14 Keys to
Birthing Your Sacred Work

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Thank you!

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Introduction

Welcome, dear reader.

The following fourteen concepts - all starting with the letter C - represent the most central and necessary qualities, capacities, skills, and actions that will, cumulatively, result in your achieving your goal of Birthing your Sacred Work and thriving in it.

Keep in mind, your goal is not an ordinary goal. It is a soul goal. It is a sacred goal. Therefore it requires some special qualities.

Read through these items and see which capacities you already have, which you would really enjoy exploring and developing more, which you feel you may be lacking, and which ones you may even recoil from.

All of the above are workable. Look particularly to numbers 6, 7, and 8: Courage, Clearing, and Connection.

It takes courage to embark on this path and to believe in yourself enough to take risks, enter into the unknown, and take actions that are beyond your Comfort Zone (another C term).

When have you noticed your own courage? Where does it come from? If you think you lack courage, think again. Understand that courage does not mean the lack of fear. It is more in line with “feel the fear and do it anyway.” Yes, you do have courage if you have ever taken any action despite fear, anxiety, or uncertainty. Just considering changing your life takes courage!

To take these courageous actions, though, something else is needed; it really, really helps to clear the demons and obstacles that have a nasty habit of stopping us in our tracks. These obstacles come mainly in the form of your limiting beliefs and self-images. How many times do you catch yourself thinking “I’ll never be able to do that, I just don’t have what it takes. I’m too ___ or I’m not ____ enough?”

Well, here’s the good news: Even if you think you are a hopeless case, beyond redemption, unable to change for whatever reason (or whatever story you’ve been telling yourself).... none of that is true. (Hallelujah!)
First of all, the brain is infinitely malleable. Yes, even the older brain!

If you can find the motivation, you can accomplish miracles. But it won’t happen unless you take a stiff broom and clean out those pesky old limiting beliefs that you’ve been mistaking for reality. They’re NOT real!

In addition, you have the powers of your Higher Self and the whole spiritual universe, including your personal spiritual helpers, all on your side - not to mention other humans! (Spiritual help is more available then ever now, so let’s use it.)

That takes us to Connection. We can’t take the courageous actions of change and transformation alone. And we’re not supposed to. That’s why God/Goddess made so many of us! We are here to learn to use the blessing of inter-dependence so we can grow together. One of the hallmarks of the coming age, in fact, is the increase of collaboration over competition. There’s even been a term coined - “coopetition” - for the friendly partnership of people who could be looked upon as rivals in the same field.

The day of thinking we’re supposed to be Superman and Superwoman are over! The delusion that ANYONE who is successful did it alone - that’s been punctured forever too.

The truth is, everyone who achieves any success does so with the help of countless others, in obvious and hidden ways. Especially in this day of instant communication and information influx rendered by the Internet and mass media, it’s clear that there is much help out there, many models and guides offering to help us. Maybe too many. It takes discernment to choose among them.

Most people who embark on the path of entrepreneurship find that asking for help from trusted mentors, teachers, coaches, and support groups makes all the difference. From these allies we can receive concrete guidance as well as moral support and companionship (another C word) in what can otherwise become, at times, a lonely and discouraging path. We need each other!

So, you don’t have to have superpowers. Those will emerge as you follow your calling. What you do need are the qualities in this document. And those you definitely either have already or can easily acquire.
Know in your heart that you ARE here to do something wonderful, beautiful, and significant with your life; that those hints and urges you’ve felt for so long coming from deep within you are telling you the truth.

You definitely have a contribution to make - or you wouldn’t be reading these words. And the time is now, no question about it. You’ve arrived at the right place at the right time. (If not now, when? If not you, who?)

So if you’re sensing an inner (or outer) call, I would urge you to deeply consider answering that call. Of course it’s your choice. But I believe you were born now for a reason. We’re all being challenged to step up, reach up, and be bigger than we ever thought we could be in this life.

