

***Join the conversation and discover  
that who you are and what you do  
with your life really does matter!***

# **The Art of *Being* on Purpose**

***The journey of your lifetime, back to the place  
you never left ~ Your oneness with the Universe***

"Every art requires a great deal of practice to develop. The Art of Being provides hundreds of mindfulness exercises that invite you to experiment with your life and shape it with your own creativity."  
—Gary Zukav, author of *The Seat of the Soul* and *Soul to Soul*



**The Art | of Being**  
101 Ways to Practice Purpose in Your Life

Dennis Merritt Jones, D.D.  
FOREWORD BY DR. MICHAEL BECKWITH

## **A Six Week STUDY GUIDE For Small Groups**

Based on the book  
***The Art of Being ~  
101 Ways To Practice  
Purpose In Your Life***  
By Dennis Merritt Jones

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# The Art of Being

101 Ways To Practice Purpose In Your Life...

Study Group Forming **NOW!**

*Join the conversation and discover that who you are and what you do with your life really does matter!*



**Did you know you were born to “Be” ...on purpose?**

**T**here are no mistakes and it is not a mistake that you were given birth. You have been sent here on a mission—it is the mission of *your* lifetime. Discovering your purpose in life isn't something you will one day happen upon. Your purpose is *right* in front of you everyday and its been patiently awaiting your recognition. Are you ready to “Be” who you really came here to be? Join the upcoming Study Group based on the inspired new book, *The Art of Being ~ 101 Ways To Practice Purpose In Your Life*, by Dr. Dennis Merritt Jones and you'll discover how amazingly powerful a life lived “on purpose” can be!

**You Will Learn How Purpose Reveals Itself In Every Area Of Your Life When You Are Living In The Present!**

- ☑ Spirituality Becomes Effortless...
- ☑ Every Relationship Becomes Sacred...
- ☑ Prosperity & Abundance Comes Naturally...
- ☑ Your Health (Physical & Emotional) Is Sound...
- ☑ Creative Expression is Filled With Passion...

**DISCOVER A LIFE FULL OF PURPOSE & MEANING.  
ITS BEEN WAITING FOR YOU TO COME TRUE!**

*Sample Flyer  
for your use*

**NOTE:**

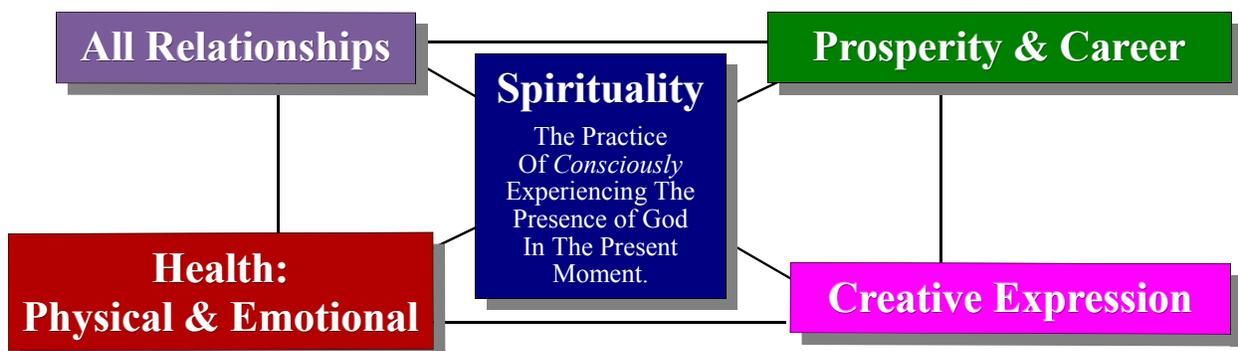
This flyer is available for download as an amendable Word document at:  
[www.DennisMerrittJones.com](http://www.DennisMerrittJones.com)  
(Study Group link)



## A Note to the Group Facilitator

First, allow me to thank you for your interest in facilitating a discussion group based on my book, *The Art of Being ~ 101 Ways To Practice Purpose In Your Life*. I will make the assumption that you have chosen to lead this study group because you have already read the book (or some portion of it) and found something in it that resonates with you. As the group leader you will have the opportunity to open that same portal of awareness for those in your group. In the process, you will actually discover yourself “*Being, on purpose*” by leading others to theirs. I honor and support you in your willingness to create a safe and open environment wherein each participant will discover the value and meaning of living a life anchored in the awareness that each moment is a sacred experience.

