

YOUR *SECRET*  
NAME



FIVE WEEK JOURNEY

# *Your Secret Name*

## **5 Week Journey**

### **GUIDEBOOK™**

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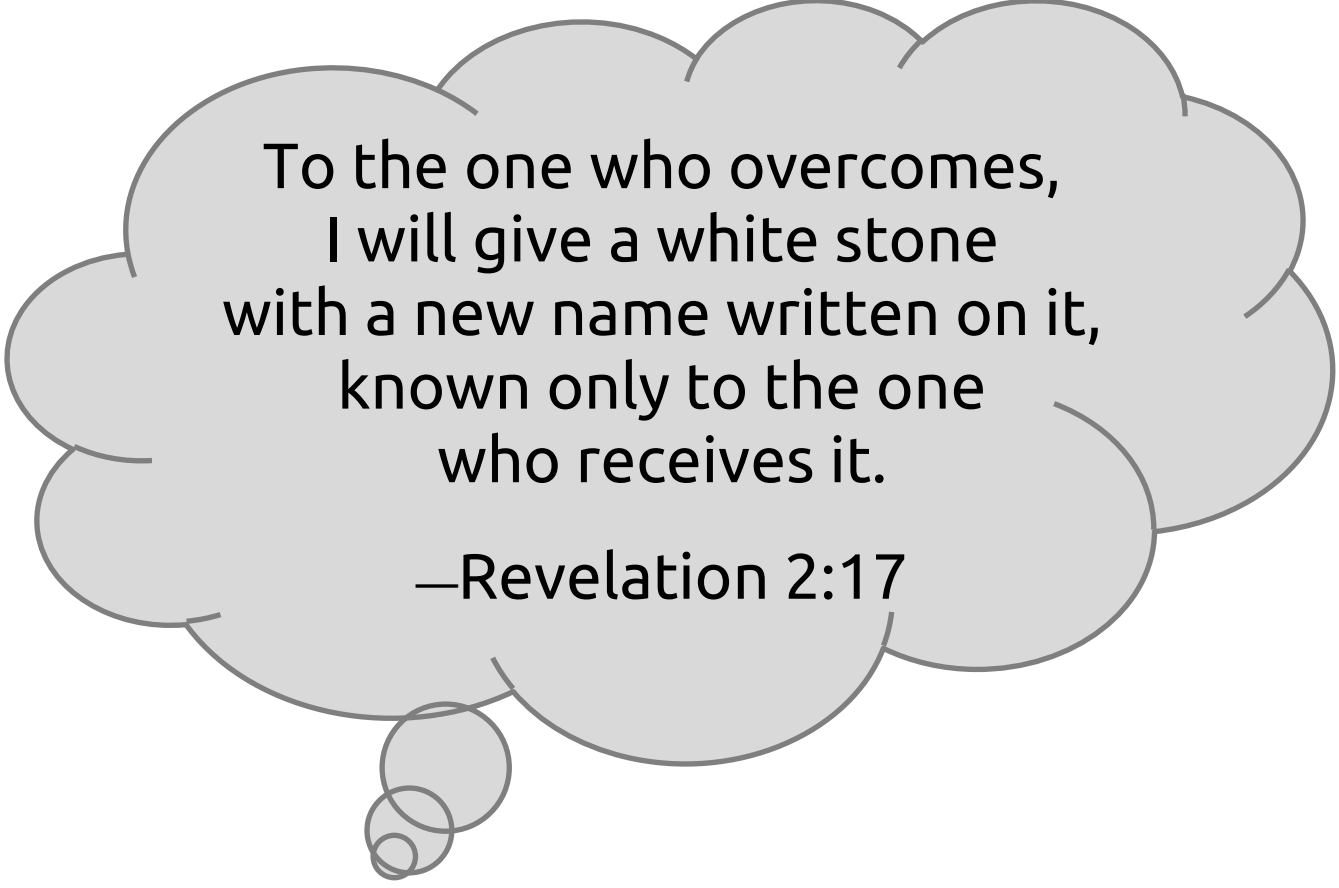
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To the one who overcomes,  
I will give a white stone  
with a new name written on it,  
known only to the one  
who receives it.

