

# Signs That You've Found Your Calling

by Lissa Rankin

**Y**ou may think you've identified your calling, questioned it, become disillusioned, left it and then come back to it in a different form. The following clues let you know you're on the right track.

**You realize you've been training for this since birth.** Even the gritty things, the disappointments, regrets and screwups have all been preparation. Major life disruptions and failures were all just teaching essential lessons so that you can become who you're called to be.

**You sense ease.** In the face of obstacles—such as doors of suspected opportunity that are shut tight or relentless struggles impeding a course you thought was right—it can be hard to tell if your commitment is just being tested or you've veered off course. Such hurdles can be part of the growth process cultivating your "inner hero" necessary for the journey. Trust the sense of movement towards ease, which likely will include supportive synchronicities.

**Your health may improve.** Cravings for unhealthy foods will lessen and you'll feel more energetic. Old aches and pains might disappear; even chronic illness can fade when you're focused on your life purpose.

**You feel strangely peaceful, despite reasons to be anxious.** Your soul longs to express what you're on Earth to express, and when you finally rise into alignment with your calling, your soul does a happy dance. Even if everything else seems to be falling apart and others consider you crazy, you'll be centered in peace, relieved that you finally know what you're called to do.

**The universe rolls out the red carpet.** When called to do what is needed for the highest good of all beings, the universe bends over backwards to hand you whatever you need. No request is too small. Unexpected money flows in and other resources appear just as

you're ready to give up. You'll know you're on track, even if it is not quite clear what you're on track to do.

**People find you.** Few can fulfill a calling alone. Most of us need a tribe to lift us up as we do brave, scary, world-changing things. When you're aligned with your life purpose, the right people, including magic-wielding mentors, will find you at the right time, if only you're courageous enough to be vulnerable about what you're being called to do.

*Dr. Lissa Rankin, founder of the Whole Health Medicine Institute, is the author of Mind Over Medicine, The Fear Cure and The Anatomy of a Calling (TheAnatomyOfACalling.com).*

