# Calling Sutras

NANO-MEDITATIONS TO REALIZE YOUR LIFE PURPOSE

BY FRIC, KI FIN



# YOUR LIFE HAS A SACRED PURPOSE.

#### INTRODUCTION

### Your life has a sacred purpose.

Qualities of blessing, completeness, and inherent well-being arise when you're aligned with that sacred purpose. In those moments, there's a profound feeling state which infuses and expresses itself in every aspect of your life.

### That feeling — that way of living — is available in every moment.

This text, taken from the teachings in our What's Calling You program, provides essential instructions for realizing, embodying, and expressing your sacred purpose.

The Calling Sutras, taken to heart, will facilitate a series of shifts, openings, and realizations:

- From tension to presence
- From confusion to clarity
- · From struggle to grateful unfolding

### This is a text to be savored and meditated upon.

As you move through the text, read with a meditative mind. Open yourself to the inner meaning, the transmission of meaning encoded in the words. Read slowly and, if possible, aloud.

### As you move along, there will be a word, phrase, or passage that will call to you.

Reading these words may be like hearing your own inner wisdom speaking. The phrase may make perfect sense—confirming something you've sensed, believed, or known.

On the other hand, a phrase may make no sense at all—at least to the thinking mind. It may evoke a state of holy confusion that brings you into contact with non-conceptual wisdom.

Either way is wonderful. Notice both and pause.

### Focus on the word or phrase.

Repeat it. Let it enter your heart. Open yourself to it. Allow the revelation encoded in the words to come alive within you. As you open, the meaning will take you deeper into stillness.

### Continue exploring this word/phrase, letting it work within you.

Carry the phrase in your heart. Breathe it. Discover its meaning in your daily life. Allow its inner teaching to resonate with the wisdom within you. Stay with this word or phrase for as long as you enjoy—a day, a week...

### Stay with it until it is digested.

Stay with the same passage for as long as you like.

This is the practice of sacred reading.

The goal is not to finish the text, but rather to use the passage as a spark—to ignite the fire of awakening.

The purpose of sacred reading practice is to use the text as a bridge to the Wisdom Heart consciousness within. When you find a particularly meaningful phrase or passage, consider these questions:

- · As you open to the passage...what are you aware of?
- What insights arise? What questions? What feeling states?
- How can you embody the wisdom/feeling of this teaching in your life? Don't answer this question with words.
   Rather, do so experientially: realize, embody, and express the text with your very breath.

As the energy and wisdom of these sutras are digested into your being, your entire life will become a holy text.

Share your experience of the **Calling Sutras** with us. You can email us directly here.

Love and Shanti.

Fric

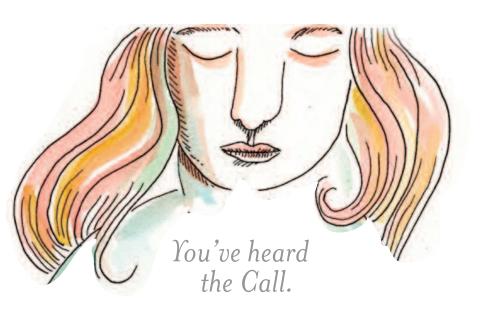
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# WHAT'S calling YOU?

### Chapter





- In the most sacred moments of your life, you heard, felt, and opened to the Call.

  You felt the Radiance that beats in the heart of Life beating, in the heart of your being.
- When the veils of conditioning dissolve, you touch and are touched by the Radiance. You hear the Call...and a revelation dawns.
- For moments...or perhaps months...
  you bask in the revelation:
  That which is beating in the Heart of Life
  is seeking to awaken in, through, and as you.





Then, the revelation fades into the conditioned sense of incompleteness which experiences life as struggle.

This fading is natural.

It reveals the limits of your capacity to sustain that awareness.

