

Journey Book



Stephanie Trager

ACTIVATE HIGHER PURPOSE

WELCOME QUANTUM CREATOR

Hello Beautiful Soul,

I'm thrilled we're here in this portal where we call forth even more of our highest timelines, our greatest power, magical opportunities, and where we awaken dormant potentials leveraging our multidimensionality and authentic power.

We're entering the sacred temple of our highest becoming. From here it's less about the 'What's my purpose' and more about the '**How do I be to access and express from a place of highest purpose?**'

Have you ever made a decision to participate in something or lead something far outside your comfort zone?

Something that made you think, "**Who will I be on the other side of this experience?**"

Now is a good time to ask yourself "Who could I be on the other side of practicing 40 Days of Devotion? Who will I be if I fully step in and 'do' the Alignments and Practices in this portal you've said yes to.

Any questions, we're here for you.

Intentionally,
Stephanie Trager

40 Days of Devotion

Stephanie Trager

ACTIVATE HIGHER PURPOSE:

40 DAYS OF DEVOTION

Devotion accesses our deepest capacity for love, commitment, honoring, reverence, awareness, acknowledgment, and touching the divine. Or quite the opposite.

Devotion is energetic frequency, a specific harmonic signature that shapes the field around you and entrains the field within you.

Devotion operates as a cohering force of focus. In the spectrum of emotional energetics, it sits higher than attachment or desire, closer to pure unconditional love- or pure destruction.

It's a choice where to place our focus. It's anchored, intentional, and resonant with a direction, a target, or a truth.

When in devotion, your entire biofield attunes to a single vector: an ideal, a beloved, a truth, a Source, a mission, a path.

And sometimes we're not aware that we're in devotion to things we say we don't want, to less than positive outcomes, to old patterns, habits, and ways of being.

What we attune to generates energetic coherence between mind, heart, will, and field. It narrows entropy and refines the signal.

Which direction are you focused?

40 DAYS OF DEVOTION

You're attuning to where you're focus is placed, what you feed, speak of and co-create. That attunement generates energetic coherence, between mind, heart, will, and field. It narrows entropy. It refines the signal.

Our 40 Days of Devotion Practice in Activate Higher Purpose is an intentional practice of focus, self awareness, discernment, and choice.

A practice of devotion stabilizes and amplifies a precise signal. We're going to harmonize the very signal you're choosing to amplify while discerning where you may have been focused instead.

We become a tuning fork for what we are devoted to.

This is why people in high vibrational devotional states can transmit conscious influence without words through resonant entrainment. Remember polarity exists in devotional states. Think of your last rage attack, or anger or frustration, you were manipulating energy and entraining the field for more of that.

Devotion can be used as a technology for dissolving mental chatter and merging with Source (or a higher sacred order).

Among ancient and indigenous peoples including the Kogi, devotion to Earth and ancestors forms structural connection. It maintains the energetic grids and keeps reality in right relationship, or field stewardship .

40 DAYS OF DEVOTION

Your turn. Are you ready to expand into a devotional practice of field stewardship? What's in this for you?

Over the next 40 days we're dropping into a practice meant to activate your power as a 'Quantum Creator' through a practice of devotion.

We're going to practice BEING in devotion to '*something*' each day. Allow the practice to show you 'how' you be with that thing - whatever it is for you.

WHY THIS NOW?

Our path of higher purpose (not my higher purpose) is a devotional path of remembering who we really are when we remove the program of our identity. We will do deep inventory around 'identity,' 'belonging,' and why we continue to loop in old patterns.

Note that our practice to of higher purpose does not discount or cancel our purpose or identity. Each part of us has place and meaning.

Over the next 40 days you'll journal each day and follow the mindfulness practice in the Activate Higher Purpose portal while carefully curating your 'devotional signal.' Watch your reality shift!

40 DAYS OF DEVOTION

It's key to remember the following:

We are perceiving a tiny fraction of absolute reality.

You have abilities you don't even know you don't know about.

You get to choose who you are, who you become, and how other's perceive you.

There is nothing wrong with you.

You're more than enough as is.

Depression or despair means you have needs that are not being met and therein lies an invitation to explore what you really need.

The seed code that proliferated any delusional thought that you aren't 'good enough, or doing 'enough,' came from a program in society, conditioning and distortion. It's a program. 40 Days of Devotion is a repatterning with seed codes of a new program.

This practice over 40 days (you can stretch as needed) weaves in all other Alignments.

You're on a path of remembering and embodying what it means to live from a place of higher purpose, liberation, and divinity, with immense untapped capabilities.

40 DAYS OF DEVOTION

Preparation for your 40 Days of Devotion

This is YOUR Devotional practice. Feel free to create your own practice. The key is to have a specific ritual you're working with for 40 Days. See the member portal for frequency music to assist and ideas for creating your altar as well as meditations, breathing guides and more.

Why this practice is so potent and how to receive the gifts:

Intention, Ritual, and Devotional focus. Each day -morning is recommended create space. Four, Fourteen, or Forty (40) minutes - or whatever time works for you. Be devotional about your devotional practice!

Tip: Split time proportionally to the following:

- a. Breathing
- b. Journaling
- c. Meditation / Visualization

2. Each day parse your time so you are realistic about how much time you can commit to your practice.

- a. Breathing 10 min / 5 min option
- b. Journaling 20 min / 10 min option
- c. Presence / Meditation 10 min / 5 min option

40 DAYS OF DEVOTION

THE ALTAR: Presence of Space

If you don't have one, now is a great time to create one. An altar is a sacred space set with intention. All it takes to create an altar is the ritual of intention. Set up a meaningful space for your devotional practice.

Choose a space you'll return to daily. Set up with cloth, stones, sacred items, feathers, gifts from nature, a candle, and anything that calls to you.

The act of setting up an altar is a ritual. Set your thinking mind at rest, and drop into your higher self. There is no wrong way. Do your best to practice devotional thoughts as you set up your space. Listen to yourself, the space, and the ether.

If you're traveling no worries! Bring a small **altar bundle** which may consist of a small favorite stone, a meaningful piece of cloth, a travel candle, a mini sound bowl, maybe some sage, paulo santo, incense or sacred resin to burn to clear space.

