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The Awakening of  
Purpose Through  
*Passion and Pain*



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Purpose Through  
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## FOREWORD

**I**n a world filled with endless possibilities and challenges, the journey of awakening one's purpose is a sacred and transformative odyssey. It is a path illuminated by both the radiant light of passion and the profound lessons of pain. The pages you are about to delve into offer a map to navigate this extraordinary terrain.

Within Ihu's words, you'll discover the essence of purpose – a beacon that draws us closer to our true selves. Through passion, we find the unbridled energy that fuels our souls, and through pain, we unearth the hidden gems of wisdom that ultimately guide us to our higher calling.

As I reflect on the pages of this book, I'm reminded of the age-old saying that it's often in the darkest of nights that we see the brightest stars. This book shines a light on the importance of embracing both our joys and sorrows, our victories and defeats, for they are the threads that weave the fabric of our unique purpose.

Ihu's profound insights and heartfelt stories take you on a journey of self-discovery, encouraging you to explore your passions, confront your pains and transmute them to something that becomes not only beneficial to you, but shines a light on a world that so needs it. In doing so, it unlocks the door to a purpose that transcends the ordinary. It is my sincere hope that as you read these pages, you will feel a deep resonance with the wisdom within and find the inspiration to embark on your true path to awakening purpose.

May this book be your trusted guide, as you set forth on this extraordinary quest. With an open heart and a willingness to embrace all that life offers, you are on the cusp of a remarkable transformation. Remember, it is through passion and pain that we awaken to the purpose that has been calling us all along.

*Marie Diamond*

*Transformational Leader, Speaker and Author*

## INTRODUCTION

**T**urning *Pain into Purpose* is for everyone who has ever asked themselves, “Why am I here? Why me? Why did I go through that painful experience?”

The book is designed to:

- ◇ Take you on a journey of discovery
- ◇ Draw out your purpose in life
- ◇ Turn around painful experiences that you have gone through
- ◇ Pursue your purpose, helping others make sense of situations that may seem senseless or too painful to bear.

I am on a mission to deliver some tools and strategies that will enable you to discover your unique gifts and turn your pain into purpose, creating a fulfilled life.

I was led to write this book by divine inspiration, that we have all come to this world for a purpose. The variety of human personalities, preferences, pre-dispositions, and experiences are far too unique and at the same time universal not to be by a greater design and for a higher purpose.

Having a deep-rooted faith and love of God, as well as a deep connection to my own purpose, I believe that this book will have a broad appeal to all people of all faiths. The intention, while referencing Biblical stories, is to explain the metaphorical meaning so that we all understand the messages and power of love, faith and hope.

I hope that my book will contribute to the building a global community of awakened, purpose-driven individuals, who are using their gifts and redefining their painful experiences to transform themselves and others.

This is important to me because I feel that each human soul has a precious gift to give. The sooner this gift is discovered, the less pain will be endured in searching for it. Consequently, the more precious lives would be saved from living without meaning, being directionless, and having destitute existences. My vision is for us all to ultimately become awakened, happier members of humanity.

Turning Pain into Purpose has religious undertones with a generous smattering of biblical references and quotes. The Christian Bible is my reference point and even though you may not be religious in any shape or form, most of you will resonate with the universal wisdom, narrative and stories contained in the bible.

This book is from a mainly Christian viewpoint but of course, other religious beliefs also embrace the power of

passion, self-knowledge and purpose. Many of us seek a higher purpose of some sort, be it via religion or spirituality.

You will also find threads which resonate with my values: Creativity built on inspiration, intuition and innovation; Integrity built on truth, honesty and trust; and finally, Courage built on conviction, determination, and vision.

I hope you enjoy reading the book.

*Thu Nweke*



# CHAPTER ONE

## Self-knowledge, Purpose and Passion

*All things were created by him, and for him*  
(Colossians 1:16)

**W**hat is the meaning of purpose? This is the one question that has captivated humanity since time immemorial. The Oxford English Dictionary definition of purpose is:

*the reason for which something is done or created,  
or for which something exists*

Humanity has always wanted to know the reason for its existence. There is and always has been so much talk about purpose, however, many people in their 40s, 50s, and 60s still don't know what is their life's purpose. Indeed, many never discover it.

Many leaders today have outlined their definitions of purpose through interviews and publications. Author Bob Procter simply said, "Purpose is what we love to do."

And Oprah Winfrey's purpose is "To be a teacher. And to be known for inspiring my students to be more than they thought they could be." My definition of purpose is doing the things that we were created to do.

Another apt description of purpose is given by author, Lindsay Paterson, who describes purpose as, "How you use your experiences, talents, and passions to better the lives of those around you."