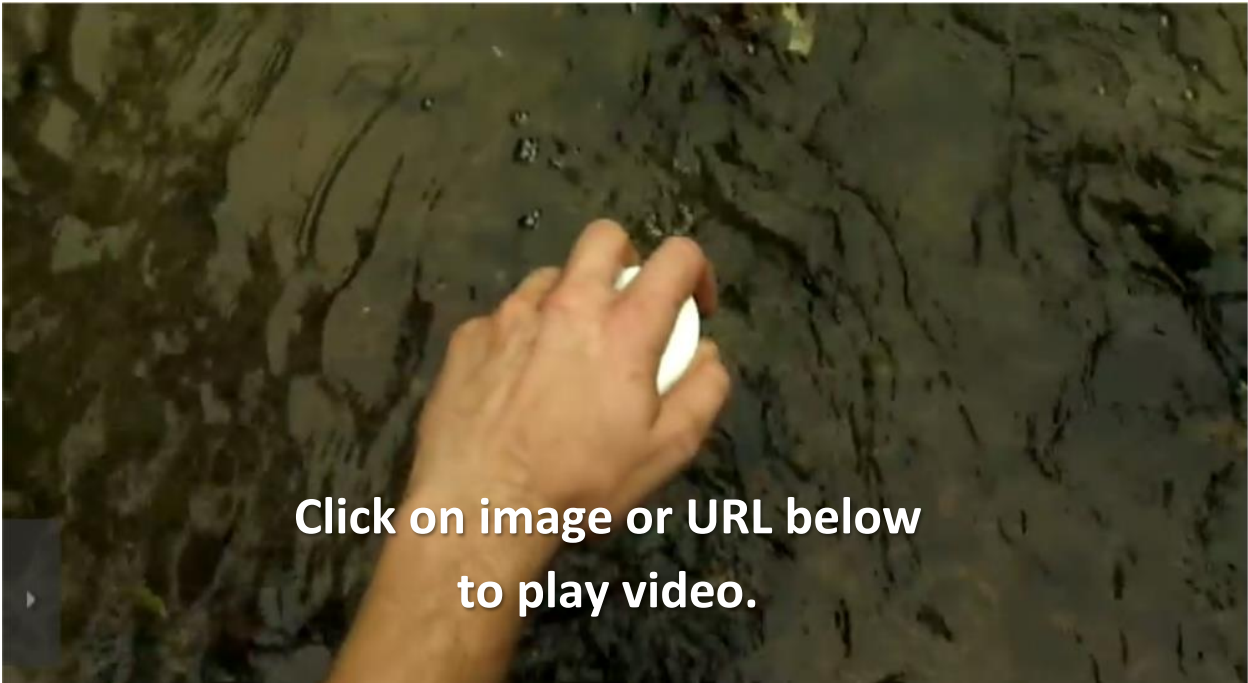
—Revelation 2:17

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# Week One—Names

Please watch:



<http://www.youtube.com/watch?v=7-xavMhcZK8>

What thoughts, feelings, and emotions do you have as you begin the Your Secret Name 5 Week Journey?