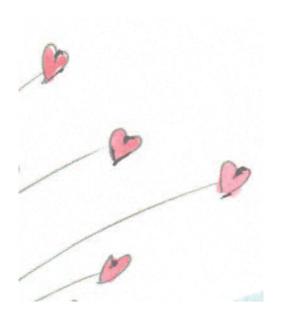
THAT WHICH IS BEATING IN THE HEART OF LIFE SEEKS TO AWAKEN IN, THROUGH, AND AS YOU.

1.5 When the undefended heart meets the unconditioned Radiance, you realize what it means to live without struggle, embodying and expressing the Radiance.



# WHAT is spiritual PRACTICE?

## Chapter 2



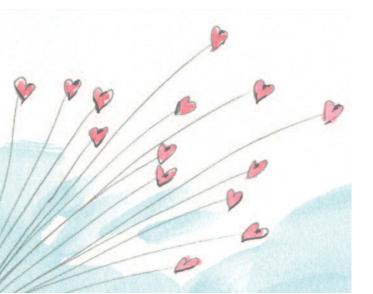
## SPIRITUAL PRACTICE CULTIVATES



### YOUR CAPACITY TO WELCOME WHAT ARISES.



- 2.1 Spiritual practice is the wise response to both the moments of communion and the fading.
- 2.2 Spiritual practice includes formal meditation, prayer, study, and reflection. Spiritual practice also includes embodying meditative awareness in all aspects of daily life.



- 2.3 Spiritual practice cultivates your capacity to realize, embody, and express the Radiance.
- 2.4 Whether experience appears as peaceful or wrathful, delightful or disturbing, spiritual practice cultivates your capacity to welcome what arises as an expression of Radiance.



2.5 Welcoming the Radiance, in this moment, is awakening.

2.6 Awakening is not an attainment.

2.7 Awakening is being who you are.



## WHAT is your PATH?

## Chapter 3



- Whatever limits or distorts your capacity to realize, embody, and express the Radiance is not an obstacle. It is the path—your path.
- 3.2 Your path is paved with patterns of unredeemed consciousness.
- 3.3 Every step of your path is marked by a pattern of consciousness that is ready to be liberated.
- You walk the path by meeting and liberating the patterns that arise. As patterns are liberated, outmoded forms of identity and ways of being are released.

3.5 With each release, new permutations of Radiance are revealed. The form of these permutations — and their associated blessings — cannot be predicted or controlled.

9.6 Permutations of Radiance arise as inspirations, insights, and openings which illuminate your mind, open your heart, enrich your relationships, and bless your life.



# openings

- 3.7 The Radiance promotes awakening by arising as the experience of this moment.
- 3.8 The precise conditions that you face right now are not problems to be solved. They are the Call.
- 3.9 The very conditions, relationships, and experiences of your daily life are calling you to awaken.

THE PRECISE CONDITIONS YOU FACE RIGHT NOW ARE NOT PROBLEMS TO BE SOLVED. THEY ARE THE CALL.

3.10 Wherever you find yourself is your path.
The spiritual path is your life.





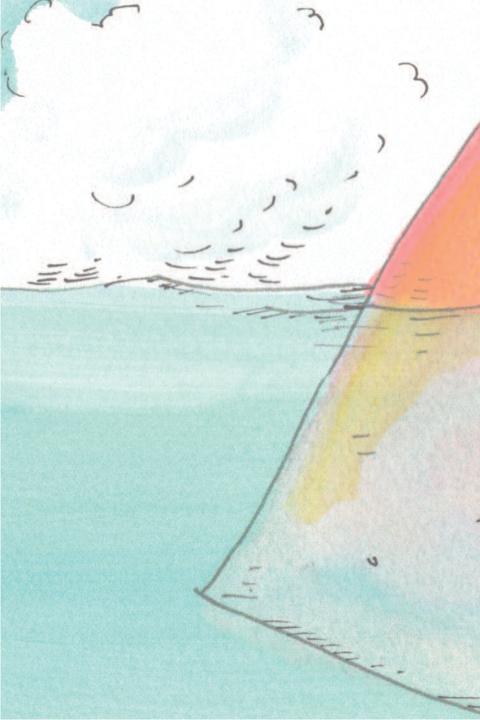
## TURN toward your LIFE

## Chapter



- 4.1 Your life is structured to provide the optimum conditions for you to realize, embody, and express the Radiance.
- 4.2 The conditions you face inward and outward are perfectly designed for you. Your experiences are structured precisely to facilitate awakening.
- 4.3 The spiritual path doesn't lead you away from your life; it turns directly toward your experience in this moment.

