

Purpose Octagon - Circle of Trust (COT)

Module 3

Default Purpose Process

Dear COT Council -

This is the week that I will be diving into the Default Purpose Process (Module #3 of the Purpose Octagon Process). Below you'll find an excerpt from Module #3. Reading the excerpt is completely optional. I've provided this excerpt should you want some more context for our next COT gathering.

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If you are not living your unique purpose, then what agenda ends up directing your life? If the matrix of your life is not informed by your Soul's purpose, then what is shaping your future? When your life doesn't spring from your Soul's deepest values, then what values are you living by?

The purpose that moves your life forward when you are not living from either your created or soul's purpose is your *default purpose*: a combination of bequeathed values from your upbringing *and* the defensive psychological positions we learn during childhood. So a simple definition of default purpose is: exterior conditioning + interior defenses = default purpose. As noted, while living from default purpose can be a functional way of living and many people thrive in this manner and lead happy lives, it is a substantially reactive (rather than creative) response to life.

Other names for default purpose include: life scripts, life schemas, inherited life purpose, and (as is all too common) negative core beliefs. A person is not usually conscious of all the different threads of their default purpose. Frequently, a person is aware of a negative core belief, such as, "I must avoid rejection or abandonment at all costs", but fails to see that this belief is operating as a default life purpose and creating a huge blind spot in how they perceive and operate in their daily reality. Ask yourself, "What values am I living by that were bequeathed to me as a child?", and "What defensive postures grew up as a result of my childhood?"

A Primer On: Mixing the Colors of Purpose.



The 3 Colors Model: The canvas of your days is painted using three colors:

1. **Default (Red)** - The purpose we adopt from our upbringing, parents, culture and society.
2. **Created (Green)** - The purpose we generate independently for ourselves, outside of our socialized conditioning.
3. **True (Blue)** - The purpose of our soul, tapping into our deepest mythopoetic identity.

All three are legitimate purposes. You need not set up a rigid hierarchy in your thoughts when considering these three facets of purpose. You do not need to only choose one of these purposes and discard the rest. Each “color” (or “energy” or “flavor”) of purpose contributes to an important aspect of the uniqueness of your life.



Default Purpose	The inherited values and beliefs from our family and society: Feel safe and secure, belonging, esteem, admiration, become wealthy, be admired.
Created Purpose	The purpose we generate ourselves. Become wise, accept/love myself, self-actualization, spend time with my child, be a good neighbor, enter politics, produce, volunteer, study/never stop learning.
True (Soul's) Purpose	The purpose of our soul, our mythopoetic identity. Evolve the species to bring more goodness, truth and beauty into the world, specifically

	through the unique transformational process of whole-person midwifery.
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Most people live from all three of these purposes, with different ratios reflecting how much of their lives are occupied with each type of purpose. For example:

Default Purpose - 20% - Be rich and admired.

Created Purpose - 35% - Be erudite and equanimous.

True Purpose - 45% - Midwife wholeness.

The Dilemma - Living From Your Default Purpose

Let's recall that the Purpose Octagon Process is predicated on the understanding that living from your True (Soul's) purpose is deeper, more authentic (meaning completely indigenous to you) and has more evolutionary impact than living from your default purpose (which is more extrinsically derived). This does not necessarily mean, however, that living from a default purpose cannot offer you a wholesome, impactful and enjoyable life, or that it cannot inform and round out how you apply your soul's purpose. Your default purpose is not (necessarily) an accident of how you were raised but is part of your life lessons and offering.

There are a few things you may notice here:

- 1. Potential twinship of Default and Soul's Purpose:** A default purpose and a soul's purpose can be similar or identical. Though unusual, we can see this operate in the example of Martin Luther King Jr's life, where both his upbringing *and* his Soul emphasized love and justice.
- 2. Moving beyond Default Purpose:** Even in cases where a child is raised in near ideal circumstances, that child may grow up into an adult who feels called to create his or her own unique purpose, or (less commonly) feels called by Soul to discover their deepest purpose, their mythopoetic identity and evolutionary calling.
- 3. Living Unconsciously from Default Purpose:** Many of us are largely unaware that we are living from a default purpose. We may not realize it was never our own conscious choice to follow the particular way of life we are currently invested in. We may not even realize there are life-fulfilling options outside of this pathway. Lacking a clear purpose, we may find ourselves in an endless loop chasing relationships, money, material possessions and power, never fulfilled but not knowing what else to do.
- 4. Uncovering Default Purpose presents challenges:** Discovering one's default purpose can be challenging, bringing up feelings of disorientation, anxiety or vulnerability. Sometimes there is an experience of emptiness when we have transitioned away from default purpose but have not yet discovered our soul's purpose. This can feel painful, even depressing at times.
- 5. The liberation of growing beyond Default Purpose:** Discovering one's default purpose is also a path of freeing oneself towards a life of our own choosing and/or Soul's choosing. This transformation can become an exhilarating ride into self-discovery, with the potential of freeing oneself of purposes that we have outgrown. Deepening our understanding of default purpose

can result in an epiphany: "Finally! Now I know what was holding me back all this time!"

