

# POWER OF THE MIND

HEALING, HYPNOTHERAPY, AND COUNSELING CENTER  
IN ASSOCIATION WITH HEALING LIGHT MINISTRIES

*For a Healthy Body, Mind and Soul*

[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG)

SHARON A. JACKSON, COUNSELOR, M.S., MIMSC  
CERTIFIED CLINICAL HYPNOTHERAPIST  
103 SOUTH 3RD STREET, SUITE 102  
OZARK, MISSOURI 65721  
(417) 773-2524



AS FEATURED IN  
**411**  
MAGAZINE  
Quit Smoking, Weight Loss, Anxiety, Depression  
Stress, Anger, Pain, Headaches, Bed Wetting  
Phobias, Anger, Counseling, and much more

HELPING YOU MAKE POSITIVE CHANGE IN YOUR LIFE

## Dr. Sharon Jackson, Ph.D

Metaphysician, Counseling Psychologist, Certified Clinical Hypnotherapist  
Counseling, Hypnotherapy, Reiki & Energy Healing,  
Essential Oils Scenar® Pain and Tuning Fork Therapy



103 South 3rd Street, Suite 102  
Ozark, Missouri 65721  
**(417) 773-2524**



[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG)

Volume III First Edition

JANUARY 2014 MONTHLY NEWSLETTER

**FREE**

# Discover Your Purpose



## Write out Your Life's Vision

Take out a pen and paper. Imagine that five years have passed. All of your dreams have come true. Where do you live? How do you feel? What are your hobbies? How much money do you make? How do you make money? What people are in your life? What people are no longer in your life? How do you spend your days?

The more details the better. Then after you write the vision, answer this question: What one action can you take today to start moving towards that vision? Then take that one action.

## Start a New Hobby

What is that one thing you have been claiming "I would love to do this if..." Want to learn a new language? Start a badminton club? Start a charity? Learn how to sow? It doesn't matter what it is. If you want to do it, it's great. Go do it.

## Volunteer In Your Community

Choose to volunteer for something you find really interesting.

High quality people like to volunteer. They are nice, giving, and enjoy meeting new people. Not only will you get to be around great people, you also might happen to discover your purpose along the way.

Worst case scenario you spend a day making the world a better place. Best case scenario: you discover your purpose. Win-Win.

The purpose of **life** is to discover your gift.  
The work of life is to develop it.  
The meaning of life is to give your gift away.

## Answer The Million Dollar Question

Sit back, take a deep breath and answer the following question:

*If you had a million dollars, what would you do with your life?*

One of the major impediments to discovering your purpose is the money excuse. You buy into this lie that it's impossible to make money doing what you love. So, you don't even bother to search for your purpose.

The first step is to find your purpose, then later you can find a way to make money doing it.

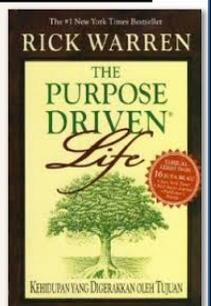
Article continued on other side or next page for eCopy

## FEATURED FREE eBook #1 New York Bestseller

THE PURPOSE DRIVEN LIFE  
BY RICK WARREN

Order your **FREE** eBook  
[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG)  
Offer expires February 5, 2014

You are not an accident. Even before the universe was created, God had you in mind, and he planned you for his purposes. These purposes will extend far beyond the few years you will spend on earth. You were made to last forever! Self-help books often suggest that you try to discover the meaning and purpose of your life by looking within yourself, but Rick Warren says that is the wrong place to start. You must begin with God, your Creator, and his reasons for creating you. You were made by God and for God, and until you understand that, life will never make sense. This book will help you understand why you are alive and God's amazing plan for you---both here and now, and for eternity. Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most important question: What on earth am I here for? Knowing God's purpose for creating you will reduce your stress, focus your energy, simplify your decisions, give meaning to your life, and, most importantly, prepare you for eternity.



# Continued: Discover Your Purpose

## Take Action Without Thinking

All too often you have a wonderful idea that's going to change the world (or at minimum your world) and then the "voice of reason" comes in. Sometimes it's our own voice. Sometimes it's from peers or family. The problem with the voice of reason is that it's often lame, boring, lacks any sense of adventure and is... WRONG. So, answer the following question based on your gut instinct: What do you want to do with your life? Great! Now don't make any excuses. Just take the first step. If you don't know the first step then your first step is to identify the first step.