The three common themes found throughout the book and this study guide are **Purpose, Presence and Present Moment Awareness**. This means that our sole (soul) Purpose in being born is to be the vessel through which (and as which) the Presence of God finds Its fullness of expression. As we awaken to this concept we’ll realize that this “expression of being” can only happen in the Present Moment of “Now.” Throughout this six-week study guide you will see these three common themes showing up repeatedly. The themes for each study session are established in what I have discovered to be the five predominate areas where life seems to “happen.” While there are 101 individual writings in the book, the study guide will utilize only certain ones that specifically support the different theme which you will be discussing each week. It is my intention that we will discover that our purpose for being can be fully expressed and *experienced* in all five of these areas:



Spirituality (or practicing the awareness of the Presence of God) is at the center because it is the one common element that will find its way into the other four areas, ultimately interconnecting them. As you begin to seek deeper meaning and purpose in your life, you will also discover there is no area of a life worth living where harmonious relationships don't matter, where an abundance of good isn't desired, where enhanced emotional and physical health doesn't play a vital role and where personal expression isn't at the core of the soul's deepest desire. And, infused at the center of it all you will discover the Presence of God being revealed in and through all. Truly, it is all about *The Art of Being* - being on purpose by being present, joyful, healthy and fulfilled emotionally, physically, mentally, materially and spiritually.

### **THINK OF YOURSELF AS A GUIDE**

As the Study Group Leader, I encourage you to see yourself as a “guide” rather than as a teacher or an authority on the subject matter. Be mindful to create openings for each person to participate in the dialogue. Let it be your job to guide or facilitate the conversations, keeping them on point and moving forward, but never dominating the conversation. Be mindful to give each person the space to have their own opinions and experience of the journey you travel together.

### **HOW IT WORKS**

- ☑ This course of study is divided over a six-week period of time. I recommend that the group meet for approximately two hours each week. In the Study Guide each of the six sessions will offer a guideline for discussion based on specific recommended readings. NOTE: It is not necessary for the participants to have read any of the book prior to the first session. The first session is an introduction to the concepts of Purpose, Presence and Present Moment Awareness. This conversation will set the tone for the readings to begin following that first session. It is also recommended that each person have a copy of the *newly published* 2008 (by Tarcher/Penguin Publishing) hardcover edition of *The Art of Being* because it contains new content and the pages are numbered differently than the first soft cover edition published by New Reality Press.
  
- ☑ At the end of each week's Study Guide you will find a “Fun Work” assignment for the group. It will consist of a list of seven writings in *The Art of Being* recommended for reading during the following week. In addition to the readings, it is important the participants make an effort to implement the Mindfulness Practices at the end of each writing because it is in the application of the concepts that ideas become reality. The Mindfulness Practices help to activate a concept, taking it from the intellect to the heart where it may be experienced emotionally and physically.

- ☑ The Fun Work will be the basis for the discussion the following week. Keep in mind that the reason for the study group is to create space where common experiences can be shared. In the process, each one participating will learn something from the others that deepens their own experience of the readings, the Mindfulness Practices and the ensuing discussion.
  
- ☑ The format for the study guide is presented in a simple outline form. Each group meeting will have a beginning, a middle and an end. However, don't feel like you have to stay with the pace of the study guide. You may discover there is more material offered than your group will find time to use every week. Try to be sensitive to the rhythm of the group and let the process flow organically.
  
- ☑ To begin the discussion each week, I have provided a series of questions you can ask as written or reframe in language that is more your style. The discussion will prime the pump for a brief experiential process or workshop.

Again, thank you for joining me on this amazing journey to our oneness with each other and our unity in Spirit. If you have questions about this study guide, or if you wish to contact me directly regarding other workshops and services, please feel free to contact me at [www.DennisMerrittJones.com](http://www.DennisMerrittJones.com).

Peace,  
Dennis



~ **The Art of Being** ~  
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**STUDY GUIDE**  
Session One

Welcome all participants and begin with a quick ice-breaker by asking them to introduce themselves and *briefly* share what it was that caused them to decide to join *The Art of Being* Study Group.

**FIRST POINT FOR DISCUSSION:**

Because *The Art of Being ~ 101 Ways To Practice Purpose In Your Life* is essentially a book about exploring our relationship with life as spiritual beings, it is important we are comfortable with the words we use that represent our concept of God. Understanding that words can mean different things to different people, take a few moments to explore the “G” word. Read aloud the pages in the front of the book prior to the Foreword, titled, **To The Reader: About the word “God”**, and discuss.

- ☑ Are you comfortable with the “G” word? How do some of the other words used in the piece resonate with you?
  
- ☑ The key to *The Art of Being* is to remember words are symbols for ideas you give value and meaning to, so use words that open you up and bring you closer to your idea of what is sacred.
  
- ☑ Also, remember there is no one word that is “right” for everyone. Honor the differences.

## SECOND POINT OF DISCUSSION

Now that you are more familiar with the different “names” of God lets take a few minutes to explore some of the different ways in which you can *experience* God’s Presence.

You have discovered that how an individual identifies God has everything to do with how they will *experience* God’s Presence. The further you go on this journey into *Being* the more intimate will become the relationship between you and God. Ultimately, you will discover that as Ernest Holmes states, “What you are looking for, you are looking with”.