This is YOUR practice. Devotion is ritual. You can keep this simple and easy – whatever will evoke intention, ritual, and devotional focus for you. The altar practice adds 'space' to devotion.

THE FIRE: Elements Connect us in Space

Lighting a Candle

Lighting a candle activates the element of fire, where we transmute any energies that are ready to shift. Fire connects us to earth, our primal nature, and thousands of years of memory. Fire activates, transmutes, and alters the field.

Fire makes the invisible visible, it activates sacred space, it catalyzes heavy energies, and creates a point of focus, centering intention.

Bring in fire, light a candle that's special for these 40 days.

As your gaze settles, notice the subtle energy as you activate coherence in your space - the field.

Write. Journal, Tune In, Express

Whether you already have a journaling practice or you've paused for a week, month, or years, now's a time to revive. You can write and write or simply chart your devotional practice using the prompts I give you on the next pages.

Best to start a new book, notebook, or journal as part of your devotional practice. Preparing for the practice is in itself an act of devotion, finding the journal, the pen, the space, the candle, the music, the time on your calendar.

Which brings me to Calendaring...

Be sure to count 40 Days of Devotion on your calendar from the date you wish to begin. You set the time, this journey is yours.

Breath, Meditation, Visualization, Focus

While Activate Higher Purpose is a self guided journey using the tools and map set forth herein, it's also your journey. You can layer in whatever devotional practice will support you in connecting to yourself, to the divine, to time and space, and -or a sacred moment of paus.

In the portal you'll find breathing exercises you may wish to integrate. Perhaps you enjoy movement, or a different set of breathing exercises. All is welcome. I suggest before beginning you 40 Days, you take 1 Day - the primer day- and set up, sit at your altar, light the candle (if you choose), and envision what a devotional practice DAILY may look and feel like for you. Then commit o you yourself and show up.

99% of this practice is showing up.

Starter practice: Set a timer for 11 minutes. Sit in quiet. Breath simple. Easy. No fancy practices needed unless you choose. Drop into your mind, calm your body. You may wish to listen to one of the meditations I share in the portal. For the full instructions and explanation of how to weave the 5 Alignments into your 40 Days of Devotion or beyond, have a listen to the video in the portal.



40 Days of Devotion
Quantumplation Prompts

Stephanie Trager

JOURNALING PROMPTS	DAY
I am devoted to - what have you been devoted to- good, and not positive?	1
I am devoting myself to in these next 40 days	1
I am devoted to -- why?	2
I devote myself to -- why?	3
In devotion to owning my power as creator I ----	4
In devotion to owning my power as creator I ----	5
In devotion to owning my power as creator I ----	6
In devotion to owning my power as creator I ----	7
To maintain my identity I have been devoted to ----	8
As a quantum creator I am devoted to --	9
In devotion to my highest purpose I -----	10
As a quantum creator I am devoted to --	11
In devotion to higher purpose I -----	12
I am devoted to	13
I am devoted to	14
I have withheld my truth in devotion to ...	15
In devotion to my truth	16
In devotion to speaking my truth I	17
In devotion to my truth	18
In devotion to speaking my truth I	19

I am devoted to	20
I am devoted to	21
I am devoted to	22
I am devoted to	23
In devotion to my journey as my deepest medicine I	24
In devotion to my story as my medicine	25
In devotion to receiving the medicine	26
In devotion to sharing my medicine with the world	27
In devotion to my story as my medicine	28
In devotion to higher purpose I -----	29
In devotion to	30
In devotion to higher purpose I -----	31
In devotion to	32
In devotion to higher purpose I -----	33
In devotion to __, I ___	34
In devotion to __, I ___	35
In devotion to __, I ___	36
In devotion to __, I ___	37
In devotion to __, I ___	38
In devotion to __, I ___	39
In devotion to __, I ___	40

ALIGNMENT ONE:
Activate Your Power as a
Quantum Creator:
*Owning Your Power

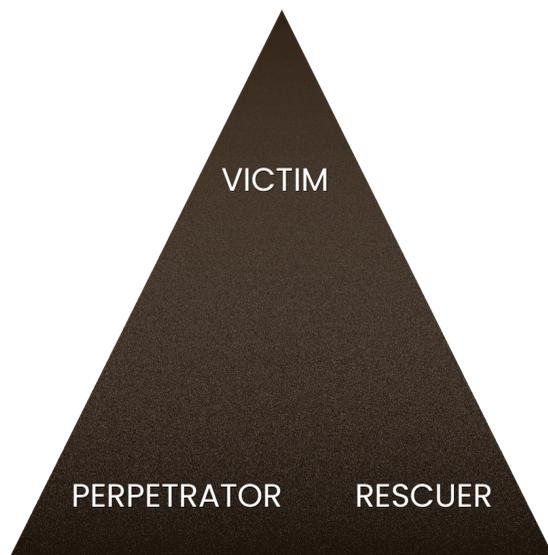
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ALIGNMENT ONE:

ACTIVATE YOUR POWER AS A QUANTUM CREATOR

Owning Your Power

We choose to stand in our authentic power, or our default programming will choose for us. I love this simple practice of staying off the **Triangle of Disempowerment** in ALL areas of life. To do this we take full responsibility for our experience.



- Where have I been or am I being Victim?
- Where have I been or am I being Perpetrator?
- Where have I been or am I being Rescuer?

And how is each of these serving me? Remember there is always a secondary gain- a benefit – even if it seems to go against us or is the inversion of what we say we want. In some way this behavior or perception is benefiting us or our role in a dynamic.

Stepping off the Triangle of Disempowerment in our Devotional Practice we master dropping into self-reflective questions like:

“How have I been devoted to being rescuer?” (or victim or perpetrator). “How has this served me?”

One of these may be more alive for you than the other. How has XYZ behavior been my devotion (focus) and why? How has this served me? What am I choosing to focus my devotion on instead?

I am devoted to ----- In order to access our fully EMPOWERED place of Higher Purpose we hone deep **radical honesty with ourselves.**

Each day being willing to ask pointing questions of self inquiry, to acknowledge "devotion to the struggle," "devotion to not good enough," "devotion to drama and chaos," "devotion to feeling 'broken.'

