

# WHERE DO YOU FIT IN?

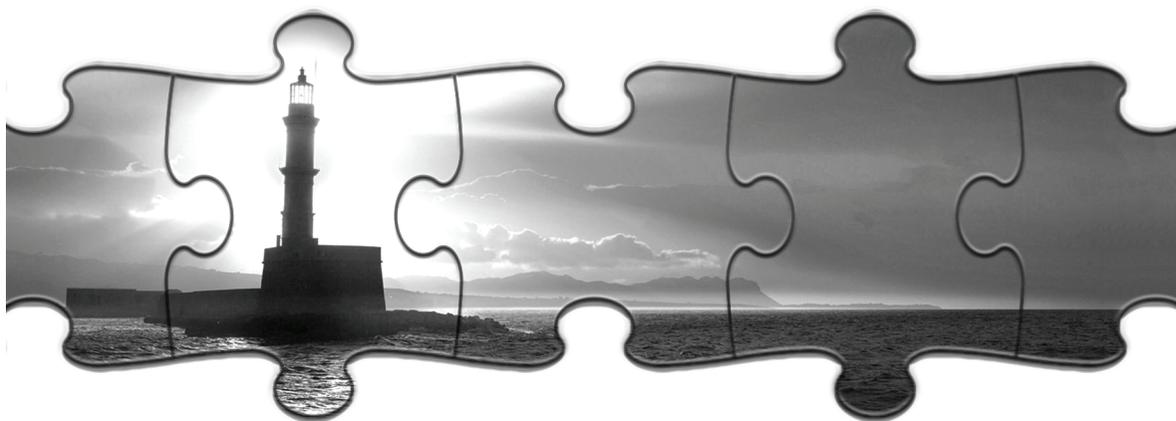
DEFINE YOUR ESSENTIAL GIFTS & MAKE SOME NOISE



DIANNE A. ALLEN, MA

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FOR  
JAMIE MANNING

And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.

*Le Petit Prince (1943)*

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Thank you, Susan Biszewski, for your listening ear and inspired conversations. You are an Essential! Thank you for writing the foreword for this book and being supportive of this work.

Walter and Cheryl Manning are Jamie's parents. This book is dedicated to Jamie as he is a young essential, sharing his magnificent gifts with the world. Walter and Cheryl are loving, kind and present parents. Knowing this family and spending time with them warms my heart and inspires me for our future. Thank you for trusting me.

Thank you to those who support my work and my journey. When the road is challenging, your words of encouragement and your listening ears are the magic that fans the flames of my inner fire!

I acknowledge and thank you, my reader, for following your vision and allowing your Essential gifts to emerge.

To all the clients and retreat participants over the past years, I thank you for your participation in the unfolding of my own Essential gifts as I make noise. Join me, won't you?

## A MESSAGE FROM DIANNE

You are essential. You are important in the little and the grand parts of life. You may not feel like you fit in, yet you fit in perfectly. Some of the most wonderful people are the ones who don't fit into boxes created by others. We are all like pieces of a puzzle, meant to fit in the perfect place. Our mission is to *feel* our way into this perfect place and thrive.

When you are thriving, the entire world benefits. When you are shut down or merely existing, everything slows down and is muted on levels you cannot yet see or understand.

Your mission is to uncover your unique gifts and their variations. Your vision is meant for you to accomplish or it would not be in your mind and heart. You are an Essential.

The *Where Do You Fit In?* manual is designed to present you with the variations of essential gifts that set you apart as a vital human being on this planet. You may find yourself in more than one place, for many Essentials are blends of variations.

You are on the path to discovery, attunement, and unfoldment. Truly your life is being enriched deeply by your decision to let your gifts surface and make your noise! Discover how to live more fully with purpose and determination by living in the present, breathing, allowing your unique gifts to emerge and illuminate the world. Speak words that align with your Vision and enriches the lives of those around you.

Behold the Divine beauty in yourself and others. See the sacred in the everyday events, people, and interactions. Allow your smile to radiate, touching the hearts of those who are searching or seeking. Embrace your personal journey as well as the path of others with your beautiful inner radiance.

Plant your spiritual garden with seeds of kindness, compassion, gratitude, love, and self-care. Allow yourself to receive the nourishment of these things from your garden and the gardens of others.

Create a daily practice that fosters transformation and progress along your path of discovery and awakening. It is in being generous that you are transformed. Because there are so many varied ways to language the topics of transformation and spirituality, I have chosen in this book to interchange language from diverse worldviews. I invite you to release any

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resistance or judgment and replace your own words for the concepts if you wish. It is the overarching ideas that are most important.