## THE CONDITIONS YOU FACE ARE STRUCTURED PRECISELY TO FACILITATE AWAKENING.

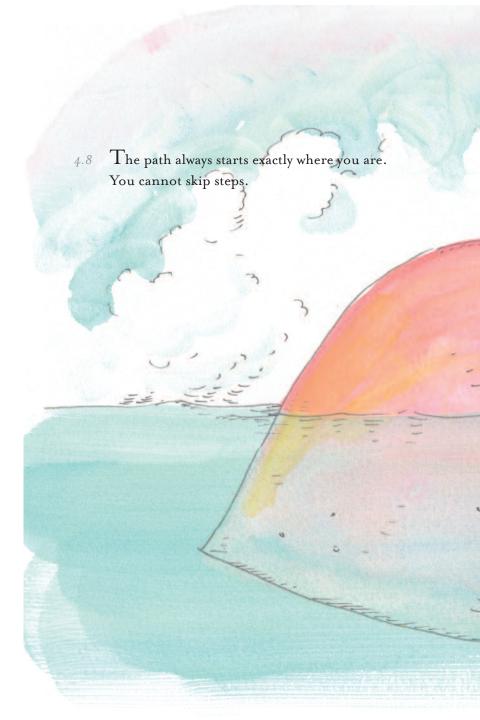




- 4.4 Spiritual practice is turning toward your life with loving awareness.
- 4.5 Loving awareness dissolves the veils of conditioning which distract you from the wisdom encoded in your life conditions.



- 4.6 Until you meet your life fully as it is the wisdom which is encoded in experience will be concealed, and the next step of your awakening journey will remain hidden.
- 4.7 Entering deeply into your life, reveals the Radiance and the sacred nature of your path.





## FEEDING the FIRE



Walking the path is not all rainbows and light. It is fierce and fiery.

5.2 To heed the Call, you must face and feed the fire.

5.3 There are sacrifices to be made.







THE SPIRITUAL PATH IS INTENTIONAL.

- There are habits of mind, emotional patterns, and ways of being in the world which will be fed into the fire and sacrificed each time you choose to follow the Call.
- 5.5 Whatever fragments your psyche and divides your life is offered to the fire of awakening.
- 5.6 It can take many years of struggle and suffering before consciousness begins to awaken. It can take many cycles of reactivity and relief before you choose the path of intentional awakening.

- 5.7 Moments of relief—even profound relief—come and go; as do those of suffering.

  These have nothing to do with walking the spiritual path.
- 5.8 The spiritual path is intentional.
- 5.9 Spiritual practice is the choice of assenting to and aligning with the Radiance.

5.10 Spiritual practice is intentionally aligning your life energy with the awakening impulse of the Radiance.



# The horizon of AWARENESS





- 6.1 In formal meditation, the patterns of consciousness that express themselves as your life conditions return to unconditioned Radiance.
- 6.2 As you emerge from formal practice, the Radiance takes form as your life.

emerge

- 6.3 The path of practice includes both formal rituals of inner communion and equally important informal rituals of embodying and expressing the Radiance in daily life.
- 6.4 Through formal and informal spiritual practices, your horizon of awareness expands. You recognize that your life is more than a sequence of events.
- 6.5 Your life is awakening itself.





YOUR LIFE IS AWAKENING ITSELF.

