

How to Find and Achieve the Purpose of Your Life

Copyright 2004 Markus P. Hart, www.poyl.com.

All rights reserved.

You are about to commence on a journey from which there is no return. What you're going to read is simply the process I accidentally discovered to find out the purpose of my life. If you're in the right phase of your life, this will prove useful to you. The report is intentionally simple and hype free, because this stuff works. And the results are beyond your wildest imagination.

I hope you didn't pay for this report. It's free and there's absolutely no commitment to do anything further. I received the information as a gift, and it's my duty to pass it on. At the end of the report I'm going to invite you to contact me if you believe the report makes sense and you'd like to take this process further. To be frank, unless this report rocks your world in such a way that you're desperate to get in touch with me, I don't want anything further from you, so set your mind at ease about me being yet another Internet con man. When you are ready, however, I'll still be here, and I'd love for you to make contact.

From feedback I've received, I know that there are two extreme reactions to this report. The first is 'So what?'; the second is 'Wow'. There's a perfectly logical explanation as to why reactions are so different. Without boring you with the detail, if your reaction is 'So what', it means you're not yet ready to discover the purpose of your life. In that case I really do hope you'll simply forget about the report, but make a mental note to read it again in 6 months time. You will be blown away by how much more meaningful the exact same report will be.

Enjoy the journey, and I hope to meet you on the other side.

Markus P. Hart

July 2004

Dedication

- To my gracious, patient God, without whom none of this would ever have happened;
- To the hundreds of people I've met all over the world that influenced my life and unknowingly contributed to this, the start of my life purpose;
- To my parents, who graciously allowed me to make the many mistakes I've made.

It's taken a long time, but with your input I've finally discovered my life's purpose. No words exist to describe the extent of my gratitude. I rarely display emotion, but I'm sobbing tears of joy, and humility, as I write this.

How to Discover the Purpose of Your Life

It matters not who you are, how wealthy you are, what you've achieved in life, or how great you think you are. Unless you've discovered the true purpose of your life and completed the journey described herein, you've only accomplished the most insignificantly minute fraction of what you could potentially achieve. And you're cheating the rest of humanity out of the benefits we could be enjoying as a result of you achieving your purpose in life.

Shocked?

Good. Just in case you've forgotten already, this report is not for everyone. If anything makes you uncomfortable, stop reading and try reading it again in 6 months time.

If however that first paragraph excited you, keep reading. If your response was something along the lines of 'Finally someone else who has understood my struggle', then this is for you.

Now that we've gotten that out of the way, let's start.

There are three essential elements to discovering the purpose of your life.

- Massively interrupt and retreat from your daily routine;
- Allow yourself enough time to reach 'The Poyl Zone';
- Simply wait for your mind to connect the dots of your life and, once the process is complete, you will be embalmed in clarity of purpose such as you've never experienced.

The inevitable end result is that the sum total of your life experiences, all of which have happened for a reason, good and bad, will suddenly become meaningful. You will understand with absolute clarity why you've had to endure all you have. And in doing so, you will have discovered what your unique life purpose is.

That's really all there is to it, but I realize a little more explanation is required.

The Poyl Zone is a newly created term, so let's define that first. (poyl = **Purpose of Your Life**). The Poyl Zone is a state of mind which, once reached, allows the thinker to:

- Recall all significant events in their life;
- Evaluate the reason those events might have occurred, with the benefit of hindsight;
- Place all the seemingly random events into a huge lifelong jigsaw puzzle with all the pieces finally in place.

Just as one can't fully discern the picture of an incomplete jigsaw puzzle, one cannot fully appreciate your life purpose until you've completed your Poyl puzzle.

The unique combination of events and experiences in your life, together with the reason each happened, culminate in your unique Life Purpose.

Very few people ever reach The Poyl Zone, because no-one has ever explained how to do it, and the Western lifestyle has too many distractions to ever attain it. This is the reason so few people can honestly answer the question ‘What is the purpose of your life?’

Let’s look at each of the three essential elements in a little more detail, and then we’ll suggest a plan for your journey of discovering the purpose of your life.

1. Massively interrupt and retreat from everything in your daily routine.

There are a number of reasons for this. No matter how simple you think your life is, there’s far too much clutter to reach The Poyl Zone, unless you change your environment. You need to get away from it all, and that’s not meant flippantly. No TV, no phone, no newspapers, no books, no magazines, no mindless conversation. Nothing. Your mind needs the time to connect the dots and complete the jigsaw puzzle.

