

Channeled by Riz Mirza



WHAT IS MY PURPOSE?

PHINEAS QUIMBY

The Spiritual Relief Course

COSMIC AWAKENING INSTITUTE
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WHAT IS MY PURPOSE?

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A 7-Day Workshop
Inspired by Phineas Quimby



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What Is My Purpose?

A 7-Day Workshop Inspired by Phineas Quimby

This workshop takes you through the profound teachings of Phineas Quimby, as channeled by Riz Mirza, to explore purpose, happiness, and surrender. The wisdom in this workshop will help you align with your divine essence and uncover your purpose beyond societal and self-imposed conditions.

In this profound spiritual talk channeled through Riz Mirza, the wisdom of Spirit Guide Phineas Quimby offers a deeply transformative perspective on our existence and consciousness. The essence of the message is an invitation to shift from seeing ourselves as merely human beings with spiritual experiences to understanding that we are spiritual beings having spiritual experiences. This paradigm shift challenges us to reconsider how we perceive our lives, emphasizing that there are no failures or mistakes in the universal sense, only experiences that contribute to our growth.

Phineas's teachings remind us that the true essence of our being is conceptual rather than instinctual, highlighting our capacity to transcend mere survival instincts through awareness and creativity. The talk encourages a deeper reflection on mass consciousness and its impact on our reality, suggesting that our collective thoughts and beliefs shape the world around us.

One of the most profound takeaways is the concept of oneness, a reality rather than an aspiration. Phineas beautifully articulates that oneness is not about everyone thinking or being the same but about accepting and harmonizing with the diverse melodies of existence. This acceptance of oneness as a reality can lead us to a place of peace amidst chaos, freeing us from the need for external conditions to dictate our happiness.

As we embark on the new year in this talk, Phineas urges us to choose happiness from within, untethered from external circumstances. This talk is an enlightening journey into understanding the interconnectedness of all things and embracing the spiritual and material aspects of our existence. It is a call to awaken to our true nature and to live in harmony with the universe, realizing that we are never alone but part of a grand, unified existence.

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Dear Seeker,

Welcome to a sacred space where your spiritual journey meets profound understanding, love, and transformation. As you step into these Spiritual Relief Courses, we, Riz and Oriah Mirza, invite you to explore the deeper layers of your being and rediscover the essence of who you truly are.

In one of the most powerful sessions channeled from Phineas Quimby, a guiding spirit of wisdom and clarity, we explored the timeless question: “What is my purpose?” It’s a question many of us grapple with, yet the answer often lies closer than we think. Phineas, in his poetic and piercing way, reminds us that our purpose is not a destination but an expression of the divine magic within us. It is to live authentically, to embrace the rhythm of life, and to create meaning in every breath, every thought, and every choice.

Phineas teaches that much of our inner turmoil stems from trying to define our worth through external conditions. He encourages us to shift our perspective—from seeing life as a series of struggles to embracing it as a continuous unfolding of love and creativity. He challenges us to see every moment, even the painful ones, as sacred teachers. Through his words, we are reminded that we are conceptual beings, creators of our reality, and inherently connected to the infinite web of existence.

Welcome to the Spiritual Relief Courses, dear friend. This is not just a course—it’s a calling. A calling to live your life in harmony with your divine purpose, to embrace the beauty in every moment, and to transform not only yourself but the world around you. Let’s begin.

With love and infinite blessings,

Riz and Oriah Mirza

What Awaits You in This Journey

In these courses, you'll explore topics that challenge, uplift, and transform you. Inspired by Phineas Quimby's channeled wisdom, we'll guide you through practices, reflections, and teachings to help you:

- **Reconnect with Your Inner Power:** Learn to identify and release the beliefs and patterns that no longer serve you.
- **Discover Your True Purpose:** Embrace the joy of living authentically, beyond the need for external validation.
- **Balance the Conceptual and Instinctual:** Understand yourself as both a spiritual and physical being, navigating this Earth with grace.
- **Harness the Power of Oneness:** Shift from feeling alone to recognizing that you are all one with the divine flow of life.
- **Manifest Through Surrender:** Learn to align your energy with your intentions, creating from a place of trust and ease.