For me, your purpose is your life's work and the reason for your existence. The innate talents that we are born with, our natural passions, preferences and inclinations, all point towards our purpose. Our life experiences, the ups and particularly the downs, indicate how we direct those efforts and talents towards fulfilling our ultimate purpose on earth.

I believe that we are all an expression of the God-source. In Christianity, many believe that the use of our gifts, talents and experiences to the service of humanity honours God and is a form of worshipping Him. This life-giving source is magnified by showcasing your talents and is glorified when the world benefits from the talents He has gifted you which display His magnificence.

## ***The importance of self-knowledge***

I think that most of the problems that you face in life are based on the lack of realisation that you are made in the image of a higher -power and harness this image yourselves, therefore, the situations you find yourself in are consciously or unconsciously created by you. This perspective leads to your acknowledgement that you too are a creator.

Indeed, the Apostle Paul states in Romans 12:2, “Do not be conformed to this world but be transformed by the renewing of your mind.”

Once armed with this knowledge, you will know how to respond when you are placed in an environment or situation where you are being treated in the wrong manner. If you do not have self-knowledge, you will accept any situation and/or treatment and feel helpless to change it. It's about knowing your value and how you can enrich the world through your purpose.

Every situation in life is based on your self-image and your concept of who you are. The terms ‘Man of God’ or ‘Woman of God’ are religious, rather dogmatic terms because all humans are in effect, men and women of God, as we are all made in the likeness of God. Whether or not we realise this truth is another matter...

“So God created man in his own image, in the image of God he created him; male and female he created them.” (Genesis 1:27)

Moreover, Daniel says, “Those who know their God shall be great and do exploits.” (Daniel 11:32)

However, I always wondered whether this was a misinterpretation and whether the correct scripture should have been, “Those who know they're God (in other words, those who are fully convinced of the power and essence from God in themselves) shall be great and do exploits.”

Humans are supposed to be the masters of and have dominion over our environment and situations (which includes our works of Life) and it is in this mastery that we can show others the way. We are meant to help each other

within the specific areas of our ‘God domain’, and in so doing, we are transformed to become more like the God-source in all of us.

The expression of Divinity in you is limitless, but it is based on your ability to receive it. You are born with free will which enables you to make choices; choices that support your values and who you are, no matter your circumstances, whether they are adverse or favourable, negative or positive or entrapping or freeing. Your free will is always in operation and your capacity to receive is based on your level of belief in yourself and the power in you to change your situation or affect that change. In other words **your faith**.

As Jesus said to Matthew,

“ Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”  
(Matthew 17:20)

## **Fear limits our faith**

Fear, which is the opposite of faith, limits our belief and makes us waiver, over-prepare or procrastinate. We can see this in the Bible when Jesus beckoned Peter to walk on water. Peter could walk on water when he was walking ‘in faith’, however, as soon as his faith waived through the onset of fear, (i.e. about what he was able to achieve) walking on water became impossible and Peter began to sink.

Fashion is one of my passions and in 2014 I was given an opportunity as part of a project to bring female black entrepreneurs to the world stage. I was offered to showcase a collection of jewellery at African Fashion Week, in

London. I had partially started the collection but had yet to complete it. I accepted the offer in faith and decided to work frantically on my collection to complete it on time. The result was that I was catapulted onto the world stage, thus kick-starting my formal fashion design career. Without my faith and acceptance of the offer, I would not have gained recognition and exposure for the work that I loved.

It is impossible to please God without believing in ourselves. Without internal belief, we cannot manifest the potential of our highest power and nature without stretching our faith beyond our perceptions and walking through life in that belief. Choosing to walk with purpose means dwelling in the full expression of your divine beliefs through your thoughts, words and deeds. Faith is not an intellectual exercise and is nothing without good intentions that are backed up by action because true faith is manifested in what you do and the positive ripples that it produces among people and communities. Faith is the fuel that causes us to act; our thoughts, words and actions are the manifestation of that faith.

The great boxer Muhammed Ali was known for his famous quote, 'I am the greatest.' In fact, what he said was, "I said I was the greatest before I ever was." He backed up this belief by fighting many of the greatest heavyweight boxers of his time, such as Joe Frazier, and his self-belief proved correct! If he boasted that he was the greatest without ever stepping into the boxing ring, he would have been known as a laughingstock or a dreamer and would never have become an icon. He believed that his status would provide a higher stage to share his purpose – the words and actions of which would bring freedom to many.

John 4:18 says, "Perfect love drives out fear". If fear is the opposite of faith, then love and faith are synonymous. One

cannot love fully with fear. Think of a newborn baby, who is the truest and purest essence of our God-self, who has not been shaped by life experiences; it loves and trusts with no fear.