# LIFE is knocking

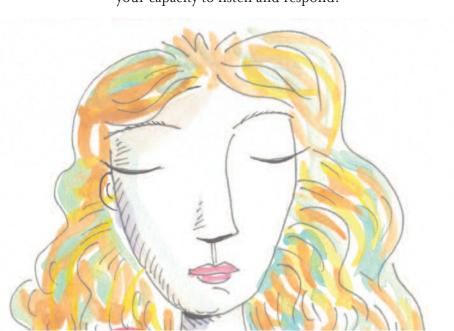


#### TO HEAR

7.1 Life is knocking on the door of your consciousness.

Life knocks in whatever way you are able to notice.

7.2 Life knocks in the most subtle, gentle way and also forcefully.This knocking follows a progression—based on your capacity to listen and respond.



#### THE SILENT CALL, THE MIND MUST BE STILL.

- 7.3 The first knock or Call to awaken is silence.
- 7.4 To hear the silent call, the mind must be still, uncluttered by contradictory beliefs and emotional tensions. In the state of integrated awareness, you naturally respond to the silence and follow the guidance of the unspoken teachings.
- 7.5 If you can't hear the silent call and are unable to respond to gentle knocking, if the subtle message becomes lost in a swirl of emotions, the Radiance will adapt to your capacity and turn up the volume.

- 7.6 The Call becomes louder; the knocking intensifies. This increasing intensity manifests as more and more dramatic events messages which become harder and harder to ignore.
- 7.7 Life never judges.

  Life offers infinite opportunities for you to awaken, to realize, and to embody your deepest purpose.

7.8 Life does this in ways that are soft, gentle, and soothing —AND — in ways which are as hard, challenging, and shocking as necessary to penetrate the swirling emotions and contradictory thoughts of conditioning.

7.9 At a pivotal point, the intensity of the Call will match your capacity to attune.



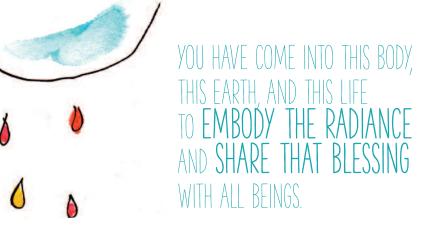
# The Relentless commitment





- 8.1 Radiance is fully, unconditionally, and relentlessly committed to your awakening.

  That's what every moment of sacred awareness reveals.
- 8.2 The fullness of spiritual awakening does not take you away from your life.
- 8.3 This body, this Earth, this life are not separate from the deepest wisdom, generativity, and bliss.



- 8.4 You have come into this body, this Earth, and this life to embody the Radiance and share that blessing with all beings.
- 8.5 No matter how many times you wander away, get distracted, or find yourself lost in drama, return to the awakening path.
- 8.6 Return with gratitude. Return with ease.

  The movement of the path is never straight—
  it is ever-returning.

- 8.7 Return to the practice and the path with graciousness, as if you were escorting an honored guest to her seat at the head of the table.
- 8.9 You don't have to make an extravagant gesture or endure grueling privations to return to the path. Drama rarely equates with awakening.

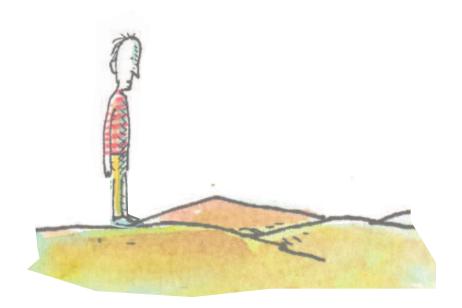


8.10 The entrance to the awakening path is where you are.

8.11 The entry to transformation is always at hand—when the next conditioned thought arises.



#### On Holy Ground



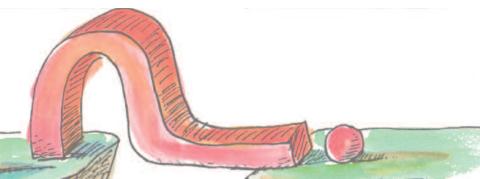
9.1 The ground you're standing on—your current situation—is holy.