The gift in this practice is the depth of each door that opens as we're willing to blast whatever stands in the way of our devotion to love, grace, joy, abundance, and expansion.

EXAMPLE:

"I am devoted to world peace." Where am I at war within myself?

"I am devoted to Love." If that is your fist devotional statement for example, we then drop into our inquiry – where am I not loving myself?

How have I withheld love- from self, other, community? (Going deeper) – I am withholding love from myself in XYZ ways- because ... I withhold love from _____ and it shows up as _____ How this served me in the past was to protect me from being vulnerable, ... (go deeper, unpack, write, journal, reveal)... (keep going!)

After you've poured as much out as there is, and perhaps acknowledge if there is more, yet at this moment it's not available, journal your acknowledgement.

What we acknowledge receives permission in our other than conscious mind. It then reveals itself in divine timing.

Today my devotion is to _____

Notice whatever you're focusing on is a point of devotion.

Are you devoted to more of what you want or more of what you don't want?

This is where an honest self inquiry comes in, and when you weave this awareness into your 40 Days of Devotion practice, it will become second nature to tune into what you've been devoted to and shift through intention, to what you're choosing devotion for now.

ANOTHER VIBRATIONAL UPGRADE TOOL

The Cognitive Dissonance Buster

We all have a bit of it...

How can we not given the world of contradictions, oxymorons, and inverted truths!

The 3 Core Patterns of Cognitive Dissonance

There are three primary ways this dissonance tends to show up:

- **Denial of Knowing:** We know something isn't aligned, but we pretend not to know and do it anyway. A fracture in integrity masked by performance or distraction.)
- **Mental Justification:** We look for evidence to convince ourselves it's right, even when deep down, we know it's not. (A bypass masquerading as logic.)
- **Self-Punishment:** We know it's dissonant and do it anyway, but carry guilt, shame, or energetic contraction. (A rejection of self-mastery in favor of martyrdom.)

We've all been in one or more of these spaces. The goal is not to judge, only to be honest, inquire and discern the impacts. From here we can choose from a place of gentle awareness with compassion and clarity.

We can pretend we don't know, yet somewhere in our psyche lives that knowing and there is an affect.

WHY OWNING OUR POWER AS CREATOR FIRST

In our 40 Days of Devotion practice we aim to unpack where we are on the triangle of disempowerment and where cognitive dissonance lives in us.

Time is speeding up right now and we're witnessing a lot of chaos 'out there.' We must ask, where does this live in me?

Where does shooting others live in me? Where does wildfire live in me? Where does destruction live in me?

"Where am I devoted to living in dissonance from what I say I want?"

This is clean up time..

Impeccability with our word, thoughts and actions unlocks our magic and activates our higher potentials. 100% across the board.

ALIGNMENT ONE:
Activate Your Power as
a Quantum Creator

Stephanie Trager

ALIGNMENT ONE

Activate Your Power as a Quantum Creator



In this alignment we'll examine where old identities are playing out, keeping us stuck, and patterning old ways of being that are ready to shift.

This is the framework you'll remember.

We're not saying identity is 'bad' or higher purpose is 'good,' we're bringing radical awareness to our agency to dance through this spectrum and play the game of each, instead of being played by the game of each.

ALIGNMENT ONE

Activate Your Power as a Quantum Creator



IDENTITY: THE PROGRAMMED CREATOR

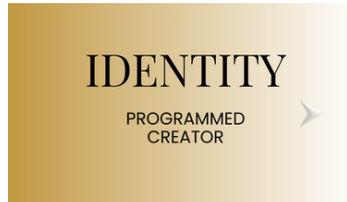
Qualities: When we live our life from the place of our identity, the coded program conditioned as us by our family, lineage, community, and society, our paradigm of life stems from who we are and how we are perceived by others.

We lean on logic, linear perceptions and our intellect. When we want to create change, we focus on our mindset. We follow the rules based on societal norms dictated by the authorities – the “they.”

We have an anthropocentric worldview where we humans are the center of creation and life. We are separate from each other and nature. We exist in a vacuum on earth untouched by the cosmos.

ALIGNMENT ONE

Activate Your Power as a Quantum Creator



Identity: The Programmed Creator, continued

Maybe there's something out there. We still 'identify' as our story, as our religion, as our role, title, job, or pedigree. From our identity we make meaning of the world, feeding 'the program' and colluding with narratives of war, good, bad, right, wrong, positive, negative.

We have a need for safety.

Security comes from enough money, enough control, enough status, enough approval, enough education, enough belonging, enough of everything defined by prevailing televised culture.

We create value in the world based on a program – **The Programmed Creator**. The program includes imprints around performance, time, money, and achievement. The scarcity template is coded into life. Life happens to me. It's hard, so if you work hard, it will turn out ok, maybe even really good by 'the' standard.



Identity: The Programmed Creator, continued

What parts of you are still run by your old identity that no longer serves your blossom reaching toward the sky? Which parts are you choosing to carry forward? What are you ready to release and why? List all the roles you play, hats you wear and teachers you have or have had. Deconstruct the construct.

Ritual: Fire Ceremony – Take it to the fire. You can write on small papers or take little sticks. Blow each role and teacher into them before placing them into the fire to be transmuted to their highest form of medicine. Burn all the roles and teachers in the fire and as you honor them, feel into what they have taught and the gifts you've received.

You are stepping into being as Quantum Creator and no longer carry the identities of the teachings. Your teacher is HOW you receive and hold the wisdom. Integrated and whole.

IDENTITY TRAPS

Identity traps are those sticky affinities that call us back to our old identity like Velcro even after we've long transcended the program. These places are coded in our nervous systems.

Our natural tendency will play out until full transcendence and even then we may witness ourselves snap back for a minute. Once we're occupying a wholly different space we dance out of the trap with more grace and rapid ease. We look back and laugh.

When we do find ourselves in an identity trap it's always an opportunity to extract the medicine and ask, "what's still alive in me here that I've reacted this way?" Or "...that this thing is triggered," or "that I'm acting like I did when I was 15..." When around old family or friends. What's my gift here?

Human nature is not a linear trail to analyze. We are complex non-linear beings sometimes tapping into old energies, old family dynamics, societal templates or lineage trauma.