Think of a computer. A single application running at a time completes quicker than a number of simultaneous processes. The process of discovering your life purpose is far too crucial to risk a software crash. You need to shut each application down (remove each distraction), reboot, and only then can the miracle start.

You cannot find your life purpose until you massively interrupt your daily routine. And the more radical the change, the quicker you’ll reach The Poyl Zone. You need to literally run away from all the distractions that life throws at you. Until you do, you will never reach The Poyl Zone.

2. Allow yourself enough time to reach The Poyl Zone

It may sound strange, but once you’ve massively interrupted your daily routine, all you have to do is wait. Your immensely powerful brain will do the rest. Picture an exhausted athlete at the end of a marathon, trying to catch his breath. That’s what you’re allowing your brain to do in this phase of the process: catch its breath from the marathon of your daily life, and prepare for the next marathon: discovering the purpose of your life.

This part of the process cannot be rushed, and cannot be skipped. Until you reach The Poyl Zone, any revelations which you think might be your life purpose, are simply the result of your attempt to force the process. The amount of time is different for each person, depending on how quickly you can unclutter your mind. It’s typically between 10 and 21 days, but might be very different for you, depending on your life experiences to date.

How do you know when you've reached The Poyl Zone?

You will know. Amazing, indescribable, never before experienced things happen in your mind when you're there, and you'll immediately know when you've arrived. Any attempt to describe how to know when you've reached The Poyl Zone will lessen the impact of when you do reach this sublime, focused state of 'knowing'. I suspect the feeling is different for each person, but there's no doubt that it will be the most fulfilling experience you've ever had.

Here are some signals that you're getting closer to The Poyl Zone.

- Time will no longer matter;
- The most pressing concerns in your life will become inconsequential;
- Your entire demeanor will change such that people will think you're a different person;
- You'll be able to go days on end without looking in the mirror;
- You will cry more tears than you've ever cried, but they'll be tears of joy, humility and understanding.

While it's not recommended trying to rush this process, there are a few things you can do to jolt your mind, and thus possibly speed up the process. Essentially, anything that's radically different to what you would normally do. Anything that will take you back to the way Adam and Eve used to live.

- Shower in cold water;
- Sleep outdoors;
- Avoid the temptation to run inside during a rain shower;
- Spend an entire week, or more, barefoot, including going to dinner in a (beach) restaurant;
- Stop using deodorant, or any of the cosmetics you currently use;
- Order a meal without consulting a menu;
- Shave your moustache/beard/pubic hair/cranial hair.

3. Wait for your mind to connect the dots and embalm you in clarity of purpose

Herein lays the beauty and simplicity of the entire process, because it works as a natural, inevitable result of reaching The Poyl Zone. You don't need any special skills; you don't have to be particularly intelligent. It just happens. And when it does, powerful, magical, beautiful things simply come flowing forth.

While it does take some patience and discipline to reach The Poyl Zone, the process of connecting the dots takes no effort at all. Your brain simply combines all of the input amassed over your lifetime and, free from other interruptions, is able to compute the variables and spits out a torrent of answers. Ideas that are going to blow your mind. Creativity that will far surpass your most creative ideas to date. And in the process, the purpose of your life will become clear.

Reaching The Poyl Zone is Meant to be Simple

That's all there is to it. This process is so stunningly simple, and so massively powerful that it defies description. In fact, I challenge you to describe it. Follow this process, find the purpose of your life and send me your description of the process. I'm willing to bet it can't adequately be done.

Is this for you?

If what you've just read has made perfect sense to you; if you have goose bumps all over; if your mind is racing with ideas, then you're definitely ready to reach The Poyl Zone, and every day you delay is one more day that you're stealing from the rest of humanity. You owe it to the rest of us to find your life purpose and make it happen. Until you do so, we're all poorer for it.

Practical Ways to Reach The Poyl Zone

There are as many different ways to reach The Poyl Zone as there are people on this planet, and anyone who tries to define a template approach is doing the process injustice. You need to set your own guidelines, define your own rules. However, to help you create your own journey, here are a few suggestions, as well as challenging rules which can be used to speed the process, the more you can apply them.

There are many more guidelines that could be included, but the intention is not to make this a prescriptive exercise. You are encouraged to use these purely as examples to create your own set of rules, with the intention of forcing you into a style of living which is radically different from what you are currently used to.

