



CHOICE•POINT

The Align Your Purpose Program

**WELCOME:**

**GETTING A LAY OF THE LAND FOR THE JOURNEY AHEAD**



**IN THIS LESSON:**

- An Atlas of Transformation
- Meet Your Fellow Seekers
- Preparing For Your Journey
- Choosing Where You End Up

“All journeys have secret destinations of which the traveler is unaware.”

Martin Buber

## Welcome to the Align Your Purpose Program!

Here in this Course section is where you will find the 18 text lessons and corresponding spiritual nourishment films, beginning with Lesson 1: The Enquirer.

The purpose of this welcome lesson is to give you a clear lay of the land so you know what to expect as you take this journey with us, and also to introduce your fellow seekers who will walk alongside you.

We'll also give you some basic tools to help you prepare for the journey. And in conclusion we'll set some goals and explore where you'd like to end up when you're at the finishing line.

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# AN ATLAS OF TRANSFORMATION

Before we can discuss what you hope to experience, we first have to determine why you're here. What transformation are you looking for? What passion beats your heart and what unmet needs fuel your desire?

Though the content we'll cover in this course can speak to anyone in any situation... we want to make sure that what you receive at the other end is filtered through your personal experience and hits the core of what you need to evolve to your next steps.

In this way, our journey together will be more interactive than other digital or even live courses you may have experienced in the past.

Part of the reason for this is due to the emerging cycle we now find ourselves in – a cycle of social transformation and collaboration that before now was nearly impossible. Another reason for this is that for the first time ever you can share your journey with other journeyers using our proprietary transformation platform.

And so this program need not be a static one-way communication from us to you. Instead it will be a matrix of interaction...

a) We will communicate knowledge, wisdom and techniques to you via multimedia trainings, including: step-by-step text lessons, spiritual nourishment videos and live webinar trainings. At the end of each lesson you'll have written exercises you can engage.

b) When you engage each lesson's exercises you will be able to share your responses publicly with the Choice Point community (or keep them private). You will also be able to view others' responses. In this way you can socially share your progress, epiphanies, ideas and questions... and

collaborate together toward new breakthrough awareness.

c) At the energetic level and even psychological level, socially sharing your progress through the program gives added force to your transformation. Because you're no longer keeping your inner journey internal. You're expressing it through powerful interactions and declarations.

You'll be surprised how that alone can magnetize new resources, people and experiences to you that will carry you along your path!

d) You'll also be able to ask questions, and receive personal answers, during our live trainings with the Visionaries and also within membership interactions with our Choice Point team or coaches.

e) What you learn is also of course meant to be used and acted upon. These lessons are designed to take you on a journey toward creating the life you desire and the ideas you love. The Choice Point community provides you a platform to announce your ideas, garner interest and collaborate on their execution. Here, lives can change. Solutions can be produced. Transformation (personally and globally) can be achieved.

f) Additionally, we approach Choice Point as a movement. That means we believe in action and evolution... a movement from where we are now to where we will be – and for the direction of that movement we look to our leading Visionaries and we look to you.

Because you are the new generation. You are the emerging leaders. You are the change we wish to see in the world. As you grow, and as we grow, you and your ideas will help shape what Choice Point evolves into.



## SO WHAT EXACTLY DOES ALL THIS TRANSFORMATION LOOK LIKE?

### IF YOU'RE ABOUT TO TAKE A JOURNEY... WHERE'S THE MAP?



Well no one else has proposed a better map for social and personal human evolution than Joseph Campbell and his explorations of The Hero's Journey. He noticed that across every story, myth, and religious ritual – and across every tribe and culture around the world, regardless of geography, isolation, and time – all people and their cultural stories each shared the same structure.

We do not strictly follow this structure within the Align Your Purpose Program, however as with all great journeys you can see the Hero's Journey within it and also within your psychological and spiritual transformation.

So to begin, let's look at the outer stages of the Hero's Journey. This is a useful map for seeing how these stages mirror specific stages in your own life. By determining where you are, you can gain a deeper understanding of where you're headed.

Then we'll look at the stages of your inner journey, i.e. your psychological and spiritual transformation.



Back On The Road  
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## THE OUTER STAGES OF THE HERO'S JOURNEY

### 1. THE ORDINARY WORLD.

The start of any journey begins at the end of what came before – and so before we are called into our adventure, we are in our ordinary world, i.e. our comfort zone. Often at this stage we are starting to notice an uneasiness or discomfort. We sense desires and needs that are going unmet and we begin itching for change. Another common experience at this stage is a sense of being pulled in two different directions – creating high tension or stress.

