

## UNIVERSITY OF SANTA MONICA

LIFE MASTERY & SOUL-CENTERED LIVING II:A 10-MONTH CERTIFICATE PROGRAM IN ADVANCED SPIRITUAL PSYCHOLOGYTHE HEALING OF MEMORIES: CLEANSING THE LENS OF PERCEPTION

**NURTURING AWARENESS OF YOUR AUTHENTIC SELF  
AUGUST/SEPTEMBER—CULTIVATING PURPOSE AND MEANING**

*“Perhaps you’ve been pondering your own purpose for some time—wondering, ‘How can I recognize and know my purpose, let alone Accept and live into it? How do I get from where I am now to living a more fulfilling Soul-Centered Life?’ We have what we believe you’ll find a very empowering response: Accepting and daring to live more fully into the experience of your Self as Living Love.”*

◆ Mary and Ron Hulnick  
*Remembering the Light Within: A Course in Soul-Centered Living*

What if your life purpose is simply to Wake Up and Live the Loving that is already inside of you? Relax. It really is that simple. The rest are details. The most meaningful moments in life don’t come through your accomplishments, though they can bring a level of fulfillment. Completeness and knowing your purpose come through Heart-to-Heart, Soul-to-Soul moments in which you share your Loving in ways that have Heart and meaning for you.

Examples of Nurturing Activities for this month:

- Dialoguing with your Inner Counselor about your strengths and gifts.
- Observing the ways in which you make a meaningful contribution each day.
- Noticing those experiences that you love and you experience as bringing you alive.
- Making a list of people who inspire you, and working with owning and living into the positive projections.
- Daily reading out loud the Marianne Williamson quote on letting our Light shine ([www.goodreads.com/author/quotes/17297.Marianne\\_Williamson](http://www.goodreads.com/author/quotes/17297.Marianne_Williamson)).
- Setting Bedtime Intentions to experience your life purpose.
- Praying to Spirit: Please use me. Given my gifts, abilities, and experience, how can I serve?

**Affirmation:** I am a Light House, radiating Luminous Loving, Peace, and Joy in all directions, to all people, situations, and circumstances for the Highest Good of All Concerned.

**Mary’s Nurturing Challenge of the Month:** Explore these two questions through journaling:

- 1) What do you Love?
- 2) How can you serve what you Love?

*“What moves your Heart and stirs your Soul? What experience and expressions do you Love? What brings you Alive? Perhaps it’s creative expression through music, poetry, art, dance, or literature. It could be participating in service. For some, it will be speaking with others and bringing forward the Strength of your Heart. For others, it is coaching people in fulfilling their Heartfelt dreams. The short answer is that it’s nothing less than daring to live into your dreams. The form is not important. What matters is answering the Calling of Spirit in your Heart!”*

◆ Mary and Ron Hulnick  
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