

# THE COURAGE TO FACE YOUR PURPOSE

*Chapter Featured In  
Step Into Your Brilliant  
Purpose Anthology*



**By Kara Goss**

**#1 International Best Selling Author**

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She came into our mentorship call, and her camera turned on. Her cheeks were ruby red, tears streaming down her face. I saw absolute devastation, hopelessness, frustration, and deep suffering. I gently placed my hands upon my heart, feeling deep compassion for what I was about to hold and support her through. I took a loving breath.

I asked, "What is wrong?"

Through the tears, the stumbles, and the stuttering of her words, she sobbed. "I don't know why I am here! I love helping other people." She sobbed hysterically. "When will the universe tell me what my purpose is?"

The interesting aspect about this client was she was taking all the steps along her inner journey to be well on her way to discovering her purpose. Because nothing was showing up in her business in the way she thought it should, she felt like she was a failure, had no value to offer, and wanted to quit everything. All of this angst because she wasn't getting what she saw as the status quo's definition of success looked like.

This is the struggle and the pitfall for those who seek to fulfill something within. You feel this deep inner calling inviting you to become the greatness you were designed to become. That greatness may not equal massive client bookings, likes on social media, or even a lot of money. But as you allow it to flourish, it does bring deep peace, joy, harmony, and an abundance to life that cannot ever be defined by outer, material things. Stepping into our purpose can show up in many different ways.

It is through trusting and taking the steps you are guided to take and keeping an openness to the journey you are on that your purpose finds you, not the other way around. If you think you know where you are going, you may be shocked to discover that the steps you were taking were just leading you to a totally different destination. **Having an open mind and a sense of presence with your purpose journey is crucial to discovering what you were created for.**

If you are here and reading this powerful book and have yet to discover the brilliance of your purpose, know this: it's on its way to you. Purpose for some may be an experience of the clouds parting and the angels singing, showing you precisely what you are here for, how to do it, what

the outcome will be. More times than not, purpose is a discovery, a journey of daring to go after your dreams, that deep inner calling to become and create what the world told you cannot.

Your purpose comes alive when you dare to trust in your dreams, to trust in yourself, and to trust in the universe, especially when it forces you from your comfort zone, especially when you don't see a way forward. Bills, lack of money, not enough time. Perhaps, family and friends will shun you? There is always a reason not to act.

When you take the steps of your inner calling, where, at times, it makes no sense to anyone or even you, doors will open. **The universe is always conspiring to help and support you.** Time and time again, I have been guided to take steps that seemed totally illogical.

I can remember not too long ago I was instructed to close my business in my community. I was incredibly resistant; it took years to establish a spiritually based business in a deeply religious town, and it was flourishing. Clients from all backgrounds came to our events—and yes, even preachers. We had created a community of love, and it was thriving.

Then I was instructed to close everything and go online entirely. It made no sense to me at all. I had no answers for those who were saddened by my decision to close. All I could tell them was my only role is to trust that as I listen and do what I am guided to do, I will be led, even when I don't see or know the way forward. It didn't take long for me to get established online, and it didn't take long to figure out that I had just been protected when just six months later, the world was placed into massive lockdowns. Because I dared to listen to what I was feeling, to take the leap, to make a choice to have courage and push forward, I was able to help more people on a global level and have a more profound impact on others. I was also profoundly protected from losing everything that had been created through me. My community was held together, now online, and more opportunities for me to inspire others, meet more like-minded people, learn and create with others, and create a beautiful, heart-centered online community that supports all beliefs and walks of life came to be created. **When you take the steps you are guided to take, protection happens, and doors of opportunity open to supporting you.**

**Getting comfortable in the unknown of your purpose journey requires deep love, trust, and courage.** Every moment of your purpose is encouraging you to take these small steps toward an unknown adventure. A place where the human mind is deeply conditioned to fear when one doesn't know what is coming next and what actions we need to take. You may feel you need to know so that you feel safe. Indeed, that is an illusion. **When you don't know what is next, you**

**are also open to the limitless possibilities that await you.** When the path you're taking seems to go silent, and no movement forward is happening. Allow the pause, get comfortable with non-action. There is no race because there is no end goal. This is an adventure without an ending. Take time for rest and resets. Remind yourself when you don't know what is happening or where you are going; miracles can easily find their way to you.

You are becoming aware of the fear mindset and choosing to shift your focus on the now moment of miraculous possibility allowing for deep peace and greater wisdom to enter your life. It also allows your heart to lead rather than your mind. **Have the courage to allow your purpose to take shape. Your purpose will often transform as you transform, and at times, it will hold more than one purpose in your life.**

There is a misconception that we are here for just one great thing, and nothing held me back more than when I believed I had to choose between dual purposes. **I had to discover that the creative force working through me wanted to create more than one thing.** In my limited beliefs of what purpose was, I stayed stuck for two years in a place of wondering which direction I was supposed to go. Then it dawned on me: I was not picking a direction. I am here for more than one great purpose.

Purpose can express itself in various ways that seem vastly different from each other, and there are people here who will have more than one purpose. Express them all; you don't have to choose. **Be open to the fields of creation that you wish to express through your beautiful heart.** After all, you are a complex being, are you not? Why would you limit yourself to one expression? Dare to express them all!

**Your purpose is a discovery of who you are, not who the world told you to be.** On the path to finding your purpose or perhaps having already found the passion for what you are inspired to do, you will still have challenges. I believe challenges are designed as opportunities, for all things excellent are found in the challenges of life. Negative, not at all; the world around you and things that no longer serve you must fall away as you create new, and thus distractions arise along the path.

