

# Purpose Meaning Connection

5 Frameworks That Support The Mind to Arrive Where The Body Already Is

# SHANNON EASTMAN

## HERO'S JOURNEY

The quest for greater purpose and self-fulfilment is inside our personal transformation through ongoing trials and adventures as we are both impacted, and impacting.  
**Origins: Universal Pattern Across All Mythology**

## IKIGAI - REASON FOR BEING

Combines what you love, what you are good at, what the world needs, and what you can be paid for to reveal your purpose in life experienced as ongoing, life-long, self-discovery. **Origins: Japanese**

## CIRCLES BY EMERSON

The Essay, Circles highlights life's infinite concentric circles of influence and knowledge. To hold lightly what you know to be true, for it will soon fall away, for a new truth to be discovered. **Origins: Philosophy**

## THE RED THREAD

There is a guiding principle that runs through an individual's life, directing you to your true calling. Self Discovery through challenge & experience where everything links to your core purpose.

**Origins: Scandinavian**

## PRECESSION

True purpose is accessed inside meaningful action in pursuit of a goal. The bee pursues nectar and inside the action of gathering nectar cross pollination is found.

**Origins: Buckminster Fuller**