And here’s the reason:

This moment in history is hugely important in a way that has never come before and may never come again. We - humanity - are at a turning point. And it’s not a given which way we will turn. Or whether it will be a difficult or easy journey.

This is it - the moment your soul has been waiting for. The time your soul has been preparing for, perhaps for eons! Many are gathered for that purpose now, so there’s lots and lots of help! You don’t have to do it alone.

But you can’t just sit back and watch, either. This isn’t a spectator sport. The world is waiting for your light to be added to the web of light that is starting to lift and transform this reality.

I believe you came to be part of the party of light of emerging consciousness. And I know that we each light each other’s flames. Therefore, there are many souls who are waiting right now for your light to blaze high so they can ignite their own from yours!

That is why it matters that you birth your Sacred Work - whatever it is! It doesn’t have to be something “huge.” It is whatever your soul came here to be and do.

So welcome to the party! Enjoy the journey you were born for!

With love and many blessings,

Tomar
The Fourteen Keys to Birthing Your Sacred Work

1. Calling

In order to Birth your Sacred Work, you must first find your Calling.

How do you do that?

Well, what is calling you? Listen to and discern those impulses of your soul.

You really know what they are. Open to the energy of your soul’s leanings, inclinations, passions. Listen to its call, acknowledge it.

Notice what has always been calling you, perhaps disguised in different voices. What are the big ones you may not have heard since childhood?

Say YES to your Big Why, even if you’ve turned away from it again and again.

Turn up the flame of your soul’s passion and yearning and let its light fill you.

Affirm and claim your soul’s gifts and desires in a bigger way.

Know that you are already “enough” to answer this call.

The more fully you connect to this urge of your soul that is calling you forward, the more you seek it out, focus on it, feel its energy, see how it is leading you.... the more you agree to surrender to your soul’s guidance, even if you can’t hear it clearly ... the more you will get clues, be shown, learn more... and the stronger will become your conviction, energy, and power to live your purpose.

So enter into this exploration with trust. And ask for spiritual help, believing it is there for you. This is a process, a journey into the meaning of your life.
2. Clarity

To Birth your Sacred Work, you need Clarity about what that is.

First gain clarity about your calling and your purpose.

Your calling points you towards your purpose. What calls you is what you are here to do, to give, to express in this life. It shows you how you can use your gifts to serve the greater good.

Begin to refine and get more specific about what you think your purpose may be. Try on different possibilities. Ask your higher guidance to show you more.

Then begin to get clear about how you may do that, how you may express your purpose in the world, as a soul-guided business, as your Sacred Work.

What different forms might your purpose take?
Brainstorm as many as you can come up with, then eliminate the ones that are below an “8” (on a scale of 1 to 10) and see what’s left.

Gain clarity about whom you feel called to serve.
Who are you drawn to work with?.... and why?
(Hint: Perhaps you share with them a wound that you healed or are now healing.)

And what will be the nature of your work? How will you give your gifts?
How will you deliver your services, products, message?

Discover ways to combine your various gifts, skills, and loves into a passionate, unique, quirky business vision that is yours alone.

What makes you different? What makes you stand out?
(Hint: Maybe it’s the very thing you seek to hide about yourself, that your clients will love you for.)

You want to get clear about your Why, your What, your Who, and your How.
3. **Core Competencies**

In order to Birth your Sacred Work, you must get clear on what it is you will offer the world in the form of a product or service - what it is you will do.

Your Sacred Work will most likely include abilities, skills, and gifts you already have. Sometimes you may need additional training as well.

First maximize the assets you have - what are they? Write them all down.

Ask yourself: What am I really, really good at?
What do I really love to do, that I would do for hours without getting paid?
What have I done naturally all my life? What do people come to me for?
What comes so easily to me that I take it for granted?
What have I been trained in or been employed for previously?

Often we find out that we’ve been training all our lives to live our purpose, without realizing it.

Sometimes we know who we want to work with, but not how.

Sometimes we know what we want to do, but not for whom.

