

Life Purpose



with
Jena Griffiths
and
Susan Miles

25 - 31 August 2018

Once in a lifetime we simply have to say yes to ourselves and our soul's calling. Yes to the different drummer that we have been hearing all these years. The ache to be who we came here to be, and also to connect with like-minded people. — Jena Griffiths

You have a unique life purpose. Life intends something through you. Just as it is the destiny of an acorn to become an oak tree, we all have an inbuilt compulsion to grow into our full potential. Much of our anxiety comes from feeling we aren't doing what we came here to do.

This workshop explores both sides of your life purpose: the forces compelling you to become something and the forces that seemingly hold you back yet also ground you firmly in the here and now. It's about saying 'yes' to what is, the bedrock you were born into and what life has offered you so far.

Finding our innate purpose means we need to see the 'blueprint' of our life. Your fingerprints reveal what makes you feel deeply fulfilled – your soul's calling. They also reveal exactly what is holding you back from living your life purpose – the issues that trigger you, causing you to drop down to lower feeling states that take you into your shadow side to do deeper work.

At the end of the week you will know your life purpose and also have more clarity about what steps to take next for your purpose to thrive and flourish. You will go home with a deeper connection to yourself and others, a clear understanding of your soul's agenda, plus your own purpose-driven map and personalised tool kit to keep you on your path.



Jena Griffiths has spent the last 10 years exploring the frontiers of the human psyche through the blueprints in our fingerprints. She consults and teaches internationally.

Susan Miles has worked in the healing professions for 38 years. Having joined the Foundation in 1991, her work here currently includes running the Life Purpose workshop, other brochure programmes, internal trainings and staff development.



Tiered price: £1110 / £840 / £690

(includes 7 nights accommodation, full board and refreshments)

www.findhorn.org/programmes/life-purpose

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