To assist you in deepening the concepts presented in *The Art of Being* and deepening your experience of purpose, take time now to read aloud the writing on page 187 titled “**Through the Eyes of God**”. After the reading do the following exercise:

- ☑ Close your eyes and take a few deep cleansing breaths. Then imagine that behind the “camera lenses” of your eyes is a Presence, and suddenly your eyes are the eyes of God perceiving Itself even now as you gaze at the dark curtains of the inside of your eyelids...your ears are the ears of God hearing the sounds around you...your touch is how God experiences Itself in a body... your speech is the voice of the Beloved...and every action you take is God moving in and through you, experiencing Itself as you.
- ☑ Finally, take three deep centering breaths and breath out with audible release sound...hahhhhhh.
- ☑ Share your experience of the process with the group.

### **THIRD POINT FOR DISCUSSION:**

The concepts and principles found in this book are as ancient as humankind itself. From antiquity, human beings have sought the answers to four basic questions: Who am I...Where did I come from...Why am I here...and, Where will I go when I leave here? We too are on that same quest!

Begin by reading aloud the **introduction** to ***The Art of Being*** on **pages 1 through 3** and then explore these questions as a group:

#### ***A) Who am I?***

- Can I see myself as a spiritual being, finding my oneness with God, or do I define myself purely by what I see in the mirror and the many labels that have been placed on me by others (or myself)?

#### ***B) Where did I come from?***

- Can I see myself as a spiritual being having come into the human condition from the dimensionless Essence of God, (Infinite Presence or whatever name I choose to call it) understanding It is the source of my being?

#### ***C) Why am I here?***

- Can I embrace the idea that I have come to earth as a soul being, with the sole purpose of being the vessel through which (and as which) God finds Its own fullness of expression, uniquely as “me”?

#### ***D) Where will I go when I leave here?***

- Do I believe that when I have accomplished my “mission” here I shall return to the Essence of God from whence I came?

## FOURTH POINT FOR DISCUSSION:

### Exploring *Purpose*, *Presence*, and *Present Moment Awareness*.

These three concepts are the core teachings within *The Art of Being*. As we clarify our understanding of them, we will more easily see how they are applicable to our daily lives. **The three “P’s”...**

### *Purpose*

- ★ As explained in the introduction of *The Art of Being*, there are no mistakes. You are here “on purpose”. This means that who you are matters and what you do with who you are matters to the world.
- ★ Because God is creative by Its own divine nature, It finds expression through all forms. You are one such form. Your life is the “living canvas” by which the Divine Creator expresses Itself.

### *Presence*

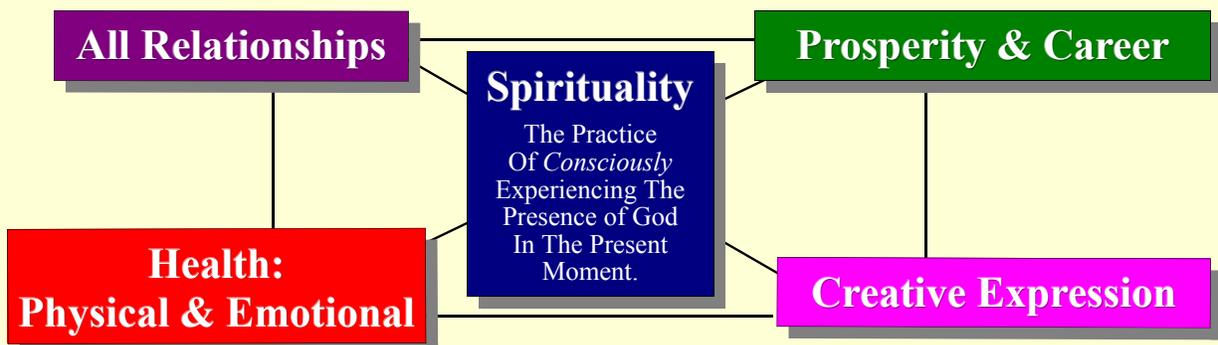
- ★ The word Presence is used to describe God as Omnipresence, meaning that God’s presence is everywhere, all at the same time. Any given moment is a sacred experience when we can consciously remember the Omnipresence of God.
- ★ In part, the secret to “being on purpose” is to live mindfully, remembering that Presence is always with us, regardless of the activity in which we are engaged at the moment.

## *Present Moment Awareness*

- ★ In order for us to fully “Be” on purpose, we have to develop the ability to be present in each moment. It is only in the space and time of each moment that we can be aligned with Presence.
- ★ Often, our minds are someplace different than our bodies. Perhaps we are thinking about what happened yesterday or what might (or should) happen tomorrow. This type of thinking draws us out of the Present Moment of Now.
- ★ *The Art of Being on Purpose* is always a present moment experience, remembering that Presence (God) is right where we are, at the center of whatever we are doing in every holy instant.

### **FIFTH POINT FOR DISCUSSION:**

The theme for each of the next five Study Group Sessions will be established in one of the five predominate areas where life “happens.” We will discover that our purpose for being can be fully expressed and *experienced* in all five of these areas:



## FUNWORK FOR THE WEEK

1. Read one of the following essays each day of the week. If you desire to read more than one essay in the book per day, that is great. However, it is important that you include those listed below in the reading because they will be discussed in next week's Study Group meeting. Our focus next week will be on **"Spirituality"**.

