

The Destiny Discovery

Cliff Notes

By Michelle L. Casto

You are the co-creator of your Destiny.

You are what your deep, driving desires are.
As your desires, so is your will.
As your will, so is your deed.
As your deed, so is your destiny. ---The Upanishad

Let everyone get in their destined place. It's time for us to unite and create a bright new reality. This work requires the hearts, hands, and intentions of as many people as possible. We will need to create new solutions to modern-day challenges and are all called to work together. ---Michelle L. Casto

Destiny: innate desire to actualize your greatness, live true to yourself, and the spiritual energy that reminds you that you can choose your direction and Purpose. *The paradox is that Destiny is both pre and self-determined.*

Discovery: to realize, learn, and possess accurate Self-Knowledge

Destiny Discovery: to possess the accurate Self-Knowledge to consciously decide to walk your unique path to Destiny and Success

2 keys to unlock the door of Destiny: Soul Journey and Soul Purpose

What is Destiny?

It is accessing your greatness and potential through your chosen Purpose in life.

It is taking the unique knowledge, skills, and abilities within you and sharing them with the world.

It is consciously creating the life you have dreamed about.

It is going on a journey to discover the truth of who you are.

It is overcoming limiting beliefs and outdated programs.

It is knowing the Oneness of Life itself.

What Level Are You Creating on Purpose?

Level One: Default Purpose: "lost"

You are getting by in life but may be feeling less than fulfilled, and more often than not, feel stressed or disappointed with how life is going. You may have taken a peek into your inner self occasionally, only to get dragged back into the default mode of existence. You find it challenging to make life decisions and may find yourself jumping from job to job, relationship to relationship, looking for yourself "where you are not."

Level Two: Pseudo Purpose: "off track"

You may feel as if you are "hanging in there" or *doing fine* and yet, feel like there is something MORE to life than this. You are not fully certain of your purpose, although you may have glimpses of being on purpose from time to time. Work is not passionate or fun and you are settling for less than your heart's desires.

Level Three: Personality Purpose: "on track"

You have a clear understanding of what you want but you may not be fully aware of your purpose or allow it to guide your decisions in life. There is still unrealized potential within you, and can easily be harnessed with the right guidance and support.

Level Four: Destiny: "destined for greatness"

You are more than likely living at a higher rate of fulfillment, confidence and inner peace. We encourage you to embody your purpose and share it with others. Maybe you need to take who you are out into the world in a bigger way in the form of a business or some physical manifestation.

Deadly D's

Denial, Detours, Dark Nights, Delusion, Delay, Doubt, Distraction, Depletion

Get into the Greatness Zone

Here are the zones you will be walking through as you upgrade your consciousness and live your life on Purpose.

Uncomfortable zone: You don't know what you don't know and are disconnected from the Divine, showing up as a victim who is stumbling through life.

This is the life you've learned to settle for.

Comfortable zone: You know some Truth and have moments when you are connected with the Divine, showing up as a *victor* who is fighting your way through life. *This is the life you've learned to fight for.*

Courage zone: You know your Truth and are very connected to the Divine; showing up as a *vehicle* who is consciously creating your life. *This is the life you've learned to create.*

Greatness zone: *You are Truth* and consistently connected and aligned with the Divine; showing up as a *vessel* of light, raising the vibration wherever you are.

You live like it is Heaven on Earth.

Destiny Definitions

You: the maker and discoverer of your Destiny.

Your reality: the stage you have set up around you, full of the people, experiences and lessons that will allow you to play out either your *default role* or *Destined for Greatness Role*.

Fate: the result of your subconscious programming that limits you.

Destiny: the result of consciously chosen behaviors and direction.

Ego: the mind-based part of you that exists to keep you safe, and so creates a life of limits.

Story: the interpretation that you use to justify or rationalize what happens in your life. The story you tell, is the story you live! What story will support your destiny?

Limits: the self-imposed beliefs about what is possible or probable for you to experience in life. When we live a life without limits, we soar to the heights of success and happiness.

