

# *What Is My* Life Purpose?

TOOL KIT



MARIA SIDOROVA

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## **About The Author**



Maria Sidorova has studied with many gifted teachers of intuitive arts in Canada, the USA, Russia, India, and Worldwide. Through Maria's natural psychic abilities and intuitive skills, she has assisted many in finding the most efficient way to achieve their goals, release anxiety and emotions, remove blockages and gain more clarity for happiness in their life. Maria Sidorova has over ten years' experience as a Spiritual Counsellor, Psychic, and Healer.

Maria facilitates powerful healing sessions and teaching as she transmits energy during her readings, coaching sessions, and training. She has helped hundreds of people from around the world connect to their source and find a more in-depth understanding.



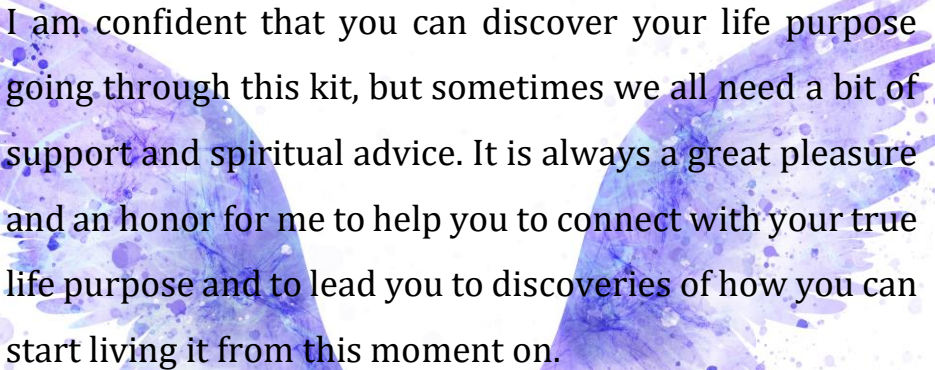
*My mission in life is to help people reach a place of complete joy, contentment, and happiness. I want to help you achieve true happiness, not from time to time, but always.*

Through the accuracy and depth of Maria's readings, many people have gained insight as to where they are in life with the knowledge of what is coming, which assists each person with a profound realization that they now have the freedom to choose the direction most aligned with their soul's path.

Maria Sidorova's products, services, and training can be viewed online at [www.ExpandReality.com](http://www.ExpandReality.com)

## **Introduction**

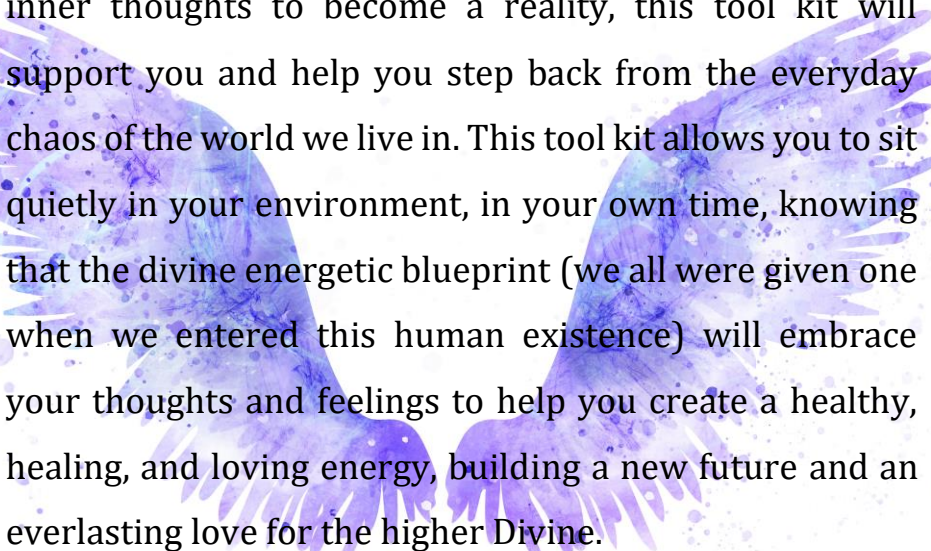
What if I taught you that right now, in this very moment, you already have the greatest support within you, around you, and divinely channeling through you?



I am confident that you can discover your life purpose going through this kit, but sometimes we all need a bit of support and spiritual advice. It is always a great pleasure and an honor for me to help you to connect with your true life purpose and to lead you to discoveries of how you can start living it from this moment on.

Most of my clients spend years working on their personal development. Through my practice and as a qualified teacher in various modalities, I have found that every person is searching for the answers and the tools to the question, “What is my life purpose?” This has been the catalyst for my writing and the creation of this tool kit. I want to help you move forward and embrace the energetic flow in and around you, receive a deeper

understanding from the Divine, and quiet your mind with a meditation guide that regulates your breathing, creating peace and harmony.



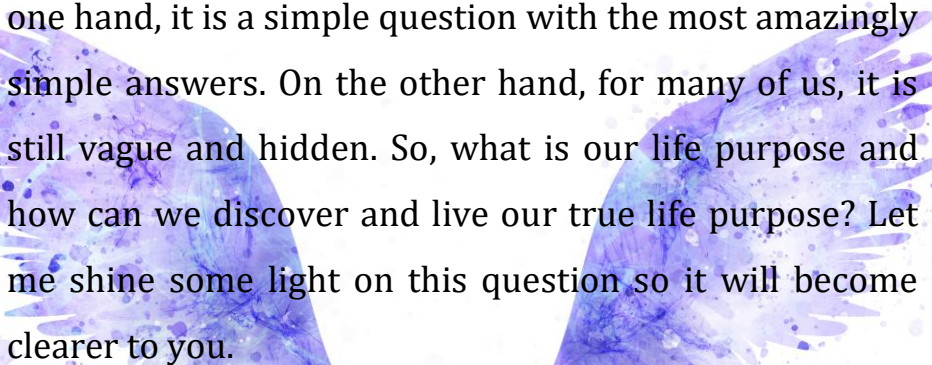
We are all searching for answers; when you seek for those inner thoughts to become a reality, this tool kit will support you and help you step back from the everyday chaos of the world we live in. This tool kit allows you to sit quietly in your environment, in your own time, knowing that the divine energetic blueprint (we all were given one when we entered this human existence) will embrace your thoughts and feelings to help you create a healthy, healing, and loving energy, building a new future and an everlasting love for the higher Divine.

May you be blessed with all that the Divine is blessing you with.

Maria Sidorova

Spiritual Counselor, Teacher, and Author

## **1. What Is My Life Purpose?**



I get asked this question a lot. More and more my clients are wondering about their life purpose and simply why we are all here. I find it to be a fascinating question. On the one hand, it is a simple question with the most amazingly simple answers. On the other hand, for many of us, it is still vague and hidden. So, what is our life purpose and how can we discover and live our true life purpose? Let me shine some light on this question so it will become clearer to you.

One of the greatest gifts of life is an ability to create. Through the process of creation, we become closer to the Creator; we unfold the essence of the Creator within us. How many times have you wondered about the purpose of your life?



## **2. Collective and Individual Life Purposes**

*Did you know that there are two kinds of life purposes?*

- Collective, which is the same for all humans
- Individual, which is uniquely designed for you

In my books, I uncover the collective formula, as the personal life purpose has to be discovered by yourself or during private sessions.

*The life purpose for all of us is to:*

- Enjoy life itself
- Learn, perceive, and grow
- Create and become a co-creator with the Divine to sprinkle every moment with an act of creation

Life itself is a journey of creation. It is given to all of us for these purposes, and it connects deeply with each of them. Don't underestimate their simplicity. Once you

understand them, you will be astonished by their grandiosity.



### **3. Individual Life Purposes**

**3.1. Our energy, which is shown in many aspects of our life, so your life purpose is expressed in different areas of your life.**

Many of the clients I work with misunderstand their life purpose, thinking it only has to do with their occupation, but it is so much more than that. Your life purpose includes your profession, but there are many areas you live your life purpose:

- Family
- Employment and career
- Health
- Money and finances
- Social life and friends
- Creative self-expression
- Connection with your higher self

- Your contribution to community

The soul is having this experience on this planet in the here and now...

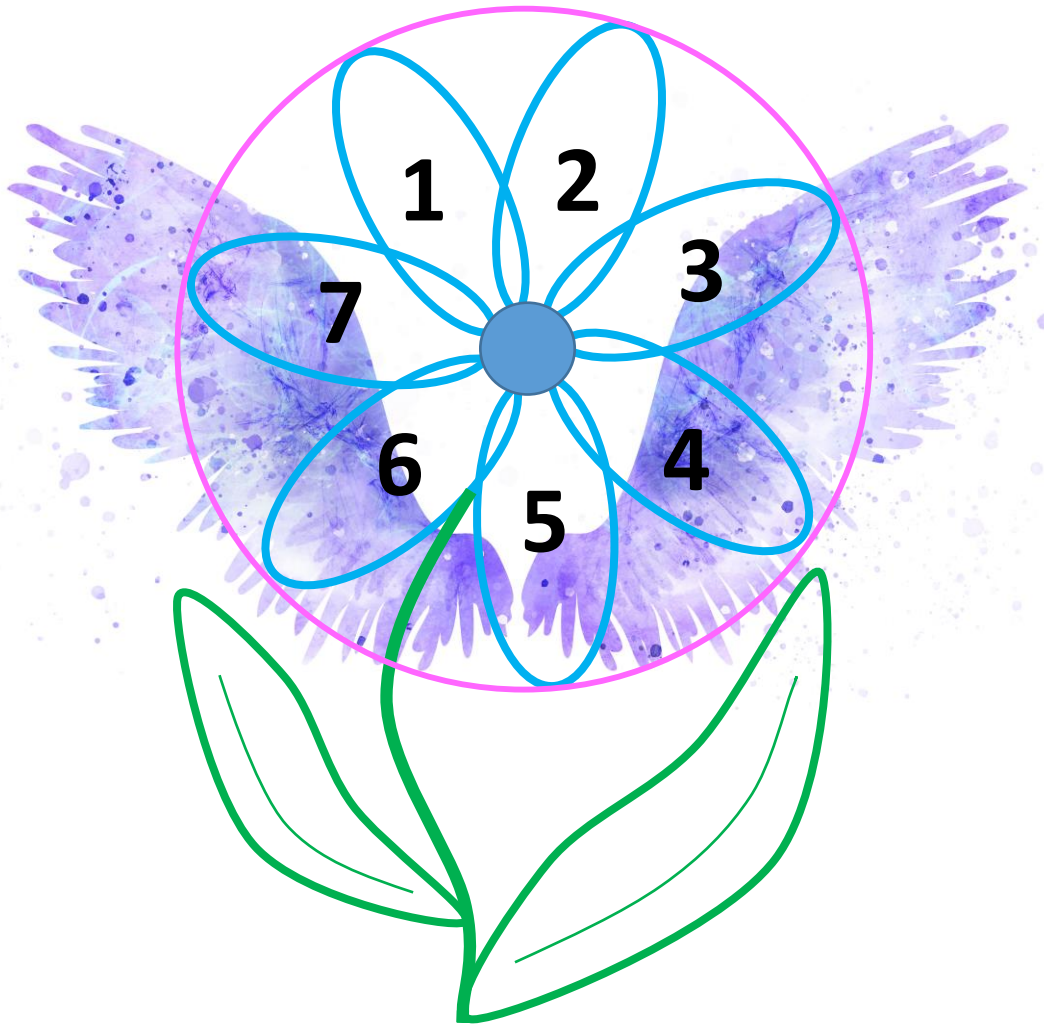
I want to share with you the message I channeled many years ago about life purpose. It was shown to me in the shape of a beautiful, perfectly shaped flower that was so vital, healthy, bright, and magical.