To deepen your understanding, consider why the scriptures say, “The righteous shall live by faith.” (Galatians 3:11)

The Bible is filled with many metaphors to help you understand its messages. Faith is the oxygen of living our lives in the fullness of our God-like selves, which is love. God is love and fear is the downfall and destruction of His power.

“Faith is the substance of things hoped for, the evidence of things not yet seen.”  
(Hebrews 11:1)

It is easy to strengthen faith when you see and witness evidence of it, however, having faith in what you cannot or have not seen yet is a testimony to your belief of a higher power. If you can see the full picture and the outcome beforehand, then this is a certainty rather than faith. It is through taking each step and action at a time that the next step or action is revealed.

Now that we have explored the story of Peter walking on water without faith and understood the power of faith, let us revisit the story underpinned with faith. The water was not solid before Peter stepped out of the boat. When Jesus asked him to follow Him and walk on water, Peter put one foot in front of another with faith, and so the water solidified under his feet.

It is by taking one step of obedience after another, such as sitting down at your desk in front of your laptop to write your

book, paying for a sewing machine, or enrolling in a class to start the fashion business you've been dreaming about for years, or by buying a ticket to a conference. Whatever next step God is instructing you to take, will become apparent on the preceding step, as this is how faith works. Opportunities are presented to you at the divine timing when you are ready to grow in purpose.

## **Serving your purpose brings fulfilment**

Most of the time, when you experience a feeling of emptiness, it is because you're not serving your purpose; in other words, you're not living your life as intended. You are not being true to yourself or connected to the values that are the divine source within you.

When a barrel is not filled with water, it is empty or partially so but when it is filled with water it is 'full filled' and serving the purpose for which it was made. When you are serving your purpose, you will be filled and, therefore fulfilled! When you are serving your purpose, you can pour out to others with your time, treasure, and talent because you have filled yourself up, therefore you have a surplus to give. The more you pour into yourself by investing time and money, and learning about what talents and genius you have been given, the more filled you will be and the more time, money and talent you will have to give to others. Understand this: the more you give, the more you receive to continue your work in life.

Creativity is key. Creativity makes us feel alive, gives us joy and attracts beautiful things, people, and experiences into our lives, helping us to live life to the full.

When you are creating, you are growing and expanding. When you are living your true purpose, you ignite yourself first and then those in your immediate vicinity will be inspired and galvanised by the strength of your passion and the joy you exude from pursuing it. The whole world benefits from you living the life you were born to live.

Do not get hung up on what you're doing for the rest of your life. Simply start with what you are doing now, because that is the key to shaping your desired future. Consider the following questions:

- ◇ What are you doing right now?
- ◇ Is it truly what you want to do?
- ◇ Whatever you are doing right now, is it helping you achieve your desired future?
- ◇ What has not following your purpose cost you in terms of income, connections, and fulfilment?
- ◇ What are you missing out on?
- ◇ What life are you not living because you have not pursued your passions and purpose? Because you have not done what you are gifted to do or be who you have been called to be?

### ***The interrelatedness of our purposes***

This may sound like sacrilege to many but the prevalent belief is that all humans are children of God, and made in His image. Therefore, we also are infused with our unique expression of the one true God-source within us. We all originate from the one true source of all things.

Given that we come from the one source it follows that we are all also interrelated. Like links on a chain, we are connected. Your ability to pursue and fulfil your purpose can directly or indirectly help or hinder the ability of another to fulfil theirs.

Similarly, fulfilling your calling and purpose can be dependent on or greatly enhanced by someone else fulfilling the purpose. Ultimately, fulfilment is not just about you but about all of us, as collective members of the human race.

Imagine a world without the light bulb if Thomas Edison had given up on his efforts to invent the carbon filament light bulb at the thousandth try in 1879! Would Edison have even thought this feat possible if Humphry Davy had not invented the electric arc lamp in 1802? Both of these inventions would not have been possible at all had Benjamin Franklin not discovered the power of electricity in 1752! This is the domino effect, cause and effect in motion. As Isaac Newton said, we “stand on the shoulders of giants.” Everyone is interrelated.

## **Passion**

*“If you have a strong purpose in life, you don’t have to be pushed. Your passion will drive you there.”*

Roy T. Bennett, American Thought Leader

I am inspired by Roy T. Bennett about how to differentiate between passion and purpose; your passion is connected to things and inanimate objects, whilst your purpose is tied to living things.

Let me explain further. As mentioned above, I have a passion for fashion design and all things creative using the medium of fashion. In addition, I feel that my purpose is to help people discover their own purpose to have healthy relationships and to live fulfilled lives.

I love the Afrobeat musician Tekno, and like all other talented musicians, Tekno's passion is his music. In his pursuit of that passion through diligent practice, application of skill and investment in training, he fulfils his purpose of bringing joy to the world through his music.