When we are present to the medicine, the teaching that will sooth, heal and help us transcend, we can take that forward and use it to empower our freedom and sovereignty as Heart Centered- On Purpose or Higher Purpose Quantum Creators.

Identity traps are just that...traps.

There is always a freedom valve. It's our job to find and release it. This is Liberation!

PURPOSE

HEART CENTERED
CREATOR

PURPOSE: THE HEART-CENTERED CREATOR

Qualities: Our journeys are all so different. Some are keenly aware of purpose – their purpose – at a very young age. A healthy sense of embodiment, self-awareness and self-image often encouraged by families with healthy boundaries and a good dose of unconditional love and nurturing always helps.

Their Soul chose that path here in this lifetime and they were ready for the evolutionary awakening early.

For others the seeking takes more time. The unlearning of conditioned programs adds a layer.

Whatever our path, our Soul's have an agenda for us in this lifetime and it's our opportunity to tap in, explore, evolve, and expand in the limitless potential we truly are.

We're still oriented toward an anthropocentric worldview where we humans are the center of life. Although still separate, we choose sovereignty and follow our inner compass meeting life on its terms.

PURPOSE: HEART-CENTERED CREATOR CONTINUED

When we live our life from the place of our Purpose, as heart centered creators we place emphasis on mindfulness, compassion to self and others, growth and learning to co-create with our Souls.'

We source our boundaries from honoring needs of self and others, money is attached to emotion and we focus on alignment and gratitude. We defend our purpose because that's 'why we're here' and from here we are nourished and our energy fed.

Follow the 40 Days of Devotion Prompts and explore what's here for you

Fire

Take it to the fire. You can write on small papers or take little sticks.

Blow each role and teacher into them before placing them into the fire to be transmuted to their highest form of medicine.

Burn all the roles and teachers in the fire and as you honor them, feel into what they have taught and the gifts you've received. You are stepping into being as Quantum Creator

PURPOSE

HEART CENTERED
CREATOR

IDENTITY

PROGRAMMED
CREATOR

PURPOSE IDENTITY

On our trajectory toward Higher Purpose, we know that being in, and coming from Purpose as a Heart Centered Creator is awesome. For most of our adult lives this has been the holy grail.. To know your purpose. Why you're here. To feel a deep sense of fulfillment...

As our collective evolves more and more are awakening to a realization that there is more, there is another way because once in this place of Purpose, it can become our identity layered with societal programs. We reach a point where perhaps the old coded ways of being are outgrown. There is more.

When we need to articulate our purpose, when our purpose is a "what," or a 'marketing message' or a canned keynote statement of WHO I AM. When it becomes you so that when or if you're not aligned or DOING ENOUGH- it's draining and leads to burnout. The ultimate shame game, "I thought I was on purpose," Who am I now if I'm not that?"

This is the nudge toward Higher Purpose.



HIGHER PURPOSE
QUANTUM
CREATOR

HIGHER PURPOSE: THE QUANTUM CREATOR

Higher purpose is not a 'What', it's a 'How.'

Before we move to Higher Purpose, remember to bring the inquiry to your 40 Days of Devotion practice around what Purpose means to you

- What does it mean to be in devotion to your purpose?
- How does that differ than being in devotion to purpose?
- What are some purpose identities you've been devoted to?
- What identity traps have show up for you?
- How have you experienced purpose identity?
- What's the specific nudge for something more expansive feel like?

*There's so much to extract in this practice. Please ask for support if anything feels stuck or you'd like some extra guidance!



HIGHER PURPOSE
QUANTUM
CREATOR

HIGHER PURPOSE: THE QUANTUM CREATOR

We have so many purposes in this one life it's crazy to think we have ONE PURPOSE.

Our purpose is to know ourselves. Our purpose is to know what it means to be a Soul in a body, a healthy body, to co-create, to express, to steward beautiful life giving environments, and to expand and express as happy, harmonious being.

We can define purpose in myriad of ways and yet we all have an essence, that energy of who we are that lends flavor to everything we do. And that which we choose to focus on with most rigor, and create – that is the 'thing' we feel is our purpose.

As we choose to claim and step into higher purpose, we reframe purpose as HOW we be, as MINE, as how we receive information, how we take action, how we engage with others and the world, and how we perceive the world instead of what we DO or what we're ABOUT.

HIGHER PURPOSE

The HOW is about engaging our capacity as Quantum Creators. As Quantum Creators we are tapped into a higher intelligence which delivers information, guidance, insight, knowing. We know because we know.

We're tapped into the ancient past, and future intelligence, we're able to see beyond the program.

As Heart Centered Creators on Purpose we rely on our inner knowing, in Higher Purpose we rely on a universal knowing – gnosis.

We are tapped into a multidimensional field with numerous tracks and timelines.

We can jump timelines and jump tracks at will – with intention. When we find ourselves utilizing the Identity Programmed Creator paradigm and we want to shift we can 'jump tracks' to our Quantum Creator selves. In other words, we have purview to access all states and ways because we're aware of 'where we are coming from.'

In Higher Purpose we become masters of discernment and 'just know.' We listen to guidance we receive even if it's not coming from our control, INTUITION or knowledge. Guidance drops in and we listen.

HIGHER PURPOSE

We are tapped in at a multi-sensory, interdimensional level and sense what messages mean and we know when to listen.

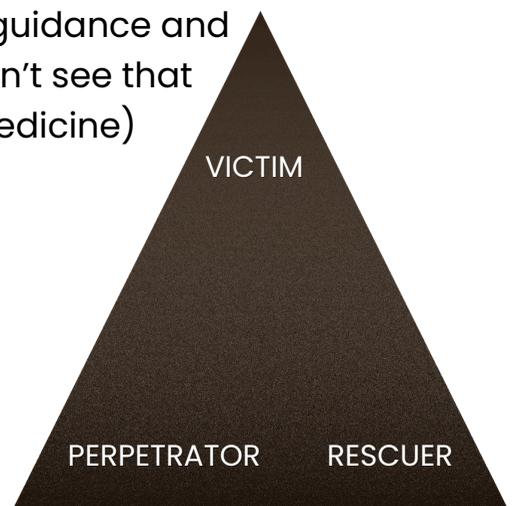
We trust our visions, precognition, remove viewing, our 'hits,' and downloads.

