

Why are you here? The answer lies in your pursuit of joy and authenticity. Learn what Soul Purpose is, how to follow your Soul's beckoning to discover yours, and how to create a life of meaning, success, freedom, and delight.

Delighting the Soul: Lessons on Life Purpose, Authenticity & the Law of Attraction

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DELIGHTING
THE
SOUL

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DELIGHTING THE SOUL

*Lessons on Life Purpose, Authenticity
& the Law of Attraction*

MELODY LARSON

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Author's Foreword

This is an exciting time. We're a world in transition. We are in the process of advancing human consciousness. A more spiritual approach to living is emerging in our society. We're coming to see that there is more to life than the physical world and are beginning to acknowledge the nonphysical aspect of our being—the Causal Self, the Soul. Science and religion are merging as we see that spiritual laws and scientific laws are the same. They both explain how the Universe operates. They both point to an understanding that everything that exists is made up of energy, including us. And so, it is no accident that the Law of Attraction has recently become the subject of mainstream media.

Although the Law of Attraction is currently one of the hottest topics in the personal development field, it is also a law that has been in existence since time immemorial and is no secret to the many that have lived remarkable and spiritually meaningful lives. The mass success of Rhonda Byrne's *The Secret* and its contemporaries has now made this spiritual knowledge accessible to millions who are attempting to use it to have, be, and do anything that they desire. This is a remarkable step in the expansion of our collective consciousness, but it is not the highest use of the Law of Attraction.

We're just not there yet. This is a tender time in humanity's evolution. The Law of Attraction is being presented and used with a consciousness that is still firmly rooted in perceiving the world through the 5 senses. It's seen as a magical formula for feeding the desires of the personality and not the desires of the

Soul. I plead guilty to being one of those presenters myself. In my first book, *The Beginner's Guide to Abundance*, I explained how to use the Law of Attraction to attain material fulfillment. But in my own growth I have come to discover that this is not its highest use. This book is an attempt to expand upon my earlier teachings and to explore exactly what this higher use is.

To navigate the Law of Attraction for our greater good, we must first become the masters of our minds and the slaves of our hearts. We've made a long history of worshiping the power and aptitude of the human mind and of diminishing the perception and compassion of the heart. Reason above intuition, control above passion, will above reverence, individuality above oneness....We've mixed up our masters, surely, and we're hurting and powerless as a result. The mind was never meant to be in charge. That role belongs to the heart. That is why "Love is the great work," why "Happiness is the great work."

When you learn to let your heart rule and your mind serve, you'll lift up your humanity to a new level. You'll align yourself with your Soul's intention and use the Law of Attraction as it was meant to be used, to fulfill that intention. This will delight your Soul to no end. And in delighting your Soul, you will delight in this wondrous, precious life of yours.

Helping you learn how to navigate this shift from mind to heart and from personality to Soul, so that you may use the Law of Attraction to live a life of purpose, joy, and spiritual as well as material fulfillment, is my intention for this book. May these ideas inspire you, challenge you, and most of all delight you!

- M e l o d y

1

**THE PURPOSE
OF YOUR LIFE**

Here is a fascinating tidbit of truth: you are not really a human being made of flesh and bone. You are made of energy. You are on this Earth, but you are not *of* it. The true you is an energetic being, a being of light, an eternal nonphysical entity joyfully romping in the human experience. This true being, what many call the Higher Self, the Subconscious, or the Soul, is the *real* you. The human you is nothing more than a fine tool sculpted by the nonphysical you, perfectly honed for the achievement of a particular task. In other words, your life has a purpose. Your purpose is to help the nonphysical you achieve *its* purpose.

Contrary to what many perceive, your Soul does not *leave* the nonphysical world to become you and then return to the nonphysical realm when you die. It merely *reduces part of itself* into you. Much of its attention remains focused on its nonphysical life while at the same time a small part of it is focused on you here. Thus you both exist simultaneously. An analogy to help you grasp this is to imagine your Soul as a sun. You are one of this sun's rays. You are part of this sun and possess all of its elements and characteristics, but you are shining as a distinct ray pointed in a specific direction. This sun has all sorts of other rays (other lives) shining in other directions too; but you cannot see them, or the total sun of you, from your individual ray perspective.

Your Soul is incarnated into innumerable lives and forms, each one having its own deliberate purpose that is quite different from yours, each resulting in growth, in expansion. From your perspective here in time and space you refer to these as past lives, but time and space do not exist in the nonphysical and so it is all really happening at once. Your past

lives, present life, and future lives are all there as those sunrays, right now. When your consciousness leaves your body and returns to its Soul source, you will be able to see the totality of all of these lives and know the full experience of Who-You-Are. To know this now, however, would only confuse your specific purpose for this lifetime as a human being, as an individuated aspect of Soul.

The Soul itself is an individuated aspect of the Universe. The Universe is one continuous, eternal, ever-expanding flow of energy, and this energy is intelligent. It is conscious. It delights in its infinite expression and expansion. How many ways can energy be expressed and experienced? There are infinite variations to be born. And your Soul, the true you, is one of those variations. It is Universal energy in a reduced, concentrated form, and its purpose is to expand the Universe through its many experiences. You, following suit, are Soul energy in a reduced, concentrated form.

