

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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Passion. It's the activator of
pure creative potential.

And the igniter of inspired creativity.

It's the energy that can move the
unmanifest to the manifest,
transform the invisible to the visible,
and transport the
spiritual into the material.

*Who is She? She is the heart of your enthusiasm,
an igniter of inspired creativity. And the impulse of mindful action.
You know the Passionate has called you because her call is undeniable.
It is up to you to decide how you will respond.*

THE PASSIONATE

SACRED AGREEMENT: I commit to live wholeheartedly.

SOUL CALLING: I answer the callings of my passionate soul.

SHADOW: Undervalues self-care, stillness. Tendency to over-think.

THE PASSIONATE

The Passionate is a harmonizer, immersing herself in the focus of fulfillment of her destiny. She is relentless in the desire to uncover and use 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 Passionate embodies the realm of emotion and fullness of sensuality. Her presence makes us feel fully alive and filled with the inspired creativity to animate the callings of our heart, the destiny of our soul.

If you find yourself asking, *'Who am I when I am being the expression of my most impassioned self?'* you are creating in the realm of The Passionate energy.

The Connection between Passion and Flow States

The key is being fiercely focused in the moment.

The idea of being in flow is meant to conjure up images of feeling calm and relaxed, of being content. Being in flow is not meant to only make you feel at ease. It's meant to make you better at feeling: at feeling all of your feelings. In learning how to get better at feeling, you learn how to tap into your ultimate source of power – your true creative beingness – an unlimited source of passion.

Getting into flow state is not something that happens '*by accident*', you can actually put yourself in flow state. Here are a few ideas you may find helpful to enhance your DESTINY WRITING experience and amplify your passion:

Eliminate All External Distractions

True flow state arises only when you can focus with undivided attention for at least 10–15 minutes. Every distraction pulls you further away. Therefore, it's essential that you put your phone away and disable all alerts and notifications, close all social media. This will lessen the possibility of being disrupted and allow you to enter a state of pure focused attentiveness, which is the most important element of reaching flow state.

Sit in the Messiness.

Messiness = discomfort of your negative thoughts and feelings. You may initially feel like running away from them but stay with your feelings. Notice the urge to abandon yourself into thinking and doing.

Feel your Feeling Fully.

Be okay with whatever feeling arises and acknowledge there's nothing that you need to think or do in this moment to fix how you feel. Simply be present with your feelings.

The willingness to feel your feelings naturally reinforces your commitment to stay with the DESTINY WRITING process. What you may interpret as confusion can quickly become an opportunity to integrate threads of unresolved energy that can keep you feeling stuck and stagnant. Most of all, through your willingness to feel all of your feelings, you will gain trust of all of your flow, including the natural process of unravelling any unresolved energy.

Create A DESTINY WRITING CUE to Activate Flow.

Create a mental cue for yourself to enter flow state. In other words, do something special each time before you sit down to go into flow state. Whether it's repeating a special sentence or affirmation, taking a few deep breaths or anything else — do that *same exact thing* each time you want to get into flow state.

Over time, this will help you create a mental cue for your brain. In other words, each time you follow your cue, you tell your brain that it's time to get into flow state — and your brain acts accordingly. The fact is, behavior is largely based on neuro-associations, and by creating a mental cue for getting into flow state you are essentially creating a new neuro-association. All in all, over time you're making it easier for yourself to get into a state of flow.

Let's get ourselves creating
from a place of passion,
a place where we're most enlivened,
aligned, and purpose driven.

Marsh Engle

WRITING PROMPTS FOR DAYS 8-14

This week is dedicated to expanding
what it means to live embodied,
wholehearted authentic passion,
setting free new or unexpressed ideas.

*Passion. It's the motivating energy that moves your
deepest heart's desires into realization.
Imagine beautiful desires and allow your passion
to manifest them into actions.*

Marsh Engle

DAY ONE

How have I set aside something that truly matters to me?

*When you tune into the passion of your soul,
you step in harmony with your capacities to create your highest desires.
That's when you are tapped into your superpower.*

Marsh Engle

DAY TWO

How can I redefine or reinvent something old into something new?

Passion. It's the animator of actions that carry the power to create a more inspired future for ourselves, others and the world around us.

Marsh Engle

DAY THREE

What forgotten passions am I called to re-ignite?

Every day you have the power to set into motion a resurgence of your brilliant creative callings ... the authentic callings of your heart.

Marsh Engle

DAY FOUR

How do I have a tendency to diminish the passions of my heart to fit in, be liked, or be accepted by others?

Your greatest triumph will arise when you lean-in to your vulnerabilities with openness, compassion, and purposeful action.

Marsh Engle

DAY FIVE

What small risk can I take right now that will empower my future?

Create the highest, grandest vision possible for your life, because you become what you believe. Find your calling. Know what sparks the light in you so you—in your own way—can illuminate the world.

Oprah Winfrey

DAY SIX

How do I limit or impede myself from setting free my greatest passion?

*Align with your intentions. And feel your way to success.
When you feel what it would feel like to achieve your vision,
you, in essence, fuel your vision.*

Marsh Engle

DAY SEVEN

Affirm every intention as though it already exists.

Now, move beyond the words and ask:

How do I feel ... really, truly feel ... when I know this intention as realized?

