



Discover Your Calling Cheat Sheet

1. Our calling is a frequency. We all have our own unique frequency. We're to emit that frequency to the world. My (Jonathan's) calling is Unity consciousness. Emitting Unity consciousness to the World. Whenever I'm undertaking a task that increases global unity consciousness levels I'm aligned to my calling.

2. Our calling is NOT about us. Ultimately we're all One, so everything's about us, but for teaching purposes it can be useful to look at it this way. Our calling is about helping others to experience our calling frequency. So my calling is **helping other people to experience** "Unity Consciousness."

3. Our calling is who we are. It's the real us, our true self. When we're being our self. Bashar calls it our core signature vibration. People recognise this energy in us when we're being ourself. For example: When I'm being myself, being friendly and bringing people together. (Following my calling of Unity Consciousness). I give off a specific energy. And people recognise that. People might say, "oh Jonathan's here" - As I walk into the room and light it up with my energy of unity consciousness. Once we discover our calling in ourselves and others it becomes obvious - the calling frequency has always been within us - its just been masked by our childhood pain and trauma. And by our social conditioning.

4. We've always known our calling since we were a child. Once you begin to identify your calling you can trace it back to your childhood. And begin to see that your calling frequency was always there, way back then. And you often acted it out. In my example, being unity consciousness. I always wanted everyone to be friends. I secretly wanted to be friends with my worst enemies and wanted everyone to get along. I was always seeking resolution into unity.

5. Write down the **3 best** experiences of your life. See if you can identify a common thread that links them. This is likely to be your calling frequency. For example if your calling was abundance you may notice that the best times in your life were when abundance was flowing freely.

6. Write down the **3 worst** experiences of your life. See if you can find a common thread between them. Often the common theme will be that you were being blocked from experiencing your calling frequency. Some of my worst life experiences were when I felt abandoned. Or left out. Or isolated and alone. These experiences were the polar opposite of my calling frequency of unity consciousness. And thus they caused me huge amounts of pain. I was disconnected from my true self.

7. Practice "Heart Activation Meditation". The more we focus upon our heart energy centre (chakra), the more we experience love. Our heart has it's own consciousness. We can communicate with our heart. Visualise your heart (physical or chakra, try both), as a conscious sentient being. See it emitting white blue and pink purple light. The feeling of love is more important than any images or visualisations. Try and increase the love frequency in your energy field by energising your heart. When we experience love we naturally want to serve. When we know our calling frequency. And have an activated heart chakra. All we want to do is serve humanity with our calling. Love, Compassion and Service become our natural state. From here life takes on a new dimension of fulfilment and excitement. In Love and service to One and The All. Amen.

8. Your calling is a frequency. Your calling is to help others experience this frequency. It's not about you experiencing this frequency - it's about being of service. We're here to serve in pure love from the heart. Become Love. Become Service. Become Compassion. Become Aligned to Your Star Mission. The experience of serving humanity with a heart overflowing with love is the pinnacle of the human experience.