Can you see then, what an amazing thing you are? Can you see how great your purpose is? You are not here to lead a passive life. The Universe needs you! The Universe cannot expand itself, cannot experience itself, without the Soul. Your Soul cannot expand itself, cannot experience itself, without you. *You help your Soul experience specific aspects of itself that it has yet to experience fully. You also help the Soul contribute aspects of itself that it has already experienced, so that it may help other Souls in their quest for growth and expansion.* This is what is meant by the term Soul Purpose. Soul Purpose is always twofold. There is the Soul's own quest for growth, and there is its gift of growth to others.

How can you know your Soul's purpose for *your* lifetime? How can you find out what aspects of itself it wants to experience? How can you know what aspects of itself it wishes to share? In other words: *What should you be learning? What should you be contributing?* The answer to these two questions is deceptively simple. Joseph Campbell, the great mythologist, summarized everything you need to know about your life purpose in one simple and beautiful phrase: *Follow your Bliss.* Find and do what brings you joy. Learn to think, feel and act in ways that cause joy to flow through you. The way to your purpose is through joy. Joy is the "code" that Soul and you agreed to before you incarnated into physical form, the way your Soul would communicate to you that you were "on track." When you are experiencing joy, you and your Soul are in perfect alignment, you are powerfully co-manifesting what your Soul desires to experience. When you are not experiencing joy you are at odds with your Soul's intentions.

You see, your Soul communicates with you *through emotions.* That is the language you agreed to use before being born. That is why you have emotions: to be able to communicate with the nonphysical part of you while you are out here in physical space and time. Isn't that fabulous? You have an inner guide with you always, telling you if you are off course or on course *by the way that you feel.* When you feel good, in all its forms from contentment to gratitude to bliss, that is your Soul telling you, "Yes! I agree with this. Yes! You are on purpose. Yes! You are thinking or acting in alignment with me. We are functioning as a team." When you feel bad, in all its forms from insecurity to rage to boredom, that is your Soul telling

you, “I am not in agreement. You are off-track. You are not on purpose. We are not in alignment.”

And there is more even than this to the story. In addition to emotion, you also have intention. Everything around you that you see on this Earth has been manifested through intention. The Universe sculpts its energy through intention. Your Soul manifested *you* through intention, and you have the very same ability. Energy converts to matter through intention. Did you know that everything in your life, every thought, every emotion, every experience, has been manifested by you? That you intended all of it into being? You are manifesting all of the time through your intention, but usually you do so at the subconscious level and so are not consciously aware of it. Without this creative power of intention you would not be able to fulfill your Soul’s purpose.

What a cruel joke it would be to set you down upon the Earth and not give you any power to control your own life experiences! You are not here to be a victim to the wheels of fate. You are not here to struggle. You are not here to long for something and then not receive it. You are here to delight in this purposeful life of yours and to delight your Soul in the process. You are here to be, to have, and to do those things that fulfill your Soul’s purpose—and you have the power to manifest all of those things deliberately by focusing your intention.

“Why then” you say, “do I experience so many things I don’t want?” If you are not striving to align your energy, your consciousness, with Soul Consciousness, if you are intending on auto-pilot rather than through active choice, if you are sacrificing your authenticity in order to fit in to your world

instead of influencing your world, if you are operating from a place of self-doubt or blame, if you are not seeing every experience as a choice point between serving the personality or serving the Soul, then you will indeed experience many things you do not wish to experience because you are not on purpose. You are misusing the powers your Soul gave you, the powers of emotion and intention.

Most of us don't use our emotions as they were meant to be used, as messages from Soul designed to keep us on track *before* we end up creating something we don't want. Instead, we use our emotions as *after the fact indicators* to tell us whether what we've already intended into being is pleasing to us or not. That is the first error. Secondly, most of us are not consciously choosing our thoughts, beliefs, feelings, or experiences. Instead of manifesting intentionally, we allow ourselves to become slaves to our minds and it intends everything without our awareness. Then, when we look at what we've manifested, we let that same mind convince us of our own sense of victimhood and powerlessness. The result of all this *unconscious* intention is that life looks like a random mix up of wanted and unwanted experiences.

But take heart! Your life is not meant to happen willy-nilly and it is not meant to be unfulfilling. You are here as an emissary of your Soul, endowed with all the qualities and the powers that it possesses. While you are here, you are always in communication with your nonphysical Self via your emotions. In your pursuit of joy, you can discover your mission. Similarly, through the conscious use of your own mind, your own imagination, your own intention, and your own attention,

you can deliberately manifest the experiences that allow you to fulfill that mission.

Knowing this truth, and succeeding in it, is the purpose of your life. What remains to be told is *how* you go about doing this. There is a Universal Law in operation that assists you in this process. It is called the Law of Attraction and your Soul is a master at navigating it. Understanding how it works and learning to navigate it consciously, as well as *conscientiously*, is the key to experiencing the joyful, purposeful, and fulfilling life that you were meant to live. Before this can be achieved with any success, however, you must first walk the path of authenticity. Authenticity is about bringing your unconscious intentions into the light, and this is healing, harrowing, vital, and freeing work indeed.

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