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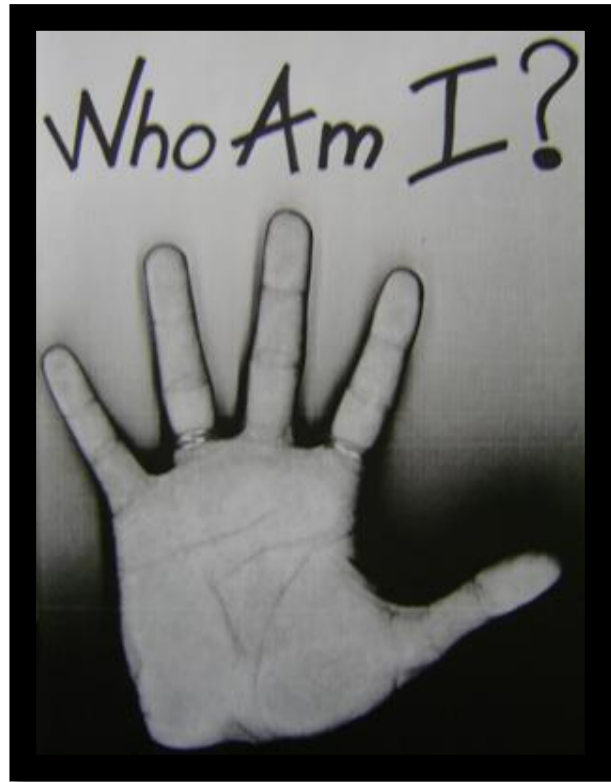
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Like all humans you've asked yourself—WHO AM I? But unlike all humans, you're willing to take a journey and explore the answers to this question. I applaud you for your desire to experience a deeper awareness of **who** you are and **whose** you are.

You have chosen to take a step closer to becoming a Soul on Fire. Although you'll understand your pain in a deeper way, you'll also understand your potential in a deeper way too. This will be an unforgettable journey that will represent a turning point in your life, if you're willing to be honest with God and yourself.



To understand where we are going, please read *The Igniting Souls Manifesto*. Pay attention to how identity plays a critical role.

**THE IGNITING  
SOULS MANIFESTO**

**Stop Sabotaging Your Own Success**

by: Kary Oberbrunner

**THE END**

**I Sabotage My Own Success**

Someone planted three questions deep inside you...

**Who am I?**

**Why am I here?**

**Where am I going?**

Like a splinter in your mind,

you've been searching for these answers

your entire life.

*And so have I.*

Homesick for a place you've never been.

You want to know:

**Your identity.**

**Your purpose.**

**Your context.**

*And so do I.*

On the playground of life.

Without request, permission, or regard.

Kids gave their opinions on the matter.

*And it hurt.*

**Truth be told.**

**These names still hurt.**

**Even today.**

Time to stop the hurt and start the healing.

Time to stop sabotaging your success.

**This manifesto is a key for those who feel caged  
from their own potential.**

Time to get unlocked and unstuck.

Time for the world to feel your fire as you  
find your voice.

*If this echoes in your awareness read on.*

**PART 1**

**MY IDENTITY**

**I KNOW WHO I AM**

You'll never outperform your own self-image.

If you view yourself a 2.

The world won't raise your value to a 10.

The true misfits who made their mark knew two truths.

They knew who they were.

And they knew whose they were.

**You seem to forget.**

*And so do I.*

Time to stop taking inventory on all your shortcomings and self-limiting beliefs.

Time to start listening to the melody line whispered in modern movies and ancient literature.

*"You're more than what you've become."*

Stop playing not to lose.

Start playing to win.

*"Remember who you are."*

Stop running from your past.

Start running toward your present.

*"You once were lost, but now you're found."*

Time to make your way back home.

**Who am I?**

***Identity***

**PART 2**

**MY PURPOSE**

**I KNOW WHY I AM HERE**

Don't accept "their" plans for your life.

Create your own life plan.

If you've lost your way it's because you've lost your why.

Stop numbing the pain.

And start embracing it.

You're in a war.

**Run to** the fight

Stop **running from** it.

Courage will find you in your moment  
and never a second before.

Pursue the passion that haunts you in your quiet moments.  
Because you've been **called** and **chosen**.

Your purpose haunts you for a reason.  
For one much BIGGER than yourself.

Failure and doubt aren't your enemies.  
*Apathy* and *regret* are.

They visit plenty of people,  
*Sitting on back porches,*  
Sipping glasses of lemonade,  
Mixed with remorse.

Left to wonder . . .

What could be?

Should be?

and might have been?

Opportunity stills calls their name,  
But they're too calloused to hear.

They stopped living long before they're DEAD.

Pick a fight.

Fear reminds you you're ALIVE.

**Why am  
I here?**

***Purpose***

## PART 3

### MY CONTEXT

#### I KNOW WHERE I SHOULD INVEST MY LIFE

Many people leave . . . to go to find **themselves**.