We master our powers of perception and our ability to read others expands dramatically.

We influence through presence. Yes, we work at it, though what we're really doing is shedding old programs to reveal the powers already here. We're unlearning old programs and remembering who we really are. From here emerges what we're really here to do.

In place of judgement we discern, we resonate or we don't, we feel energy and move from instinct – knowing we are responding (not reacting) for the best and highest good of all. We no longer need to apologize for our choices and decisions because we know what's best for us came from higher guidance and therefore it's good for other. If they don't see that yet, it's ok, it's an opportunity (their medicine) to grow.

We're completely off the triangle of disempowerment.



HIGHER PURPOSE

We no longer live from expectations of others.

Our worldview is Eco-or Cosmo-centric and we exist in an ever-evolving hologram.

Where life happens **to** our Identity self, and **for** our Purpose self, life happens **through** our Higher Purpose self.

We are a vessel for a higher form of creation and we live in reverence to the good fortune we are experiencing in all forms.

Your **40 Days of Devotion** practice will sharpen our consciousness toward Higher Purpose. Continue to pour in and sharpen your ability to discern your 'come from.'

Where is the thought, problem, challenge, issue coming from and what part of you is responding? Is it the programmed self, the heart centered self, or the quantum higher vibrational frequency self - your Soul?

Devotion as a portal for reverence will feed our energy field with magic receptors. The oracles of synchronicity avail themselves everywhere.

The quantum field is no make-believe mythical story. It's science.

Thing is there's more than one science and as we evolve we're remembering to look in hidden places, ancient libraries, and in our own deep remembrance that there is so much more than we've been told.

There is science for each, the old program science, the heart centered science, and quantum creator science. And even the no linear is linear, depending on the math.

The old program seeks to keep the old systems in place, and in order to run them, old identities and programmed creators are needed. Even if we make nuanced changes and upgrades to the system, identity programmed creators can roll with those changes. And now with an abundance of greenwashing and purposewashing, so too can purpose heart centered creators roll with them, keeping old-ish systems in place with a newly purpose polished glow.

This is why WE are feeling called to a truth that is higher.

Purpose Heart Centered Creators are definitely game changers. They change the story and narrative. Quantum Creators slash old paradigms empowering our highest timeline of possibility. This is the playground we're activating, remembering and empowering.

You get to leverage all parts. Remember jumping tracks is available 24/7 on speed dial.

Feel into Higher Purpose as a Quantum Creator in your 40 Days of Devotion practice.

HIGHER PURPOSE

Notice any blocks or lack of clarity – we’re feeling in at first, like dancing with a stranger. Soon you’ll know the moves and dial in all the way. Get in the zone, feel that flow. Commit to this dance for 40 days (or more) and you will absolutely begin to feel old identities shifting, and new parts of yourself coming online.

TRAPS

Hold awareness when a need arises to identify with Higher Purpose as a What or as a ‘my higher purpose.’

The traps of branding and naming ‘it’ will arise. We still get to indulge in the world on Purpose.

Higher Purpose isn’t an Identity, it’s a way of being, a frequency, the feeling of liberation, and it’s where we activate our highest potentials.

THE FRAMEWORK

On the next page you’ll find the framework laid out. As you practice your 40 Days of Devotion, each day, reference the chart, also in the Alignment One portal, and ask, “Where are you coming from?”
Explore

ACTIVATE HIGHER PURPOSE

IDENTITY	PURPOSE	HIGHER PURPOSE	Creator Zo... ▼
PROGRAMMED CREATOR	HEART CENTERED CREATOR	QUANTUM CREATOR	What's something you want to shift? Check the Zone you're in most for the theme of the row
How we know what we know: intellect, logic, mind	How we know what we know: intuition, inner compass	How we know what we know: we are "radio antennas" attuned to universal intelligence	
How we know what to do: figure out, change mindset, think, look to authorities, follow the rules	How we know what to do: look within, imagine and visualize, prioritize flow states, avoid identity traps	How we know what to do: Discernment, receive vision and guidance, spontaneous intelligence, just know	
How we interface with the "other": judge, control, resist, compare, obey, imitate, react, try to get	How we interface with the "other": curiosity, compassion, presence, give	How we interface with the "other": sensing, perceiving energetic resonance and dissonance, wonder, there is no "other"	
Fundamental orientation: Anthropocentric- we are separate from each other, from nature, and from the cosmos. To get our needs met and to feel safe in the world, we need to control more, be guarded and cautious, and prioritize safety over growth	Fundamental orientation: Anthropocentric -we are separate and sovereign with the capacity to resource ourselves in healthy ways	Fundamental orientation: Eco-centric / Cosmo-centric - everything is energy, and we are microcosms of the macro in a dynamically evolving hologram	
Relationship with life: life happens TO me, and it's hard, everything is hard, so you work hard and it may turn out ok	Relationship with life: life happens FOR and FROM me, and I'm resilient and growth-oriented	Relationship with life: life happens THROUGH and AS me, and evolution just is	
Identity: personality with a body, conditioned programs include lineage, social input and family template	Identity: soul, emotions, empathy, body and mind	Identity: vessel for, and instrument of creation	
Relationship with emotions: ignorant, awkward, unconscious, unwelcomed	Relationship with emotions: constructive, mindful awareness, self-compassionate	Relationship with emotions: emotions are welcomed and useful data in the feedback loop that is Consciousness learning about itself	
Value: externally defined then internally reinforced by imprinted beliefs and performative requirements (game)	Value: intrinsically generated (guilt)	Value: created in service to the highest expression of life force for all (no guilt)	
Time: rigid constraint, often adversarial, usually creating contraction in the body and an upregulation of cortisol	Time: honoring of own pace of creation	Time: a useful construct that can catalyze creative power	
Money: physical object associated with power or lack thereof, scarcity program	Money: creatively sourced, emotionally driven	Money: a natural flow of currency that can expand the presence of love, mythical manifestation	
Boundaries: judgement	Boundaries: honoring of needs, preferences, desires	Boundaries: serve the flow of creative power and harness and direct energy appropriately - discernment	
Success Paradigm: Achievement	Success Paradigm: Alignment	Success Paradigm: Is-ness	
Warm expression: appreciation (expectation)	Warm expression: gratitude (reciprocity)	Warm expression: reverence (sacred flow)	
Dangers falling into identity traps	Dangers: falling into Purpose Identity	Dangers: Falling back to Purpose Identity or Purpose traps - or compromising to belong or applying the rules of purpose to higher purpose, (ie. figure out what's happening and why it's happening) .	
About How: Traditional leadership	About How: Conscious Leadership	About How - Awakened Leadership -How am I being, how am I creating, all about raising the frequency on the planet -as the source of one's joy and success- and manifestations of all desired outcomes - Leverage the program and heart center for playing in the 3D realm	
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ALIGNMENT TWO:
Speak Your Truth