No matter how it may appear to culturally conditioned eyes, your situation—in its smallest details—is sacred.

9.2 As you awaken to the Radiance of your life—
just as it is—grace descends and illuminates the
path.

As you step forward, you receive a new revelation.

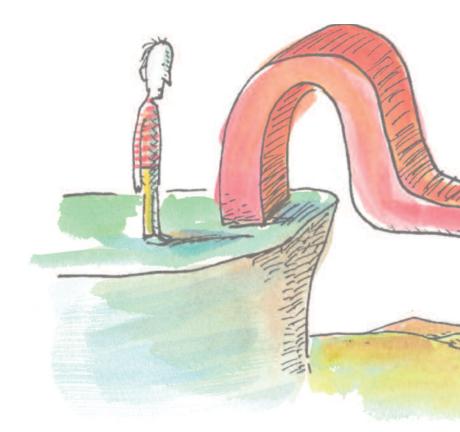
9.3 This revelation comes from the Radiance itself. It unfolds in, through, and as, your life.



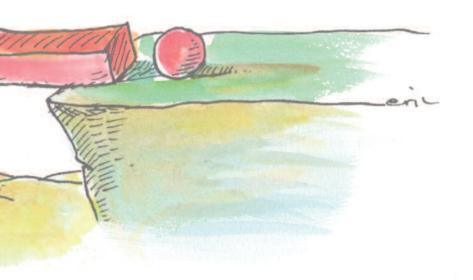
- 9.4 As you walk the path, new ways of being in the world are revealed.

  New ways of relating to experience, to people, to thoughts, and emotions naturally arise.
- 9.5 The deepest wisdom reveals itself in the simple details of your life.
- 9.6 As you open, Radiance illuminates the hidden places of incompleteness and uncertainty in your memory tracks.

NO MATTER HOW IT MAY APPEAR TO CULTURALLY CONDITIONED EYES, YOUR SITUATION - IN ITS SMALLEST DETAILS - IS SACRED. 9.7 Where there is darkness, light dawns.
Where there is longing, love overflows.
Where there is fear, courage blossoms.



- 9.8 Without fanfare, the dignity and precious nature of your life reveals itself.
- 9.9 Without sorrow or regret, the unfinished and broken nature of your life and your world reveal the path of awakening.



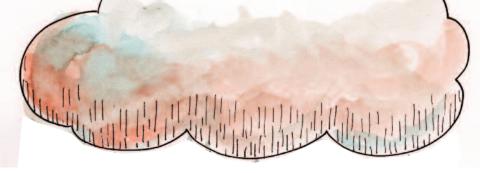
### the Privilege of Awakening





- 10.1 With gentleness and gratitude, meet whatever arises as a wound to be healed, a pattern to be released, and a teaching to be received.
- 10.2 See how your own transformation and the transformation of all that is around you are profoundly intertwined. It becomes your privilege to live with more awareness and integrity.
- 10.3 As you open to Radiance, you relax more and more into the momentum of awakening.

Release

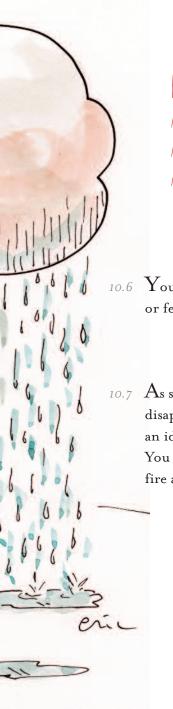


10.4 You turn more and more joyously toward your life, releasing outmoded self-images into the fire.

10.5 As each self-image releases, the Radiance reveals a deeper teaching: you are not your self-images, not your personal or cultural history.







# MEET WHATEVER ARISES AS A WOUND TO BE HEALED, A PATTERN TO BE RELEASED, AND A **TEACHING** TO BE RECEIVED.

10.6 You are not the ideas, projections, hopes, or fears you have had about yourself.

10.7 As self-images fall away...you do not disappear. The you which remains is not an idea, not a projection.

You are the Radiance from which the

fire arises.