Unfortunately . . . they have to take **themselves** along on the trip.

**Running away is deceptive.**

It *over-promises*  
and *under-delivers*.

True travel is *discovery—not escape*.

Circumstances only change—when you do.

Freedom isn't found in a place you go.

But in the person you become.

Exchange: Captivity for Creativity.

Trade: Routine for Risk.

Take inventory of **what you'll gain.**

Stop fixating on **what you'll lose.**

Safe and Sound . . . make horrible epitaphs.

Redeem the Day

Don't simply seize it.

**Invest** your *life* in something that will *outlive* you.  
Author your **OPUS** and make day your **masterpiece**.

**Where am  
I going?**  
***Context***

**THE BEGINNING**

**I AM A SOUL ON FIRE**

This manifesto isn't the final word.  
It's may just be the first.

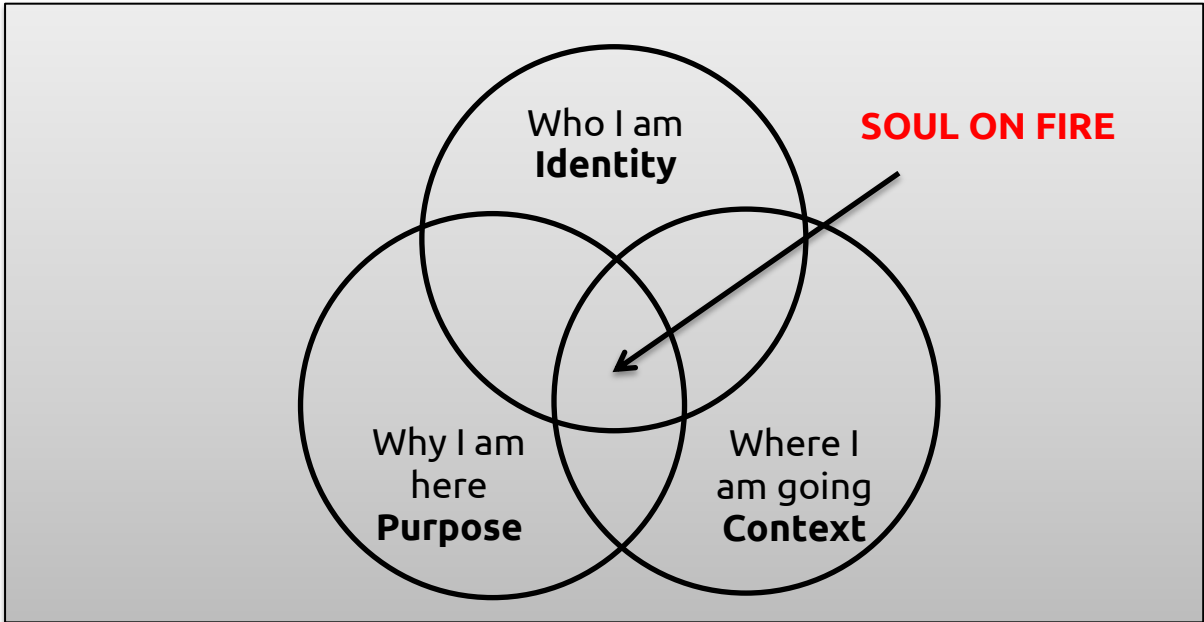
All great conversations happen with dialogue.

We're waiting to hear **your voice**.

We're waiting to feel **your fire**.

Stop sabotaging **your success**.

Become a **Soul on Fire**.



*The most powerful weapon on earth is the human **Soul on Fire**.*

## WHAT'S YOUR TEMPERATURE?

I've discovered we'll never outperform our own self-image. If you see yourself as a 72 on a 100-point scale, the world isn't going to raise the value. Thermostats and self-image have a bunch in common. If you're set at 72 internally, you'll never reach 100 externally. Even if people around you compliment you or give you a raise, your results will always drop back to 72—the exact setting of your self-image.