Look at the picture “Balanced Life Purpose Flower.” This is how it looks on a scheme.

There are a few petals here. For simplicity, I drew seven of them; in each case, the amount will be different, depending on the overall life purpose and conscious choices.

Numbers on the petals represent areas of life mentioned above, for example, family, friends, health, finances, business and work, spirituality, hobbies.

## **Balanced Life Purpose Flower**





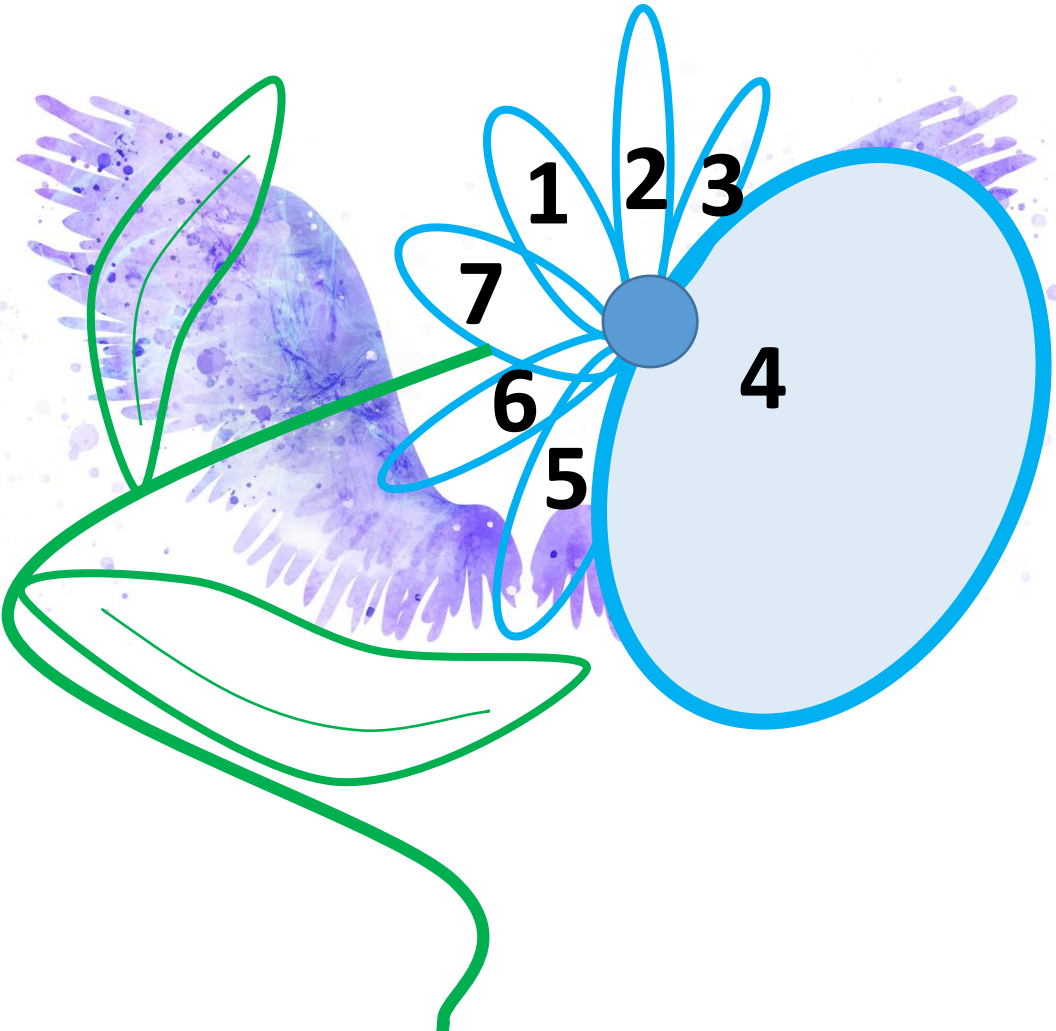
There might be other areas, for example, rest, creative self-expression, hobbies, free time, and so on. Your flower might have more or fewer petals, and it's very individual.

As you can see, each petal is more or less equal to others, and all together, they create a circle, a beautiful Divine sphere. Now let's look at the "Imbalanced Life Purpose Flower" picture.

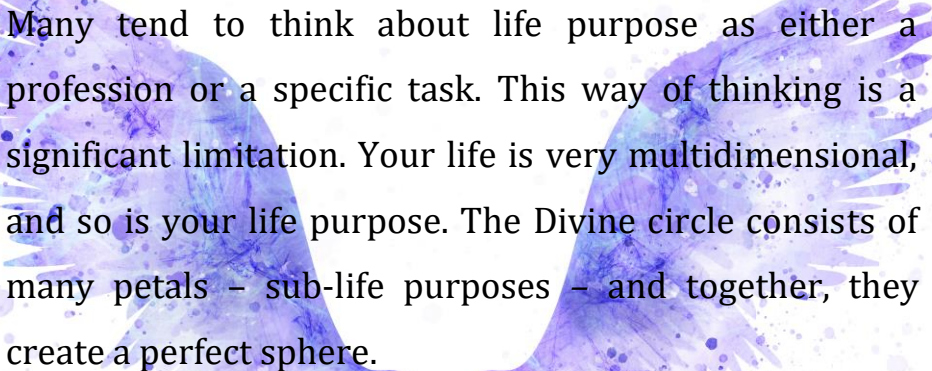
You see a great imbalance between the areas: one petal is so large that it's bending the whole flower, so it's not looking healthy anymore. This happens when one area of our life becomes too important.

In the picture, I exaggerated it; as in a real-life situation, it would mean that one becomes obsessed with this area of life, ignoring all the other areas. It can even lead to depression or other medical or mental conditions.

## **Imbalanced Life Purpose Flower**



In this case, this is petal #4, which represents finances, but it can be any area of life. With such enormous imbalance, one can't enjoy or focus on the other areas, and they see the rest of the areas of life, or life purposes, as irrelevant. It means failing to fulfill one's life purpose.



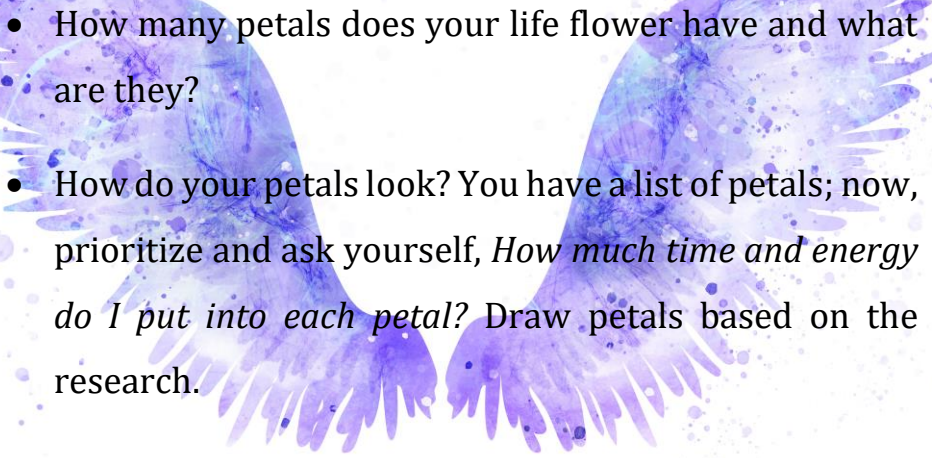
Many tend to think about life purpose as either a profession or a specific task. This way of thinking is a significant limitation. Your life is very multidimensional, and so is your life purpose. The Divine circle consists of many petals – sub-life purposes – and together, they create a perfect sphere.

Can you consciously choose to focus on one area of life? Yes, for example, monks decide to devote their whole life to a spiritual aspect. Then their whole life purpose consists of only one petal, creating a perfect sphere. The difference is that the entire flower's power and energy support the single aspect, making it even more powerful.

The question is, how conscious are you when you make a choice? Do you realize that you will fail in fulfilling other life purposes?

