

Cultural Daily

Independent Voices, New Perspectives

I Know There Is Something I Am Supposed to Do, I Just Don't Know How to Figure It Out!

Our Friends · Friday, August 28th, 2020

When you were a child and adults asked you what you wanted to be when you grew up, did you know? Chances are, probably not. As you've grown older you've likely matured. You've formed meaningful relationships, acquired new skills, and maybe even built a career. You've also likely discovered that these life developments—although rich and valuable—have still left you feeling empty and directionless. Sound familiar? Take a deep breath; you're not alone in seeking purpose and direction.

Many individuals continue to feel directionless and unfulfilled long into their adult years. As a spiritual teacher and master shamanic healer, [Gregory Drambour](#) helps others overcome persistent internal blocks in order to confidently move forward with purpose-rich lives. During his Sedona Spiritual Retreats, Drambour calls on his 35 years of experience in the field to empower others on their spiritual and physical journeys, delivering guidance on enlightenment, accelerated personal healing, purpose, forgiveness, the laws of attraction, relationships, and more. Here is a lament heard often during his sessions and retreats: "I know there's something I'm supposed to do, I just don't know how to figure it out."

Free Yourself From Having A Negative Opinion About "Not Knowing"

First, Gregory Drambour suggests to let go of having a negative opinion about "not knowing" what direction to go in. If you get down on yourself or in frustration, it will block the "spiritual whispers" from flowing up from your soul. Everyone has felt this stuck-ness – it's what he calls the "principle of inevitable." Just be kind to yourself about not knowing. That kindness will open the gate to navigation from your wisdom. In fact, your wisdom is waiting to offer you help – it's like your best friend.

Make An Invitation To Divinity/Wisdom

When Gregory Drambour's clients seek him out for guidance on creating purposeful change in their lives, his primary focus is teaching them how to truly listen to themselves and then become masterful at making an "Invitation to Divinity/Wisdom." That can be as simple as: "I invite my Divinity to offer me insight on what agreement I am holding onto that is blocking my true destiny from flowing up." Most of us have spent our lives bombarded by the noise of expectations: the things we're supposed to do, the things we're supposed to feel, the person we're supposed to be. Amidst the uproar, we never have the opportunity to hear the whisper of our inner voice—we

never get the chance to truly connect with ourselves and become acquainted with our innate desires. No wonder it can be so difficult to know our path and purpose.

The next powerful step is to let go and be in deep faith that an insight will flow up from the nothingness. Here is a clue: if you make the Invitation and then get back up into frustration (which is getting out of faith), it will nullify the invitation! Faith is the key here.

Move Forward Fearlessly

Moving forward on your intended path requires one essential thing: action. Don't wait for answers, don't hope for inspiration to strike like lightning. For many, it never will. Most importantly, stop continually drowning out your inner voice by overthinking your next steps. Remember – progress not perfection. The journey to your true calling is not about thought or logic—it's about allowing yourself to hear the “spiritual whispers” inside yourself and then acting on them, Gregory Drambour calls this having “No Gap” – meaning there is no gap between the whisper and taking action.

So move fearlessly. Listen to your inner voice, notice your true desires, and take immediate action. As you go forward, you'll find your spiritual self will guide you, steady your foot, and unrolling your path as you go. All you need to do is take that first step and continue listening as you go, drawing yourself closer and closer to your true purpose.

If you're struggling to surrender your expectations and tap into your inner voice, Gregory Drambour's [Sedona Retreats](#) are able to help put you in deep communication with yourself and set you on a path towards meaningful empowerment. “Forget motivation,” Gregory Drambour instructs during one of his transformational [YouTube teachings](#): “Let go of waiting to feel a certain set of feelings to go forward, in other words, stop waiting to be motivated or inspired and just do it! It will be uncomfortable, but it will really only last for a moment. And then you will shoot forward in creative joy!”

Gregory Drambour is the owner of Sedona Sacred Journeys and author of three books on practical spirituality and shamanism: The Shaman & His Daughter, The Lead Guitarist & The Sisterhood of the Wolf and The Woodstock Bridge.

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This entry was posted on Friday, August 28th, 2020 at 11:51 am and is filed under [Lifestyle](#), [Sponsored](#)

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