

The beauty of writing our destiny is that it gives us a sense of sovereignty – an unbridled power to give focus to the truth of all we are and all we are becoming.

destiny writing

A REVOLUTIONARY APPROACH
TO ILLUMINATING YOUR MOST
EMPOWERED DESTINY IN
BUSINESS AND LIFE

MARSH ENGLE

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*Writing is one of the most powerful and effective tools we have to
define our creative callings, accelerate our career,
and manifest a soul-inspired destiny.*

*That's because of how writing can lead us from
confusion to clarity, from isolation to impact,
from resistance to radiant results.*

The Practice of DESTINY *writing*

A spiritual practice for manifesting the business and life you desire.

DESTINY *writing* is a highly effective tool that opens communication between your conscious, cognitive mind and the unconscious, intuitive mind. Every session includes a collection of specially formulated questions – BOUNDLESS QUESTIONS – to guide your DESTINY *writing* journey.

WHAT ARE BOUNDLESS QUESTIONS?

BOUNDLESS QUESTIONS are OPEN-ENDED questions designed to trigger intuitive answers, insights, solutions. An OPEN-ENDED question is a question that cannot be answered with a simple 'yes' or 'no', The questions are posed by you and answered through intuitive guidance.

Why do BOUNDLESS QUESTIONS begin with “Why” “How” or “What if”

Beginning question with the word “Why”, “How”, “What if?” provides a question that activates your subconscious mind and reduces *cognitive dissonance* – the internal voice in your head or the inner-critic that can get in the way of higher intuitive guidance.

Benefits of BOUNDLESS QUESTIONS includes:

- The intuitive mind loves to answer questions.
- Boundless questions encourage clear, focused intuitive answers.
- The practice guides you to create a habit of consistently calling upon intuitive support.
- Learn how to replace stuck emotions with higher creative states.
- Manifest answers and opportunities more effectively.
- Helps you to solve problems.
- Deepen trust and amplify creative ease.
- Discern ways to stay true to sacred goals.
- Help you to take action more effectively.
- Encourage you to create inspired possibilities.
- Help you to shift perspective and activate the courage to face any challenge.

HOW TO BEGIN:

To begin your DESTINY *writing* process, decide upon a specific period of time -- 2 minutes, 5 minutes or 15 minutes – for your DESTINY *writing* experience each morning. But first get into a relaxed and meditative state. A few minutes of breathing can be highly beneficial to help you to slow down and become present. Any relaxation or meditation technique that you are familiar with can be used.

Once you have developed the habit of writing each morning you can increase the time that you choose to allocate to your practice of DESTINY *writing*.

Be in a comfortable environment, preferably one where you will not be interrupted! Turn off all phones, shut down your computer, remove distractions.

Next, reflect upon the writing prompt that has been provided for the day. Consider this to be your starting point. Then place pen to your page and begin writing....

The DESTINY *writing* practice is designed to develop your self-awareness; you will not be judged on what you write and will not need to share it with anyone unless you decide to do so. You do not need to be concerned with spelling, grammar, or the quality of your handwriting.

If you feel inspired and in flow, by all means keep writing. You can write beyond your allocated time but do your best to avoid stopping before fulfilling your commitment of time. This may mean that you repeat the same sentence or ideas several times. What's important is that you keep the pen in motion. It's this movement that facilitates the flow of new insights.

Once you start writing, other topics – beyond the topic of the daily writing prompt – may begin to flow. When you find yourself moved to write about something different than the topic originally intended, ask yourself:

1. Is this a valid part of my writing process?
2. Or, am I resisting expressing something?

Then, continue writing, keeping in mind, what you write need not make sense, or be perfectly structured sentences. The aim of the DESTINY *writing* practice is to create a deepening relationship with your own thoughts, ideas, and feelings.

The Practice of DESTINY *writing*

The Benefits

Writing by hand helps you think outside the box.

It gives your mind free reign to breathe and express itself beyond your usual routine. In this way, writing by hand pushes your mind towards new observations and conclusions.