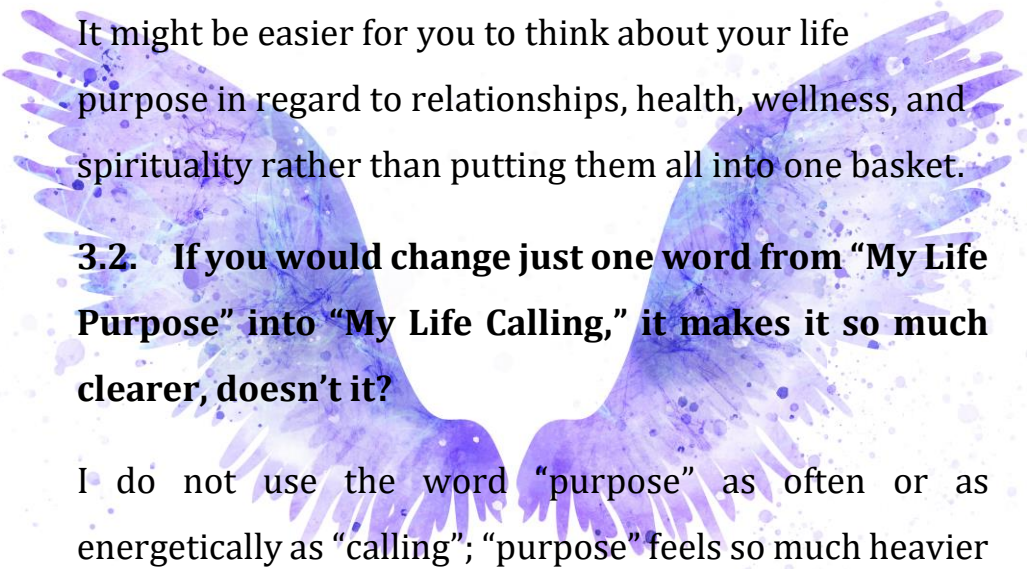
Do you want to know how your life purpose flower looks?

*Take time to write down the following:*

- 
- How many petals does your life flower have and what are they?
  - How do your petals look? You have a list of petals; now, prioritize and ask yourself, *How much time and energy do I put into each petal?* Draw petals based on the research.
  - How does your life purpose flower look? See the real picture. Accept it.
  - How do you want it to look, and what needs to be done to balance it? Make a list of actions.

Each petal is in connection with the other; each supports and influences the other. In your case, petals don't have to be equal, but they should be balanced and nurtured.

*Support your life purpose flower to be vital and to bloom.*



It might be easier for you to think about your life purpose in regard to relationships, health, wellness, and spirituality rather than putting them all into one basket.

**3.2. If you would change just one word from “My Life Purpose” into “My Life Calling,” it makes it so much clearer, doesn't it?**

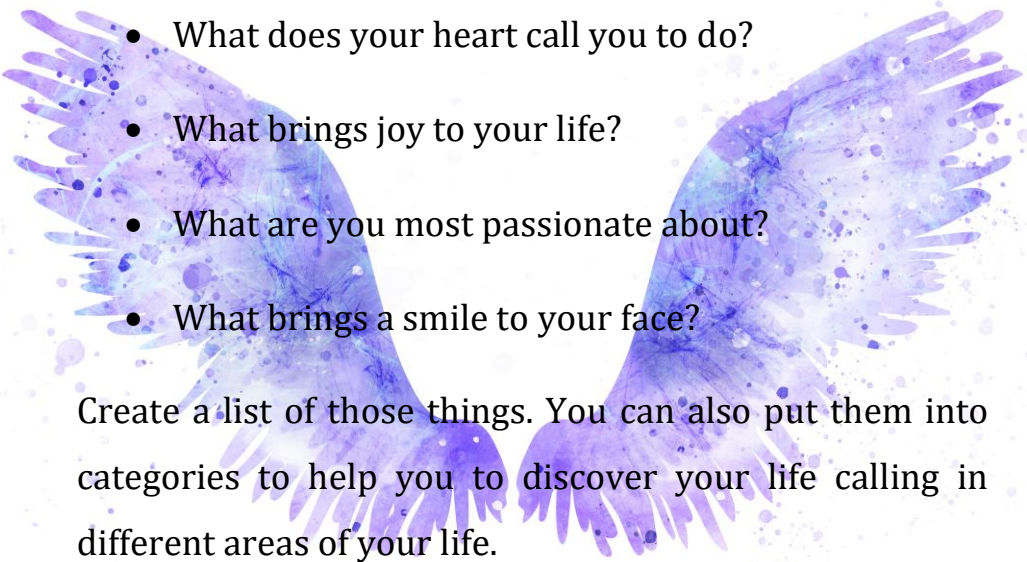
I do not use the word “purpose” as often or as energetically as “calling”; “purpose” feels so much heavier and further away and also too serious about having an answer. It feels like it is meant to be answered only by spiritual gurus or enlightened ones.

When I connect energetically to the word “calling,” it is much lighter, easier, clearer, and far more achievable. When I think about my life calling, I instantly think of what



I love to do, and this gives me the clues and answers that I need!

*Think of the things that are coming powerfully from your heart and answer the following questions:*

- 
- What does your heart call you to do?
  - What brings joy to your life?
  - What are you most passionate about?
  - What brings a smile to your face?

Create a list of those things. You can also put them into categories to help you to discover your life calling in different areas of your life.

### **3.3. Your life purpose includes teaching others things you are good at!**

You are unique, and you have unique gifts and abilities only you can do. No other person on this planet can do precisely what you can do. Please do not underestimate

yourself. Once you recognize how beautifully unique you are and what areas you are good at, you can teach it to the rest of us. We all will benefit from it; by sharing, you will bring joy and purpose into your life.

### **3.4. Your life purpose includes things you are still mastering and healing!**

Yes, there are certain aspects of your life purpose that might not be coming easily for you. That is one of the reasons we have questions about this topic.

We are here to learn how to heal ourselves and to set ourselves free. The more you are moving forward in those “stuck areas” and setting yourself free, the more you can help others.

We are here to teach others how they can do it as well. Mastering our life and crafts and sharing them with others will set all of humanity free. Does this sound like a life purpose to you? :)

*There are two ways to develop yourself by investing in the following:*

- *What is known.* This is when you choose to establish what you are good at: your talents, gifts, and abilities.

If you pick this way, you will spend time learning as much as possible about the selected topic, getting into the details of the question. You will study deeply, getting into the roots.

This is a great way to become a professional in a specific area, which is a huge plus. This is also an easier and safer way of self-development. For example, you were always good at math, so you choose to learn more about it by taking various classes and courses.

This is investing in what is known and given. The minus of this way is that you will get to know a lot about a limited number of topics.

- *What is unknown.* Develop those areas and aspects of yourself where you are feeling more insecure, and where you have minimal talents or lack of knowledge.

For example, you are good at math, but dancing is a challenge for you, so you choose to take dancing classes to improve this type of skill.

This is a more challenging yet gratifying way, as eventually, you will get to know more about various topics, accept the challenges of life with grace, and continue working on yourself.

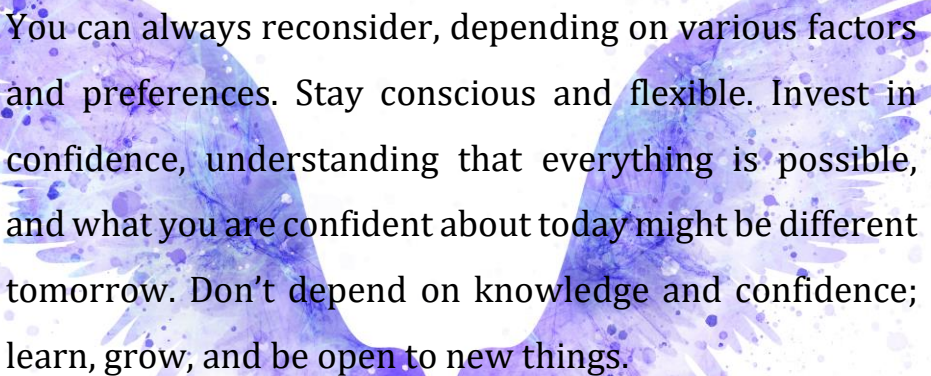
The minus of this way is that it's harder and requires strong will-power and self-discipline.

Most people choose to invest in what is comfortable and known, and in what they are good at, as this feels exciting, safe, and secure.

Logically, a combination of both ways sounds perfect, yet realistically, it's impossible, as you will eventually have to

choose more of one approach over another. Making a conscious choice would help to boost confidence.

For example, you might decide to invest 60% of your time and effort into your talents and 40% into what is hard and challenging.



You can always reconsider, depending on various factors and preferences. Stay conscious and flexible. Invest in confidence, understanding that everything is possible, and what you are confident about today might be different tomorrow. Don't depend on knowledge and confidence; learn, grow, and be open to new things.

All that is solid and known today might get loose and vague tomorrow.

### **3.5. You are evolving and able to perceive your life purpose differently!**

We are all learning and growing; we are raising our vibrations and moving to the higher vibrational energies. Life is changing every moment, including the way you



perceive your life calling. Your life purpose is no different. The more you are evolving, growing, raising your awareness, and expanding your reality, the more you are connecting and living it. If you can extend and deepen your perception of yourself, you will find your true life purpose. Stay open and flexible, and track your progress on discovering and fulfilling your true life purpose.

### **3.6. The purpose of life is to live!**

We are all here to love ourselves, to heal our wounds, and to move forward so we can manifest the life we were born to live. We are not meant merely to survive or to handle or to manage our life, but to live and enjoy every moment of it entirely and to experience it fully.

Many of the most respected spiritual teachers talk about it. According to Sri Bhagavan, “The purpose of life is to live.”

Use spiritual practices of light, love, and healing. These will help you in numerous ways to overcome obstacles and to evolve on your spiritual journey.

Continue moving, growing, and learning. Never stop, and always be open for new opportunities to come into your life. Spiritual development and growth is a process. Track your progress; if something holds you back, reconsider, and get back on track.

Let me remind you of the three spiritual aspects you might wish to keep in balance and develop. When one of them becomes dominant, or one is missing, it might not be as evident to you.