- Agree that until you've found the purpose of your life, you're wasting your life.
- Book a (preferably international) holiday to anywhere away from large cities (mountains, islands, sailing, jungles, desserts, the poles, etc.).
- Plan to be away for a minimum of 4 weeks, preferably 6.
- The trip should be done alone for maximum benefit. If you're traveling with a significant other, both should follow the process together. Unless you do it together, the non-participant will become increasingly frustrated with the periods of silence and inactivity.
- You should ideally not be contactable, and you should not contact anyone except immediate family. The process is more effective if contact can be cut completely. If you're aiming to still remain in contact with your office, you will never reach The Poyl Zone and therefore never discover the purpose of your life.
- The experience will be significantly enhanced if you can do without what you currently consider to be necessities: laptop, mobile phone, colognes and cosmetics, high-heeled shoes and fancy clothes.
- If you can limit your luggage to less than 15lbs you're we'll on the way to speeding the process, because you've already learnt to travel lightly.

- Book significantly cheaper accommodation than you would normally stay in, and continually move to cheaper accommodation as you become adjusted. Your aim is to spend less than \$10 per day, all-inclusive (meals and accommodation). Yes it is possible.
- No TV, movies, books, magazines or newspapers. The world will still be there when you get back, although I suspect you'll wish it weren't. Each of these are simply obstacles to reaching The Poyl Zone, because they add to the clutter your mind is forced to deal with. This should be the only inflexible rule.
- Music should be used only insofar as it enhances a meditative and introspective mood.
- Mindless conversations which don't help you explore the reasons events have happened in your life, should be avoided or at least minimized. Ideally don't tell anyone what you're doing.
- Consider doing a fast at the same time. For an excellent discussion of why and how fasting is important, see www.quickfasting.com.
- Keep a written record of your journey.
- Once you've reached The Poyl Zone, watch a sunset, watch a sunrise, count how many satellites (not shooting stars, although you'll see them too) you can see flying past in an hour. If you can't see any you're not far away enough from a city (or it's overcast). In the process of counting satellites, and realizing how many there are, you'll learn lessons you cannot begin to imagine about how insignificant we are in the universe, and yet how much impact we can create.
- Once you've completed your journey, recognize your obligation to inform others about the miracle and simply carve 'poyl.com' into a tree. (Don't worry – it takes a lot more than that to destroy a tree. There are trees which have entire roads built right through them.)

Included is a brief appendix describing the author's own journey. Others have found the example helpful in creating their own.

At this point, you may be thinking any one of the following cautious, cynical thoughts, all of which are perfectly understandable.

- It's not possible for the average man in the street to achieve what the author has described. The author was lucky.
- I can't afford either the time or the money to attempt this exercise.
- I don't believe I'm important enough to have a life purpose which is worth discovering.

Trying to convince you that all of these thoughts are stopping you from experiencing one of the most amazing miracles you will ever experience will not be easy. But for what it's worth, prior to my experience of reaching The Poyl Zone, I was a nobody in a dead-end job. The company I worked for closed the regional office I was based from and retrenched me. I had no plans, no future, very little money, and no motivation to do anything except feel sorry for myself. So I know where you may be now. I also know that if you were to just give this a try, you will be blown away by the possibilities.

What to Do Next

1. If this report has 'struck a note', start making immediate arrangements to journey to The Poyl Zone, as already described. The warm feeling you have right now won't change anything. Until you actually do something about what you've just read, your life will continue to be the miserable existence it currently is. Nothing will change, and when the sad day arrives, you'll be lying on your deathbed, an empty, unfulfilled shell. Please don't let that happen.
2. Recognize the life-changing potential this process has, and how desperately everyone you know needs this information. Send a quick email to everyone you care about right now. (Yes, everyone hates chain emails, but I think you'll agree this is different). Simply say something along the lines of "I've recently discovered a short report which explains succinctly How to Find and Achieve the Purpose of Your Life. I found it to be challenging/easy to read/short and to the point/impactful/mind-blowing/life changing/etc. and I think you'd find it very interesting. You can find this free report at www.poyl.com.
3. This information is brand new, and we're keen to discover whether the process works for others or whether the author was simply lucky. So we need to offer an incentive so that you'll get off your backside and take action. The first 100 people worldwide to reach The Poyl Zone, and send their written record of the journey will be part of a truly exclusive club, and I'll reward them with an as yet undecided reward. It'll be worth it, I promise. Send your written record of your journey to completed@poyl.com.
4. If you like what you've read so far, we've just scratched the surface of what will ultimately be revealed as a massive iceberg. I don't even know where this is going to take us, but if you'd like to join me on the next leg of life's little journeys, go now to www.poyl.com/more.