### 2. THE CALL TO ADVENTURE.

Here something shakes up the situation and tears the illusion of normal from us. The call to adventure may come from external pressures or it may rise up from deep within. This call is what we here call a Choice Point. It is that moment that forces us to face the beginnings of change, and to make a choice.

### 3. REFUSAL OF THE CALL.

Almost always, we find ourselves at first in deep resistance to change and so we often refuse the call to adventure. We attempt to ignore that we are at a Choice Point. Luckily this doesn't mean the Choice Point and its opportunities go away... because many patterns in our lives are cyclical, we will return again to a similar Choice Point in the future.

However because fractal patterns escalate, you may find yourself in greater crisis at the next Choice Point. This is why it helps to develop ways of being and skills that will allow you to step more readily toward your adventure... to help you accept that call.

### 4. MEETING WITH THE MENTOR.

None of us is meant to make our journey entirely alone. A mentor isn't always a person, however we will always look to those who have gone before us, to guide and show us the way. Within the Align Your Purpose Program we here at Choice Point, along with our Visionaries, will be here to mentor you through the process.

Also remember that each of us has our own 'Inner Guru' and we will help you activate parts of yourself that hold their own wisdom and information. You already have within you sources of courage and strength for the journey.

### 5. CROSSING THE THRESHOLD.

At this stage we finally commit to leaving our comfort zone – the Ordinary World – to venture toward our desired life or what Joseph Campbell called the 'Special World.' When we cross this threshold we have harnessed our Choice Point and begin moving from our old patterns into new patterns better aligned with our goals and dreams.

### 6. TESTS, ALLIES AND ENEMIES.

As we enter the 'Special World' or new unknown regions of our journey, we encounter tests, allies and enemies in the form of experiences, resources and inner reservoirs of power and strength. Many of the steps of our program take you through activating internal allies – powerful archetypes hidden within the mass consciousness and the psyche of each individual – that provide you the skills, wisdom and perspectives you'll need to achieve your dream life and build your new Special World.

### 7. APPROACH.

At this stage you wield your newfound allies, skills and wisdom. Now you are prepared and ready for upcoming challenges. Though none of us welcomes challenge, it is through these ordeals that we evolve and dare to rise into our own greatness.

### 8. THE ORDEAL.

Here we face the foundational fear or unresolved grief hidden within the desire or goal that inspired our journey. In myth and story we often see the hero face his nemesis or enemy in this stage. For us, what we face here is our own shadow.

**9. THE REWARD.**

Our greatest gifts and rewards are often wrapped within those fears and grief we've now finally faced. And so at this stage you take full possession of the treasures gained by facing your own shadow. This is a stage of power, responsibility and a recognition of the greatness that was always already within you. There may be celebration at this stage, and also a sense of anxiety around losing the treasure again.

**10. THE ROAD BACK.**

Now we enter a stage of integration where we must re-create our Ordinary World using the skills, wisdom and new treasures we've gathered so far during our journey. In myths and story this is symbolized by a reversal of the journey to turn back toward home – to leave the Special World and return to the ordinary.

This is important to note because our psyches cannot handle the tension and pace of existing forever in a 'Special World.' At some stage we must integrate into that world, or bring back it's boons as we construct our new Ordinary World. Eventually we will learn to balance between the two so that we can maintain our comfort zone while regularly departing it through mini-adventures.

**11. THE RESURRECTION.**

At the climax of the journey, which tends to coincide with the deepest point of integration, we may find ourselves severely tested once more... often just upon the threshold of our new Ordinary World. In other words, it will begin to look like you've achieved all you desired for this journey, and you're just about to settle into that new and rewarding life... when out of nowhere you again meet with crisis or challenge.

Symbolically this is purification through a final sacrifice – another moment of death and rebirth at a psychological or spiritual level. In our experience this occurs because integration requires a melding of two separate worlds... your old ordinary world and the new special world you seek to re-form into your ordinary world. And so sometimes there is a breaking that must happen in order to create breakthrough.

The good news is that at this stage the polarities that were in conflict throughout your journey – between who you were and who you've become... between what you want and what you continued to experience... between parts of yourself or areas of your life... all of these conflicts resolve themselves at this stage to create true harmony, balance and homeostasis.