To help you to have your hand on the pulse and to be able to correct your path and the choices you make, I will explain this through the Hinduism term *satchitananda*:

- *sat* – existence
- *chit* – consciousness

- *ananda* – bliss

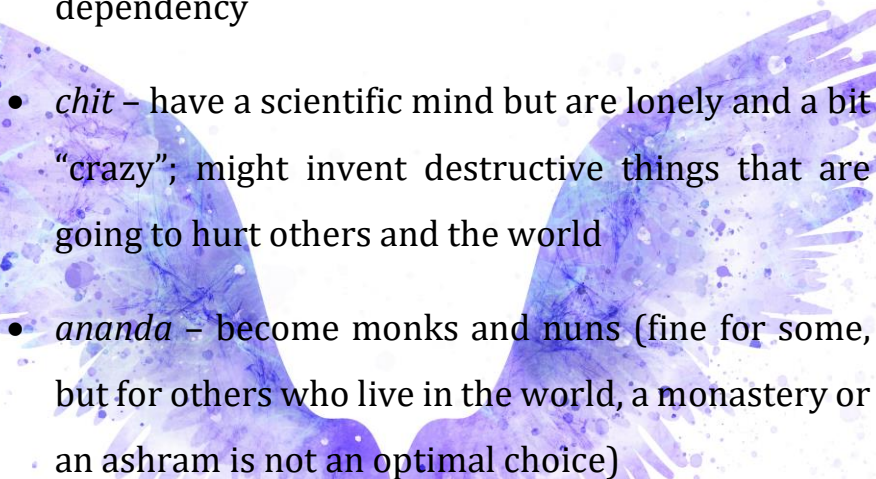
If we transfer it into the language of the energy bodies, for the ease of understanding, we can refer to *sat* as the emotional body; *chit* as the mental body and *ananda* as the spiritual body. When one body dominates, the other two are undeveloped. When one body is lacking energy and support, you can't be harmonious.

For example:

*If one aspect is lacking:*

- *sat* – spiritually intelligent, but not loving
- *chit* – easily manipulated as their consciousness stays closer to the animal level
- *ananda* – atheist, knowing and feeling a lot, but lacking a higher perspective and connection to the Divine

*When one aspect is dominating, they become:*

- 
- *sat* – dependent on emotions, and their lower level of understanding and expressions, such as dependant on relationships and love in the way of dependency
  - *chit* – have a scientific mind but are lonely and a bit “crazy”; might invent destructive things that are going to hurt others and the world
  - *ananda* – become monks and nuns (fine for some, but for others who live in the world, a monastery or an ashram is not an optimal choice)

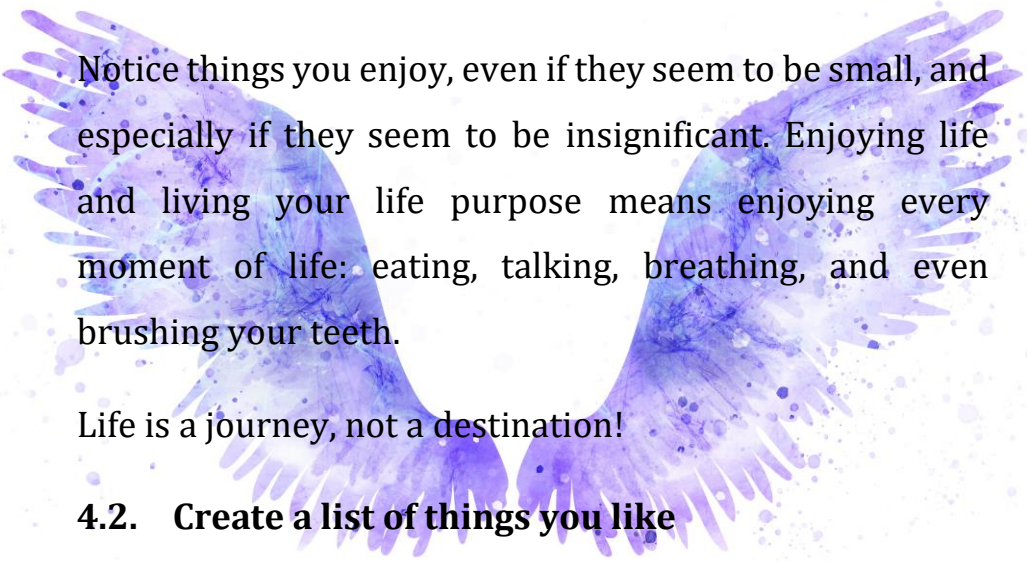
If you live in society, if you wish not to eliminate, but to expand and have it all in the best and purest way possible, you have to make sure your life is balanced.

Go out, try new ways and approaches, compare, use the best of the best to live a happy, inspired, meaningful life. Live your true life purpose!

## **4. Steps to Discover Your Life Purpose!**

Let's see what you can do to discover and start living your life purpose:

### **4.1. Start noticing things you enjoy doing**



Notice things you enjoy, even if they seem to be small, and especially if they seem to be insignificant. Enjoying life and living your life purpose means enjoying every moment of life: eating, talking, breathing, and even brushing your teeth.

Life is a journey, not a destination!

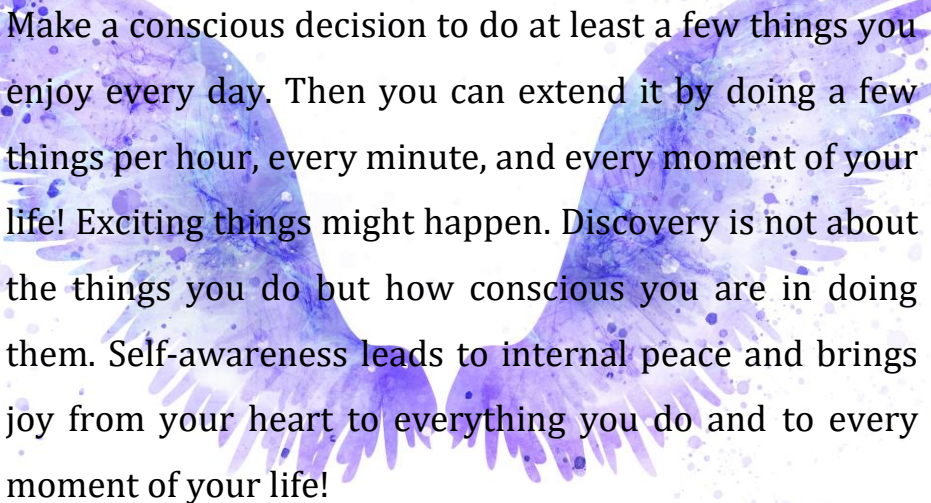
### **4.2. Create a list of things you like**

When we think about the things we like to do, we usually start with big projects or life-changing experiences. When I ask somebody what they want to do or what they would love to do, they typically say traveling. But let me ask you, how often can you travel? For most of us, it is once or twice a year. Even if you can travel every month, what



about the rest of the time? And even during traveling? You will be surprised by how many small things that bring you joy go unnoticed, and those little things are the ones that make up your day!

#### **4.3. Do things you like more often**



Make a conscious decision to do at least a few things you enjoy every day. Then you can extend it by doing a few things per hour, every minute, and every moment of your life! Exciting things might happen. Discovery is not about the things you do but how conscious you are in doing them. Self-awareness leads to internal peace and brings joy from your heart to everything you do and to every moment of your life!

#### **4.4. Make a conscious choice to bring more awareness to the words you speak and the actions you take**

You can choose! If this activity, conversation, or movie is not making you happy or relaxed, and if it is not bringing

more love and expanding you, why are you participating in it?

Higher vibrational choices will naturally bring more love, joy, peace, and happiness, which will lead to clearing the clutter of many questions and will result in clarity for the most “important and mysterious” questions, such as, “What is my life purpose?”

#### **4.5. Initiate the process of healing things that leave you feeling stuck and in pain**

We all need to go through the healing process. If you can heal yourself, great. If not, at this point on your spiritual journey, ask for Divine help as well as help from somebody in the professional field of healing. We are here to help you. I can speak for myself. I have been investing not years but decades, tons of energy and money to bring the best healing tools and modalities I have come across to help you and myself to heal.

## **4.6. Go beyond your comfort zone**

Don't ever stop the process of learning and expanding. Look at the picture below. The green circle is your comfort zone. If the goal (green star) is within your comfort zone, it's very comfortable to achieve it, but there is no growth. If your goal (red star) is outside your comfort zone, it



takes a lot of courage and will-power to achieve it. It's more or less risky, yet once you get there, you expand your energy field and the level of comfort. Now everything that is in the new field becomes easier to achieve (purple stars).

It's a never-ending process. Once you take the risk and go for it, there will be an even greater goal (blue star). The excellent news is that you will go for it from the stronger, more elevated state – your new grounding point, the purple cycle, not the green one.

How this connected to your life purpose? The more expanded energy will open up a greater life purpose. If you stay in the green cycle, you will only achieve its life purpose. When you move to the purple one, the higher life purpose will arise, and so on. It's a never-ending journey.

Will you accept the challenge to become wiser, greater, stronger, and get as high with your life purpose as possible so it is better than you can even imagine?

## **4.7. Ask for Divine help**

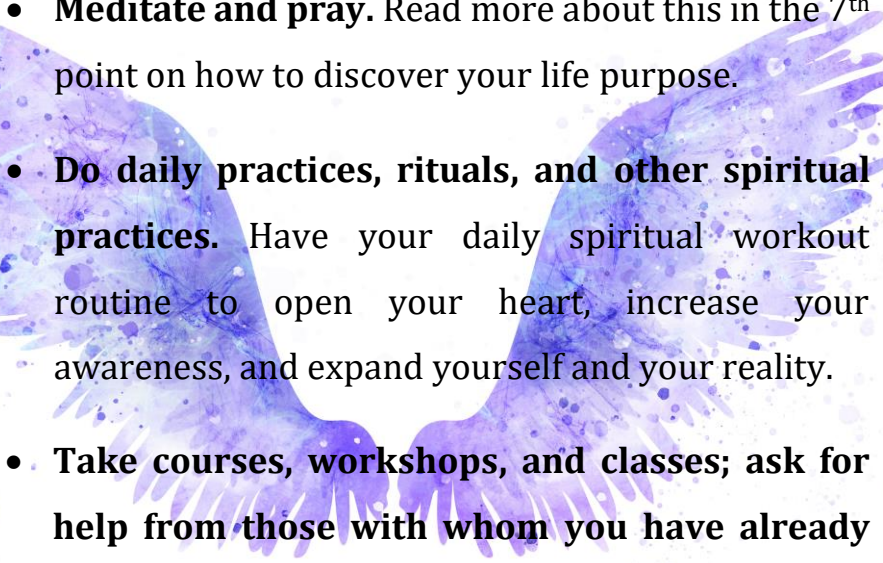
All our suffering forms an illusion of separation from the Divine. As a result of that, we feel lonely, abandoned, and we suffer, finding life tough at times. If you want to live a life full of joy, love, and passion, you need to reconnect to the unlimited source of these energies, to the Divine source.