Bon voyage!

Markus P. Hart

Appendix A: Frequently Asked Questions

Please be patient while answers are prepared to the following questions. This product is brand new, and some portions have not yet been completed. You may wish to download the report again in 3 days time, when most, if not all of the answers, will have been completed. Thank you for understanding!

Q. I can't afford 4-6 weeks off work. Can the process be condensed into a week?

A.

Q. I can't afford an international holiday right now. Is there anything else I can do?

A.

Q. Are there other options to reach The Poyl Zone? Is it possible to do this while remaining integrated in society?

A.

Q. Is this the same as meditation?

A. No. While there are similarities, meditation has no real objective. The objective with the Poyl exercise is to discover the purpose of your life.

Q. What effect will such an experience have on long held beliefs, for example Christianity?

A.

Religion

Q. I've always been taught that if I acknowledge the Lord in all my ways and trust in Him that He would direct my paths. I have a Bible and the Holy Spirit to lead me. Can I not achieve the same outcome as Poyl by waiting for God to guide me?

A.

Q. Jesus said, "I am the Way, the Truth and the Life". Surely Poyl is contradicting that teaching?

A.

Q. Will this process open my mind to occult influences?

A.

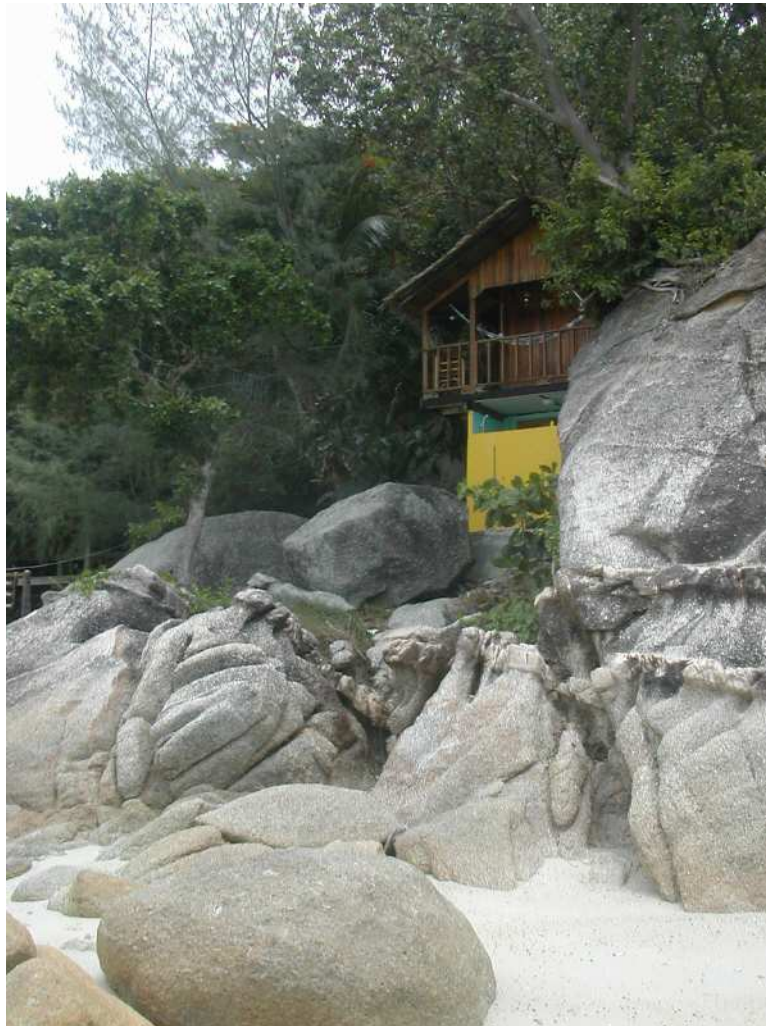
Appendix B: The Author's Journey to The Poyl Zone

