

## Q & A on Oneness Resumes

### What is a “Oneness Resume” anyway?

An integrative document that is a truly *holistic* representation of who you are—your mission and purpose in the world, your unique reason for being here. It includes the main highlights of your past, present, and future work, and, simply, reveals the “essence” of who you are *in words*.

The creation of a Oneness Resume is a combination of *spiritual life coaching, intuitive work, and resume writing*. The end “result” is a unified document that sums up the essence of all of who you are—the concise “gist” of your soul's work in the world. I will organize all the different things that you do, find that unique “golden thread” that unites all of it, and put that message into a clear and concise (not to mention inspiring) format.

### Why would I want a Oneness resume? What would I do with it? (Can I use it to apply for jobs?)

A Oneness Resume *expands* the boundaries of what we think of as a traditional “resume” and therefore might not feel like something that you “need” in the sense of applying for job. However, it may be something you might *want*, that you *soul* wants, as a living, breathing reminder of all that you are and the many gifts and skills *you* bring to the table. It can indeed be something you use to apply for jobs (let’s all keep envisioning a world in which we are *all* doing our soul work in the world!). In fact, you might be surprised at the opportunities that will “show up” in your life once you have one (“build it and they will come,” right?). Once you view yourself more holistically, you tend to attract different jobs or clients to you. It’s the law of attraction: *you get back what you send out*.

### Who would benefit from a Oneness Resume?

- *If you are currently still working a “traditional” job and are not yet making a living from your “calling,”* this can be a very affirming process in helping you see just how valuable your gifts really are.
- *If you have already left your conventional job and are now a healer or holistic practitioner,* it can be healing—and revealing—to see how you are *always* the same *essence* of who you are, no matter what you happen to be doing.
- *If you are a “multipreneur,”* someone who “wears many hats” and has many different gifts and skills, this process can help you define that “common element,” the spiritual “glue” that holds your various interests, trainings, and practices together. It can help you find that place where everything “meets in the center.” There is a common theme running throughout your life and all that you do—you just might not know what it is.
- *For anybody seeking to fulfill their soul’s purpose here:* Creating a Oneness Resume can help you get more clarity on who you are and what you’re here to do in the world. It can help you define your mission and life purpose, which you can then turn to at moments of decision, by asking yourself, “Does this decision reflect the essence of who I am?” That is a powerful, invaluable tool for anybody to have throughout life.

### How does the process work?

The entire process can be done over e-mail and phone and/or Skype.

**1) First, you send me your “stuff”:**

- a) Your “traditional” resume, if you have one (most people do these days!), and even if it’s not completely up-to-date, don’t worry. This could also include a list of the main categories of skills that you acquired in your corporate/traditional work experience.
- b) Any “holistic resume” you might have (or if not, please compose a list of your creative gifts and talents, spiritual trainings, skills, and specialties, etc.)
- c) If you already have anything written up in terms of your mission or life purpose, you could send that along too.

*[If you think of anything else to add to this that you think would be helpful, please feel free to send that as well. The more info you can give me to sift through, the better!]*

- 2) **Then, I sit with what you send me and "weave" my magic** (“intuiting,” finding, and pulling out the “common threads” and themes that run through your life, your soul essence, the “gist” of who you are in all that you do...and putting this mission/purpose/soul's work of yours into words)
- 3) **Next, we *might* talk briefly on the phone** to flesh out anything else...(in the process, I’ll use my coaching skills to listen to what’s *behind* the words and distill the “essence” of your soul’s message in the world)
- 4) **Finally, I’ll send you a complete, integrated, and personalized Oneness Resume**, which showcases as its “centerpiece” your unique mission and purpose here on Earth.
- 5) **We’ll have a quick follow up session**, to answer any questions you might have or do any fine-tuning of your Oneness Resume so it exactly perfectly expresses the *essence* of who you are in words.
- 6) **After that, have FUN with it**—With this written reminder of who you *really* are, go out there and live in alignment with your purpose and share your unique gifts with the world...and in the process of course, help to raise the overall vibration of our planet! ☺
- 7) **Optional**: If you would like continuing guidance on your path to greater clarity and direction, I am also available for Spiritual Life Coaching. Now that you have this Oneness Resume, let’s discover *together* ways for you to manifest your unique life purpose in the world! Contact me at ***Tara@FromWorkToOneness.com*** for more info!

**How much does a Oneness Resume cost?**

At this time, the “energy exchange” for a Oneness Resume is \$300. It generally takes me several hours to create one (traditional resume writers charge around \$150/hour—and this is in many ways *so* much more valuable than a traditional resume, so it is quite a good deal).

However, I do not turn anyone away. I am willing to work with you at a level you can afford. I am committed to creating as many Oneness Resumes as possible for all the healers, holistic practitioners, and spiritual seekers in the world. If you feel you called to it, I’m sure we can work something out. I am also open to a combination of monetary and barter value.