In my past, although I wanted great results, a closer look proved I wasn't designed for them. My self-image was set too low. I might have hoped and wished, but hope isn't a strategy and wishing doesn't change reality. I needed to reprogram my results by discovering my Secret Name.

Watch this 2-minute video. Regardless of your opinion on the experiment, pay attention to the premise. How powerful are words? In your own mind, what do you say about yourself? How do these words reveal what you believe? What do they say about the "temperature" of your self-image?



<http://www.youtube.com/watch?v=Ehlw-9PJkIE>

## A LESSON FROM A YOUNG LION CUB

Mufasa was king of the jungle, ruler over all. In the beginning, he and his son, Simba, had a beautiful relationship. The world felt perfect. Simba loved wrestling with his mighty father and dreaming about his place in the circle of life.



Like every prince, Simba knew he was destined for greatness—a life where he'd one day rule the jungle as king. His parents told him this story ever since the day he drew breath. They daily reinforced it, just in case he ever had doubts.

Because he had a healthy relationship with his father, Simba also had a healthy self-image. He felt royal blood pumping through his veins.



Though young and scrawny, with each passing day, he became older and stronger.

Then it happened. His story changed drastically, largely by his own doing. One day Simba listened to his deceiving uncle, Scar, and placed himself in great danger—right in the middle of a wildebeest

stampede in a deep ravine with no way out. After being alerted that Simba was in danger, Mufasa raced to his rescue, stepped in harm's way, then sacrificed his own life to save his son.

Immediately following his father's death, Simba's self-image changed. This wasn't supposed to happen after all. He felt guilt and shame for the foolish choice that cost his father's life. Simba believed it was entirely his fault, ignorant of the fact that Scar set the stampede in motion and killed Mufasa to steal his brother's throne.



Listening again to Scar's advice, Simba ran away—from himself and from his bigger story. Rather than embrace the names "Son" and "King," Simba adopted other names like "Murderer" and "Failure." Rather than embrace the bigger story that he was the lion king, the rightful leader, he adopted a different one called "hakuna matata." This Swahili phrase can be translated literally as "no worries." It means "don't worry, be happy."



Simba learned this new "hakuna matata" story from Timon and Pumbaa, his new friends in the jungle. With low expectations, they simply cruised through life without a care in the world. Simba enjoyed this smaller story because it helped him erase the shame and guilt.

Over time, though, no matter how he tried to embrace these names of purposelessness, he couldn't shake the epic one that kept calling to him. It infected him and weighed heavy on his heart. Finally, after running for years, he reached the end of himself.

His breakthrough came crashing into him, literally, via a crazy baboon named Rafiki. This messenger confronted Simba in the midst of his



identity crisis and led him through the jungle to a pond where he saw his father's image in his own reflection.

Overwhelmed, Simba ran to an open field where, in an honest and humble moment, he vulnerably cried out to the heavens:

"You said you'd always be there for me, but you're not. It's because of me. It's my fault."

Amazingly, a ghostly image of his father appeared above him. Simba poured out his heart to his father. He told him the names he had adopted. He confessed his inadequacies, his shortcomings, and his hang-ups. His father listened to his story, but then spoke boldly:

"You are more than what you have become.  
...Remember who you are."

Mufasa reminded Simba of his true name—not the cheap substitutes he told himself and everyone else. When Simba changed his name, only then could he change himself, embrace his true identity, and accept the crown that was rightfully his.

By reclaiming his identity he found new courage to confront Scar and redeem his destiny in the process. He became the rightful heir and the lion king—taking his place in the circle of life.

## **FIVE QUESTIONS FOR YOU**

1. Read Genesis 3. How is this story of the Lion King similar to the story we see in the Garden of Eden?

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2. Which person possesses similar characteristics to Scar? How so?

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3. What can you learn about yourself from the story of Simba and the Garden of Eden?

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4. Do you believe you're more than who you've become? Why or why not?

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5. Do you believe God has a divine destiny for you—one that is more than you can even ask or imagine?

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Please be honest, specific, and authentic with your answers....