Your purpose, when fully uncovered, will include all of these- what you do, how you do it, and for whom. It will be something you love, that you’re good at and that makes you feel alive and fulfilled - and that others want and are willing to pay for.

You may discover a better or unique way of serving an existing need. Or you may create something so new and original, that people won’t know they need it until they see your light shining.

Discovering your purpose and creating your Sacred Work is an organic process. It grows and unfolds as you explore. It evolves over time. Don’t try to get it “perfect.” Do follow what makes your heart sing. And do start.
4. Choice & Commitment

Birthing your Sacred Work involves making Choices and Committing to them. Before you can manifest your purpose, you must actually commit to it.

Commit to your purpose, your potential, your higher goal or vision, your big Why. Commit to a belief in something bigger than you.

Recognize the difference between a wish, a vision, a fantasy, and a commitment - an actual choice, a firm decision, an intention with a plan.

Choose and commit to a particular form of expression, a path which you will explore and develop, and a structure you will build. (Remember, it’s not written in stone, but you must start somewhere.)

Choose and commit to a plan that you will take action on, starting as soon as possible. Break your plan down to small, do-able steps, and commit to those.

Commit to actively changing your life, by saying Yes to your potential - in reality, not in fantasy this time.

Commit to challenging the voices that say “I can’t.”

Ground your vision in the sensory details of reality to make it more real.

Find the determination to make this happen, no matter what.

Commit to saying Yes to your calling, to manifesting your highest gifts, to living your purpose and making your contribution. It’s time!

Commit to saying YES to your Big Why as you feel its energy fill your soul.

Commit to challenging your fears, doubts, and limitations.

Commit to doing whatever it takes, on the inner and outer levels - because this is more important than whatever has been stopping you.

Commit to knowing you can do it. (And to asking for help.)
5. **Container**

Your Sacred Work needs a Container.

Your calling, your purpose, your business needs a home to live in.

Think about all the elements that will be the home and furnishings of your business.

Where will you invite your clients to enter your world?

What do you want them to find there?

How will you make them feel comfortable?

Will you offer them a cup of tea or a snack when they arrive?

Conceive and choose a simple business model and plan.

Think about how you want to offer your gifts.

What will you give away for free so people can get to know and value you?

What will you charge money for? (Develop several levels of offerings.)

Design the basics and develop outlines for:

  - your website,
  - your program,
  - your offerings,
  - your service,
  - your possible products.
6. **Courage and Confidence**

The process of Birthing your Sacred Work will require Courage - more than Confidence (at first). You should expect to feel stretched and challenged.

Expect to have all your fears and self-doubts aroused. Let that be okay.

Understand that starting a business - especially a soul-guided business - is part of your soul growth here on planet Earth. If it were comfortable and easy, you would have done it already.

Understand the difference between courage and fearlessness. Recognize that courage means taking action *despite* your fears.

Learn to “feel the fear and do it anyway” - which means taking actions beyond your comfort zone.

Know that stretching beyond your comfort zone creates miracles all by itself.

Start to identify, face, and ultimately transform your fears, perceived limits, and blocks. (This is huge and ongoing, not something you do once.)

Learn and experiment with different methods for working with fears and limits till you find ones that work for you. Then remember to use them!

When in need, ask for help in dealing with your fears and obstacles.

Discover that courage means just showing up and taking the next step.

Build those muscles with kindness, compassion, and even humor.

Recognize that you don’t have to wait until you feel confident before you take action.

Discover that courage and taking action are what lead to confidence.
7. **Clearing**

In order to Birth your Sacred Work you must Clear the inner obstacles that impede your way forward. Most everyone has them - you probably do too.

First you must identify what those inner blocks and obstacles are.

Identify limiting beliefs that may appear to you as just “how things really are.” Learn to question all your assumptions. Become a belief-detective.

Keep a list of limiting beliefs that you can refer to.
(Hint: Many come in clusters.)