When we become aware of the distractions and chaos, we can sit back and smile and become calm in the storm because we know that we are indeed creating change. We are programmed to believe that life is just here taking us down again when really it is an indicator that we are growing and changing.

**It is essential to find the miracles in the chaos, be the silent watcher in the storm, and not get caught up in the unraveling.** If, for a moment, you do, don't worry; you can always course-correct, allow the feelings to be fully present, recenter, and refocus.

Only now can I greet this chaos with a deep smile and a bit of laughter on the inside. Knowing the changes, the challenges that greet me are indicators that opportunity is knocking on my door. I mustn't hold on to that which is falling away but allow that which is leaving to be blessed for all it has taught me in the moments I needed them—the wisdom, the growth, the discovery of my purpose.

For me, stepping into the path to discover my purpose came as an overnight spiritual awakening. My shift in consciousness occurred when awakening and spirituality were not all over social media, nor in my town. I was given inner guidance. I was taught and guided fully by spirit, and I deeply trusted in the steps I was called to take. I was a person with no understanding of spirituality, deep inner connection with source, presence, or divine love (certainly had never even heard the word *meditation*). I wasn't looking for a goal, something, or someone to become. I didn't even know at the time what was happening to me. What I did have was this deep inner peace, a presence that was guiding me, teaching me, and as I listened and acted, beautiful things began to happen. I was entirely transformed. As time went on, people I was to help began to appear. Curious, it was through being myself fully as this divine expression, showing up fully with them and as this divine love that I felt, witnessing them as fully healed, whole, perfect that they would grow and create transformations in their own lives. They saw a different way their lives could be, and it ignited within them their own deep remembrance of love, compassion, and forgiveness for themselves and another.

**To me, my purpose is to love people;** not love as emotional love but as the divine essence that resides within each person. It is where my bliss resides, sharing this transformational energy, words, and experiences of divine love, unity, and compassion so that others may remember they can own their divine perfection right now. As they do, they heal their unforgiveness, their suffering, their hate, self-doubt. They heal from all the things that keep a person from profoundly feeling the power of the essence which they are. I certainly never imagined or had any kind of a goal that I would be doing this as a career. That is what simply has taken shape through me staying present within my journey and allowing it to transform my life events and myself included. Simply as I chose to listen and do.



Falling into the trap that your purpose will always equal success, money, fame, or a career will steal the joy, the connection, the peace that your purpose was designed to bring you right out from under you. If it brings these things for you, excellent; you are allowed to enjoy them, but if it doesn't, it never means that you got it all wrong, that somehow you have failed, that your purpose isn't needed on the world stage. That indicates that you have more steps to take within you because you must discover that you are the purpose, your life, your expression. It has never been about another person or what you could acquire in the world. Always be willing to take the steps you are guided to take; it is how you begin to know what you are here for.

For example, I can remember a time when I thought I was to teach this one course. I still profoundly laugh when I think about it now. I put everything together, and we were off to the races. While many gained a lot of insight, so did I. I discovered that I absolutely dreaded everything about it. Yet had I not listened to the guidance, I would not have fine-tuned what I did enjoy and what I didn't. I took the chance. I was wrong, but I was not a failure. I have many cases of this occurring as I defined what I did and did not enjoy doing. Sometimes I entirely missed the mark and were total disasters, others had profound transformational impacts, and I sincerely enjoyed the work. To me, those moments were vast and incredible successes and certainly nothing to have ever had shame about.

If you find yourself "failing," change it to redefining, fine-tuning yourself; the path of self-discovery is an ever-changing one, from moment to moment.

As a person who grew up with extreme poverty, abuse on every level, homelessness, and domestic violence, I would have never expected that stepping into the journey would have ever rewarded me with a life that brought me so much deep peace, joy, happiness, love, and harmony. Through an immense level of self-transformation, I get to share my gifts with the world. Not because of anything I have acquired or even do for a living. I live my purpose in every moment of my life. I live this way in all that I do because it fills me with so much love and beauty in the world around me. I dared to say yes to my brilliant purpose. May you be blessed with the love and the courage to do the same. I know if you are reading this, you are already doing it. I cannot wait to see where your brilliant purpose is going to take you as you dare to take the leaps of faith within your very own life. You are the miracle. I love you!

**Your Purpose Journey Tips:**

1. Have an open mindset.
2. Be present on the journey.
3. The universe is for you.
4. Take the steps you are guided to take (even if you don't understand why).
5. Trust and embrace the journey (it's okay to not know what is next).
6. Allow your purpose to evolve and transform as you are transformed.
7. Be open to multiple purposes.
8. Allow storms and challenges to remove what no longer serves.
9. Choose to be present, calm, and on purpose, even in the midst of a storm.
10. Dare to keep stepping into your brilliant purpose.

### **Kara Goss**

Kara Goss experienced a radical overnight shift in her consciousness. Later she would come to understand that she was going through a spiritual awakening. Although Kara never had a physical guide, her connection to the source brought her much deep peace and transformational guidance that would assist others in having radical and beautiful life changes simply through conversations with her. As her journey unfolded, she found herself stepping more into the path of supporting others. Today, Kara's journey has led her to serve as a spiritual mentor offering teachings and transmissions to humanity based on the principles of unity, compassion, the essence of love, and the power of presence held in each now moment. Kara knows that we are in a profound evolution of human consciousness and supports teachers, coaches, and individuals to reconnect to the power of their sacred hearts—the transformational level of consciousness that heals, empowers, and connects each to a sense of deep inner peace. The connection guides them out of the conditioned responses of trauma, fear, pain, and suffering and into the transformational levels of leading a deeply empowered life held by the source of the divine within.

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