It forces you to slow down and draw out new insight from your stream of consciousness.

Your words will serve to center you and clear your mind.

Each morning we wake with a myriad of thoughts floating in our minds. We need to channel that energy. DESTINY *writing* will clear your mind to focus on underlying insights – allowing you to dedicate your mind-power to more highly energized creative thinking.

Your words will accelerate creativity, ideas, answers and solutions.

In order to retrieve your creativity and amplify your intuition, you need to tap into it. And it's through the easy flow of the DESTINY *writing* practice that you'll find ways to do exactly that.

Your words will help to still your inner critic.

All too often and too easily, your inner critic can steal creativity, confidence, and forwarding movement. Getting to know this voice will more readily allow you to move past the influence of this voice.

Your words will make you less anxious.

Writing helps to calm anxiety. A lot of our frustrations and sadness come from muddled and unexpressed thoughts, which often repeat in a loop in our minds. Emotions like frustration, self-doubt, anger, fear, vulnerability, procrastination ... can be released onto the page.

Getting feelings out and seeing them written on paper will help to ground you and amplify your focus. A study found that writing leads to greater and more honest self-disclosure.

Writing to empower.

And, of course, writing can empower you. DESTINY *writing* slows down your thoughts and boosts mindfulness. The act of writing induces states of calm by increasing activity in parts of the brain similar to meditation.

So, whether it's reducing stress, changing your state of happiness or increasing your self-knowledge and awareness, DESTINY *writing* ultimately changes your mind, and that in turn gives new meaning and focus to your life.

ONE MORE THING BEFORE YOU GET STARTED.

As you begin this course, it's important to remember that this is your own personal experience – it is going to be different for everyone.

The following are five practices to support you to gain greater value by bringing greater balance into your experience with this course:

Be willing to feel your feelings. Too often we expend enormous energy denying our feelings. At times you may find that DESTINY *writing* can connect you with your emotions. This is a perfectly natural part of the process. If this occurs, pause to acknowledge your feelings. Keep in mind that emotions can be excellent tools, particularly in defining new self-definitions, directions, and actions.

Set aside sacred time. Gift yourself sacred time to experience insights that arise through your DESTINY *writing* experience. Sacred time is defined as your willingness to give yourself the space to move through the practice at your own pace. This will also create the space for your intuition to speak and be heard.

Dedicate yourself to trust. Trusting inner guidance can sometimes take you out of your comfort zone. Very often you will feel restless or find your mind distracted by things you need to do. These are all signs your creativity is stirring. Devote yourself to trust what you feel and lean into any new insights that arise.

Create your own sacred space. Clarity is amplified by attention to aesthetics and your environment. New creativity naturally responds to beautiful spaces that have been created with love and intention.

The important thing to keep in mind is that this is your own sacred space. Over time it will become imbued with supportive energies and will have a powerful effect on your consciousness.

Cultivate stillness. Dedicating time to cultivating stillness and quiet time for contemplation is vital for activating the powers of higher creativity. It is challenging to amplify your inner-awareness and move through necessary change if you never create spaces of stillness, silence or reverence.

Stillness is not always a totally still body or sitting in silent meditation. It can be a gentle walk taken with the intention of connecting to new insights. It can be listening to inspirational music.

What is key is that cultivating stillness becomes a regular practice; it is the process and regularity that overtime creates the strengthening within. You will discover abundant resources inside your stillness, resources that lead to your most inspired destiny.

*From how we see things to
how we do things,
we are transforming our work
and our lives.*

*We are standing true to our voices
and owning the power of our creativity
as never before,
bringing to the fore unique possibilities
for innovating business, career,
contribution and meaning ...
calling forth our most purpose-infused,
soul-powered, spirit-guided lives.*

DESTINY *writing*
*A Revolutionary Approach to Illuminating
Your Most Empowered Destiny
in Business and Life*

Section Three

*At the heart of the Legacy Maker
is a radiant presence ...
a willingness to be seen for the
wholeness of her unique genius,
a readiness to serve as an influential voice,
and an unparalleled strength of focus
to guide the fulfillment of her destiny.*

BECOME A LEGACY MAKER

Define your voice. Catalyze your vision.

