



Mark Walsh: How To Not Waste Your Life: The Embodiment Of Life Purpose



Mark Walsh is the founder of the Embodied Facilitator Course, the Embodiment Podcast and the Embodiment Conference. Mark has dedicated his adult life to studying the “embodied” approach to being a leadership trainer. Hear his thoughts on how to find or better tune to your life purpose.

TOP EMBODIMENT TIP: The body is a radar for life purpose.

Life Purpose: **How to find your purpose and get better at it.**

- Why is it useful to deepen your sense of purpose? It gives a sense of vibrancy, a sense of living a full life. Pleasure is important but it is not the most important part of life. You can think of life purpose as a combination of things - what you love, what you are good at, what is service to others, what people would pay for. However, discovering a purpose might not be for everyone.
- **What do you love? What would you do for free? What brings you alive? What was the best part of your day? What's giving you energy even when you are tired? What do you get obsessed with?** Inquire deeply in your body.
Find something you like and practice it!
- If you are not doing what you love today, this might not be your fault. But if you don't do what you love in three years, that's *your responsibility*. If you want to get a chance at finding your purpose, you will have to give stuff up. How much are you prepared to suffer for what you want?
- Who are your heroes? It's not what they are doing, it's *how* they are doing it.
- **What are you good at?** Ask people around what they think you are good at. What would people come to you for?
- It might have been done by someone else already, but it hasn't been done by you. A different person doing the same thing makes a different thing.
- **How do you serve people?** If you are not helping, that's not Purpose. Who do you find yourself called to help?
- Most people don't want you to be on purpose. Remember what your values are. Be merciless in your boundaries.
- When you find what you love to do, learn to make money with it. Learn marketing; Start charging for what you do.

Blocks: **When you know what you want but you still feel blocked.**

- This is absolutely normal. Everyone has their insecurities and confidence issues. **Practice.** Surround yourself by mentors, by people who support you. **Be passionate about what you do and ask them how you can help them.** Don't be the “*give me*” type. Also don't be afraid just to ask them, “*Will you be my mentor?*”

Resources

- ❖ **Courses:** [Embodied Facilitator Course](#)
- ❖ **Website:** theembodimentconference.org



❖ References: [Purpose Black Belt Videos on Youtube](#)

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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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