Note: It is important that you read, and to the best of your ability, implement the Mindfulness Practices at the end of each essay. It is through the actual application of the ideas and concepts in your daily life, that the shifts will begin to reveal themselves.



- ☑ Page 5: ***What Gift Do I Bring?***
- ☑ Page 54: ***The Universe is Calling***
- ☑ Page 112: ***If Your Life Were a House***
- ☑ Page 167: ***Seek the Sacred in the Ordinary***
- ☑ Page 201: ***You Are God's Seedling***
- ☑ Page 235: ***The "Self" Travels Lightly***
- ☑ Page 283: ***The Bliss of Divine Annihilation...***

2. Create a journal and carry it with you during the week. As you read the book and go through your day, be aware of your thoughts and feelings. If something "clicks" and you get an "aha" log it in your journal. It will be of great benefit at a later date. Remember to bring your journal to the next discussion group. Something you notated may be worth sharing with the group.

**HAVE AN AMAZING WEEK BEING ON PURPOSE!**

~ **The Art of Being** ~  
*101 Ways To Practice Purpose In Your Life*



**STUDY GUIDE**  
Session Two

1. **Check In:** Welcome all participants back for the second Study Group session. Open for brief discussion.
  - A. How has the past week been?
  - B. Have you used your journal to log any “aha” moments during the week?
  - C. Was it challenging to “do the work” of being mindful and present throughout the day, at work, at home, on the freeway, and such?

**FIRST POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 5,  
**“What Gift Do I Bring?”**

- How does it feel to know you have a gift to share with the world? Do you experience joy and passion when you think about sharing that gift?
- Is there any fear around your “sharing it” with others?
- What “stuff” needs to be removed from your belief system before you can share your gift of *Being* with others?

### **SECOND POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 54,  
**“The Universe Is Calling”**

- ☑ Reflect on the opportunities to commune with Infinite Presence you passed up during the past week because your mind was someplace other than where your body was. In retrospect, can you think of a specific moment during the week when the Universe was trying to get your attention but failed because you were busy “doing life” rather than Being? If so, what were the “nudges” you ignored?

### **THIRD POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 112,  
**“If Your Life Were a House”**

- ☑ Remembering that God’s Presence is the foundation for the entire house, what are the major “rooms” in the house called your life?
- ☑ Sometimes we prefer to hang out in some rooms more than others. Which is your most favorite room and which is your least favorite? What will you do this next week to be more *aware* of Presence in every room?

#### **FOURTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 167,  
**“Seek The Sacred in The Ordinary”**

- ☑ Are you waiting until everything in your life is just right before you can see Presence and the perfection in it?
- ☑ What role can remembering to be in the present moment of Now play in making it a sacred experience?
- ☑ If you could consider “ordinary life” as the playground for the sacred— would you be willing to come out and play every day, and if so, what would that look like for you?

#### **FIFTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 201,  
**“You Are God’s Seedling”**

- ☑ Have you spent time this past week contemplating what is next for you to do in your life?
- ☑ What does the statement, “Within the acorn lies the Oak tree”, and “Within you lies the infinite potential of a life worth living” mean to you?
- ☑ Can you trust that there is within you that God seed that holds all the answers?

### **SIXTH POINT FOR DISCUSSION**

Invite discussion regarding the essay found on page 235,  
**“The Self Travels Lightly”**

- ☑ How much of who you define yourself to be is based on the “garments and labels” you wear during the course of a typical day?
- ☑ What are some of those labels and how attached are you to them?
- ☑ Do you see yourself as a nobody struggling to be somebody, or are you somebody (the Presence of God) who knows you are nobody?

### **SEVENTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 283,  
**“The Bliss of Divine Annihilation — A Peak Experience”**

- ☑ What are the two specific points of awareness that always accompany that sense of the seamless oneness with Presence?
  - 1) *Being totally present in the moment of Now.*
  - 2) *Absolute non-judgment and unconditional love filling the space between everyone and everything.*
- ☑ Can you see divinity in all things, from a baby’s eyes to a pile of garbage?
- ☑ What shift in your belief system and perception must you have in order to be annihilated in the Presence of Being?

## FUNWORK FOR THE WEEK

1. Read one of the following essays each day of the week. If you desire to read more than one essay in the book per day, that is encouraged, however, it is important that you include those listed below in the reading because they will be discussed in the next week's Study Group meeting. Our focus next week will be "**Relationships**".

Note: It is important that you also read, and to the best of your ability, do the Mindfulness Practices at the end of each essay. It is through the actual application of the ideas and concepts in your daily life, that the results will begin to reveal themselves.



- ☑ Page 14: *It's Not What You Say*
- ☑ Page 25: *Seek Sangha*
- ☑ Page 31: *Love Is All You Need*
- ☑ Page 97: *Discover the Real Eighth Wonder...*
- ☑ Page 170: *Except Ye Become As Little Children*
- ☑ Page 241: *Finding the Blessing in Betrayal*
- ☑ Page 278: *It's All About Relationships*

2. Create a journal and carry it with you during the week. As you read the book and as you go through the day, be aware of your thoughts and feelings that arise. If something "clicks" and you get an "aha", log it in your journal. It will be of great benefit at a later date. Remember to bring your journal to the next discussion group. Something you notated may be worth sharing with the group.