One way of finding beliefs is to look at your life.
If it’s true that beliefs determine your life (or at least set limits on what you can achieve), then what would someone with your life have to believe in order to create those circumstances?

Learn a method for transforming limiting beliefs that you can use by yourself. Use that method on a regular basis, working with your list of beliefs.

Identify wounded or limiting inner parts and learn how to work with and heal them. One way to work with them is to talk to them. Invite them to speak and share their perspective. Sometimes they just need to be listened to.

Learn to monitor your thoughts and self-talk, to discover your negative habits of thinking. Then learn to replace them with positive thoughts and self-talk.

Learn and use methods that raise your energy vibration. Meditation, and consciously focusing on joy are two methods that work.

Clear out the old and affirm the new.

Keep your focus on the inspiring vision of what you are creating as if it’s already here. Feel and express gratitude for that.
8. Contact and Connection

Birthing your Sacred Work is not something you can do alone. It helps to have Contact and Connection on many levels.

There are two kinds of connection: Inner and Outer.

Inner Connection means going within to contact a source of wisdom and guidance, through meditation, prayer, or some other method.

It doesn’t matter what you call it - God, a guide, your Higher Self, Inner Wisdom, Wise Self, or your Inner Business Coach.

You can ask questions, listen, and write down the answers.

Develop a habit of doing this regularly. It gets easier the more you do it.

Also be aware of the intuitive hits you get. Learn to value and follow them.

In addition to getting guidance, allow yourself to simply be held in the deeper ground of spirit - in meditation or prayer. This feeds your soul.

Outer Connection means seeking and accepting help from other humans.

Learn the importance of the different forms of support available to you in your business. Don’t try to re-invent the wheel. Ask for help - it’s out there.

Hiring coaches, mentors, participating in mastermind and accountability groups are all invaluable in creating a business.

Outsourcing the jobs you can’t do yourself - especially technical ones - also speeds the process greatly.
9. **Collaboration and Cooperation**

Part of the new model of Sacred Work is Collaboration and Cooperation.

Look around and see who you relate to in the business world you are part of.

Look for people to partner with who can support you and whom you can support.

Use the new communication methods that include Internet radio broadcasts, blogging, and interviews to join forces for mutual benefit, to expand your outreach and enhance the benefit to those you serve.

Look for opportunities to be of service to others.

Use social media and networking to build relationships.

Reach out to colleagues and invite them to play with you.

Interaction, communication, and community are what people are looking for. The more you can provide these, the happier people will be to connect to you.

Create community or find ones you can join.

Know that others want to connect to you as much as you want to connect with them.

Don’t be shy - reach out. Others will appreciate you for doing so.
10. **Creativity and Co-creativity**

Birthing your Sacred Work is a highly Creative process.

You will create your vision, your structure, your language, your programs, your content, your copy, and so much more.

The more authentic your creations are, the more people will take notice.

Brainstorming is a great way to get your ideas out.

Mind-mapping is another way to let your ideas flow.

If you don’t like to write, you can hire someone to help you.

A lot of the creative process is Co-Creativity with Spirit.

Connect with guidance to invite and receive “creative downloads.”

Open yourself to inspiration to allow the true expression that wants to come through you.

Learn what works for you as ways to access your creative impulse.

Cultivate an ongoing process of allowing and revelation - in meditation or on walks or in other ways. Hold the theme or question in mind and invite inspiration.

Think outside the box. Don’t be afraid to be different. Different is good.

Learn to release your inner censors and play.

Let it be fun!
11. **Compassion and Caring**

In Birthing your Sacred Work you need to be kind, Compassionate, and Caring towards yourself.

The process of creating a business is intense and challenging as well as exciting and gratifying. It will bring up all your “stuff.”

In fact, it has been said that creating a business is the best self-help program.

Learn to care for yourself with whatever stress or fears come up.

Notice when inner voices of judgment or anxiety come up in response to the natural ups and downs of the process.

Learn to recognize and separate from your critical or fearful inner voices.