***Here are a few steps on how to connect to your Divine team:***

- **Ask Divine to help you in every possible way you want your life to be different.** This is a planet of free will; unless you ask, your angels and your Divine support team cannot help you. Don't be afraid of asking too much or asking only if you are in trouble. Talk to Angels as you would with your very best friend. It makes them so happy!
- **Establish connection – become best friends with your Divine.** Connect with your Divine in the same



way you would with your best friend. Let them know how you feel and ask for their help and guidance. Spend more time, talk and listen, share foods, and ask for their opinions.

- 
- **Meditate and pray.** Read more about this in the 7<sup>th</sup> point on how to discover your life purpose.
  - **Do daily practices, rituals, and other spiritual practices.** Have your daily spiritual workout routine to open your heart, increase your awareness, and expand yourself and your reality.
  - **Take courses, workshops, and classes; ask for help from those with whom you have already established this connection.** Remember, you do not have to reinvent the wheel. So many people would love to help you with all these steps. Ask them how they achieved the level they are at and try it for yourself. Some things will work for you, some things will not, and it is fine as we are all unique. But

nothing you do will go unnoticed; it will leave an energetic “print” within you. So, you will win anyway, by either finding a great practice you love and enjoying it from the bottom of your heart or by simply recognizing that certain things do not work for you, and guess what? It is a path of self-realization! :)

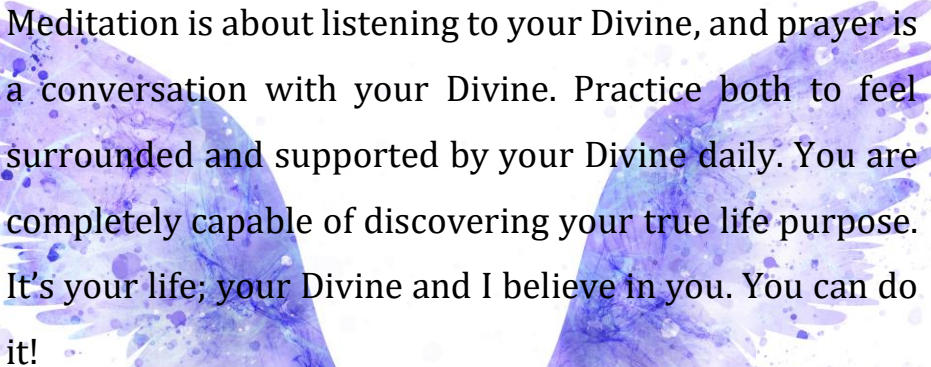
- **Learn to trust your heart and your intuition.**

Divine language is a language of love coming from your heart. It is a whisper of intuition, not the loud voice in your mind that is full of pain and logic. Angels talk to you through your feelings, so learn to trust your feelings, and learn to trust your Divine support team.

- **Relax and enjoy the process.** Do what you can, and rely on the Divine for the rest. Once you have established this connection or even just opened it up, you are in Divine hands, so do your best and enjoy the rest. It is essential to learn to relax, let go,

and trust. Once mastered, there will be no worries and concerns. Trust and you will have inner-peace with inner-joy.

#### **4.8. Meditate and pray**



Meditation is about listening to your Divine, and prayer is a conversation with your Divine. Practice both to feel surrounded and supported by your Divine daily. You are completely capable of discovering your true life purpose. It's your life; your Divine and I believe in you. You can do it!

## **5. Let's put it into practice!**

If someone tells you they can figure out their life purpose right away, I would doubt their competence. First, it takes time and effort for self-observation and analysis, actions, and corrections. You have to live your life purpose. Second, as we covered, the further you go on your spiritual journey, the greater will be your goals and callings. So, let's start figuring it all out.


### **1. Fill in the table to get to know the main aspects of your life purpose.**

Take a paper and fill in the following table. Be as specific as possible:

- What are your unique gifts in the Love area?
- What are your greatest challenges in this area?
- What are your unique gifts in the Knowledge area?
- What are your greatest challenges in this area?

*Steps to Discover Your Life Purpose!*

- What are your unique gifts in the Spiritual area?
- What are your greatest challenges in this area?



	<i><b>Your talents and gifts</b></i>	<i><b>Challenges and things to develop</b></i>
<i><b>Love</b></i>		
<i><b>Knowledge</b></i>		
<i><b>Spiritual Awakening</b></i>		

Now, write down a list of actions you can take in these areas to heal and cultivate, if required; be specific. Now, take action. This is the first step in putting it into practice.

**2. Get more details by filling up each of the petals of your life purpose flower.**

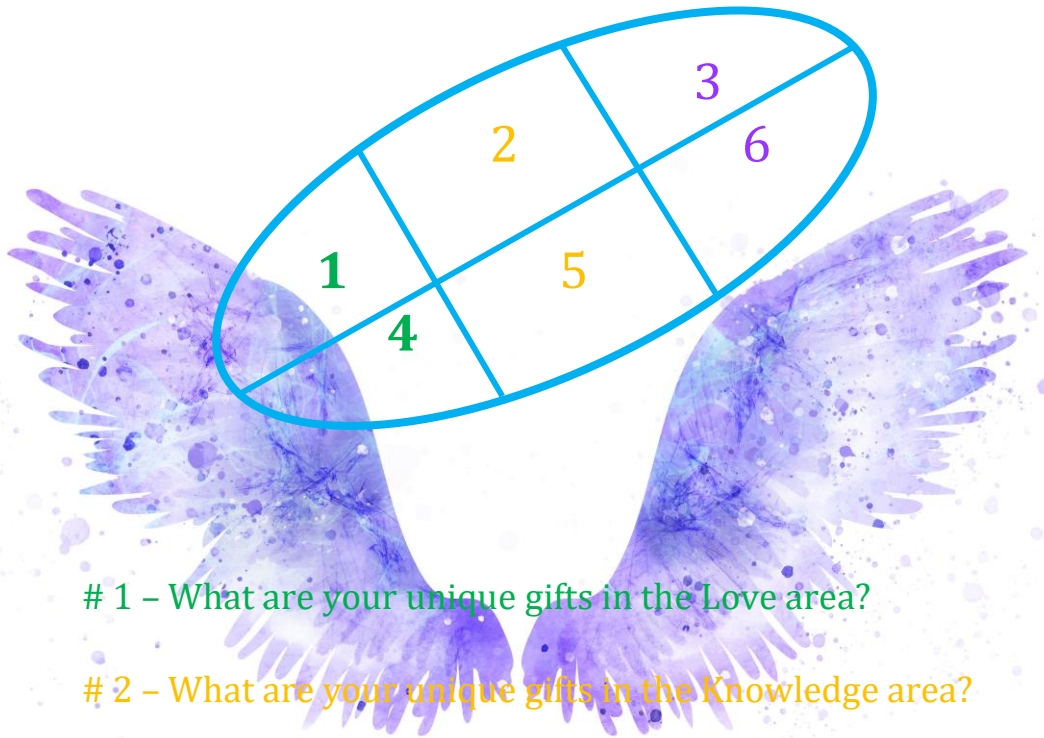


If you wish to go deeper, do the same in each of the areas you want to self-realize. Decide how many petals are on your life purpose flower and what they are, for example, health, wealth, relationships...

You might wish to choose to avoid certain areas and focus more on others consciously. For example, some might decide not to realize themselves in the relationship area by not having family and children. In this case, they can redirect saved energy to other areas of life. There are no right or wrong answers; this is your life and these are your choices.

Once you know what petals are, start analyzing them by dividing one petal into six aspects:

## *Steps to Discover Your Life Purpose!*



# 1 – What are your unique gifts in the Love area?

# 2 – What are your unique gifts in the Knowledge area?

# 3 – What are your unique gifts in the Spiritual area?

# 4 – What are your greatest challenges in the Love area?

# 5 – What are your greatest challenges in the Knowledge area?

## # 6 – What are your greatest challenges in the Spiritual area?

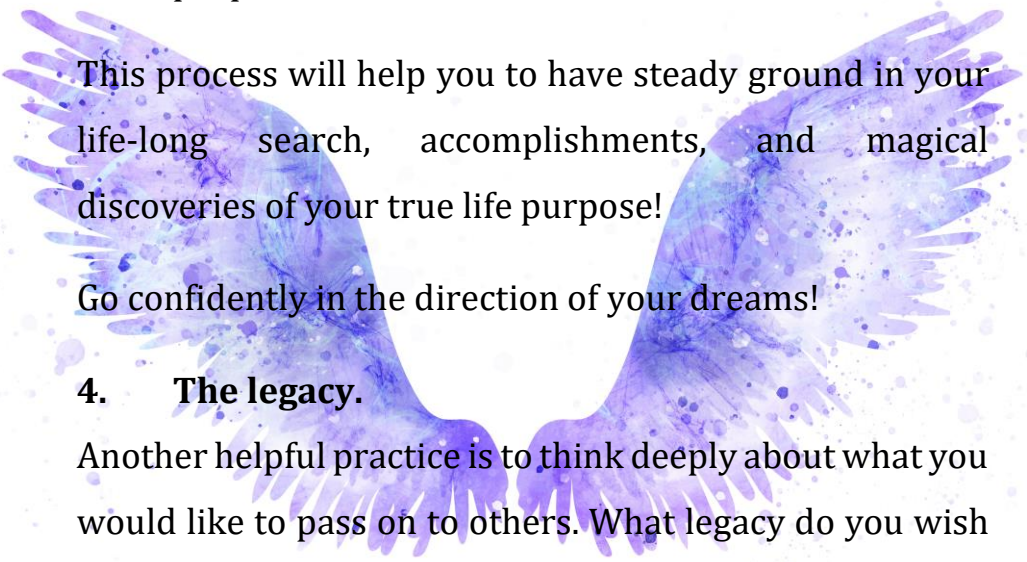
Repeat this process with each of the petals of your life purpose flower.