Unleash your authentic call to lead.

The destiny of the LEGACY MAKER is to make a difference. But, doing so is not as simple as it sounds. It is a total wholeheartedness that's the driving force.

This means four things:

1. **First, we must develop ways we've been equipped – stepping away from the comfortable, familiar, and known.** In order to awaken your true life's purpose, you need to be ready to accept 'change'. Change may come in the form of a change in consciousness, a change in belief-sets and thought-patterns. It can take shape as a distinct career change or a change in lifestyle choices.
2. **Second, to accomplish the first, we must access the fullness of our innate creative capacities.** Everyone has an inner voice that acts as an internal guide. We must listen to it and trust it in order to be led by it successfully. That means accessing our imagination and our intuitive intelligence. It means amplifying our mind power, our soul power, our power to engage the emotional qualities of our life.
3. **Third, we must identify and define the ways we will make a contribution in the world, imagining a bold vision of what is possible, what we are moved to create.** When we live our passions and life purposes we are aligned in Higher Creativity. This positive vibration spreads and reverberates to every corner of your life and serves as an example for others to follow.
4. **Fourth, we need to put into action our truest, most authentic expression – and in doing so we naturally cultivate the full capacities of our talents, gifts, abilities.** What's more, as we stand strong in our authentic expression, we encourage those around us to do the same. We are then free to work collectively towards a meaningful purpose–infused legacy-making.

*The power of the Legacy Maker is
speaking through you:*

*It speaks through your passion,
your talents, the creativity you bring to
your life and the lives of people you love.*

*When you learn to tap this source,
you will truly have found your
sacred calling.*

*When we are whole, we are using
our heart, our mind, our body and soul in unison.*

ENTERING THE REALM OF THE LEGACY MAKER

When you are connected and aligned ...

- The Legacy Maker knows the power of coming alive through their body – continuously expanding her capacities to embody the creative power of her passions and her purpose.
- The Legacy Maker uses intentional self-talk to override critical or negative thought patterns.
- The Legacy Maker visualizes goals and practices the art of creating her inner reality in the outer world.
- The Legacy Maker listens to her heart, checks in with her body and tunes into her higher intuitive intelligence.
- The Legacy Maker follows her highest truth – this is what she knows as her purpose in life.
- The Legacy Maker connects with herself first and then, using sacred storytelling, she connects with others, creating a sense of belonging.
- The Legacy Maker practices a wholehearted commitment to her sacred work, investing her purpose infused power to define a radiant new future!