**12. RETURN WITH THE ELIXIR.**

At this final stage we have truly become the change we wished to experience and we now bear the power to transform the world in the very ways we have just been transformed by our journey.

## THE INNER STAGES OF PSYCHOLOGICAL GROWTH

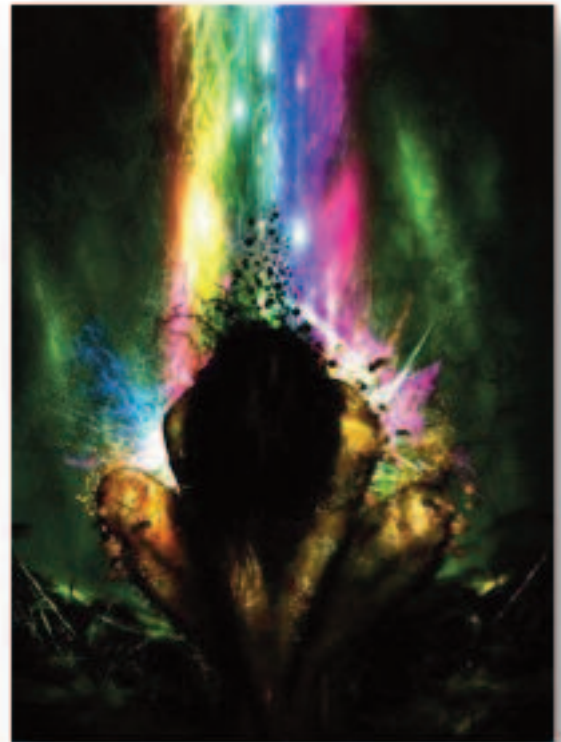
For each of the stages of the journey there is also a corresponding psychological stage, which is referenced in each of the above stage descriptions.

**However here they are quickly defined and notated below for your easy reference later:**

1. Limited awareness of the problem
2. Increased awareness of need for change – first encounter with Choice Point
3. Fear; resistance to change
4. Overcoming fear; awakening inner guidance
5. Committing to change – beginning to harness Choice Point
6. Experimenting with new conditions, abilities
7. Preparing for major change, new life
8. Significant change; death of parts of psyche or old life; renewal and rebirth
9. Accepting consequences and rewards of new life
10. Integration through new challenge; re-dedication to new life
11. Breaking down (resolution) of polarized opposites; crisis leading to stabilization
12. Mastery

Though the above maps of psychological or symbolic progression are linear, and you will find that for the most part any life journey mirrors that progression... you'll also find that your life can find infinitely unique ways to express the above Hero's Journey.

So while it's a wonderful map for getting a generic lay of the land as you begin your next adventure, consider it a rough sketch of the possibilities, rather than see it as a limiting or forced framework for your experience.





## MEET YOUR FELLOW SEEKERS

Now that we have an idea where we're headed, let's get acquainted with your companions on the journey...

Throughout the 18 steps of the *Align Your Purpose Program* you will become intimately acquainted with several archetypes within the collective psyche, i.e. parts of yourself you can activate to access their skills, information and wisdom already embedded in the collective conscious.

Each of these will integrate to awaken your **Inner Guide** or Guru, as mentioned in Stage 4 of the Hero's Journey.

And, of course, you have **tens of thousands of fellow seekers** on the journey with you in our Choice Point social network.

Yet who are your guides? What mentors might you find along the way?

Here at Choice Point you will find yourself in good company and with a variety of guides to choose from. Within our vast library of resources you will find thousands of hours of footage with each of our numerous and world-renowned Visionaries (you can view their bios [here](#)).

They will also be available to you during additional live (and recorded) trainings, as well as our international Choice Point conference or any of our more intimate regional intensives to be launched in 2013 and 2014.

In each of our Visionaries you will find exceptional role models for nearly any endeavor, including: conscious entrepreneurship or consistent innovation... triumph against all odds or fierce courage to overcome obstacles... spiritual mastery and personal evolution... rich and dynamic understandings of our world through science... and even models for personal healing and health.

Plus most importantly you can see in almost every Visionary an ability to create massive global impact for others. These are not the people who've made a living teaching transformation or entrepreneurship. They are the world's leading individuals who went out there and did it... and now they've brought their knowledge and treasures back, making them available to you.

Finally, we offer you one more guide for this journey: a fellow seeker and accomplished entrepreneur...