**HAVE AN AMAZING WEEK BEING ON PURPOSE!**

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**STUDY GUIDE**  
Session Three

1. **Check In:** Welcome all participants back for the third Study Group session. Open for brief discussion.
  - A. How has the past week been?
  - B. Have you logged any “aha” moments in your journal this week?
  - C. Being three weeks into the process, what have you noticed about your understanding and *application* of the three “P’s” - **Purpose, Presence and Present Moment Awareness?**

**FIRST POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 14,  
**“It’s Not What You Say”.**

- Have you been able to witness the “dance of energy” that happens between you and another person when you are conscious of the emotional charge that lies *behind* your words?
- In the past week did you commit to being transparent and honest in your communications, remembering it is not *what* you say but the intention behind *how* you say it?
- Did you find it easier to communicate consciously by first putting yourself in the other person’s shoes before speaking?

### **SECOND POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 25,  
**“Seek Sangha”**

- Understanding that relationships are central to living our lives “on purpose” because they help reflect back to us our unity with one another and God, what role does Sangha (or spiritual community) play in your relationships today?
- What are some of the qualities of *Being* you would seek in a Sangha? (i.e. acceptance, non-judgment, etc).
- Do you consider this Study Group to be your Sangha?

### **THIRD POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 31,  
**“Love Is All You Need”**

- How does the concept that God, in Its highest essence, is love resonate with you?
- Do you believe you must be able to authentically love yourself before you can authentically love another and, if so, why?
- Did you take time this week to do the “mirror exercise” given in the Mindfulness Practice on page 33? If so, what was your experience with the process?

#### **FOURTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 97,  
**“Discover the Real Eighth Wonder of the World”**

- ☑ Do you see the real beauty in life within the heart and soul of every human being or just in certain ones? In other words, from a spiritual perspective, is it possible to see the Presence of God in one person but not another?
  
- ☑ How did you do with the Mindfulness Practice on page 99 suggesting you take time with people with the sole (soul) intention of “looking into them”, connecting with their hearts and souls? Was it challenging or easy for you?

#### **FIFTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 170,  
**“Except Ye Become As Little Children”**

- ☑ Have you lost touch with the child within you?
  
- ☑ Understanding that most of your fears are learned, what are some of the fears you learned as you grew into adulthood?
  
- ☑ Being fully aware of the power found in Presence and the Present Moment, how can you can begin to unlearn these fears?

### **SIXTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 241,  
**“Finding the Blessing in Betrayal”**

- ☑ Have you ever been betrayed by someone with whom you had a close relationship? If so, can you now see that this person played a role in assisting you in your own personal evolution and growth?
- ☑ Have you ever betrayed yourself by not honoring the commitment to be unconditionally loving, kind and loyal to yourself?
- ☑ In both of these instances, what role does forgiveness play in making *you* whole?

### **SEVENTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 278,  
**“It’s All About Relationships”**

- ☑ If you were to compartmentalize your average day, how many encounters called “relationships” would you have?
- ☑ How does being conscious and present in every relationship make it a container in which God’s Presence is experienced?
- ☑ In the Mindfulness Practice on page 279 you were encouraged to establish *one* new friendship this past week. Was it easy or difficult to reach out and do so?

## FUNWORK FOR THE WEEK

1. Read one of the following essays each day of the week. If you desire to read more than one essay in the book per day, that is encouraged, however, it is important that you include those listed below in the reading because they will be discussed in next week's Study Group meeting. Our focus next week will be **"Prosperity & Career."**

Note: It is important that you also read, and to the best of your ability, implement the Mindfulness Practices at the end of each essay. It is through the actual application of the ideas and concepts in your daily life that the results will begin to reveal themselves.



- ☑ Page 34: ***Great Expectations***
- ☑ Page 57: ***Standing Guard at the Temple Gate***
- ☑ Page 66: ***Seek Balance in All Things***
- ☑ Page 87: ***How Much is Enough?***
- ☑ Page 89: ***The Divine Paradox***
- ☑ Page 92: ***Give Way to Abundance***
- ☑ Page 118: ***The Power of Gratitude***

2. As an optional additional exercise this week, exchange contact information (phone or email) with one other person and set a time to connect with one another during the week. When you do, share the one Mindfulness Practice you have found to be most helpful and meaningful. The point is that when someone else witnesses and agrees with what we say it has even more power in Presence. "Where two or more are gathered..."

3. Create a journal and carry it with you during the week. As you read the book and as you go through the day, be aware of your thoughts and feelings that arise. If something "clicks" and you get an "aha", log it in your journal. It will be of great benefit at a later date. Remember to bring your journal to the next discussion group. Something you notated may be worth sharing with the group.

