How to Find Your Higher Purpose

What is my higher purpose as an empath and lightworker? I'm always seeking, but I don’t feel anything. Perhaps you can help. Perhaps dreaming has something to do with it? Thank you.

⎯ Sierra M.

From the Heart of the Mother: You have two purposes in life: your spiritual purpose and your life purpose. They are intimately intertwined, flowing continuously through your mind, body, and heart. Your spiritual purpose is to be an emanation of love. How you express your love is your life purpose. The two are connected and both are worthy of your full attention.

When confused about your life purpose, center yourself in a loving field and ask for clarity — for clues — to point you in the direction of your life purpose. One of the clues is your passion and desire to do something that will make you happy and feel creative. You cannot know your purpose when filled with self-loathing and poor self-esteem. These heavy emotions skew your perception and drain your energy, causing further performance anxiety and confusion.

You will find your higher purpose in the light of your higher being. A beacon vibrates you into existence, and you ride that frequency your entire life, no matter what you do in the world. Your existence is your purpose. Learning to center in your heart, free of all judgments and expectations, sets you on the path to fulfilling your life purpose. Your purpose is an energy — a spark of life — filled with happiness and joy. Martyrdom and selfless service to an external being seen as all-powerful spins you away from, not towards, your true purpose. Connect to the divinity within your heart. It is as much a part of you as an arm or a leg. Once in your heart, sink into the loving arms that stretch from Earth to heaven. They embrace you and have never abandoned you.

Reestablish your boundaries and replenish your field by returning to my loving womb. Feel the earth beneath your feet; let your energy circulate with my energy and allow our hearts to merge as one. You were never meant to go through life alone, dependent on your personal strength; life is not a solo adventure. You have access to a supportive community of soul mates that span many dimensions, all centered in love.

You live in a dense reality that is finally shifting and getting lighter and brighter. I'm watching humanity's consciousness awaken now that the Earth has aligned with the galactic center and vibrates at a higher frequency. Your spiritual purpose has been buried in the shadow of materialism. Hints of the true you are surfacing and causing intense unrest. Ask yourself, “Are you ready to follow what you know to be true?”

You are conditioned to think of your purpose as a goal to be attained. Instead, turn inward and experience your purpose as energy and vibration. Feel your purpose as an inner color, sound, taste, fragrance, crystal, or symbol. This impression holds the information you seek and the energy to propel you forward. You may not have the details, but start sensing yourself vibrating at a specific frequency that feels aligned and comfortable. By doing this, you magnify your essence in a way that brings your purpose to you.

Or as you mention in your question, ask for direction in your dreams. Cultivating spiritual direction through dreams is one of the easiest ways to receive trusted guidance. State an intention to receive without judgment or fear any and all guidance in your dreams.

Your Life Purpose Will Unfold

Your spiritual purpose is to be at peace and find shelter in the silence of your heart. This is where you'll naturally unfold the next expression of your fullness, your life purpose. When you think of your higher purpose, what comes to mind? These are a few of the soul visions seeded in the empath's heart:

supporting wholeness and love

expressing inspiration and creativity

healing through prayer and vibration

manifesting unity and oneness

healing the planet

growing healthy food

working in collaborative environments

experiencing monetary and political freedom

feeding and housing all in need

developing enlightened leadership

using holistic medicine

living in supportive communities

As an empath, your life mission always begins and ends with creating a better world. But you hope to answer the question: “Where do I fit in this vision? What am I supposed to be doing? How do I align my greater vision with my personal fulfillment?”

The yearning in your heart is palpable. I planted this yearning in you so you wouldn't forget your true self and our connection. The yearning is a lifeline to your true self. Be blessed to feel it; many do not. You feel the light near, just beyond the veil, and want to have your entire life enveloped in high-frequency love because you know it is possible.

Relax into the light and let it enliven your consciousness. You will receive insight and direction that resonates with your true being. Frequently soul purpose is dismissed or discarded when financial issues overshadow the inspiration. When you feel sparked by an idea, allow it to sit within your heart, and gestate it until it creates a path. You don't have to force it; let it open before you, and then take the first step.

This approach works because empaths are capable and talented in many areas and can conflate their personal purpose with someone else’s who is close. Or you can feel someone's expectations as your own. Because of your telepathic openness and empathic sensitivity, it can be challenging to identify your particular life purpose. Let it unfold. Be patient but open and ready to act. Your heart will draw synchronicities and intuitive messages to you through your sleeping and waking dreams.

Make Space for an Inspired Vision

Receiving a vision from your higher being or guides gives you confidence and supports your first steps towards your dream. It allows you to break free of thinking of your purpose as an end goal and instills a sense of presence in you.

Presence has multiple meanings here, including:

experiencing the presence of mind and heart

trusting your purpose to unfold in the present moment

feeling the supportive presence of your guides and teachers

Go on a retreat, spend time clearing your mind, and make space for an inspired vision.Vision questing is an ancient practice for those who desire to connect the thread of their divinity to their humanity. When seeking a vision, let your heart lead the way. The heart's full force guides you into a sacred space where your consciousness can expand beyond the limitations of mind and emotions.

When you take a retreat from the everyday world, if possible, have a trusted friend or professional guide help plan it. Having a spiritual mentor hold space is helpful; I have trained many to do this on my behalf. Creating space frees you to soar high and deep into the purity of your soul, hearing in the silence what you may miss in the noisy world.

Once your vision peaks through, your creativity takes it to manifestation. You may have the same vision as another, but how you bring it through is unique to your constellation of being. Your guides, frequency, and individuality combine to make your imprint on the world.

You may unfold your purpose in small, medium, or giant steps; it's up to you. You learn by placing one foot in front of another. Return to your vision over and over, feeling its living energy. Don't let it overwhelm you. If you need further clarity, ask for it. Sit with your vision and let it evolve. Eventually, it will become life-sized and fit into your life.

Remember, your spiritual purpose is to be a spiritual representative of love. Carry this in your heart as a precious, sparkling jewel. Protect it from judgment: yours and others. Your spiritual purpose of “being an emanation of love” will inspire your life purpose. There is room for infinite expressions of love on Earth, and you are meant to be one of those expressions.

Don't let religious and cultural conditioning about “God's will” put fear in your step. There is no wrong way to express love. Your life's purpose should excite and enliven your life. You don't have to live under a cloud of fear. Please return to my heart when your passion wanes. Together, we will make the world brighter and happier.