

JANUARY WELLNESS



FINDING YOUR LIFE PURPOSE

“What you are seeking is seeking you”

This is a quote by the 13th-century Persian poet Rumi.

Life coach, Sabine Buhlmann, believes Rumi’s quote is meant to say that everyone has a life purpose. Buhlmann believes that listening to your intuition and following the path of your purpose, will bring joy and fulfillment into your life.

For assistance in finding your purpose, Buhlmann offers the following tips:

- ~ **Listen to your inner voice:** Take time to quietly listen (meditation is optimal for this) in order to hear the message of your inner voice.
- ~ **Follow your joy:** When you feel joy, it is a sign that you are on the right path, and aligned with your purpose.
- ~ **Pay attention to the signs:** Watch for random signs that look like guidance from the universe. Examples may be a message from a song, finding the right book, talking to the right person at the right time, or coming up with an idea out of nowhere that leads you on a path.
- ~ **Trust the process:** Believe that, even if there are obstacles, and gratification is not immediate, the process is at work. If it is your true path, what you seek will find you.
- ~ **Clear the blocks:** If there seems to be a block towards your path, take time to look into what may be in your way. It can also help by focusing on the opportunities rather than the obstacle or block.
- ~ **Don’t worry about the how:** Maintain focus on the “what”, and don’t worry about how you will get there. Buhlmann says to remember that the whole process does not have to in place to continue on the path. How to get there will present itself ~ because what you are seeking is seeking you as well.

For additional information, click here: [What You Seek is Seeking You](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com