Your skills and your passion can lead to the fulfilment of your purpose because your passion for something and the skills you develop in pursuing that passion can bring fulfilment to others. That fulfilment is manifested in the expression of one or more of the nine fruits of the spirit which are love, joy, peace, patience, kindness, faithfulness, gentleness, goodness (generosity) and self-control.

“All things work together for good to them that love God, to them who are called according to his purpose.” ( Romans 8:28)

Whenever you are using any gift or talent that the Higher Power has given you and cultivating it to its fullness, you are magnifying Him. When you magnify God through gratitude and appreciation, it is a form of worship; ultimately that is what we are born to do, give thanks for our lives.

Imagine a doting father who buys his son a flute for his birthday. The son takes up playing the flute with great passion and enthusiasm, practising daily. He researches several tutorials on YouTube to make him an even better player. One day, he composes a beautiful piece and plays it for his father. His father is so proud of his son and feels

honoured that he valued the gift he gave him to the extent that he invested time and money to develop it.

One day, the father arranges a dinner party for all his friends. After dinner, as his guests are settling down, he calls his son to play them the beautiful piece he composed. As his son plays to his friends, the father beams with pride as everyone looks on in admiration, mesmerized by the young man's talent. The performance is followed by rapturous applause and the father is congratulated on having such a talented son who is committed to developing his talent. All benefit from the gift, the father, the son, and everyone who listens to the beautiful music.

This is the same for our God in heaven. He is so proud of us when we are diligent to make the best of our gifts and wants us to display them so that the world can enjoy them too.

Imagine on the other hand, how the father would feel if his son discarded the flute and left it to gather dust under the bed. If he made no effort to play and practice. This is what our Father feels when we do not use the gifts and talents that He has blessed us with.

We are all the manifestation of different expressions, variations, and dimensions of God's magnificence. The supreme being loves beauty and variety. All you need to do is listen to the hundreds of different languages we speak and even dialects within each language. Notice the differing beauty and fragrance of a lily to that of a rose and yet again see and smell the fragrant beauty of a lavender field to know this is true. Look at the different breeds of animals. Look at the different variations of colours of birds in the sky and fish and sea life. Each bird in the sky and fish in the sea has its peculiar characteristics and purpose.

Our passions - the things we love to do or the different forms of expression that we are drawn to, are indicators of the unique expression of the higher power within us. When we pursue and cultivate these passions, the result is usually the highest expression of our divinity on earth.

You can see this repeated time and time again in history. Think of artists such as Michelangelo and Leonardo de Vinci, or composers such as Mozart and Beethoven. Think of the musical artists such as Michael Jackson. Think of the sportsmen and women such as Serena and Venus Williams and the great footballers Diego Maradona and Pele. Think of scientists such as Einstein, Galileo and Marie Curie. These great men and women pursued their passions in art, music, sports and science with a singular focus, and as a result, they gained great admiration, fame and financial rewards. In addition, their names will forever be reference points for greatness and can never be erased from the history books of human achievement.

When we use our passions and talents, we will gain success and leave a legacy, including lasting fame, because, “The blessing of the Lord, it maketh rich, and he addeth no sorrow with it.” (Proverbs 10:22)

By cultivating your passions, you also gain a deep sense of confidence and fulfilment which has great rewards.

It is without doubt that self-knowledge is fundamental to your inner connection to yourself and God. The inner journey is the most fascinating and enlightening journey you can embark on. Being aware of who you are can lead to arousing your curiosity about your passion and why you feel so driven about certain topics. The more you know yourself, the more confident you feel in your everyday life.

Being aware of your passion that may have been known to you since your childhood often leads to finding your purpose. As you travel through life you have encountered both negative and positive situations and the most important aspect of that is the learning that takes place. Over time, you are enlightened as to why God put you on this earth to spread His love through your work, and your purpose. When you find this purpose, life takes on a new meaning. With your newfound self-knowledge, you become more powerful to create change in yourself, others and the world.

## **Ihu's Intuitions**

**Buy yourself a beautiful journal to write down your ideas and thoughts on my Intuitions. Learn to ask yourself deep questions that reveal the real you.**

### **Self-Knowledge**

- ◇ Consider what you loved to do as a child
- ◇ Do you still do it today? If not why not?
- ◇ What do people compliment you for and what do you do with ease?

### **Purpose**

- ◇ If you had a magic wand, what would your life look like today?
- ◇ Envision it and write it in your journal

### **Passion**

- ◇ Make a list of all the things you love to do.

## **Stories**

- ◇ Think of a time in your life that was challenging.
- ◇ How did you overcome it?
- ◇ How did it make you feel?
- ◇ What lessons did you learn about yourself?