

What if the greatest tragedy isn't failing... but never answering the call of your soul that keeps whispering to you?

### **Howard Thurman and Martin Luther King Jr. – A Story of Answering the Call**

Howard Thurman had a choice: to stay in the safety of a respected academic career or follow a deeper call, a soul call, into spiritual activism and contemplative leadership. He wrestled with it. Delayed. Questioned. But eventually, he listened. That choice didn't just transform his life; it changed the course of history. His spiritual mentorship became the foundation for Dr. Martin Luther King Jr.'s movement for justice.

Thurman famously said: *"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive."*

### **Have You Ever Missed an Important Call?**

Have you ever missed a call because your phone was silent, or you didn't recognize the number? Spiritually, we do this all the time. Our soul rings... and rings... and sometimes we hit "decline" without realizing what we're doing.

### **You Are the Answer You've Been Waiting For**

This talk is titled *You Are the Answer You've Been Waiting For* because we keep looking outside ourselves for the big moment, the big sign, the expert advice, the green light.

But guess what?

**The call isn't coming from "out there." It's coming from within.**

That longing you feel. That restlessness, that daydream, that nudge? Your soul says, *"You were made for more, and I'm not giving up on you."*

### **The Soul's Call**

The call of the soul is often quiet but powerful. It whispers in restlessness, nudges through intuition, and sometimes shows up as discomfort.

The soul speaks through:

- **Intuition** – A gut feeling that bypasses logic
- **Imagination** – Daydreams or visions of a life that lights you up
- **Compassion** – A heart pull to serve, love, or heal
- **Creativity** – Those moments where time disappears, and your spirit takes over
- **Discomfort** – That holy irritation that says, *"Something has to change."*

It's not always convenient. It's not always clear. But it's always true.

### **We Look Outside Ourselves for Answers**

We turn to podcasts, books, friends, and teachers. Those are great tools. But if we don't tune inward, we miss the wisdom waiting in silence. Because real guidance doesn't shout; it whispers. And you already have what you're looking for. You are the answer you've been waiting for.

## **Samuel & White Buffalo Calf Woman – Two Sacred Call Stories**

In 1 Samuel 3, young Samuel hears his name called at night. He thinks it's the priest Eli, but it turns out it is God. When Samuel finally recognizes the call, he says, *"Speak, Lord, for your servant is listening."* In Lakota tradition, White Buffalo Calf Woman appears during a time of hunger and hardship, offering sacred teachings about harmony, prayer, and interconnectedness. One scout approaches her with disrespect, and he immediately disintegrates. The other, in reverence, listens and receives a vision that transforms his people. Whether in ancient scripture or Indigenous wisdom, the soul's call comes through mystery and requires our willingness to listen.

## **Practices to Hear the Call**

Want to hear your soul more clearly? Try these:

### **1. Stillness and Meditation**

Start the day in silence. Ask, *"What does my soul want me to know?"*

### **2. Journaling**

Let your soul speak through your pen. Ask open questions like, *"Where am I being called to grow?"* and write without editing.

### **3. Affirmative Prayer**

Declare your readiness. Example: *"The wisdom of Spirit moves through me now. I am listening."*

### **4. Inspired Action**

Take one small step. Make the call. Sign up for the class. Write the paragraph. Forgive the person. It doesn't have to be dramatic. It just must be authentic.

## **What If I Feel Stuck?**

Stuck is sacred, too. Sometimes, we feel confused, uncertain, even lost. But those moments are fertile ground for transformation. Answering your soul's call isn't easy. It asks you to let go of comfort, step into the unknown, and move even when the path isn't fully lit. But when you do? You feel ALIVE. You begin to trust that Spirit isn't holding back on you; it's waiting on you.

## **Challenge & Call to Action**

So, here's your challenge this week. Reflect on these questions:

- Where are you feeling the soul's nudge?
- What have you been postponing or pretending not to know?
- What would it look like to say YES today?

Write it down.

Speak it aloud.

Take one step. Just one.

And if you're not sure what your soul is saying? Then, your first step is to listen.

Be still. Be curious. Be willing.

**Affirmation:** *"I listen deeply. I trust fully. I answer the call of my soul. I am the answer I've been waiting for."*

Your soul isn't waiting for you to be perfect.

It's waiting for you to be present.

The call is already ringing.

So go ahead. Pick it up.

Because the world needs more people who are fully alive.

And that means YOU.