# the PACE of Integration

## Chapter **1**



Life is knocking at the door of your consciousness.

It's up to you to open the door.

It's important in this practice to remember gentleness.Be gentle with yourself and all that arises.

11.3 The movement of awakening proceeds at the pace of integration.

There's no forcing and no skipping steps.

Gentleness does not reduce the profound intensity of the process.

Rather, it opens you to the fire without the drama.



## LIFE IS KNOCKING AT THE DOOR OF YOUR CONSCIOUSNESS. IT'S UP TO YOU TO OPEN THE DOOR.



11.5 Being gentle doesn't mean indulging in or identifying with conditioned patterns.

It means allowing them be transformed by the Radiance—without any additional effort on your part.

11.6 It's not up to you to transform the patterns.

Radiance itself does all the work.



## RADICAL embodiment

## Chapter 12



#### CONSENT TO THE BLESSING OF THE RADIANCE.

- 12.1 Conditioning is not an obstacle to awakening.

  The patterns of conditioning are not in your way. They are the way.
- 12.2 Wherever you turn, there are the patterns of conditioning waiting for liberation.

  These patterns are the path.
- 12.3 Liberated patterns are not destroyed.

  They are redeemed, renewed, and reintegrated in a new revelation, a new recognition—a more complete embodiment of who you are.



- 12.4 Your embodiment of the Radiance is radically individual.
- 12.5 As you awaken, you become yourself.

  You more fully and authentically reflect
  Radiance in the ordinary moments of life.
- 12.6 You can't plan this process or predict it.
  Allow the Radiance to guide you.



patterns



- 12.7 Put your attention and energy on the practice itself and the main thing you can do: consent to the blessing of the Radiance.
- 12.8 Life will knock, but not intrude.

  Your consent opens the gate which allows the Radiance to do all the work.

# offer your GIFTS

## Chapter 13



- 13.1 You are a uniquely designed instrument with a special song to offer the world.
- 13.2 Offer your gifts to the world.
- 13.3 Your gifts are woven into the fabric of your being.To deny or denigrate your gifts is to hold back the generative impulse of the Radiance.



- 13.4 Life gives and receives endlessly through you and to you.It hurts to constrain what you came into this life to realize, embody, and express.
- 13.5 When you intentionally align with the Radiance, you open to purer and purer expressions of who you are, and richer and richer experiences of creativity, love, and presence.



#### MEET WHATEVER ARISES AS A **TEACHING** TO BE

- 13.6 Hearing the Call awakens an inner commitment to wholeness.

  It reminds you to step more fully and authentically into your life—to realize, embody, and express Radiance in the simplicity of daily life.
- 13.7 Nothing can be left behind on this journey. You proceed at the pace of integration... or not at all.
- 13.8 The Call is an invitation to embrace a deeper, more integrated, expansive way of being.

  To redeem that which has been rejected, denied, unloved, and demeaned.

### RECEIVED.

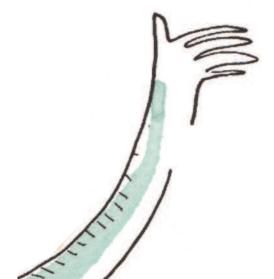
13.9 You are Called to bless and liberate all patterns of reactivity, so the energy and intelligence which had been devoted to self-protection can now be given as offerings to life.



# BROKEN and precious

## Chapter 14





The situation in which you find yourself, will almost always appear mixed.



14.2 It is in the midst of life's not-quite-rightness that you attune to the Radiance and step forward to manifest your next level of awakening and integration.



14.3 It is within the unsatisfactory and unsettled conditions that you open and step forward. The broken nature of the world and the incomplete nature of your realization are your invitations to heed the Call.



