Discovering Your Big Why

The primary Big Why pattern is often a lifetime or an extended period of time in which you vow to be someone that you are not. Seeing this pattern through the lens of the profiles will make it very clear that attempting to live in any other profile than your own is the primary way we all suffer.

You may be a charismatic leader woman who was kick-ass as a little girl and in high school, but when you got getting started to live your childhood vow to "*always* be a good wife and mother like my mom" and then suffers deeply by being a subservient team player and only having power is a passive resistive way for 20 years. Or it may be a specific trauma, like a man who was a practical joker as a child but lost his father to a car accident when he was 12 which created a vow to be that man of the family and never be childish and goofy again, living with only a cutting sense of humor for 40 years. Waking up to how we have unconsciously chosen to live in the wrong profile is the fastest way to discover your Big Why.

Once realized, you find a solution to your pain and suffering that lead you to a deeper awareness of your core profile qualities. As you begin this process you will need to become aware of how you have numbed yourself and were unaware that you were playing small, being guarded, never trusting, living in fear, being aloof, being a manipulator, etc. As you can feel the pain of your life choices deeply, you will have the energy to fight back and make a real stand in life and now honor your true self. It is only by overcoming your suffering that you give yourself the opportunity to rediscover your core soul profile qualities and mission in life.

The specific suffering and darkness you experience in life is the darkness of forgetting who you really are. It is always directly related to your mission and profile in life. It is never random. If you cannot relate your Big Why directly to your profile, you either don't have a your Big Why or you don't know your profile.

How you changed and called back your power and sense of self is what we will call your pathway or transformational process. Being clear about the steps you took to live more in your power will allow you to model and teach others to begin on the same path to wholeness who are currently caught in your same suffering pattern.

How to discover your Big Why:

- **Pain Points-** Select one major life trauma that you have overcome in your life that took discipline, courage, and the willingness to step into the unknown. It could have been a lifetime of living in your secondary profile and trying to be someone you were never meant to be, or it could have been an acute issue like a injury, loss or illness you overcame, or something that forced you to face something inside you that you never would have without it. (Make a list of your pain points that you had work through)

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- **Pathway to move from Pain into your Purpose**: How did that event or issue force you to see something greater in you and embrace your core soul profile, which ultimately has improved and transformed your life? What pathway did you take (or are you taking), or what realization did you have, that allowed you to overcome the pain and see it for what it was, a calling to wake up and live more fully in your life purpose. (Write what you personally have done or are doing to turn your pain into your purpose)

- **Transformation:** Make a list of what has changed in your life and in your self-esteem by overcoming this events. For example: What is your inner level of energy and/or health? How have your relationships changed? How much more income do you have? How did your career change or how did you transform the work you are doing?

- **Your Inspirational Message:** Now ask yourself, are there other people on the planet who might currently have the same pain(s) or struggle(s) that you have now worked through? Do you think that they could benefit from your experience, realization and transformational process? (Write down who could benefit from your story of pain to purpose. These are your perfect customers.)

- **How Are You Sharing Your Message:** Take time to meditate and acknowledge that this event that triggered you to awaken was the greatest thing that ever happened to you, no matter how painful it was at the time. You are only a victim when you are unconscious. A conscious person is never a victim. Without this inner and outer transformation you would still be sleepwalking in life. See how your life and future has permanently changed for the better and how you are now able to live more fully in your Core Profile Quality and out of defense. (Write down what you currently do to share your life-changing event with others? If you are not currently sharing it out in the world, write down how would you like to share what you went through with others?)

- **Post A Video On Your Facebook Page Of Your Big Why Story:** It is totally fine to be in the middle of your transformation, the Rhys Thomas Institute of Energy Medicine creates a "Big Why" realization in everyone in the program. You can talk about where you are in the process and how far you have come already and where you now know you are heading.