This is your time to pause, reflect, and remember. You are not here to fix yourself—you are already whole. These courses are about peeling back the layers, clearing the noise, and stepping into the light of your own truth. We are simply here to guide you home."

Riz: "Think of this as a journey through your inner cosmos. The wisdom of Phineas, Red Eagle, and all the guides who join us will serve as your compass. But the magic? That's all you. You are the light, the teacher, the healer. Let's uncover that together.

Read the entire transcript, [here](#), audio is available [here](#).

Day 1: The Concept of Purpose

Theme: What Is My Purpose?

“Your purpose is to be in the love that you are and to discover magic in all experiences.” -Phineas Quimby

Reflection: Begin your journey by questioning the traditional narratives of purpose. Are you waiting for an external event or validation to feel purposeful?

Introspective Questions:

- What have I been told about purpose, and do I truly believe it?
- Am I chasing achievements to feel worthy, or can I find purpose in simply being?
- Affirmation:
- "I am enough, and my purpose is to embrace the magic of every moment."
- Practice:
- Write down moments in your life where you felt connected to something larger than yourself. Reflect on how those moments shaped your understanding of purpose.

Day 2: Breaking Free from Conditioning

Theme: Instinct vs. Concept

“You are not slaves to your instincts. You are conceptual beings.”
-Phineas Quimby

Reflection: Examine how societal and ancestral conditioning has shaped your understanding of life.

Introspective Questions:

- Do I allow past traumas or instincts to dictate my present?
- How can I move from reactive living to intentional creating?
- Affirmation:
- "I release the patterns that no longer serve me and step into conscious creation."
- Practice:
- Meditate on your "inner climate." Visualize thunderstorms, earthquakes, or deserts within you dissolving into light and harmony.





Day 3: The Power of Belief

Theme: Believing is Seeing

“When you believe, you shall see.” -Phineas Quimby

Reflection: Shift your focus from needing proof to cultivating trust in your intuition and inner knowing.

Introspective Questions:

- What beliefs do I hold about myself and the world that limit me?
- How can I nurture faith in my ability to co-create with the universe?
- Affirmation:
• "My beliefs shape my reality, and I choose beliefs that empower and uplift me."
- Practice:
• Spend time journaling about a moment when your faith in something unseen led to tangible results. What did that teach you about trust?