#### THE CALL MAKES EACH MOMENT PRECIOUS.

14.4 The incompleteness of the world and your own incompleteness fit each other.

Your need for wholeness and the world's need for healing and service complete each other.



14.5 As you align with the Radiance, the sense of being on your true path arises.

This sense is tangible, not conceptual.



14.6 Situations, projects, relationships can be going poorly, full of delays and obstacles.

But through it all, you feel a palpable quality of aliveness which sharpens your awareness and deepens your appreciation of how the Radiance arises at this present moment.



- 14.7 Attunement to the Call makes each moment precious.
- 14.8 Each moment, each conversation, interaction and event, is an invitation to align with what's Calling you.
- 14.9 The more you struggle against outer conditions without attending to inner transformation, the more road blocks you encounter.

  Life won't allow you to skip steps.



14.10 The more you deepen your meditative capacity, the more smoothly the process unfolds.



# a moment of TRUTH

## Chapter 15



## THE MORE INTEGRATED YOU BECOME, THE MORE THE UNFOLDING PROCESS

Obstacles and challenges naturally arise.

Do not hope for their demise. Do not avoid them. They are the path.

15.2 The more integrated you become, the more you relax into the unfolding process.

15.3 As inner work and outer action fuse, you more effortlessly make the contribution which is uniquely yours to offer the world.

## YOU RELAX INTO



- 15.4 The situation around you and the psychological patterns within you mirror each other.
- 15.5 That which arises as external experience offers the ideal conditions for you to transform patterns of reactivity within.
- 15.6 You marvel at the design of it all.

  And you make an unconditional commitment—
  to heed the Call.



- As you follow what's Calling you, you grow to appreciate the ways in which life responds to your every move.
- You see that life never intrudes, but always reflects and invites.Life always supports you. It only waits for an uncontrived clear signal from you.





Every moment of life is a moment of truth a moment for wholeheartedly embodying the Radiance; not perfectly ...wholeheartedly.

15.10 Life calls to you at every moment and you, by how you live, answer that Call.



#### WHAT'S NEXT?

#### Use our FREE Exercise & Workbook

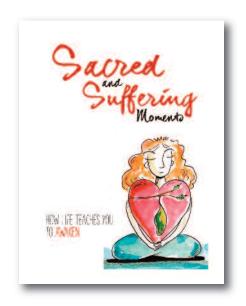
Having read the Sutras, the next step is to apply the teachings to your life. We've selected a powerful exercise from our *What's Calling You* program and prepared a special workbook to help you do just that.

The exercise is called Sacred & Suffering Moments: How Life Teaches You to Awaken

This exercise shows you how to:

- Discover the spiritual message encoded in your daily life experiences
- Open to the energy and intelligence of your soul
- Let go of struggle and embrace your purpose

Click here for your FREE workbook.





### about THE AUTHOR

ERIC KLEIN is a meditation teacher, best-selling leadership author, and an ordained swami of the Kriya Yoga lineage. Through Wisdom Heart he offers teachings for realizing the deepest wisdom and mystical awareness into daily life.

Over the past 40 years, he's worked with tens of thousands of people in a wide variety of settings: meditation retreats, leadership trainings and keynotes, individual coaching, and online spiritual programs including: The Meditation Habit, Healing Family Karma, Overcoming Inner Obstacles, Mantra Wave Meditation, and What's Calling You.

He is the author of You are the Leader You've Been Waiting For (Nautilus award winner in Conscious Business & Leadership catagory) and Awakening Corporate Soul (over 200,000 copies sold) and the creator of The Mindful Team.

His organizational clients include: AT&T, Hewlett Packard, Southern California Edison, NCR Corporation, Qualcomm, Computer Sciences Corporation, Internal Revenue Service, Department of the Navy, IBM, Kaiser Permanente, Sempra Energy, and many others.

Learn more at www.wisdomheart.com and www.themindfulteam.com



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#### GET IN TOUCH

Feel free to write with any questions, comments, or suggestions. eric@wisdomheart.com

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