### 3. **Now put it all together.**

Spirituality is very much like science. We have to take something whole to look at it under a magnifying glass to get to know the micro details of it, but then we have to put it all together to see the larger picture. This will give us very different information and perspective on the same topic and matter.

- **Put all information you have about the petal together.** If you wrote down all six answers about this area of your life, what would it sound like? What is it about? What is the main idea? Write down a simple sentence. Make it simple, clear, informative. If you come up with a few sentences, combine them into a short one.

- **Put the information about all the petals together.** After you have finished with each of the petals, put it all together, and write down a simple sentence of what your general or primary life purpose is.



This process will help you to have steady ground in your life-long search, accomplishments, and magical discoveries of your true life purpose!

Go confidently in the direction of your dreams!

#### **4. The legacy.**

Another helpful practice is to think deeply about what you would like to pass on to others. What legacy do you wish to leave for future generations? Be very clear and specific on what it is and why it's crucial for you. I invite you to read more about it in *Death from the Spiritual Point of View*.

## **5. Conclusion.**

*Let me expose some of the common myths about life purpose:*

- Many have an illusion that if it's your life purpose, it's going to be easy and fun to achieve. In many cases, yes, absolutely. But even if you enjoy the process of writing a book, for instance, there will always be challenges.

You might be inspired to write some parts of the book and struggle with the others. You might enjoy some of the processes of creating and publishing your work and be frustrated with other parts of this process.

- Another myth is that if it's your life purpose, it's supposed to be crystal clear for you. Yes, it would be right under perfect circumstances. For most of us, we have to do some work to unfold it. The good news is that the more you do this work, the happier



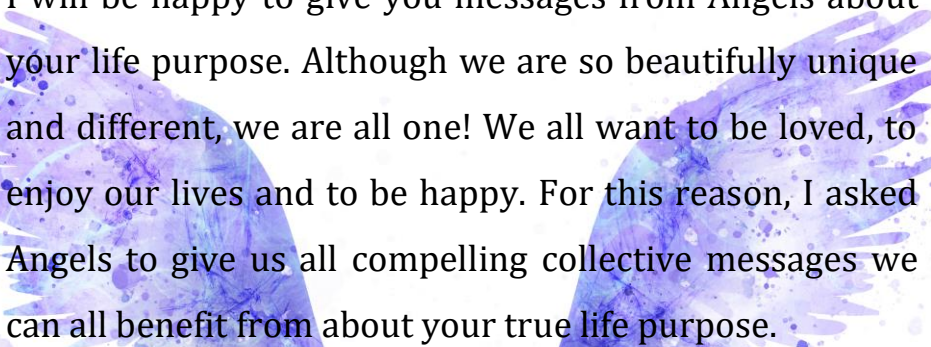
you are, and the more meaningful life you live. There will be fewer and fewer doubts about why you are here and what the purpose of life is.

- One more prejudice is that it will always be the same and never change. In some areas, this might be true. For example, when one has chosen a heart-calling profession or created loving relationships, there will be other areas of life. And even within the chosen ones, there will be growth and prosperity. One example is someone who had always wanted to become a doctor, and they become one; if it's a true calling, they will keep mastering their skills and competence.

*Life purpose is as alive as you. The more you change and grow, the more it grows with you.*

## **6. Your True Life Purpose Angel Card Reading**

### **6.1. The 2015-year Reading**



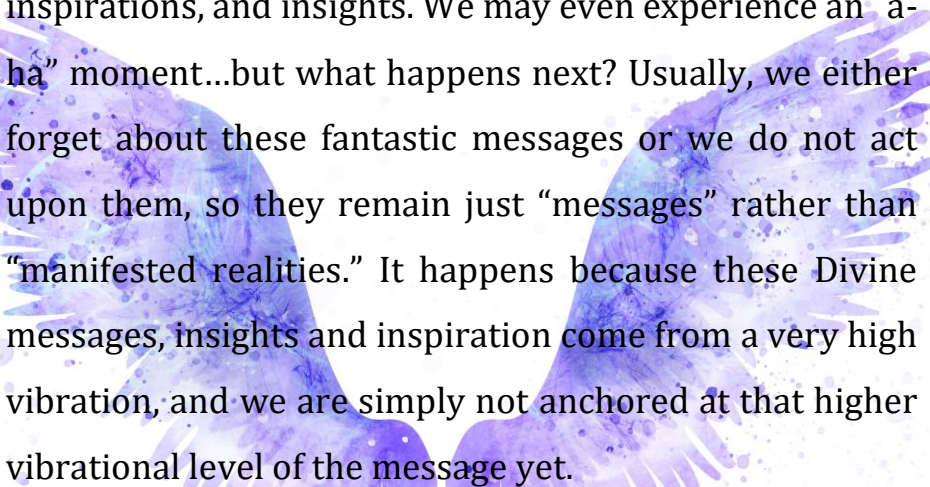
I will be happy to give you messages from Angels about your life purpose. Although we are so beautifully unique and different, we are all one! We all want to be loved, to enjoy our lives and to be happy. For this reason, I asked Angels to give us all compelling collective messages we can all benefit from about your true life purpose.

I asked this message to be timeless, meaning it will be as powerful, meaningful, and precise for you today as it will be many years from now.

**And the card I picked up was “Writing.”**

This card has so many messages in it. Wow! Let me give you some of them that we can all benefit from!

**1. Writing can help you make better choices by elevating your energy and anchoring you at a higher vibrational level.**



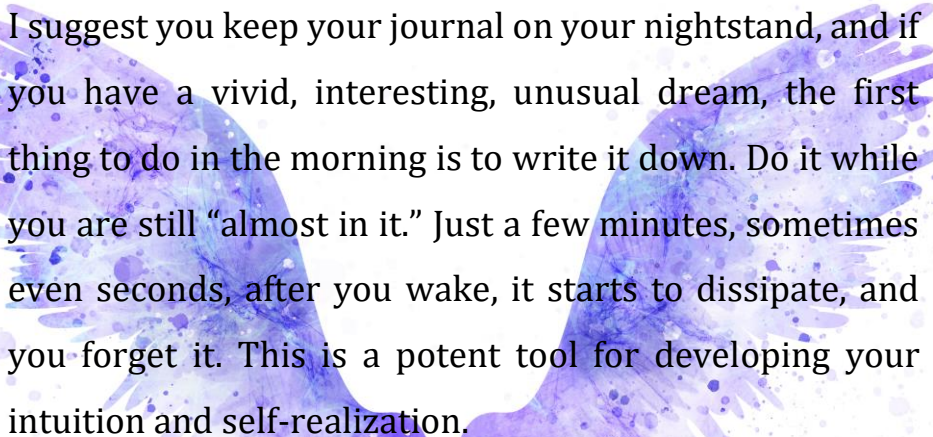
So many times, we have great ideas, exciting thoughts, inspirations, and insights. We may even experience an “a-ha” moment...but what happens next? Usually, we either forget about these fantastic messages or we do not act upon them, so they remain just “messages” rather than “manifested realities.” It happens because these Divine messages, insights and inspiration come from a very high vibration, and we are simply not anchored at that higher vibrational level of the message yet.

Writing them down can help us, so we remember them, contemplate them, get back to them, and then act upon them!

This is one of the ways we raise our vibration, bringing higher vibrational energies into our lives and bringing the quality of our life experience to the next level!

## **2. Writing can help you to read your dreams.**

This is a common question I'm asked often: What is the message in the dream, and how do I read and understand my dreams?



I suggest you keep your journal on your nightstand, and if you have a vivid, interesting, unusual dream, the first thing to do in the morning is to write it down. Do it while you are still “almost in it.” Just a few minutes, sometimes even seconds, after you wake, it starts to dissipate, and you forget it. This is a potent tool for developing your intuition and self-realization.

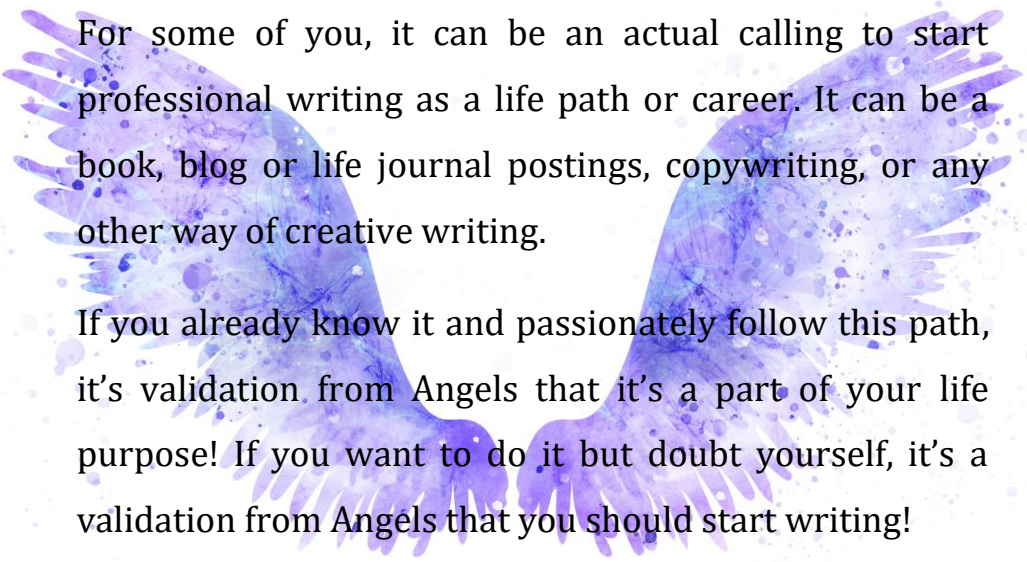
If you want to read your dream, you have to remember it first! ;)

## **3. Writing can help you keep track of your spiritual progress and self-development.**

You will be so surprised by reading your thoughts and assumptions a few years from now! You will not believe you thought it and wrote it down!

We learn and grow every day; for this reason, it becomes unnoticeable, and it's such a pleasure and surprise to be able to track your spiritual progress!

