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**Be-Longing: What does it mean to be human?**

Vol. 1, No. 1 ----- June 2003  
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**1. Longing and Your Heart's Desire**

I've been longing for something for years and haven't known what it was. I've read about your heart's desire and never could figure out what mine was. I thought it was some project, some way to make the world a better place, if I knew what it was I'd be on purpose.

Some years ago I was on a ropes course, The Lion's Leap. I thought the object was to climb a tree going up over some obstacles, climb onto a platform, run out a narrow plank, and hurl myself into space to grab a hanging bar. At the same time, we were supposed to be doing this exercise in our own unique way. One of the instructors chanted, as each one of us went up the tree, "Be yourself, be yourself."

I set my goal for half way up the tree (I'd injured my leg and didn't want to hurt it again.) I made my goal and came back down; yet I felt like a failure because I hadn't grabbed the bar, as many others had. After reaching the ground, we had time to reflect on the experience. I kept hearing in my head, "Be yourself, be yourself." .... Suddenly I realized the exercise wasn't about grabbing the bar at all, it was about being our own unique, authentic self as we did the exercise. I'd almost missed the whole point of the exercise. Being my self was success.

Recently I was surprised to read, "[t]heir heart's desire was not a thing, not a person, not something they could touch. It was a state of being...." in *Appetites* by Geneen Roth.

Being; being my self; my heart's desire is to be! All this time I've been longing to be me. Why didn't someone tell me? I know, I wouldn't have believed them - I thought doing something was what was important.

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## 2. Inquiries for Fuller Living

What do you long for?

What is your heart's desire?

How do you want to be?

What does being on purpose mean to you?

Who would you be if you sent me your answers to these questions?

Mailto:rikki@on-purpose-coaching.com

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## 3. Resources

*Appetites: On the Search for True Nourishment* by Geneen Roth. An excellent read for those of you who long for something or don't know how to nourish yourself in fulfilling ways.

Available in paperback:

<http://www.amazon.com/exec/obidos/ASIN/0452276799/onpurposeco05-20>

Use this link any time you shop at Amazon and you support **Be-Longing** (you may have to copy and paste in the browser window if the address wraps): <http://www.amazon.com/exec/obidos/redirect-home/onpurposeco05-20>

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## 4. Longing For Something?

Test drive coaching: schedule a 45-minute complimentary coaching conversation today, <mailto:rikki@on-purpose-coaching.com>

Rikki Fowler has been on a 23-year long intentional journey of self discovery and is constantly amazed at what she learns. She is trained and certified as a Life Coach and guides people to discover and embody what they long for. Hire her as your guide for the journey of your lifetime.

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## 5. The Fine Print

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