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**STUDY GUIDE**  
Session Four

1. **Check In:** Welcome all participants back for this Study Group session. Open for brief discussion.
  - A. How has the past week been?
  - B. Have you logged any new “aha” moments in your journal this week?
  - C. How was your connection with the person you exchanged contact information with last week? In your sharing, what did you give to, and what did you receive from, the encounter?

**FIRST POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 34,  
**“Great Expectations”**

- Knowing that your expectations activate the Law of Attraction in specific ways, what does the statement, “Your consciousness goes before you to announce your coming” mean to you?
- As you went to work this week, the grocery store, entered your home at the end of the day, etc., did you remember to pay particular attention to the altitude of your attitude regarding your *conscious* expectations? If so, what did you observe?
- As a rule, do you generally expect the best or the worst from people and life, and likewise, what do you get?

### **SECOND POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 57,  
**“Standing Guard at the Temple Gate!”**

- ☑ Understanding that the “Temple Gate” is a metaphor for your conscious mind, when you are “standing guard” at the temple gate, what does that mean?
- ☑ Have you caught yourself giving yourself permission to think down when you could have been thinking up this week?
- ☑ What is the relationship between standing guard at the temple gate and being fully present in the moment of Now?

### **THIRD POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 66,  
**“Seek Balance in All Things”**

- ☑ In the story of Buddha, his awakening to the understanding that the Middle Path (balance in all things) was necessary for enlightenment (deep inner peace or bliss), can you see any part of your own life in that story?
- ☑ When you experienced the Mindfulness Practice on page 68, which of the six “strings” were too tight and which were too loose?
- ☑ Understanding that *Being* fully on purpose requires a free flow of energy moving evenly to all areas of your life, what action will you take in the next week to bring more balance to your life?

#### **FOURTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 87,  
**“How Much Is Enough? *Part One*”**

- ☑ With what message were you raised regarding abundance: There is *not* enough or there is *more* than enough?
- ☑ With a belief that there is not enough, will you *ever* have enough, regardless of how much is granted to you?
- ☑ What do you think about the concept that true prosperity is not about material possessions but rather a way of living developed from a consciousness that gives one a sense of freedom.

#### **FIFTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 89,  
**“The Divine Paradox: *Part Two*”**

- ☑ Can you see how your current “standard of measure” is activating the Law of Attraction in your experience today?
- ☑ Understanding that moving from a belief in “not enough” to a belief in “more than enough” requires faith backed by action, what does the Divine Paradox tell us we must do?
- ☑ Name five things you could do today to begin creating a vacuum in your life.

### **SIXTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 92,  
**“Give Way to Abundance: *Part Three*”**

- ☑ When you give to others in any manner, meaning money, gifts, time, favors, affection, smiles, hugs, and so on, are there ever strings (attachments or expectations of return) attached?
- ☑ If you are experiencing lack, does the statement, “Whatever you desire more of, you need to start giving more of” make sense to you? Can you find the logic in it?
- ☑ If giving freely is the way to create a vacuum into which you can receive abundantly, where will you begin first in your giving?

### **SEVENTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 118,  
**“The Power of Gratitude”**

- ☑ Do you see your “glass” as half full or half empty?
- ☑ How does having great expectations, giving freely, and creating a vacuum in which to receive all tie into developing an attitude of gratitude?
- ☑ Understanding that conscious gratitude changes your perspective of life, share with the Study Group ten things for which you had never been consciously grateful prior to this week. In the process notice your glass is getting ready to overflow!

## FUNWORK FOR THE WEEK

1. Read one of the following essays each day of the week. If you desire to read more than one essay in the book per day, that is encouraged, however, it is important that you include those listed below in the reading because they will be discussed in the next week's Study Group meeting. Our focus next week will be "**Health: Physical & Emotional**".

Note: It is important that you also read, and to the best of your ability, implement the Mindfulness Practices at the end of each essay. It is through the actual application of the ideas and concepts in your daily life that the results will begin to reveal themselves.



- ☑ Page 103: *Use It or Lose It*
- ☑ Page 115: *What Defines Your Wholeness?*
- ☑ Page 125: *Surf's Up!*
- ☑ Page 161: *He Who Laughs...Lasts*
- ☑ Page 253: *How Will You Live?*
- ☑ Page 80: *Obstacles: A Matter of Perspective*
- ☑ Page 250: *Appreciate The Gift*

2. Keep up the daily journal and carry it with you during the week. As you read the book and as you go through the day, be aware of your thoughts and feelings that arise. If something "clicks" and you get an "aha", log it in your journal. It will be of great benefit at a later date. Remember to bring your journal to the next discussion group. Something you notated may be worth sharing with the group.

**HAVE AN AMAZING WE4K BEING ON PURPOSE!**

~ **The Art of Being** ~  
*101 Ways To Practice Purpose In Your Life*



**STUDY GUIDE**  
Session Five

1. **Check In:** Welcome all participants back for this Study Group session. Open for brief discussion.