#### **4. Writing is your calling or a true life purpose.**



For some of you, it can be an actual calling to start professional writing as a life path or career. It can be a book, blog or life journal postings, copywriting, or any other way of creative writing.

If you already know it and passionately follow this path, it's validation from Angels that it's a part of your life purpose! If you want to do it but doubt yourself, it's a validation from Angels that you should start writing!

If you don't see yourself being professionally involved, then it's about you, so keep writing and journaling for yourself!



## **5. Writing is a very powerful healing tool!**

Did you know that writing connects to our subconscious mind, so every time we write by hand, we heal ourselves!

Angels invite you to heal yourself deeply from within and to let it all out! Write down your feelings, worries, and concerns. Write letters to people who offended you. If you have a strong emotional attachment to an experience, let it all out! Then burn these letters, releasing stuck energies and freeing yourself from the past!

## **6. Writing is a very powerful manifestation tool.**

Meditate to connect deeply with your heart. Write down your dreams and heart desires. You can also place them on your vision board and ask Angels to help you to manifest them into reality!

Remember, Angels are always there for you. They love to help and assist you in your self-realization, in your manifestation, and in living your true life purpose!

## **6.2. The 2020-year Reading**

Same, as in 2015, I asked the Angels to give us a timeless and meaningful message, and to let it be as powerful, influential, and precise for all of us today as it will be many years from now.

**And the card I picked up was “Counseling.”**

Let me share two main aspects of this message:

### **1. You are a natural-born counselor.**

Did you know that you have a healing gift? Yes, you do! Think of what it might be. Do you have a healing voice or the ability to heal with words? Do you notice that you can inspire others? Do they feel more relaxed and willing to let go? Do they feel better after talking to you? How do your words affect others?

Do you sometimes know exactly what the other needs to hear? Or are you able to deliver messages that are above

and beyond your rational assumptions? Are you willing to channel the higher source of wisdom?

Do you feel an urge to help others? Does it feel like it's your life calling? How does it feel supporting others? If your heart calls you to help others, deep within, you know it, and every time you follow this call, you feel better.

Pause and contemplate on what your counseling gifts are. How can you apply the counseling call of Angels? Be specific.

Don't ignore the voice of your soul; the more you act upon it, the more you are going to get to know yourself and fulfill your life purpose!

## **2. You need to receive counseling advice.**

Even the wisest and most advanced souls continue to learn and evolve; the moment they stop, they drop down in consciousness.

Sometimes the guiding messages come to you directly from your Divine. The stronger your connection with your Divine, the more words of guidance you are willing to receive.

Sometimes words of wisdom come from other people. Take a moment and ask yourself what type of guidance you might need at the moment. What would you benefit from?

Don't let your ego and excuses stop you from changing your life for the better. Have you met people who have suffered from the same issue for years? Have you met people who live the same Groundhog Day over and over again?

Unfortunately, I've met them too often. Although they are different and the situations they are involved in are diverse, sometimes, even one session changes their life.

I speak from years of experience, having many people coming only once or twice, and then they write to me about how it changed them and their life for better.

Find a professional you feel comfortable working with in whatever area of life you need counseling: health, wealth and finances, career or business development, relationships, spirituality.

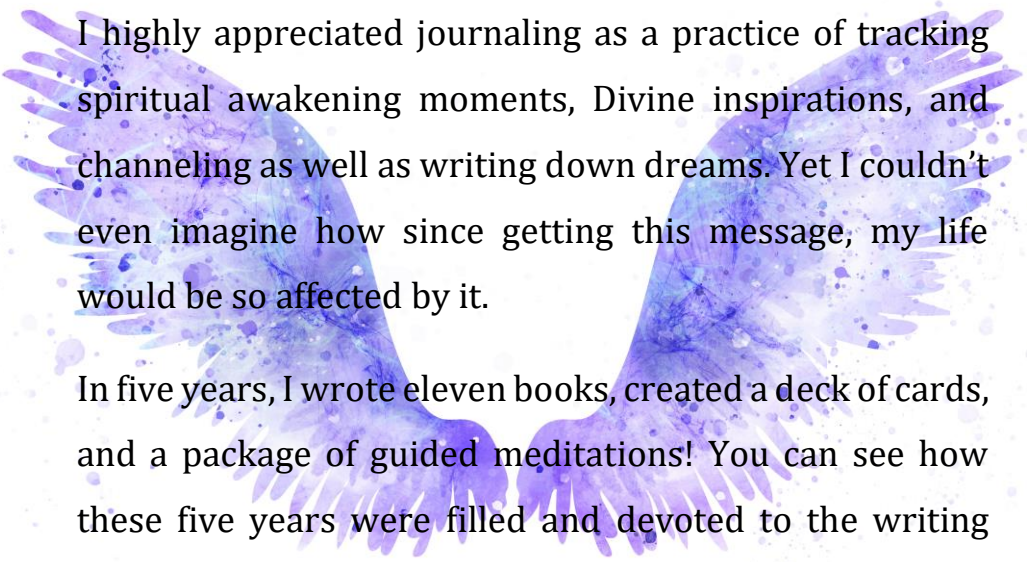
Maybe you need a bit of particular advice from construction professionals on how to fix your deck. It doesn't always have to be spiritual.

Angels want you to be happy in all areas of your life. Stop postponing. Do what needs to be done to resolve the issues, and make it the happiest and most fulfilled life it can be!



## **My Angel card message experience**

**1. The message of 2015** – Let me share how Angel card messages have changed my life. When I got the message about writing in 2015, I took it very lightly.



I highly appreciated journaling as a practice of tracking spiritual awakening moments, Divine inspirations, and channeling as well as writing down dreams. Yet I couldn't even imagine how since getting this message, my life would be so affected by it.

In five years, I wrote eleven books, created a deck of cards, and a package of guided meditations! You can see how these five years were filled and devoted to the writing experience.

It's hard to believe even now after the work is done, how this reading was accurate, intense, and meaningful. You might not know what the next step or the next spiritual turn will be, but Angels do. Stay open, flexible, and trust; you won't ever regret trusting Angels!

**2. The message of 2020** – Now let me share impressions I got from the counseling message of 2020. Angels and other Higher Divine beings always know better what is needed for our spiritual evolution.

You might already be involved in the topic, here—counseling. For example, I had already been offering counseling services for over 15 years. Does this mean the message was not for me?

Not at all. It means that this aspect of my life will be unfolded in various ways and forms. I don't want to guess or do another reading of what it will be and how it's going to look. It might be a business expansion or making multiple changes in the counseling services I offer now, for instance. Same as with the writing message; I will see how it's going to affect my life, profession, and life purpose.

Another point is that you don't have to choose between requesting counseling services and offering them, even if

they are of the same nature and field. At times, it might be more one than the other, but usually, it's still both aspects of the message.

I'm updating this Tool Kit in the middle of 2020. There is a vast amount of options for how the future is going to look. Let's actively participate in creating the best ones possible, for ourselves, for our family members, for the plants, animals, and the whole world.

I'm confident this counseling message is very timely as so many require your help and loving support. Let's do it together; let's help each other to feel happy, strong, and supported, and let's be united. Let's inspire each other and influence each other in the best way possible. Live your true life purpose, the way you always dreamed it to be!

## **7. A very powerful yoga breathing: Pranayama**

Hello, and welcome to the “What Is My Life Purpose” series. This is Maria Sidorova: spiritual counselor, psychic and healer. This video is a part of the “What Is My Life Purpose?” tool kit. You are welcome to sign up on [www.ExpandReality.com](http://www.ExpandReality.com) and claim the whole 7-piece kit for free!

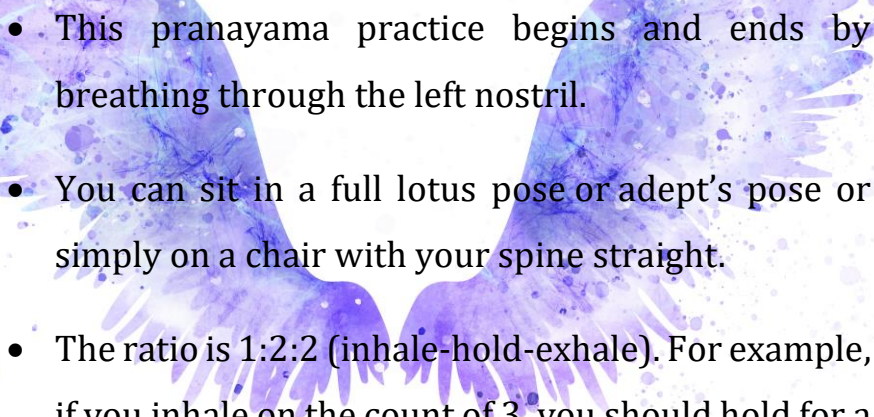
In this video, I will share with you one of the most powerful breathing techniques: Nadi-Shodhana Pranayama. I was introduced to this during my first visit to India in 2007.

*Nadi* means “channel” and refers to the energy pathways through which prana flows. *Shodhana* means “cleansing,” so *Nadi-Shodhana* means “channel cleaning of the body and mind.”

This breathing practice balances the flow of energy—or prana—which calms the mind, anxiety, and stress,

balances left and right hemispheres, and promotes clear thinking, resulting in your spiritual growth and overall wellbeing. It has many other amazing benefits too!

You can do this breathing practice anytime and anywhere to experience the amazing benefits of it. You can also do it before the meditation to bring it to the next level.

- 
- This pranayama practice begins and ends by breathing through the left nostril.
  - You can sit in a full lotus pose or adept's pose or simply on a chair with your spine straight.
  - The ratio is 1:2:2 (inhale-hold-exhale). For example, if you inhale on the count of 3, you should hold for a count of 6, and exhale on a count of 6, or inhale on the count of 4, then hold on the count of 8, and exhale on a count of 8.
  - You can do Nadi-Shodhana Pranayama breathing practice for up to 11 minutes.



**Let me show you how it's going to look:**

1. Open the right hand and put your index and middle fingers between your eyebrows. If, for some reason, you can't do this, simply bend these two fingers against the palm. The thumb will be used for closing the right nostril while the fourth and fifth fingers will be used for closing the left nostril.