Learn to take one step back and observe those voices, and name them. Saying “Oh, that’s just my inner critic” can be helpful. Or ask the frightened child what she is afraid of. You can reassure her.

Remember that the critical voices are “recorded messages” from outer sources (parents, teachers, culture) - and are not telling you the truth.

Know that these structures are universal - you’re in good company.

Learn not to identify with the harsh critic or the wounded child but to hold them all in a larger space of awareness, compassion, and love.

Be gentle, tender, patient and accepting with yourself in this process. Learn an attitude of kindness, generosity, and mercy towards yourself. All of us are on a journey of soul-growth.

When in doubt, call a friend ... or take a bubble bath.

When in doubt, meditate and call in your loving Higher Self.
12. **Consistency and Continuity**

Birthing your Sacred Work requires a willingness to engage in Consistent skillful actions and practices.

First commit to a long-term relationship to your business. Take it seriously.

Know that creating any business requires planning, patience, persistence, and perseverance. (The most common reason for business failure is simply giving up too soon.)

Starting with your vision, set long-term goals, interim goals, and action steps. Break those down into first steps, and then further baby steps. Start small.

From an overview of the different aspects of your business, plan “first steps” for each aspect, as it is needed. (Don’t try to do everything at once.)

Learn the basic structures, business model, marketing steps and systems that you will need. (Consult with qualified experts to guide you in this.) Choose just a few - the ones that suit your style and that you will enjoy.

Install various systems gradually. Don’t try to do them all at once. Get help.

Choose (with help from a mentor) which actions should be your priorities.

Choose high priority actions to do on a regular basis, and stick to that schedule. Setting a routine helps. Keep a steady beat. (That could include sending a newsletter every other week, blogging twice a week, or using social media networking on a weekly basis.)

Don’t expect instant results. Remember, you’re in this for the long term.

If you don’t get the results you want the first time, don’t give up. Take the next action. And the next. And the next. Repeated actions are rewarded.

Have an accountability partner or coach to help you stay on track with your action plan. That can make all the difference! (And be kind to yourself.)
13. **Communication and Contribution**

The higher purpose of your Sacred Work is to make a Contribution. And every aspect of your business involves Communication.

What is the contribution you are here to make? That is your purpose.

Sometimes you will get bogged down in the details or mechanics of your business. At those times it can be helpful to pick your head up and look again at your purpose, your Big Why, which is the contribution you want to make.

In fact, it really helps to have a written statement of your purpose that you review regularly.

Write a verbal description of your long-term vision in which you see your purpose fulfilled. See yourself happily and successfully achieving your desired contribution. Feel the emotions of that, including gratitude.

The way you express your highest contribution involves some form of communication. Practically everything does, if you think about it.

Which ways do you like to communicate? By writing? Speaking? Using media? By creating guided meditations? By making music or art?

If you’re using the Internet to create your business, every form of communication is now at your disposal. There’s no limit to how many people you can reach, all over the world. Choose what works best for you.

Not only will your service and products be based on communication. So will your outreach to let people know what you’re doing (aka marketing). So will your website. So will your contact with vendors and collaborators.

We are living in the age of mass telecommunication. Rejoice in the vast, creative and social possibilities that have opened for you.

What a great time it is to be birthing your Sacred Work!!

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14. Celebration!

As you Birth your Sacred Work, you will have much to Celebrate - not just at the end (as if there were an “end”), but at many, many points along the way.

Learn to acknowledge, take seriously, delight in and celebrate each and every forward step you take on this journey. Write them down in a journal.

Many of us have a tendency to belittle our accomplishments, to hold ourselves to a higher standard than we would others, and to look at the negative side of the ledger sheet more than the positive side.

Actually, just the opposite is what is needed.

Did you know that the more you acknowledge and celebrate even your tiniest triumphs, the greater grows your confidence and power to meet your bigger goals?

Celebration makes the difference between a path of striving and effort and one of joy and expansion.

When you celebrate, you are actually teaching your neurons new pathways and raising your vibrational frequency in an ongoing way.