A. How has the past week been?

B. Have you logged any new “aha” moments in your journal this week?

**FIRST POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 103,  
**“Use It or Lose It”**

- ☑ Can you relate with the concept that in order to keep ourselves physically and emotionally healthy, it requires consistent practice?
- ☑ What role does the daily practice of spirituality play in keeping you physically and emotionally in shape? (IE. Meditation, Reading, Yoga, etc.)
- ☑ Are you willing, as Epictetus said, to “Put yourself under the discipline and take exercise at the appointed hour whether you like it or not”? If so, stand before your Study Group partners right now and commit to doing so—state it loud and clear and be specific, understanding there is great power in having a trusted friend witness your commitment.

### **SECOND POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 115,  
**“What Defines Your Wholeness?”**

- ☑ Have you been attached to the idea that your wholeness of being is a point at which one day you will arrive when everything is “perfect”?
- ☑ Have you ever been tempted to define yourself (or others) by your physical condition, seeing yourself (or them) as less than whole because “something” was missing?
- ☑ Can you perceive God’s presence as perfection equally present in one person (or condition) as in another, irrespective of what your eyes report?

### **THIRD POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 125,  
**“Surf’s Up!”**

- ☑ Can you personally relate with the idea that while you can’t necessarily control what is going on around you (the waves), you can *always* control how you respond?
- ☑ What role does your ability to surrender to “what is” and go with the flow play in riding the wave of whatever turbulence you may be going through in your life today?
- ☑ Does understanding that Presence is *always* right where you are make it easier to “Let go and let God”, trusting the process?

#### **FOURTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 161,  
**“He Who Laughs...Lasts”**

- ☑ Do you ever take yourself and life too seriously, and if so, are your emotions and body better or worse off because of it?
- ☑ Understanding that when you laugh your mind always brings you into to the present moment (where Presence is), can you see laughter as a spiritual practice...a healing practice?
- ☑ Would you be willing to tell a joke or story to your Study Group partners right now, knowing that in so doing you are sharing a sacred moment *and* fostering emotional and physical health at the same time? If so...what are you waiting for?

#### **FIFTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 253,  
**“How Will You Live?”**

- ☑ If you knew you had only seven days to live, what would you do differently than what is currently on your day-planner calendar today?
- ☑ It has been said that until you transcend the fear of death, you can never really live. What does this mean to you?
- ☑ How do the three P’s of Purpose, Presence, and Present Moment Awareness fit into these questions?

### **SIXTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 80,  
**“Obstacles: A Matter of Perspective”**

- ☑ Understanding that everyone has challenges, what obstacle currently lays across your path that seems to be blocking your forward movement today?
  
- ☑ Is that obstacle real or imagined, and in either case, what shift in perspective must you have in order to turn it into a stepping stone and what action must follow?

### **SEVENTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 250,  
**“Appreciate the Gift”**

- ☑ Do you ever get so consumed in the drama of your momentary challenges that you miss the parade of good that life is constantly placing before you?
  
- ☑ Name a few of the gifts life has laid before you that you missed because you were preoccupied with the challenges or minutia of the moment?
  
- ☑ Could you train yourself to take intentional time-outs to “come up” and breathe in the present moment of Now in order to recognize the gifts passing by you in every holy instant?

## FUNWORK FOR THE WEEK

1. Read one of the following essays each day of the week. If you desire to read more than one essay in the book per day, that is encouraged, however, it is important that you include those listed below in the reading because they will be discussed in the next week's Study Group meeting. Our focus next week will be "**Creative Expression**".

Note: It is important that you also read, and to the best of your ability, implement the Mindfulness Practices at the end of each essay. It is through the actual application of the ideas and concepts in your daily life that the results will begin to reveal themselves.



- ☑ Page 23: *Elvis Has Left the Building*
- ☑ Page 51: *Come to the Edge*
- ☑ Page 262: *Stepping into the Mystery of "I Don't Know"*
- ☑ Page 218: *It's All God*
- ☑ Page 37: *Express Thyself*
- ☑ Page 204: *The Wonder of It All*
- ☑ Page 289: *What Will You Contribute to the Continuum?*

2. Keep up the daily journal and carry it with you during the week. As you read the book and as you go through the day, be aware of your thoughts and feelings that arise. If something "clicks" and you get an "aha", log it in your journal. It will be of great benefit at a later date. Remember to bring your journal to the next discussion group. Something you notated may be worth sharing with the group.

**HAVE AN AMAZING WEEK BEING ON PURPOSE**

# ~ The Art of Being ~

## 101 Ways To Practice Purpose In Your Life

### STUDY GUIDE

#### Session Six

1. **Check In:** Welcome all participants back for this Study Group session. Open for brief discussion.

A. How has the past week been?

B. Have you logged any new “aha” moments in your journal this week?

#### **FIRST POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 23,

#### **“Elvis Has Left the Building”**

- Do you often catch yourself putting on a “performance” trying to be someone other than who you are authentically? Are you willing to look behind the “act” and see who *you* really are?
- Is there any underlying sense of “I am not enough” attached to the need to be like someone else?
- Do you believe it is possible to “be on purpose” when you are trying to *be* just like someone else?
- When it comes to *your* individual creative expression of life, why doesn’t God need two of anything exactly the same?