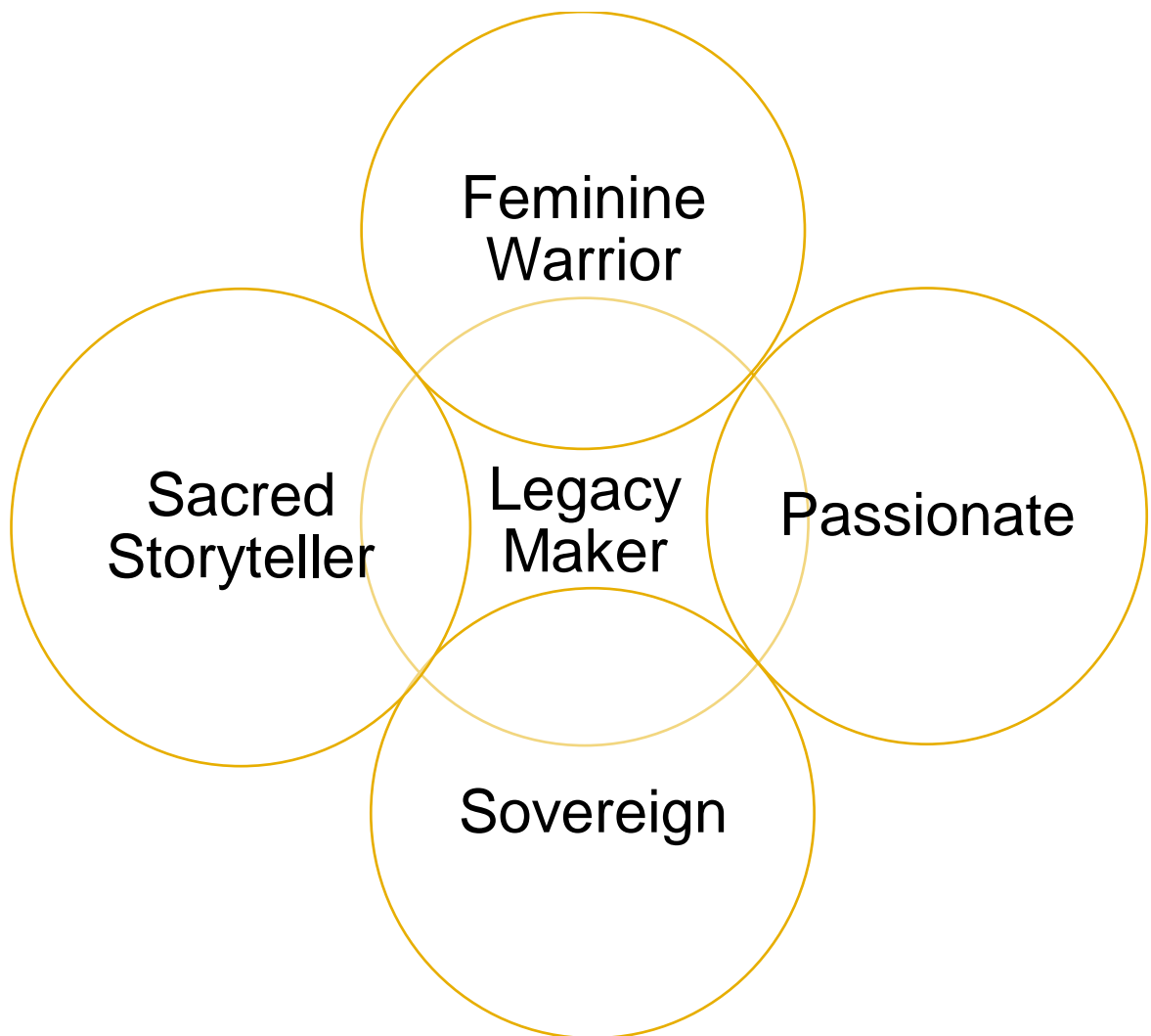
*The Power of the Legacy Maker
Lives Within You Now.*

*What is needed is skillful integration of
four distinctive archetypes.*

*And, as the merging of these
energies take place,*

*we open to the powers of generating
a new purpose-infused destiny.*

*The Legacy Maker is calling us into the radiant power
of expansion and emergence –
a radiant power that allows for a partnership between
our masculine and feminine creative capacities.*



BECOME A LEGACY MAKER

Define your voice. Catalyze your vision.

Unleash your authentic call to lead.

Four distinctive archetypal energies – essences – empower the life and work of the Legacy Leader.

THE FEMININE WARRIOR: The Activator

A unique combination of wisdom and strength, the Feminine Warrior knows her personal truth and commits to walk it boldly in the world, dissolving systems and stories of repression that are ready to be transformed.

THE PASSIONATE: The Harmonizer

The Passionate is a harmonizer, immersing herself in the focus of fulfillment of her destiny. She is relentless in the desire to uncover and express her own gifts for betterment, seeking the highest *potential* present in a situation by harmonizing creative forces. The Passionate values relationship and connects ideas and people in the interest of insight, learning and innovation.