Day 4: Oneness vs. Separation

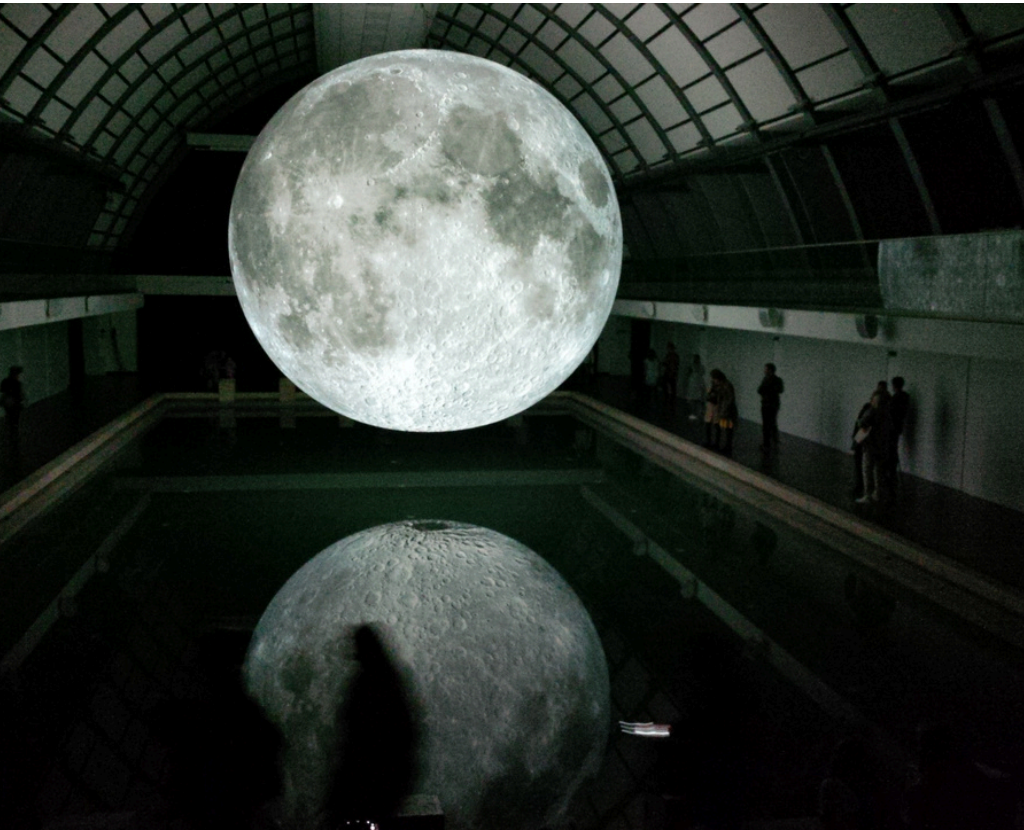
Theme: Alone vs. All One

“The root of the word alone is all one.” -Phineas Quimby

Reflection: Explore the paradox of feeling alone while being intrinsically connected to the universe.

Introspective Questions:

- Do I view disagreements or differences as separation, or can I see them as harmony in diversity?
- How does my sense of connection influence my inner peace?
- Affirmation:
 - "I am never alone; I am all one with the divine flow of life."
- Practice:
 - Take a walk in nature. Observe how everything—trees, animals, wind, and earth—functions as a cohesive system. Reflect on how you are part of this oneness.





Day 5: Choosing Happiness

Theme: Freedom in Happiness

“You must be passionate, fervent, and choose happiness without conditions.” -Phineas Quimby

Reflection: Redefine happiness as an internal state rather than something contingent on external circumstances.

Introspective Questions:

- What conditions have I placed on my happiness?
- How can I choose joy even when life feels challenging?
- Affirmation:
- "Happiness is my choice, my birthright, and my natural state of being."
- Practice:
- Create a happiness mantra. Repeat it throughout your day, especially during moments of stress or doubt.

Day 6: Surrendering to Flow

Theme: The Dance of Surrender

"The technology that you are experiencing this channeling... was a concept by someone." -Phineas Quimby

Reflection: Surrender is not giving up but aligning with the rhythm of life.

Introspective Questions:

- Where am I resisting the flow of life?
- What would it feel like to fully trust the divine intelligence guiding me?
- Affirmation:
- "I surrender to the divine flow, trusting that all is unfolding for my highest good."
- Practice:
- Engage in a physical activity like dancing or yoga. Focus on letting your body move intuitively, surrendering to the rhythm without judgment.