Soul: your spiritual essence that has access to great wisdom. Soul loves to experiment and experience all that life has to offer.

Alignment: the knowing feeling when you are connected with the Divine and a clear consciousness for that which you desire.

Intuition: the Divine guidance that leads you to discover your true path in life.

Your Truth: A feeling of agreement in your mind and resonance in your heart.

Soul Yearning: the discovery of that "something more" that you long for or the innate desire that allows you to live your greatness.

The Dance: the discovery of your potential and your choice to consciously create an amazing life from that potential by following God's lead.

Persona: is the self-identity program that runs our personality software, which is basically how we think, speak, and act when in default mode.

Cards: unchangeable circumstances: gender, height, socioeconomic level, ethnicity, etc.

Trance: recreating the same reality again and again, feeling unfulfilled (like a big piece is missing from your life puzzle), frustrated that a certain desire has not manifested, feelings of regret or despair over past, searching for happiness outside of you in jobs, bank or relationships

Dance: walking the path of your destiny, fulfilled and on purpose, grateful for what is and excited for what you are creating, listening and following your heart, shining your light and enjoying the journey

Soul Purpose: creating an outer life that is a reflection of who you are truly inside. What you are inspired to do and who you are inspired to be while living on planet Earth.

Saboteur: the part of you that keeps you in your comfort zone and likes things to remain the same, may trip you up when you least expect it. loves to feed off of resistance and resignation.

Stepping Stones of Destiny:

Challenges: the defining moments where you have the opportunity to *go through it, or grow through it*. We are weakened when we let defining moments define us. We are strengthened when we define those same moments.

Chaos: the divine's way to course correct your life. You can react from fear or love, and either diminish your light or expand your light from the experience.

Change: what propels you forward along your path. The ability to roll with the changes and even initiate them, gives you an unstoppable power source from which to create your life on purpose.

Choices: the power of free will, where you assess the challenges, story, and limits that you buy into, in order to make choices. Note: the choices we make, consciously or unconsciously, impact the results and realities of our Destiny. They are not right or wrong, but either move you forward or not.

Here are some choices you may encounter along your journey:

Get to be right	Get to be happy
Filled with poison	Filled with passion
Failure	Feedback
Stay & Suffer	Go & Flow
Bitter	Better
Problems	Possibilities
Job	Purpose
Stress	Harmony
Persona	Authenticity
Trance	Dance
Self-Importance	Self-Honor

Status Quo
Finding Fault

Transformation
Seeking Solutions

Four Levels of Human Consciousness

The strategies used by our reptilian brain to make choices also relate to what we learned earlier about the four levels of consciousness (*victim, victor, vehicle, and vessel.*) Each level relates to freezing, fighting, flowing, and freedom, which are good indicators of what level of consciousness you are choosing.

For example:

Victim -There is a part of you that feels scared and unsure of what step to take, so you may "Freeze"

Victor -There is a part of you that wants change but thinks that is has got to be hard, so you may "Fight"

Vehicle -There is a part of you that allows yourself to follow your purpose, so you may "Flow"

Vessel – You go with the flow, relax, let go, and allow yourself to experience the ALL of you that lives in the space of authentic self-expression, experimentation, and expansion. This is where *true freedom* lives.

Freedom
Passion
Possibility
Success
Happiness
Fulfillment
Love
Health
Wealth

Ambivalence and control kills off power. Acceptance and flow harnesses the energy to use it. I am Divine Love and Power. I direct my presence to radiate love which is the power of creation.

Ask yourself, "Where do I expend most of my vital life energy?" If you are like most people, you default to way #1 and #2 (freezing or fighting and getting no where fast). Once you get used to flowing and growing, you will find that final level of consciousness-Vessel, being a Divine Human.

***This is adapted from the book, *The Destiny Discovery: Find Your Soul's Path to Success*, which you can learn more about at <http://www.LiveYourDivineDestiny.com> or visit Michelle's main site <http://www.Brightlightcoach.com>