## SECOND POINT FOR DISCUSSION:

Invite discussion regarding the essay found on page 51,  
**“Come to the Edge”**

- ☑ Have you gotten too comfortable at the center of your box. Are you resisting coming to the edge, which is the only place new growth is possible?
- ☑ Remembering the Universal Imperative, “Grow or Die”, do you believe there is something more for you to do, something more for you to “Be” in this lifetime? If so, why aren’t you coming to the edge? What fear is keeping you stuck?
- ☑ Do you truly believe there is a divine Intelligence within you (as it is in the baby bird) that knows how to sustain you in your efforts to more fully be who you have come here to be? If so, do you trust that divine intelligence enough to come to the edge?

## THIRD POINT FOR DISCUSSION:

Invite discussion regarding the essay found on page 262,  
**“Stepping into the Mystery of I Don’t Know”**

- ☑ Are you willing to live fully in the mystery of the present moment where nothing is certain or guaranteed? If so, what must you first release?
- ☑ The present moment is the only space and time where *new* creation can take place. Are you re-creating *another* “new” version of yesterday or tomorrow in *this* moment because that is where your mind is stuck? Or, are you able to “be” so fully present in the awe and mystery of the moment that you can witness Presence creating...*Being* on Purpose by means of you?

#### **FOURTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 218,  
**“It’s All God”**

- ☑ Take a deep breath right now. What is going on in your mind at this very moment that could be causing a sense of separation from Presence? (A body ache...a worry...etc). Share it with your group members now.
  
- ☑ How easy is it for your mind to take you away from the present moment and Presence?
  
- ☑ Remembering you are always one with God, name three mindfulness practices you can do that will help you stay grounded in Presence.

#### **FIFTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 37,  
**“Express Thyself”**

- ☑ Do you feel as if you have “an unsung song” within you, lingering in the form of the unexpressed self?
  
- ☑ Understanding that the creative desire of God seeks to be expressed as you, can you identify what your life would be like if you were to live from your authentic voice? Name it and claim it...now!
  
- ☑ What fear might be wrapping itself around that desire to express right now and what one step can you take today to begin to transcend that fear and honor your unexpressed self?

### **SIXTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 204,  
**“The Wonder of it All”**

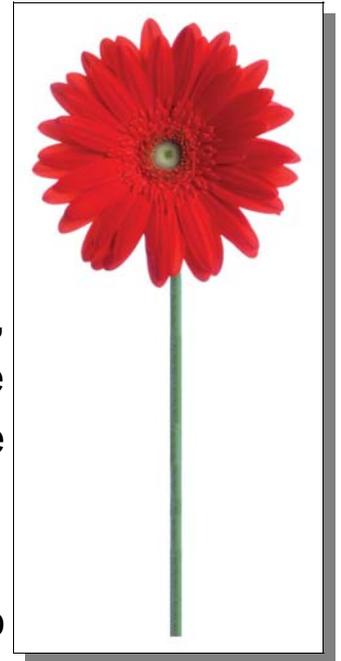
- ☑ Stop everything you are doing *right now* and focus fully on yourself for a moment. Notice what’s passing through your mind and the sensations in your body. What role do the three “P’s”, (Purpose, Presence and Present Moment Awareness) play in the fact that you can *Be* the observer of yourself, and still wonder who is really doing the observing?
- ☑ Would you be willing to commit to taking ten minutes each day to wander in the wonder of the three P’s? That’s how one practices *Being* on Purpose.

### **SEVENTH POINT FOR DISCUSSION:**

Invite discussion regarding the essay found on page 44,  
**“What Will You Contribute To The Continuum?”**

- ☑ Over the course of the past six weeks you have explored what living a life of purpose and meaning looks like and feels like in real time. Do you believe that who you are and what you do with who you are matters?
- ☑ Have you embraced the idea that YOU are the gift you bring to humankind, and the gift you are is so unique that God sent you to be the One who makes the difference as only *you* can?
- ☑ Knowing this is so, what will be your legacy to the future Now ?
- ☑ Welcome to the journey to the place you never left!

Recommended Closing Ritual For  
***The Art of Being On Purpose***  
**Study Group**



Sitting in a circle, invite each participant to speak their truth, stating in their own words what has shifted for them in the past six weeks regarding their awareness of who they are and what they have come here to do and be.

Below, I offer this prayer as my way of saying thank you to each participant for being willing to share their path with me. I invite you to read aloud if appropriate.

**B**eloved Presence, the One and only All that is everything—the Alpha and the Omega and all else between those two points, I affirm that each one in this Study Group is blessed and anointed in their Being one with God. I affirm that each one is unfolding in their purpose in their own time and space with grace and ease and as a result the world is a better place because they came. I give thanks in advance for the joy and fulfillment each one knows in their heart as they continue on their journey of *Being* on purpose.

~ *And so it is.*

I welcome your feedback and input regarding *The Art of Being ~ 101 Ways To Practice Purpose In Your Life* and your experience with this Study Guide.

Peace,

**Dennis Merritt Jones**

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