**INTRODUCING: JAIME MINTUN, YOUR CHOICE POINT COACH AND AUTHOR OF THESE ALIGN YOUR PURPOSE TEXT LESSONS**



Photo by Andrea Bricco

Well now that I've formally introduced myself, let me talk to you one-to-one. ;)

My style tends to be very personal so you'll see a more intimate conversation continuing from this point forward and throughout this entire program.

We'll also get into tons of new concepts and step-by-step exercises and strategies as we dig in! However in this welcome lesson I wanted to keep things simple and just get acquainted...

For starters, as you can see here, I'm often bundled up with a mug of tea or realllly strong pot of coffee while I mull over new ideas or when I'm writing.

In fact I've been a professional copywriter, self-help author and transformational coach for more than 11 years now. However, being a bit of a rebel spirit, I spent several of those years vagabonding around the world with no home base... working from Bali, Mexico, the mountains of Utah and the Rockies in Canada... exploring Alaska, the native ruins of Arizona and rejuvenating on the beaches of the Caribbean.

Yes I had a lot of fun those years, however I must admit much of it was a sort of geographical therapy – and I became the archetypal Fool (explained in Lesson 1) embarking somewhat blindly on a journey of deep spiritual ramification.

I'd like to think I've learned some important lessons about balancing your internal journey with your day-to-day career and responsibilities... as well as how to leap into the new life of your choice, which for me included the freedom to travel.

During those vagabonding years and over the course of the past decade you could find me behind the scenes of the biggest online launches and bestselling authors in personal development and health, including: Tony Robbins, David Wolfe, Jorge Cruise, Marci Shimoff, Claire Zammit & Katherine Woodward Thomas, Christine Comaford, BlogTalkRadio.com, and many others.

Among my many larger clients I also worked with individual clients as a transformational coach to assist in belief restructuring, grief recovery and spiritual integration with daily life.

In 2009 I was approached to teach my unique consulting approach to others and hence expanded my coaching to include professional coaching of entrepreneurs and freelancers.

In these ways, I've experienced the immense benefits and growth that happens when we align our purpose with larger forces. I've also been a lifelong student of science, psychology, esoteric mysticism, sacred teachings and ancient texts, all of which have provided rich and intriguing opportunities to deeply understand my world from a variety of perspectives – all of which I'm excited to share with you as we journey through this program.

So although it's somewhat awkward to give you the 30-second rundown of my life and 'who I am,' I just wanted to give you an idea of where I've been and what I hope to provide as your guide and fellow seeker on this journey... ;)

## PREPARING FOR YOUR JOURNEY

As we gear up to get started with the Align Your Purpose Program, here are some tips to prepare:

### TIP 1.

**Help your friends and loved ones support you.**

It's important when you embark on any significant transformation or change in your own life that you let your loved ones know how they can best support you during the process. This doesn't mean that they're expected to show up for you exactly as you desire, but rather they're more likely to give you the support you need when they know exactly what that looks like for you.

So go ahead and think about how you best like to operate when pursuing new goals or changes. What makes you feel safe? And what helps you commit to new ways of being?

For example, if you prefer solitude, let your loved ones know during certain times each day you're going to block out hours for continued education. They can support you by holding that time sacred. They agree not to interrupt you or knock on the door and you in turn commit to using that time fully for working through this course.

It sounds simple enough, yet I find that getting your loved ones' agreement, and even in a sense their blessing, can help reduce any anxiety or feelings of guilt about not being available to them during these times. It also serves as a sort of accountability because the people closest to you expect you to be focused during specific hours each day on your personal and professional development.

On the other hand if you prefer more active support, ask one or a few friends or loved ones if you can call on them once in a while to share new ideas, or to talk a process or exercise through out loud, and let them know ahead of time that you

don't need them to fix anything or to even necessarily respond. You just need them to listen and to hold space and to give you the gift of understanding and unconditional acceptance. Whatever you decide you need, go ahead and let the key people in your life know ahead of time.

This frees you up to engage this process fully and without guilt, and it gives them permission and information for how best to serve you.

### TIP 2.

**Recognize that changing your life means life will CHANGE.**

No matter how much we desire a new life, there will always be parts of us that resist that change. And we will see that resistance show up in our outside life as well. So as you begin to journey toward transformation, be aware of the many ways your life and the people in it may shift or change due to your internal transformation.

For example sometimes people subconsciously want you to stay the same because your change reflects to them all the ways they're stuck and not changing. This can create tension in otherwise healthy relationships and in such cases, it simply helps to bring awareness, compassion and sensitivity to it. Be genuine with your loved ones and realize that the ways they may struggle with or resist your transformation aren't necessarily personal attacks on you. They are simply at a different place in their own journey.

