

How to discover who you are and what you were created to do with your life.

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Today's society has lost the traditions that help one discover who they are and what they have been created/gifted to do with their life. The key to living a fulfilling life is to do what you were created to do. Here is a modified version of a ceremony called a *Vigil*, seeking an answer.

Originally this ceremony/exercise was conducted when a child was becoming an adult, 10 to 12 years old. However, you are never too old to discover your life purpose.

Materials needed:

24-hour candle matches or lighter. Note taking materials. Chair-Blanket, Flashlight, and a way to track time. Gallon of water for fire safety, Water to drink.

This is a 4-hour ceremony. Start by fasting from lunch and dinner if you can do so, unless you have health issues that prevents it. Abstain from alcohol or recreational drug use for 24 hours before you start. This is so you will be clear to receive the information you seek. Select an area where you will be away from distractions and in the natural world. Often nature itself will deliver the message.

Set up your chair and have a safe place to burn your candle. If you are unfamiliar with fire safety in the woods, consult the Boy Scout manual and do the precautions described for making a campfire safely. You may not think that a candle would cause a wildfire, however it *is* an open flame. Treat it as if it was a campfire!

Be settled into your vigil spot before sundown, which is when you light the candle. Prepare your space with some smoke from sage or some incense. Smudge everything within 12 feet of your chair as well as yourself. At sundown light the candle and make sure to keep it lit during the entire ceremony. You may have to pour some of the melted wax out as it burns down.

Starting right at sundown, keep track of the passing time. You will be doing different things during each of the four hours that pass. Set your intention for the results of the ceremony and invite the assistance of your higher source/helpers.

For the first hour, try to remember everything you can about your childhood until you were about 12 years old. Any memory, story about you from relatives and friends. Write it all down on one of two sheets of paper. One for the good memories and any unpleasant ones on the other sheet.

For the second hour do the same with the same sheets of paper. Remembering everything you can about your life from around 12 to 19 or twenty. This may have more frustrating events but that is important to write down as it can help you discover what you were *not* created to do with your life.

Do the same for the third hour, remember the events of your life during adulthood. 20ish until today. What kind of work did you like/dislike? What relationships were satisfying?

For the fourth and last hour, think of your future. Think of any Elders in your life that you admired. Think about what kind of Elder you would like to be from now on.

There is a video available from my website about what it means to be an Elder, not just older. Find it at this website, it is the item located at the bottom of the page. [Fundamental teachings \(worldtreeway.com\)](https://www.worldtreeway.com)

To end the ceremony, you do three things. Burn the list of negative things to let them, and the effects they had in your life, go. Put out the candle. Take the positive list with you and go home to have something to eat. Read over the list as you eat, maybe share it with your partner or a trusted friend. Contemplate all that blessed you during each phase of your life and see what gave you a feeling of fulfillment. Adjust your life so you can do those things with the rest of your life. Refer to the examples I shared with you about those who found the answers they sought through this ceremony/exercise. Blue sky, James Tree-Gilmore