## Use Fear to Guide Your Actions

Sit back, and grab a piece of paper and a pencil. Answer the following question: What are you deathly afraid to do? I'm not talking about a little bit afraid... I'm talking about pee your pants scared. What is it? FEAR is an indicator that something truly matters to you. Therefore you must identify that which you fear and then do it. Commit to conquering this fear. Start with baby steps. What action can you take today that would move you towards eventually destroying this fear?

## Personify "Your Purpose"

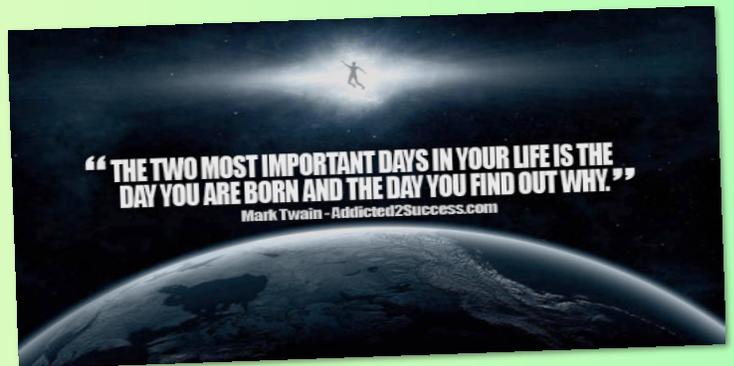
Let's make this personal... Literally. Imagine that your "purpose" was a human being. In fact, they are next to you right now. What would this person be like? Would it be a man or a woman? What does it look like? How does it act? What types of activities does it do? What kind of relationship do you have with your purpose? Is it a marriage? A friend? A business partner? Have fun with this one. You'll be surprised how much it reveals.

## Read Inspiring Books or Listen Everyday (And Don't forget to Meditate)

The greatest impediment you face to discovering your purpose is your own self doubt. Therefore it is critical that you defend yourself against these woeful voices of doubt and insecurity. The simple way to do this is to commit to read or listen 30 to 60 minutes of inspiring books or talk everyday. Imagine feeding your mind with some of the greatest and most inspiring thinkers in all of human civilization.. everyday. Do you think that will impact your sense of possibility? Heck yes it will! As you read more, your sense of possibility will increase. As your sense of possibility increases you will start to be more comfortable

Reference: Addicted2Success By Izzy Arkin

exploring potential purposes because you will know that you can find a way to make it happen.



## Plan Out "Purpose Exploration" Activities

Look at your schedule this week. *Write down 5 actions you will take to start discovering your purpose.* Book it just like a doctors appointment. Write in the day and time that you will do it. Don't know what action to take? That's easy. Just choose 5 from this post and add them to your calendar'.

## Commit 60 Minutes to "Life Reflection"

A while ago someone said that "experience is the greatest teacher". That's wrong, experience isn't the greatest teacher. "Experience reflected on is the greatest teacher". Set 60 minutes aside this week to think about your life. Grab a pen and paper and just write. Ask yourself the big questions:

*What makes you happy? What do you want to do with your life? What impact do you want to have on this world? Write. Write. And write some more. You will be amazed at the insights that come out of this.*

## Imagine The Impossible Then Take The First Step

For just one moment, imagine that you could do anything in the world you want to do. So, if that were possible, what would you do? If you were going to do that one thing, what is the first step that you would need to take to make it happen? Now, take that first step.

\*Information found in this newsletter is for avocational purpose only and does not replace the advice of a doctor. If you need medical attention, please consult with your physician.

**SPECIAL DISCOUNT COUPON**  
**\$10.00 OFF**

**ONE Counseling or Hypnotherapy Session**  
**WITH COUPON** (not valid for discounted sessions)

Must present coupon at time of payment expires February 1, 2014  
coupon code POMNL 01072014

**Power of the Mind Healing Center**

(417) 773-2524

email: [powerofthemind@mail.com](mailto:powerofthemind@mail.com)

[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG)



Subscribe to our monthly e-newsletter featuring FREE items, coupons, positive thoughts, questions & answers, health tips, and more! Email "subscribe to newsletter"

[powerofthemindcenter@mail.com](mailto:powerofthemindcenter@mail.com) or subscribe on our website  
[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG) (under Newsletter)