Additionally, one of our key focuses in this program is helping you leap from old damaging or outmoded patterns into new aligned and empowering ones. Therefore you'll likely find that some environments, ways of being, and even things you used to love, become increasingly dissatisfying or even intolerable.



**TIP 3.**

**Come empty.**

Finally, I welcome you to come to this process empty. We are often so full already of all our beliefs, perceptions, doubts and hopes that there's little room for anything else. This is our way as human beings, and we are not wrong in already being so full.

However the secret of the great spiritual masters is their ability to empty out and step into what the Buddhists call Beginner's Mind.

We'll go into this in detail in Lesson 1, however right now I want to set the intention that here you can let it all go. Here you empty yourself out of the perceptions and identifications you've gathered through a lifetime that maybe don't serve where you're wanting to go or who you're wanting to be.

Through our work here you'll learn to identify what is truly you: your energy, your ideas, your passion, skills and – of course – your purpose. We'll help you release the rest: all that isn't yours, but which you may have collected along the way.



Lohengrin  
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## CHOOSING WHERE YOU END UP

To conclude this welcome lesson we're going to take the broad concepts and ideas presented here and begin to bring them to your personal situation through two steps:

First, I'm going to provide you a simple guided visualization meditation to help you set your powerful intention for this course and what you want to experience.

Secondly, we've made available a robust goal setting guide called "The 10 Principles of Goal Achievement" also available in the Welcome page of your Courses area. I suggest you complete the exercises included in that guide before beginning the Align Your Purpose Program.

Together these two steps will give you a well-rounded and holistic view of where you want to end up at the completion of this journey.



### INTENTION+MEDITATION

Below is a potent guided visualization you can use for setting powerful intentions.

Follow along as you read, pausing to visualize... or read through it entirely before entering your visualization.

If you're in a place that's safe to do so, sit upright if you can, perhaps in a straight-backed chair.

I've just given you a lot of information, so take a moment and clear it out of your mind. Just let it go. It will all be there and available to you later.

As you feel your mind quiet down, sense that space of stillness deep within you. As your mind becomes increasingly clear and open and relaxed... notice your own awareness and presence enter.

Notice as the witness within you takes residence.

You are now present: with this moment. With your body. With where you are, right now.

Take a deep breath in, and as you do so just imagine that breath moving through your body and deep down into your center, and down into your hips.

As you breathe out, feel your body relax. All tension is leaving your body.



Free Energy  
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Continue to breathe and just feel yourself relax further and further. Begin with the crown of your head, your forehead, your face and neck... the back of your skull, down your shoulders, arms, hands and fingers... your torso, hips, legs and feet.... down the front of your body and the back of your body, just feel each breath washing all the tension out of your body.

As you continue to breathe, I want you to visualize a place, real or imagined, where you feel overjoyed, in your power, contained, and elevated.

It might be near a beautiful clear blue pool of water with a flowing waterfall... or perhaps an open meadow upon a towering mountaintop above the clouds...

It might be a specific memory you have where you were particularly happy, triumphant or in deep contentment.

Let that safe, contained and powerful place simply find you and come into your awareness. Hold the image or visualization of it in your mind and then just bring that picture or movie of it down into your body.

Feel that comfort... that quiet yet fierce personal power... that simple joy. Let those wonderful feelings seep into your body, and notice as they fill you up.

Let this be the birth place for your highest intention. Let this be your safe container. This is the place you can always come back to when you seek comfort, your own power, and simple joy.

No matter where you are in your outside life, or within the transformative process in this course, this is the contained place you can always return to.

While you are still present here, I want you to now set your intention for this course and for your transformation. What is your deepest yearning for your own life? What passion or idea do you want to see brought to life? And what legacy do you want to leave upon the planet that marks you were here?

When you know your intention, and if you are able to do so, speak that intention out loud. Write it down if you can. Make that powerful declaration for yourself.

And then, when you are ready, I want you to come back and lightly move yourself back into waking awareness... to your body... and to this welcome lesson. When you are ready, go ahead and open your eyes.

Welcome back. ;)

As mentioned just above, don't forget to also read through our goal setting guide and complete the exercises. Once you have, feel free to move on to Lesson 1!

There we will focus on the start of your journey through the eyes of the playful and inquisitive seeker activated within The Enquirer.

*Jaime*  
Jaime Mintun

## NOTES