Stephanie Trager

ALIGNMENT TWO:

SPEAK YOUR TRUTH BE TRUE TO YOU

In our 40 Days of Devotion let's call in our Truth.

As we choose to be impeccable with our word, realizing that every word is a prayer, every word casts a spell, and can create or destroy, we realize when we suppress our truth, or self censor, we turn that arrow inward.

What is it doing to us? This Alignment is for your deep exploration. Devotion to your truth, is devotion to you. Devotion to who you really are and what you're here to do.

Where are you dimming your own magic?

Open your journal:

- Where am I not being truthful to myself?
- Where don't I feel safe to speak my full truth and why?
- If I spoke my truth I would _____ (pros and cons)
- What is the cost of not speaking my truth?

ALIGNMENT TWO:

SPEAK YOUR TRUTH BE TRUE TO YOU

We speak or withhold our truth in many circumstances.

First to ourselves, where are we keeping secrets from ourselves, or anyone?

Where am I not telling myself the truth – about my power as creator? About my desire to _____? About my past? About what I feel? What are the consequences?

Devotion to the inquiry:

In your 40 Days of Devotion, when bringing in Alignment Two: Speaking Your Truth- focus on what divine truth means for you and what you are a stand for.

When you choose to stand in your truth, what kind of influence results in one year from now?

How about 3 years from now? And as you continue to expand in your truth -living in alignment with your values, believing you can be the one to 'have or do the thing,' what's your world look like in 10 years from now? Yes 10 years from this 40 Days of Devotion?

SPEAK YOUR TRUTH BE TRUE TO YOU

Speaking your truth may be controversial. Yet 'speaking' doesn't mean you throw discernment out the window. You can speak your truth through your actions.

Sometimes silence is your truth. Know when and why you're speaking. What's the 'come from?' What are you seeking? What do you need?

Take a moment here now to journal all the questions in this Alignment Two and come to this contemplation with devotion. What truth (that' it's dangerous to be seen?) have you been devoted to?

What does devotion bring to your deep Soul desire to live and speak from the truth of who you are now, in these time?

Remember cognitive dissonance?

When you're fully living (and working or running your business) in alignment with your truth, there are no shortcuts.

Impeccability with your word (and actions.)

Use the 40 Days of Devotion to explore where you're not speaking your truth, and choose one act a day for 7 days, that is non negotiable, where you speak your truth.

How? Who will you be on the other side of that experience?

ALIGNMENT THREE:
Your Story is Your
Medicine

Stephanie Trager

ALIGNMENT THREE:

YOUR STORY IS YOUR MEDICINE

In weaving the story of our lives, honing our special note in the grand symphony of life, extracting the gifts, the lessons and learnings, and in distilling our vast intelligence, we realize there is great wisdom. That wisdom when extracted with intention becomes our medicine.

There is something so uniquely ours, deeply entwined as our essence, full of potent medicine for us and for the world, it's bursting, bubbling, calling for you to connect the dots of who you are, where you've been and where you're called to go.

As with everything Higher Purpose, it's HOW we hold it- with honor and reverence that infusions more potency.

Whether for you only or for others to hear, let's weave your medicine story.

There are 4 parts to this exercise:

1. Ways to Cast Our Stories
2. Mining for Magic
3. Mythical (s)hero's journey
4. Tuning the Key in Your Note (keynote) of the Symphony of Life

PART ONE: WAYS TO USE OUR STORIES

We'll dive into our stories for healing and growth and then weave together a quantum spell (spelling) of mystery, learning, beauty and grace. For some our traumas are unhealed. This may be the moment we dive in, shed light and offer healing. Telling the story may be part of the healing or maybe it's not ready yet.

We know we're healed when our stories no longer carry a charge or trigger old – or fresh – wounds. When there is little to no charge, when we have extracted some or all of the gifts – the medicine, our stories are ready to be woven with golden thread.

When we have not yet healed them all the way, we weave as the hero in our journey, carrying the wounds home to be seen, heard, felt and healed.

ACTION:

List 8 Major life events.

For each event **list 3 lessons, or growth edges you moved through** after (choose experiences that are past and on a scale of 1-10 at least an 8 on the scale of already healed. (10 = totally). Can you see the medicine?

What became your a source of power for you, a sense of wisdom, a sharpening of your gifts as a result of this experience?

PART ONE: THE FIRESTORY

How you use this story is up to you. The idea is you can plug this story in any time someone asks about you. Or you can use for a talk you share, perhaps in an interview, a keynote, a personal tale, or a Firestory.

You begin to hear yourself 'spelling' this story, "storyspelling" a new version of your past, where you're off the triangle of disempowerment, you're speaking your truth, you're owning your power as a creator.

We'll use the format of a Firestory to get started.

The Firestory: The purpose of the Firestory is to inspire others offering an elixir of transformation while conveying an idea that was magic mined or learned from your experience.

Share a (vulnerable) part of yourself and perhaps a part that no one yet knows. Allow a new perception of your own journey to emerge so you may see the maturing, growth and evolution of purpose in the events of your life. When we weave our story – even if you've done it – from where we are today, with the new lens of who we are now, today, we see the golden thread that arches through our journey.

A new meaning may surface. We see who we really are and why we do what we do.

YOUR STORY IS YOUR MEDICINE

Connecting the dots in our stories gives life to the flame within. Even if you've given tons of talks and delivered keynotes, today you are a different person. From your ascended place of higher purpose, give this exercise a go and see what emerges. May your now story rekindle and spark a new level of magic. The Firestory is short- can be 5 minutes or 30. You can always add this story to other talks or presentations.