Day 7: The Year of Integration

Theme: Embracing 2024 as the Year of Harmony

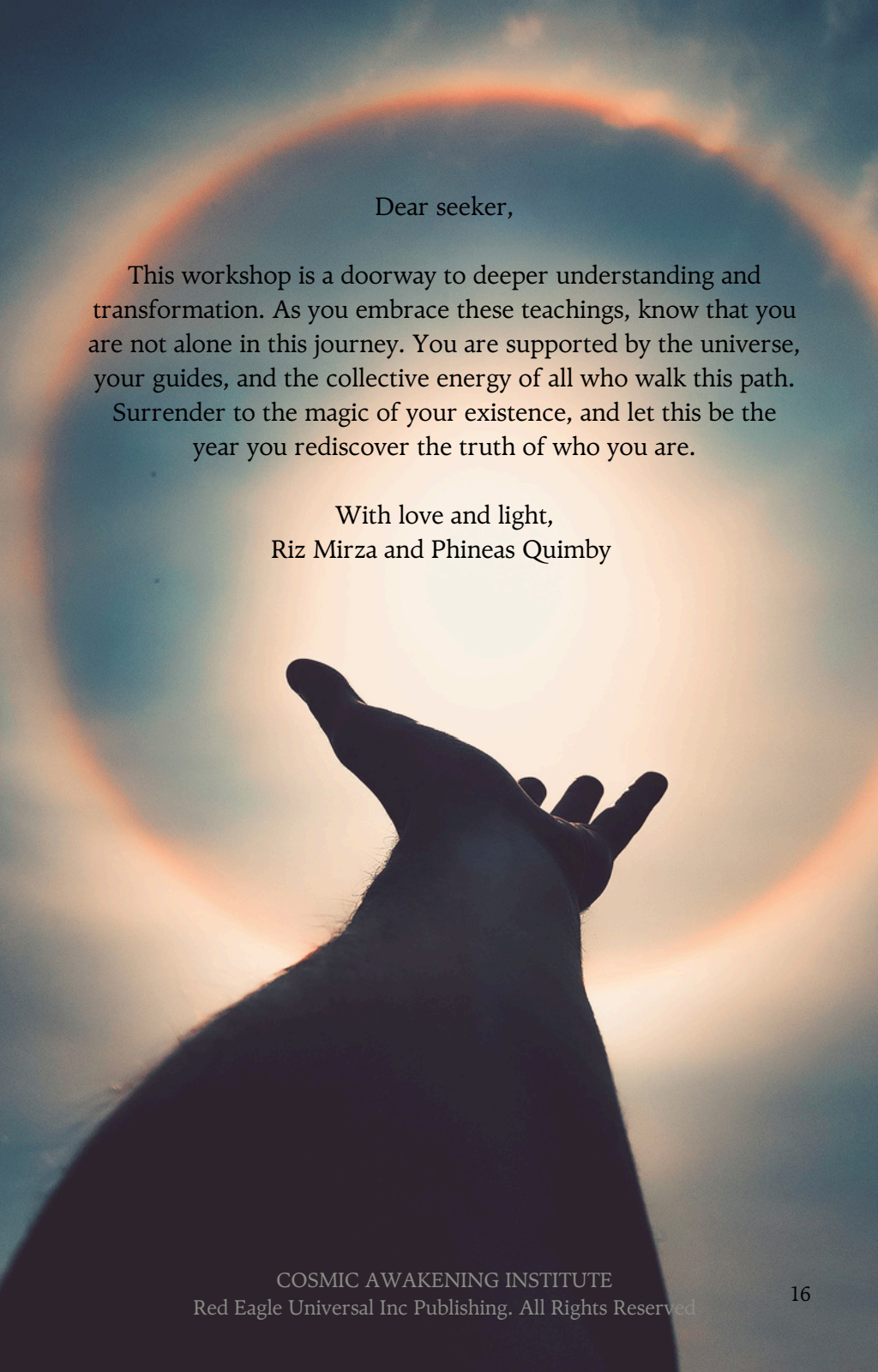
"Your purpose is to be happy." -Phineas Quimby

Reflection: Recognize this year as a season of alignment and manifestation, blending spiritual and physical realities.

Introspective Questions:

- How can I bring more harmony between my material and spiritual pursuits?
- What steps can I take to embody the connection between heaven and earth in my daily life?
- Affirmation:
- "I am a bridge between the spiritual and the material, a vessel of divine creation."
- Practice:
- Create a vision board for 2024. Include images and words that reflect your alignment with your higher self and the earthly manifestations you desire.



A hand is shown in silhouette, reaching upwards towards a large, glowing sun or moon. The sun/moon is a bright, circular orb with a soft, orange and yellow glow, set against a blue sky with wispy clouds. The hand is positioned in the lower half of the frame, with the fingers slightly spread. The overall mood is one of aspiration and connection to the universe.

Dear seeker,

This workshop is a doorway to deeper understanding and transformation. As you embrace these teachings, know that you are not alone in this journey. You are supported by the universe, your guides, and the collective energy of all who walk this path. Surrender to the magic of your existence, and let this be the year you rediscover the truth of who you are.

With love and light,
Riz Mirza and Phineas Quimby