

DISCOVERING
YOUR
SACRED LOVERS
WITHIN

WEEK 4: LIVING YOUR PURPOSE AND MISSION
STUDY GUIDE

What exactly do we mean by Patriarchy?

What happens to people when their masculine is collapsed? What are some of the signs and challenges of a collapsed masculine in men and in women?

Practice: Identifying negative beliefs about the Masculine

Masculine (negative)

Masculine (positive)

Men (negative)

Men (positive)

Write a sentence about all that is positive that you wrote about men and the masculine:

The healthy masculine is _____

What I like about men is _____

Practice (continued): Connecting with your inner male

Write down your experience of connecting with your healthy, loving inner male:

What are some of the key differences between purpose in life and mission in life?

What is everyone's purpose in life?

What's a general definition of a mission in life:

Other notes about mission in life:

Complete these sentences:

You fulfill your purpose in life by _____

Life purpose relates to the realm of your _____, the realm of being, and your mission in life relates to the realm of your _____, the realm of acting in the world.

Why is it so important to feel your pain instead of going into denial? What's the difference between perpetuating your suffering and feeling your pain?

**How do people sometimes confuse their life mission for their life purpose?
How does this confusion relate to the challenge of self-expression?**

How is our society structured like a pyramid, and how does that pyramid affect our sense of life mission?

What is a healthier model that we can work toward to replace this pyramid structure?

Now you know two important things about your life mission

- 1. _____
- 2. _____

In what ways can your mission and purpose change (or not) over the course of your life?

What is the role of the feminine in accomplishing your mission?

What is the role of the masculine in accomplishing your mission?

What are some of the specific ways that the healthy masculine is expressed in the workplace?

What are some of the specific ways that the healthy feminine is expressed in the workplace?

What are some of the specific ways that the shadow masculine is expressed in the workplace?

What are some of the specific ways that the shadow feminine is expressed in the workplace?

How can we create balance in the workplace? What is the role of feminine values?