The left arm is relaxing on your lap or in front of the navel, palm facing up.

2. Place the right thumb against the right nostril and place the fourth and fifth fingertips against the left nostril.
3. Inhale slowly and quietly (on a count of 3) through the left nostril while closing the right.
4. At the end of the inhalation, close both nostrils and hold the breath for a count of 6.

5. Keep the left nostril closed and exhale through the right nostril for a count of 6.
6. After exhaling completely, inhale slowly and quietly through the right nostril (for a count of 3).
7. Close both nostrils and hold the breath for a count of 6.
8. Keep the right nostril closed and exhale through the left nostril for a count of 6.

**Now, let's do it together for about 3 minutes. I will guide you through the process.**

You may wish to close your eyes to go deeper and connect to your inner-reality while I will be guiding you through this process, or you may keep your eyes open for now until you become more comfortable with this breathing practice.

**Left inhale 1,2,3**

**Hold 1,2,3,4,5,6**

**Right exhale 1,2,3,4,5,6**

**Right inhale 1,2,3**

**Hold 1,2,3,4,5,6**

**Left exhale 1,2,3,4,5,6...**

Good; breathe at your own pace now.

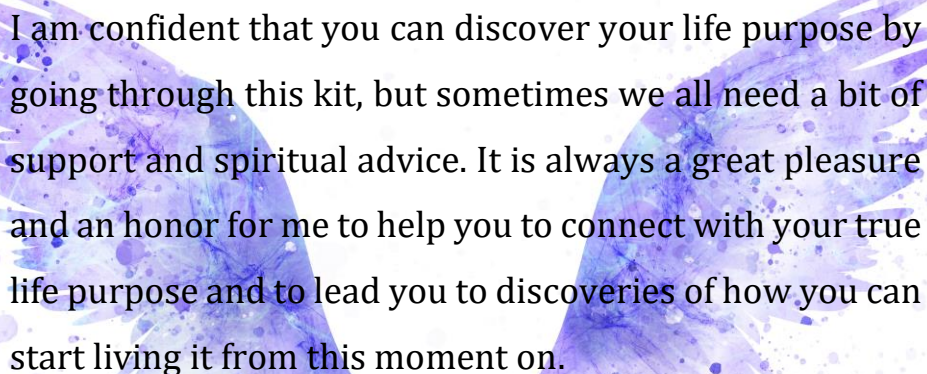
Keep your eyes closed for another minute. Keep breathing at your own pace. Relax. Absorb the inner state. Allow yourself to feel the difference. Enjoy your experience!

The aim of all yoga practices is the state of enlightenment and Oneness. The first step toward it might be your hundredth step. Remember, they are equally essential and countable!

I hope you enjoyed this breathing technique and will add it to your daily spiritual practices. It was my pleasure to introduce and guide you through a powerful ancient breathing technique: Nadi-Shodhana Pranayama.

## **Do You Need Help to Discover Your True Life Purpose Now?**

How can Maria help you discover your true life purpose today?



I am confident that you can discover your life purpose by going through this kit, but sometimes we all need a bit of support and spiritual advice. It is always a great pleasure and an honor for me to help you to connect with your true life purpose and to lead you to discoveries of how you can start living it from this moment on.

If you want to have immediate answers to your questions about your true life purpose, here is how I can help you with that:

### **1. Spiritual numerology and psychic gifts**

I will give you a message on how to turn your life challenges into gifts.

First, let's discover the things that are blocking you from connecting to your life purpose: your biggest challenges and obstacles you are facing right now, about the past life patterns you might be going through along with the areas you feel most stuck in life. Then let's see how you can overcome them based on your unique life path and the choices you make.

Once these areas are becoming clearer and energy lighter, past obstacles will be turned into your most significant gifts and life accomplishments! There will be no question about your life calling; it will be so crystal clear. And guess what: the clearer it is, the easier it is to live it!

## **2. Tarot and Angel cards**

I will give you precise answers to your questions about different aspects of your life purpose. I will show you your potential as well as the things you can do right now to start living your life purpose today.



I will also pass Angel messages to you on how Angels and Higher Realm Beings can help you in your healing journey and step-by-step process of connecting and living your true life calling now.

Do you want to know what your life purpose is in the relationship area? Of your self-expression or your soul/spiritual calling?

Book your session with Maria today and get it all finally figured out. Let's discover your life purpose first, and then start living!

## **Do You Feel Guided to Delve Deeper?**

Open up, explore, and live life better than you can ever imagine, a life of your True Life Purpose.

*You came here fully equipped to live the life of limitless potential: unconditional love, joy, inner peace, abundance, and creativity! Tap into these inner gifts and expect miracles beyond your wildest imagination!*

This is not a coincidence; you were led by your Sacred Divine Self, your Angels, and your intuition to this program to help you to open up, dwell deeply, and explore The Real You.

It means that you are ready to shift and eliminate what is not working for you and blocking you from your unlimited potential and Divine gifts you came here to explore and embody the rewards of joy, love, and light, playfulness, creative self-expression, and manifestation.

*“What is my Life Purpose”* course is here to help you to open to unlimited possibilities and inner truths. Every word of this program I wrote with love. I prayed that through this course, your Divine would lovingly show you the way to your highest and best potential, to your Divine potential and Divine purpose.

*Does your heart call to go deeper?*

I am blessed by witnessing miracles in the lives of my clients again and again. Working together will help you to clear the energetic blocks that you hold and release unhealthy patterns from your subconscious mind. Using my intuition and being guided by our Sacred Divine Self, it is my honor and privilege to bring messages and show you the ways of how you can overcome, heal and breakthrough in life to expand your reality, to raise your energy level and to realize the truth of who you are.

You are very powerful and influential. Your happiness is a beautiful beam of light radiating so brightly that it brings

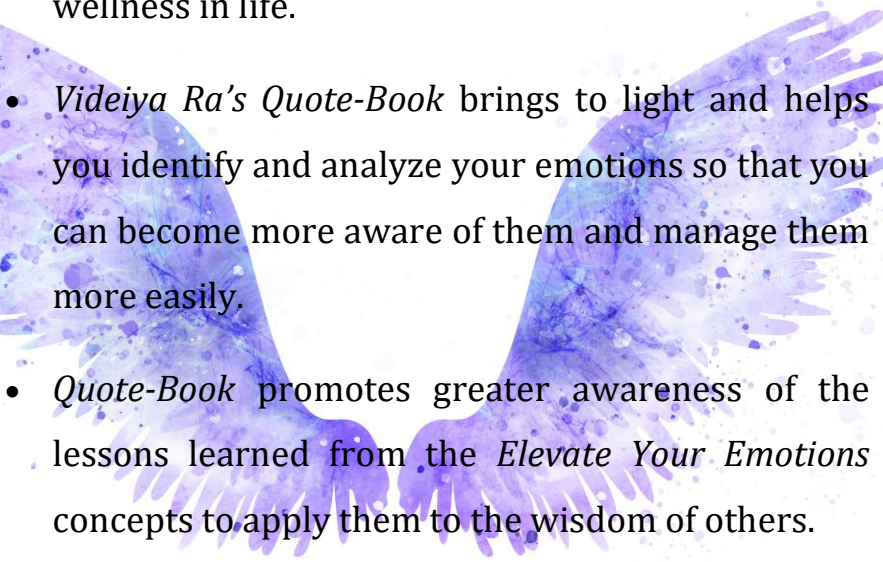
light to the whole planet, to all of us. That is why your happiness is so important. I am thrilled and honored our paths have crossed. I would love to assist you with your most important and compelling journey to discover The Real You.

Find enclosed the list of services I offer to help you thrive in life, including my one-on-one sessions, group programs, and classes.

*Maria Sidorova's Books and Decks of Cards:*

- *Manifest with Tarot* and *Manifest with Tarot Workbook* is a guide to using any deck as a tool for improving your life through manifestation.
- *Conscious Emotions vs. Emotional Mafia* describes 44 emotions in detail to offer a more profound understanding of how each feeling forms and functions.
- *Elevate Your Emotions Book* and a 44-card deck points you toward more significant healing,

balance, along with added positive emotions in your life.

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- *Essential Oils to Elevate Your Emotions* is an essential oils guide for emotional healing and higher wellness in life.
  - *Videiya Ra's Quote-Book* brings to light and helps you identify and analyze your emotions so that you can become more aware of them and manage them more easily.
  - *Quote-Book* promotes greater awareness of the lessons learned from the *Elevate Your Emotions* concepts to apply them to the wisdom of others.
  - *Your Spiritual Guide to Youth and Beauty* shows how vitality comes from healthy inner-states, promoting long-lasting results instead of short-lived solutions.
  - *Death from a Spiritual Point of View* tackles life decisions that we often procrastinate making,



offering points of preparedness for consideration during this crucial time.

- *100+ Reiki daily uses for a happy, meaningful life* will help you to manifest the changes you want to see in life, making this book an essential daily guide.
- *What Is My Life Purpose tool kit* features an online course that supports you on your journey toward greater wellness in all areas of your life.

***Online Sessions and Classes with Maria:*** Please sign up at my website: [www.expandreality.com](http://www.expandreality.com).

I look forward to getting to know you and serving you on your journey.

May you be blessed with all of what your Divine blessing you with,

Maria Sidorova

Spiritual Counselor, Teacher, and Author

## **Gifts of Love**

Dear loving heart,

With my pleasure, I invite you to join Expand Reality spiritual community and family of like-minded friends where you will be able to ask questions, get more support, share your experiences and witness the power of group manifestations, and much more.

*Please sing up at [www.ExpandReality.com](http://www.ExpandReality.com)*

Together we will create a life of potential and a world of love and peace.

From my heart to yours,

Maria Sidorova

Spiritual Counselor, Teacher, and Author

### **Books by Maria Sidorova:**

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Maria Sidorova is an accomplished and acclaimed Spiritual Counselor, Teacher, and Author who studied intuitive arts from the best in the field. Maria owns a healing practice where she teaches online and in-person classes, helping people who seek answers to their life's mysteries. This process allows each person to uncover their path and expand their reality so that they can attain complete and everlasting joy, contentment, and happiness!

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