Up to June 18, 2004	Thirty something frustrating years of trying massively different endeavors in the quest to find the purpose of my life.
June 18	Last day of a well-paid IT (computer) management position with a large US company in Taipei, Taiwan. Left with nothing but a redundancy payout. No plans, no ideas, no goal, no job. Just confusion and frustration.
June 25	Left Taipei for Bangkok with only 2 nights accommodation booked, and a guidebook of South East Asia. Nothing else but a credit card and a far too large suitcase. Had absolutely no plans or even an inkling of an idea about the report you've just read. The holiday was simply going to be a well-deserved break, before deciding what to do next.
June 26 – July 1	Sightseeing and fine dining in and around Bangkok. Average daily spend: \$680
July 2	Left half the luggage in Bangkok and flew to Phuket (island off the south-west coast of Thailand). Intentionally chose a less touristy area, but again without knowing exactly why. Somehow knew that what was needed was anything secluded, peaceful and quiet.
July 2 – July 10	Enjoyed beaches, surfing, island hopping and jet-skiing. Average daily spend: \$220.
July 11	Left three quarters of remaining luggage and departed for Koh Samui, an island off the east coast of Thailand. No accommodation booked, but befriended a holiday agent on board the ferry who recommended an amazing beach bungalow right on a quiet beach.
July 12 – 16	Enjoyed crystal clear azure waters and sparkling white beaches on Koh Samui. Started approaching The Poyl Zone, although had no idea what was happening. Average daily spend: \$60.
July 17	Departed by ferry to Koh Pha Ngan, a quieter island just north of Koh Samui. Reached The Poyl Zone while on board the ferry.
July 17 – 24	Basked in the warmth of the tropical sunshine, and the inner warmth of having reached something most don't even know exist. Average daily spend: \$8
July 18	Registered the domain name poyl.com
July 19	In one very long and exhausting day, wrote the first version of <i>How to Discover the Purpose of Your Life</i> . Never had words flowed so freely for. Never had there been such clarity that this would contribute something truly meaningful to society.

Here's a picture of the shack and hammock in which the first version of *How to Discover the Purpose of Your Life* was written. At high tide one had to wade through knee-deep water to get to the front door. The open-air (cold water only) shower underneath the shack (behind the yellow wall) allowed one to look down over a stunning beach while showering. Credit cards could not be used anywhere in the area, and the nearest ATM (cash machine) was a half-hour boat ride away.

It's the author's belief that this process is enhanced by living as simply as you can during the process. The 'luxuries' you're used to are in fact distractions, which keep you from discovering your true purpose in life.

The more you can simplify, the quicker you'll reach The Poyl Zone. Think of how Adam and Eve used to live, and try to reach that same lifestyle. The quicker you can, the quicker you'll reach The Poyl Zone.



Appendix C: The Author's Life Purpose, Discovered Using The Poyl Zone Method

My life purpose, reached after a breakthrough process exactly the same as you've just read in *How to Find and Achieve the Purpose of Your Life* is included here because many people have asked what breakthrough I achieved. I don't expect you to understand it all, because the dots that connected to develop this plan may be very different to the dots in your life.

My life purpose is to create an easily achievable escape for those who have realized that:

- Human freedom is the natural right of all men and women and has been regarded throughout history as worth fighting for and dying for;
- The human race is subject to tyranny by a select few;
- Resistance is futile;
- Like-minded people should bandy together;
- Opting out of all government systems is a far more sensible approach than remaining subject to the imposed tyranny;
- The act of opting out is fraught with pitfalls and a replicable process is far superior to trial-and-error.

My purpose is to bring people towards awareness of this loss of freedom sequentially, as I find them on the continuum of life, specifically through various Internet Marketing exercises. Once found, I will then keep bringing them along and advancing them towards the point of realization that their current efforts are better directed elsewhere, and the quality of their life could be significantly enhanced by doing things differently. I realize that not everyone can start at the same point, because different people are at different points, but there will be many paths to lead towards the same outcome. Poyl.com is the first of those paths.

When I consider individuals today, I don't see them as either wealthy, successful, poor, happy or sad. I no longer judge people by their achievements or lack thereof. I see the world as a family of innocent children who don't realize they've been entrapped by a system which has conspired against mankind for the last 300 years. I see people without direction, but with a lot of trust, with innocence and a sense of curiosity and discovery. My purpose is to show them what there is to discover. I wish to benevolently, and lovingly, and empathetically, and respectfully help them learn what is possible.

The plans currently in place to achieve this are so lofty and seemingly unachievable, that if I were to explain them now you would discount this report as the ravings of a lunatic.

But as crazy and as far-fetched as these plans sound, as a result of reaching The Poyl Zone, I have an absolutely clear purpose, and a defined route to achieve it, which, unless inspired by God himself, will fail at the outset. To date, all aspects of the plan have been falling into place, in the most divinely inspired manner imaginable. All as a result of following the same process described at www.poyl.com. I mention this only to present some form of evidence that this process does work.