TYPES OF AUDIENCES TO CONSIDER:

- You
- Those you inspire
- Those to whom you aim to gain buy-in (or sell)

ENERGETICS, YOUR VOICE AND COME FROM:

- Conscious Influence
- Powers of Perception
- Grounding
- Quantum Creation
- Cosmic Anchoring
- Love - Self and Other
- Devotion
- Sacred Invitation
- Discernment

PART TWO: MINING FOR MAGIC

This is where you commit to becoming exquisitely curious about what else is under your surface.

Who were you before you took on the identity of you? Who would you be if you gave yourself full permission to express what you need to say, no matter how unconscious it sounds, raw, real, radical...

Free that bird inside, allow its wings to spread even more and alchemize the shadow by giving it voice. **Your story is an elixir for someone out there.** Your story is your own elixir. Elixirs are medicine. When you are fully healed, you hear yourself speaking this new version of your past and you have deep reverence and compassion.

When that piece is not yet healed all the way, you sharpen discernment, you tune into your body, where does it still live? What's the medicine it has for you today? Your story has medicine no matter what stage it's in. Remember there is always a story in between the big stories.

As we pull out those chunks of our journey that mark who we have become, we're mining for magic- the medicine. And **in each piece there is the shadow aspect and there is the superpower aspect.**

I'll sometimes call these inversions -you say you want one thing and something opposite -inverted- shows up in your experience. What's the magic? What's the shadow aspect and what's the superpower aspect of that thing?

MINING AND JOURNALING ...

- What do you wish you had the guts to say?
- If you didn't care what anyone thought what would you do?
- When it comes to speaking your whole truth where do you stop yourself?
- What if you didn't?
- When you were a kid what did you love most to do that when you were doing it you completely lost track of time?
- If you stepped into the shoes of yourself as a child and went to a toy store with an allowance to buy 3 toys, what would you buy? (give it a try!)
- If you had an altar set up in your space to honor each major life event what would be on those altars?
 - List all of those major life events
 - What's on their altars and why?

MINING AND JOURNALING ...

- Next to each life event can you extract the medicine (the gift, the learning, the nectar that helped you grow)? What would you add to the altar to represent that medicine?
- Is there any form of expression you wish you could do or do more of yet you're holding back for a reason? What is it? Why are you holding back? What if you didn't? Can you give yourself permission to act out that expression right now? Later? Today?
- If your story is the medicine or elixir someone else needed to hear, it touched them deeply in their own place of resonance, what is it that helped them? What is it from your story that touches them? Why do they resonate with you and why do they resonate with your story?
- What are the WOW factor parts of those big life events?
- What are the parts that not everyone gets to experience?
- What is the medicine that even if everyone has a similar experience, few extract that medicine (gift, lesson, learning)?

PART THREE: MYTHICAL (S)HERO'S JOURNEY

Set a timer for 20 minutes (if you have more time give it 30) and let your consciousness stream free as you write this mythical story.

Open this **Tarot Card pdf** and as you scroll through pick 3 cards that speak to you- or if you have a tarot or divination card deck you may use what you have.

Shuffle the deck (or scroll with eyes close and randomly stop in the pdf and open your eyes) and pick your three cards.

The first is the beginning, "Once upon a time..."

The second represents the struggle in the middle, "and he/ she,... experienced..."

The last represents what gets to happen in the end of your Mythical story, "and he... The End."

ONCE UPON A TIME ...

Your life, your wound, your healing,

your growth, your lessons, your learning, your wisdom, your gift,

Your fairy tale future that happens next **...THE END**

GATHERING PIECES

- Describe the characteristics of your listener in detail.
- Why are they inspired to hear your story?
- Why are you inspired to create this story?
- What unique insight or perspective do you share and why is it unique to you?
- What is the MEDICINE in your story?
 - How is this medicine for you?
 - How is this medicine for a listener?
- What, if any, are the steps or process of your medicine? First you had to go through x then y, then z... (3-5 steps)
- What are you are a stand for no matter what? "I'm a stand for integrity no matter what..."
- What was one transformational or pivotal moment in your life that changed everything (you may have more than one, for now choose one or two)
- What's unique about you?
- What's one thing that you've been curious about through your life and even more through your transformational moments?

CONNECTING THE DOTS...

This part can be messy, you're extracting medicine

- What was the conflict? Inner conflict or external conflict you struggled / struggle with?
- Are other characters involved? Paint a picture with flavor, emotion and energy.
- Narrow in on three to four points you that you will expand on. Allow yourself to write as much as you'd like in a mind expelling (brain dump) process and organize the poignant take-aways within the three or four points.

PART FOUR: STORYSPELLING

Beginning, Middle and End (Future)

Putting it All Together & Creating Your Impact Fire Story

Recap: Share your hero's journey, what conflict, opportunity, challenge, lesson or experience lit you up and sparked the fire that led you to want to spread your message and impact?

You can download the **Firestory Template** from the Activate Higher Purpose Portal and do that now.

PART FOUR: STORYSPELLING

- Using all of the above insights, what was it like in the beginning?
- What was it like in the middle of the conflict, challenge, or rough patch?
- What is it like now that you have extracted the medicine?
- What is possible in the future? Draw on your mythical story here using as much of that fairy tale expansion as you'd like.
- What was that transformational moment, the circumstance, (if there were many, pick one and stick with that one for this story) that tipped you over the edge and inspired you to work toward positive impact? *{Example: I saw the ancient forests being clear cut and I knew I had to do something about it.}*

PART FOUR: STORYSPELLING

This part can still be messy, you're still extracting medicine

- Choose one big or small idea that came as a lesson or insight through your transformation or experience.
- Think of something you were curious to learn about yourself in the unfolding of this situation. Let your listeners be curious too. *{Example: I realized I always believed I had to solve other people's problems and I learned other people are best at solving their own problems. I can offer to hold the space}*
- What was the conflict, inner or external? Are other people or characters involved? Paint a clear picture **with emotion** and energy.
- Be concise. **List three or four points that illuminate your idea and expand on each.**
- Craft a timeline of **key moments, characters, conversations, breakdowns, breakthroughs and other parts of your story.**
- Appeal to an audience's senses and emotions (you can be the audience- this can purely be for you!) This process will change how you relate to your past, the story you tell and the story you spell of your now future.