You are setting in place new connections and developing healthy habits.

You are praising your inner child and imprinting your subconscious mind with positive messages and new, empowering beliefs!

You are upleveling your energy and attracting to you even more to celebrate!!

If you have an accountability partner, buddy, or coach, make sure and include CELEBRATIONS in every session, not just challenges and next steps. And have your partner reflect back to you, so all levels of your consciousness get to hear your achievements acknowledged and praised. They will love it!

The importance of this one little secret cannot be over-stated.
Three Spiritual Notes

Love, Joy, and Gratitude don’t start with the letter C, but go a long way to insuring that your Sacred Work will get out into the world. These magnificent aspects, qualities, or soul-feelings are of the very highest vibration. Therefore, the more you dwell in them, the higher your energy will vibrate, attracting to you everything of a similar frequency. It is possible to learn to induce these feelings on purpose - one of the many techniques I like to teach. This is a form of “spiritual hygiene” that is necessary when you’re on a path of deliberately creating your life, especially when you’re Birthing your Sacred Work.

The more your perspective can become that of your Higher Self, not limited to the bounded ego-personality you have taken yourself to be for most of your life, the more you will have access to spiritual power, wisdom, and equanimity. You will be able to see the large picture, the bigger view, that reveals patterns and meaning. You will connect to the sense of burning motivation that comes from the higher realms. You will feel an inner support and sense of knowing, as well as deep and abiding peace, love, and compassion for your journey. The more you can dip into that higher perspective, the more it will lift you up and hold you aloft.

Catch a ride on the exhilarating, high-energy wave of the Evolutionary Impulse. That's the aspect of the Divine that is continually creating the entire universe out of nothing, responsible for all the change, forward momentum, and dynamism of life. We’re all going somewhere, and there’s a huge power fueling this movement. That's the exquisite urgency you may feel to be part of the new emerging reality. It is the inner thrust you feel when your own creative urge gets too strong to contain. Acknowledge that you are part of this Evolutionary Impulse of Creation, and open to it even more. Partner with it. Rejoice in it! It is expressing itself through you - and as you - right now!
Thank you for reading The Fourteen Keys to Birthing Your Sacred Work.

I hope you have found these ideas to be of value.

I recommend that you keep this document on your hard drive, or printed out, and refer back to it at various times in the development of your business, as you Birth your Sacred Work.

There is a lot in here that can be unpacked over time. Not everything will be equally relevant when you first read it, but it will be later in your process. You will want to return to this and savor different insights at different times.

You may also want to engage in deeper levels of support than this eBook can provide.

In my Birthing Your Sacred Work program, I help you discover your purpose, identify your niche, develop your business concept, uncover and clear limiting beliefs, connect to your higher guidance, lay the foundations for your business, and more.
If you’d like to find out more about my Birthing Your Sacred Work coaching program and VIP Day, you can start here: [http://soulguidanceforyourbusiness.com/services/](http://soulguidanceforyourbusiness.com/services/)

I encourage you to apply for a *free* Sacred Work Discovery Session (which includes a mini-Akashic Record reading). That way we can both discover whether this is the right moment and we are the right partners to embark on the birthing journey together. Here’s how to do that: [http://soulguidanceforyourbusiness.com/work-with-tomar/](http://soulguidanceforyourbusiness.com/work-with-tomar/)

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Tomar is the founder of Soul Guidance for Your Business and the creator of Birthing Your Sacred Work: The Five Pathways to Ignite Your Purpose, Clear Your Blocks, and Create Your Soul-Filled Business. She combines channeling the Akashic Records with creative, powerful, and insightful mentoring.

Tomar’s passion is to inspire and empower women (and visionary men) who yearn to make a difference in the world, who feel called to be part of the Global Shift that is happening now. She created her program, “Birthing Your Sacred Work,” as part of her own service as a change-agent, to help clients embrace their gifts and clear their blocks, so they can create a thriving soul-filled business that helps change the world.

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