6. Strong days and weaker days: Gaining increased clarity about our default purpose makes us stronger, gives us more agency in our lives. Yet there will be moments when the pull of the default purpose is stronger than our desire for living a soul-infused life. Please don't berate yourself or feel badly when this happens, it is natural and to be expected.

7. Disadvantages of living from default purpose: While living from default purpose *in some cases* can still lead to a wholesome life, it has some serious disadvantages, notably diminished opportunity for self-authorship and the deeper soul-informed callings in your life for which you are uniquely suited, but are not yet living into.

There will always be fears and resistances when we stand at the threshold of a new layer of purpose. One element of our resistance is this: we've become habituated to living from our default purpose, and we're often supported by friends and family (who are living from *their* default purpose) to not change *too much*.

By default, many people tend towards the purpose of feeling safe, secure and financially successful. As Maslow noted in his hierarchy of needs, if you don't have the basics covered (food and shelter), you will not have much energy, motivation or stability for the pursuit of deeper purposes further up the chain. Also, even when your basics are covered, there can be an addictive tendency to move laterally into default purpose (e.g., chasing more riches) with diminishing returns vs. extending deeper into the higher layers of purpose where the real breakthroughs are waiting. While desiring safety and financial security is wholesome and natural, as well as providing the foundation for exploring deeper layers of self, it can carry an immense potential to stifle our desire to discover our soul-level purpose.

It is important to caution you here not to demonize your default purpose. It has played a vital role bringing you this far, but now cannot take you any further. To continue the journey, you need a larger narrative and a pivot. When you were a child, you didn't have to "turn against" your old slippers as you grew, you merely had to step out of your shoes that were too small. The same analogy applies here.

In one sense we could say that we are all living *on purpose*, but is it our true purpose or default purpose that is largely guiding our lives?

The Solution - Living your Soul's Purpose.

Two conditions support our transition to a purpose-driven life: our personal *dissatisfaction* with a life that conforms to our default purpose; and our *longing* for a deeper connection to our true life purpose. *Dissatisfaction* can sound like this: "I've got the job, got the partner, got the car, got the home...but I'm not fulfilled. Now what?" *Longing* can sound like this, "I like my life, it's good, I don't feel compelled to ditch it. But I also feel a stirring in my depths, a longing that feels spiritual, transpersonal, profound and soulful, that has begun to mysteriously call to me. I want to start exploring this calling." This is the "call" to the great adventure of soul discovery.

Transitioning from default purpose to soul's purpose is a gradual and challenging process. Activities, friends, defenses or substances that distance you from the mysterious depths of your Soul's will inhibit your ability to stick with purpose discovery long enough and intensely enough to discover the images and symbols at the center of your being.

Default Purpose vs. Created Purpose vs. True Purpose

Default Purpose	Created Purpose	True (Soul's) Purpose
Purpose 1.0	Purpose 2.0	Purpose 3.0
Fundamental	Unique	Abiding Purpose
Given by other influential humans (Family & Society)	Created by a healthy egoic sense of self	Eternal - revealed through more transpersonal means
Sometimes Evolutionary	Frequently Evolutionary	Always Evolutionary
Concern: wide <i>or</i> narrow	Wider concern	Widest possible concern you can manage at any given time
Socially Authored	Self Authored	Soul Authored
Automatic	Self-Determined	Soul-Determined
Inherited	Constructed	Revealed
Danger of inauthenticity, living someone else's vision	Frequently authentic and autonomous	Completely Authentic
Can be reactionary (Wounded or Neurotic)	Occasionally reactionary, often creative	Non-reactionary, inspired creativity.
Preserving the safety and	Challenging and re-creating	Surrendering to deep guidance

predictability of the status quo as much as possible	current reality, but still controlling the outcome	and flowing with the higher callings and forces in life
Inherited Life Script/Schema	Created Life Script/Schema	Scriptless, deep listening
Sometimes unconscious	Conscious (tip of the iceberg)	Full spectrum consciousness (touching bottom of the iceberg)
Usually non-native to Soul, possibly even oppositional	Connected to growing aspects of Soul but through a largely mental or egoic framework	Fully indigenous to Soul, in its own language
Sometimes scarcity based	More abundance	Love and trust based