PART FOUR: STORYSPELLING

Your Firestory: Use the template in the portal to plug all this in!

- Start your story at an excited part, a riveting part of the story, then weave the timeline.
- Pull us in quickly and take us on your ride.
- Add and keep the parts that matter.... Just the key parts. “Does this need to be here to convey the point, the message, the essence, the wow, the medicine?”
- As long as you offer your heart (and best yet to invite yourself as quantum creator) there’s no wrong way to do this.
- Rehearse by reading your notes out loud. Then refine. Then pull out your main 3-4 points. Then practice without the notes. You know your story!
- Practice standing and speaking ... any movements want to come in? Singing?
- You can add movement with your body that anchors parts of your story for memory.
- Practice adding the emotion that ignited the spark that turned into a fire and is ready to spread now.
- Allow your story medicine to come through.

LOVE NOTE

It may feel like a lot of redundant questions here. They are redundant on purpose!!

If you feel you've already pulled out the piece than skip the question. Sometimes we need to repeat the question to refine our innerstanding of what was really happening, to extract the gifts and medicine, to shift HOW we tell the story.

TELL YOUR STORY AS A QUANTUM CREATOR FROM A PLACE OF HIGHER PURPOSE

Some folks will be sparked by a different way the question is asked.

Allow yourself to follow this path however you feel called to! Or you can just wing it and craft your story.

This is yours. Do your best to refrain from censorship. Express the wildest truth that led you to this moment in time as a quantum creator. You can discern out parts later.

ALIGNMENT FOUR:
Channel Your
Transmission Talk

Stephanie Trager

ALIGNMENT FOUR:

CHANNEL YOUR TRANSMISSION TALK

Purpose of Your Story is Your Medicine: The purpose of Your Story as Medicine was to inspire others with your transformation while conveying an idea that was born or learned from your experience.

One aim could be to share a (vulnerable) part of yourself and perhaps a part that no one yet knows. Another aim may be to allow a new perception of your own journey to emerge for yourself so you may see the maturing, growth and evolution of purpose in the events of your life. Connecting the dots in our stories gives life to the flame within... may your story rekindle and spark a new level of magic.

Purpose of Your Transmission Talk: The purpose of your Transmission Talk is to weave in all aspects of Activating Higher Purpose.

From the place of Higher Purpose, standing in the frequency of liberation, speaking your truth, knowing your medicine to share with the world, and grounding in devotion to your authentic power, **what is yours to say?**

To who are you saying it? (list 3 audiences)

What is the message **you promise** to share?

What is the **energy you come from?**

Opening with impact.

Questions work great!

Give the reason you're here today.

Example: "The reason I'm here today is because..."

1. Describe the PROBLEM / OPPORTUNITY YOU SEE THAT GETS TO SHIFT including specific situations you or the people you serve experience. Give one specific example in a story.

2. Describe WHY this is a problem / CHALLENGE / or OPPORTUNITY and for who. What will be the outcome or impact of solving this for the person, people, community, place, future...

3. Describe what happens when this **problem is SOLVED or OPPORTUNITY is harnessed.**

Give an example and tell a story. This can be all about you and why you're a stand for what you're a stand for. Maybe even your unique medicine (from your medicine story) is the solution!

4. BRIEFLY share what they will learn.

Position yourself with vulnerability and credibility.

- Briefly tell your Story is Your Medicine (insert FIRESTORY HERE)

Insert in your Firestory the accumulation of:

- Your current success/expertise
- How it used to be a very different experience for you
- What the “turning point” was for you
- What you discovered or the steps you took
- How awesome this is for you now!

TRANSMISSIONS (the content you teach / transmit)

Create 3 main transmissions (3 points)

For each transmission, follow this sequence:

- Describe the PROBLEM, CHALLENGE, IDEA, OR OPPORTUNITY including specific situations your audience will find themselves in this place
- Describe WHY this is a problem.
- Describe what happens when this problem is SOLVED.
- BRIEFLY share a tip or an idea.

ENGAGEMENT:

Ask a provocative question that allows listeners to FEEL the gravity or levity of what you're transmitting. Give them something to do.

As for a show of hands.

OFFER A TIP or SET OF THINGS PEOPLE CAN DO:

Sprinkle this offering in between your 3 points. Give to your listeners.

Ask a question. "How many people ____" Give a solution. Flow with your peoples.

Stand in your authentic power and what it is you are sharing, give as a transmission. Focus your mind on devotion to the gift of your medicine landing, activating, catalyzing a shift.

What is your transmission?

What happens as a result?

Who receives it? What do they do next?

What do you want them to do next?

Now is your moment to guide them to do this...

Offer a gift, offer a thought, invoke them to take action.

Stand in your authentic power, as you wait for them to receive.

If you have a business, a mission or an ask, this is where you ask or offer.

Offer as a gift, as a transmission. Take up expansive space here and allow the listeners to stand in theirs and focus on your ask or offer, or invitation to take an action.

Once the energy is ready, move on to your next Transmission point.

Closing the Space...

How do you want people to feel? What's the tone in your voice at this point?

Transmit the energy you wish to close with, that you wish to leave people feeling.

Remember to invite people to connect with you, they want to hear more from you now.

Always be gracious with closing, and give listeners an opportunity to receive and digest your transmission, to honor and thank you, and to receive your gratitude and devotion.

Activate Higher Purpose REVIEW:

What are 3 big shifts you've experienced from Activate Higher Purpose?

Did you give 100% to the process? If yes, acknowledge this! I want to hear about your transmissions, your transformation, and what your big take aways are.

If no, you can always reset the clock and dive in! If 40 Days is too short, stretch it, give yourself 80 days. It's perfect.

Are you willing to share your feedback about this experience? If yes, please **click this link** and share away. Thank you thank you. It really helps to know how you are experiencing this process.

Activate Higher Purpose

Thank you thank you thank you.



Stephanie Trager

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Be True to You

Stephanie Trager