



Finding Your Destiny

Your destiny is not something that is revealed all at once, it is something that will be revealed to you as you go through the different experiences in your life. It is more about recognizing patterns that show up in your life.

Here are a couple of journal prompts to assist you in providing a closer understanding of what aspects are tied to your destiny.

❖ **Based on an inner compass (thoughts and spiritual lens)**

In this spiritual framework your destiny is your soul's purpose, it is about who you came into this lifetime to be and become, the lessons you are meant to learn along the way, and the contributions that you are meant to make. Often, these are tied to karmic patterns, healing journeys, and a calling that feels bigger than yourself.

- What keeps calling you back? (passions, longings, repeated themes that show up in your life)
- What struggles have shaped or impacted you the most? (this is more likely repeating wounds that you are meant to heal and help others do the same)
- What brings you joy and lights you up vs. what drains you? (Joy, positive, uplifting energy, and resonance are signs of alignment.)

❖ **Astrological Lens: (using your birth chart as a reference point)**

Destiny is often connected to your North Node (considered the soul's direction of growth), as well as your Midheaven (MC, which is your public purpose and or career calling) Along with the other mentioned aspects, these reflect both inner potential and external opportunities that bring you self-actualization.

- North Node – life direction, and karmic growth
- Midheaven (MC) – career, and public presence
- Sun – essence, vitality, and core
- Saturn – discipline, mastery, and tests
- Pluto – transformation, generational soul work

Once you have determined and recognized the two above areas, we can now integrate the two different aspects to gain a clearer picture.

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Also, I wanted to provide two other perspectives that you can utilize alone or in combination with the two above noted perspectives.

There is a **Philosophical perspective**, this is based more on choice and circumstances. A perspective that aligns with the thought that it is “not always written” but more of a flow state. It is about becoming rather than having a predetermined endpoint. It is less about achieving but who you become along the way. This happens through freedom and structure, destiny and fate. We are all born into certain circumstances, although within these conditions we have choices, and how we respond is in our hands and this will shape our “destiny”. For example, fate is what happens to you, the external events, parts of you that are out of your control, but the destiny aspect is about what you make of these events. How you allow them to transform them into growth, purpose and meaning. It is like the game of chess, you start with all the pieces already established (circumstances/fate), but how you play determines how the game unfolds (choice/free will).

Then there is a more **Practical Life perspective**. This is what happens when preparation meets opportunity. It is about the life you create by aligning your values, talents, and desires with what life presents.

Please use the perspectives that resonate with you the most, feel free to combine several different perspectives to gain a clearer understanding.

With love, Ms. B