THE SOVEREIGN: The Leader

The Sovereign carries the energies of the EMPRESS, an empowered leader who uses her voice to transmute limitations and define transformative change. She exhibits a strong sense of self-leadership and authority, striving to empower herself and others to do their best – representing the wholeness of collaboration, coherence, shared vision and purpose.

THE SACRED STORYTELLER: The Communicator

The Sacred Storyteller understands the quality of story can either inspire us into new ways of thinking and acting or scare us into holding back and limiting ourselves within the safe confines of old habits. The Sacred Storyteller knows that by rewriting stories we access the power to change the course of our future – redefining our destiny.

*A great and profound shift takes
place once you emerge in
the wealth of your sacred legacy.
You will stop allowing anyone or
anything to diminish, limit, or
discourage you from being ALL you are.
You recognize your worth is yours to
define – that your destiny is
yours to create.
You set free your voice,
your innate wisdom,
the esteem of your soul.*

THE FEMININE WARRIOR

SACRED AGREEMENT: I release, and I rise.

SOUL CALLING: I bring forth my unique gifts, talents and sacred truth.

SHADOW: Fear of commitment. Complacency. Self-doubt.

The first archetype is the **Feminine Warrior**.

THE FEMININE WARRIOR

A unique combination of wisdom and strength, the Feminine Warrior knows her personal truth and commits to walk it boldly in the world, dissolving systems and stories of repression that are ready to be transformed.

It is through the power of the FEMININE WARRIOR that we encounter the push for individual expression — for bringing forth our unique gifts, talents and sacred truth. It is the FEMININE WARRIOR who carries the energy of divergence – a willingness to break free of the constriction that binds the fullness of our creative expression.

Decisive and action-oriented, the Feminine Warrior is the source of our fierceness, conviction and loyalty. And as much as it is the energy of divergence and nonconformity, the fully developed Feminine Warrior energy is channeled in service of a cause larger than oneself guided by overarching ideals and principles.

If you find yourself asking, *'How am I equipped and prepared to serve?'*, you are creating in the realm of The Feminine Warrior.

NOW is a powerful time to release and let go of all that's diminishing the view of your most esteemed future ... an empowered expression of your highest value, your truth, your joy.

Marsh Engle

WRITING PROMPTS FOR DAYS 1-7

This week is dedicated to expanding personal truth and a commitment to walk it boldly in the world.

*When I find myself at a crossroads where something old
has come to an end and the new has yet to come into view,
I've found the most empowered action I can take is to
be gentle and patient with myself.*

Marsh Engle

DAY ONE

What is one new way I can define my gifts and talents?

Visions. They are the soul's desire to experience new things, new learning, new ways. They are callings of our destiny, the callings to express our imagination, our talents and our gifts.

Marsh Engle

DAY TWO

What new area of learning is calling to me?

Regardless of what others may be doing, the journey of your destiny is yours and yours alone. Follow the path of purpose that feels right. Trust. Allow yourself to be guided.

Marsh Engle

DAY THREE

What is one distinction that my talents and my work represent?

*Learn to sense times of resistance, fighting, and pushing.
Then let go of control. Within the surrender you'll find great guidance,
a path paved with best choices, best action, best direction.*

Marsh Engle

DAY FOUR

What is one action am I resisting?

How will taking this action positively impact my life?

Imagine. Our intuitive intelligence, creativity and genius are limitless resources. The best part is, we are only just beginning to tap into, explore and develop their capacities.

Marsh Engle

DAY FIVE

In what ways does my intuition speak to me that I may not be noticing?

*Declutter. It's a sacred practice.
A time to renew. And a time to release outdated
mindsets and outmoded thinking.
We can see it as a special time for saying goodbye to
old identities and making space for the new.*

Marsh Engle

DAY SIX

*What is one new mindset can I embrace that
will set free new creative freedom?*

*It is subtle and powerful. Stillness.
Time to reflect. Time to nourish the spirit of my creativity.
That's when the voice of my Soul can be heard.
That's when the view of my destiny can be recognized.*

Marsh Engle

DAY SEVEN

What is one new message my soul wishes to express?

