you expect.

Step 4: Create Good Karma

As much as creating opportunities is based on doing, it's also about how you do it. Being a good person and putting positivity into the universe invites good things to happen in return. Take time to genuinely connect with others, instead of having a one-track mind for building an opportunity for yourself. By creating lasting, solid relationships, people will remember you when an opportunity arises that requires your expertise.

Step 5: Be Decisive

When opportunities arise, take advantage of them with confidence. You haven't planned, primed, and nurtured a pipeline of opportunities to let them go to waste. The amount of preparation you've done will equip you to know whether or not an opportunity is right for you. You're able to make an informed decision based on your confidence, skills, and knowledge of self. Step into your power and feel assured that you cannot make a wrong decision. If you accept an opportunity that eventually turns out to be less-than-perfect, you'll know that it served its purpose of leading you to the next one. Every step in your journey happens for a reason.

You Have Arrived

Pull into the driveway—you are home.

You are aware of your deepest desires and understand your Dharma. You recognize the presence of your Dharma and see limitless opportunities ahead. You are beyond limitation and unbelievably dynamic. The core of your being—your deepest desires, Dharma, and destiny—is your ultimate reality. You are grounded in your purpose and have the support of the universe, the source of all that exists. Welcome home.

And remember, it's never too late to change your route or destination. The clearer you are at the start, the less time you'll spend circling your destination. Circumstances will sometimes take you off-course. In these moments, remember the power of your own inner guidance system. When you slow down and check in with this sophisticated technology, you will always be able to find your way home.



Contributors:



Leo Carver

Certified Instructor: Perfect Health

Leo Carver and his wife Dr. Melissa Carver make up the core of Holistic Life Sciences. Serving as a Chopra Center certified *Perfect Health: Ayurvedic Lifestyle* instructor, life coach, and Ayurvedic consultant, Leo Carver is well versed in lifestyle-based medicine and transformational healing. Leo obtained his Bachelor's degree in Psychology from Kentucky State University with a minor in Biology, graduating with high honors from the department.



Karson McGinley

Yoga Teacher and Life Coach

Karson McGinley is the founder of Happy-U (Holistic Approach to Positive Psychology & Yoga) and the co-owner (along with her husband) of Happy-U Namasté Yoga Center in San Diego, CA. A teacher for over a decade, Karson works to bridge the gap between the ancient wisdom of yoga and the modern science of happiness through her yoga classes, workshops, and Happy-U's Teacher Training program.



Melissa Eisler

Certified Yoga and Meditation Instructor and Author

Melissa is a certified yoga and meditation instructor, and passionate about motivating people to live a healthy, balanced, and purposeful life. Melissa is the author of *The Type A's Guide to Mindfulness: Meditation for Busy Minds and Busy People*, a practical guide for new meditators in the modern world, and the creator of www.mindfulminutes.com, a personal blog about mindfulness and life balance in the digital age.



Michelle Fondin

Vedic Educator and Author

Michelle is a Vedic Educator, certified to teach *Primordial Sound Meditation*, *Seven Spiritual Laws of Yoga*, and *Perfect Health: Ayurvedic Lifestyle*. She is the owner of The Ayurvedic Path in Herndon, Virginia, where she practices as an Ayurvedic Lifestyle Counselor and yoga and meditation teacher. She also authored *The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle*. Alliance. You can learn more about Michelle at www.michellefondin.com



Tris Thorp

Vedic Educator

Tris is devoted to inspiring and empowering others to cultivate and maintain mindfulness-based lifestyle practices that lead to greater clarity, purpose, and fulfillment. Through one-on-one coaching, online programs, and live events, Tris specializes in helping people to fully release negative emotional imprinting, limiting beliefs, and unconscious patterns, enabling them to make quantum leaps into the life they are truly meant to be living. You can learn more about Tris and her work as a lifestyle and leadership coach at www.tristhorp.com.