

A NEW EARTH ONLINE CLASS

COMPANION GUIDE

CHAPTER 9

1. ***“Your life has an inner purpose and an outer purpose. Inner purpose concerns Being and is primary. Outer purpose concerns doing and is secondary. While this book speaks mainly of your inner purpose, this chapter and the next will also address the question of how to align outer purpose and inner purpose in your life”*** (p. 258). Thinking back on everything you have read so far in *A New Earth*, write what you have learned about your inner purpose.

2. ***“Your outer purpose can change over time. It varies greatly from person to person. Finding and living in alignment with the inner purpose is the foundation for fulfilling your outer purpose. It is the basis for true success. Without that alignment, you can still achieve certain things through effort, struggle, determination, and sheer hard work or cunning. But there is no joy in such endeavor, and it invariably ends in some form of suffering”*** (p. 258). Write about your outer purpose. Does it bring you joy? How aligned are your outer purpose and inner purpose? What might you do to bring inner purpose into everything you do?

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3. ***“With the grace of awakening comes responsibility. You can either try to go on as if nothing has happened, or you can see its significance and recognize the arising of awareness as the most important thing that can happen to you. Opening yourself to the emerging consciousness and bringing its light into this world then becomes the primary purpose of your life”*** (p. 261). Has a sense of responsibility come along with your awakening? How would you describe it?

4. ***“Whenever you become anxious or stressed, outer purpose has taken over, and you lost sight of your inner purpose. You have forgotten that your state of consciousness is primary, all else secondary”*** (p. 266). The next time you feel yourself becoming anxious or stressed, take a few breaths, make your state of consciousness your priority and see if you can tap into your inner purpose. Then, continue to do what you are doing. Did you notice a change in your outer reality by this shift in awareness?

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5. ***“The great arises out of small things that are honored and cared for. Everybody’s life really consists of small things. Greatness is a mental abstraction and a favorite fantasy of the ego. The paradox is that the foundation for greatness is honoring the small things of the present moment instead of pursuing the idea of greatness. The present moment is always small in the sense that it is always simple, but concealed within it lies the greatest power. Like the atom, it is one of the smallest things yet contains enormous power. Only when you align yourself with the present moment do you have access to that power”*** (p. 266). The next time you feel a lack of power or purpose in your life, return to an awareness of the present moment. Instead of striving for “greatness,” honor and care for whatever is your reality at the moment. Attend to the “smallest” things in your life. Make this your spiritual practice this week, and write about your experiences here.

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6. ***“When you meet with people, at work or wherever it may be, give them your fullest attention. You are no longer there primarily as a person, but as a field of awareness, of alert Presence. The original reason for interacting with the other person—buying or selling something, requesting or giving information, and so on—now becomes secondary. The field of awareness that arises between you becomes the primary purpose for the interaction”*** (p. 269). This week at work or with your family, practice giving people your fullest attention. Without straining or exaggerating, be 100 percent present. Become aware of the field of Presence arising between you and whomever you are with. What changes can you sense in your interactions?

7. What does true success mean to you?