You will notice that I use Essential as a noun in much of this book. This is a new way to describe you and your unique gifts.

Welcome. I am glad you are here.

## FOREWORD

To say that Dianne A. Allen understands or “totally gets” the *nature* of human nature falls very short in describing the impact of her influence in transforming individuals with whom she has encountered over the years. Her reputation preceded her in my community and in the ever-growing realm of social media as she continued to pop up in my Facebook feed. Our friendship began with her giving me one of her books, *The Loneliness Cure*, to review for a ministry that I was developing in my parish. By the time I reached page 21, I had highlighted in several colors, noted in 40% of the margins, and written in an old journal, something may I add, that I had not done in years. She had, simply, concisely, and in laypersons terms, provided me with a root cause analysis of human pain and suffering. After finishing reading the book, I contacted her to meet for dinner to discuss several of her points. Dianne did not disappoint. Her wisdom, joy, generous spirit and ability to see right through to the heart of a person reminds me of a happy camper moving comfortably and intuitively through the gloomy night with a big ole flashlight.

Over several dinners our dialogue evolved, and our discussions turned to the concept of individuals who are intuitive, who make connections, who think differently, who see pieces and parts and colors and shapes that most people do not necessarily see. Individuals encouraged to listen to their own intuition will find confidence and migrate toward optimism, resilience, hope and spiritual transformation. Once transformed, people will move beyond the ordinary to pure essence, the habitual “being.” They will become the fountain of optimism, the example of resilience and the well-spring of hope. Through the process, these individuals spiritually transform and, in turn, have the capability of spiritually transforming others.

The benefit, of course, to the larger picture of life and humanity is that they become the catalysts of hope and courage that offsets the inhibitors of joy and contributors of fear. But being the catalyst does not always result in an easy path. I have read about individuals who capture this essence, who were the catalyst, who grew in their spirituality and found grace – but they also struggled to find that place where they fit in. They are the saints and quiet unknown individuals who when the moment arose, made some noise, made things happen and became remarkable heroes – some remain unknown and others like Joan of Arc, Nelson Mandela, Oskar Schindler have a place in our history books.

## WHERE DO YOU FIT IN?

In a time of conflicting priorities, of doubt and fear, Dianne does it again by shifting the paradigm away from helplessness and hopelessness, and resurrecting language of essence and spiritual being in her new book *Where Do You Fit In?* She does this by shining the flashlight in the dark corners and inviting us into the light of spiritually “be” coming. Dianne creates a synergy between the thing and the action, the noun and the verb. And she calls those individuals the **Essentials**. The **Essentials** are those people who tap into their essence, develop their spirituality, strive to exceed their potential and find their place to “be” in the world. They are the saints in training, the quiet and restless ones who she will coach to make noise and find their own flashlights. Thus, making the world a much better place, if not lighter place.

Susan Biszewski, MA

Apprenticeship Coordinator  
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## INTRODUCTION

*See the light in others and treat them as if that is all you see.*  
~~Dr. Wayne Dyer

Most likely you are feeling some sort of change happening within and around you. There are no real words to describe how you are feeling. You may be having dreams that you don't understand or find yourself seeing life and yourself differently than before. Our world is changing. You are part of the change if you wish to be. On these pages, you will find inspiration, information and the invitation to continue your path of transformation with a clear focus.

All these changes are part of the awakening and potential transcendence of an Essential. An Essential is someone who has a deeper mission and calling to be of benefit to the larger community. You know you are an Essential when you have a relentless inner push to grow and expand that sometimes creates conflict with your old paradigms and rules for engaging your world. An Essential experiences life from this sublime perspective and is intimately connected to Earth, all sentient beings, and the greater meaning of this powerful journey we call *life*. Your Essential nature affords you the opportunity to grow and expand in ways that are profound and maybe even out of your current understanding. This is exciting.

I use the term Essential to describe a way of being in the world rather than a new-age type of reference. Essentials are naturally drawn to existential questions. I hear many Essentials speaking of transcendent ideas and experiences. The mission and responsibility of an Essential is meaningful and should be taken seriously. Many Essentials are creating innovative changes that move humanity forward toward a more unified consciousness. Your essential gift is meant to emerge and make some noise. The noise you will make will be your individual, unique expression of your Essential variation. Only you can bring this gift to the world.

There is a time and place to bring your knowledge, gifts, and awareness to the table. Essentials are born into this path and calling, whether you know it or not. (See my story in Appendix I) Your Essential experience is qualitatively different than others who may have similar interests yet are not journeying in the same manner. In many ways, as an Essential, you are a spiritual warrior, a visionary. Compare the experience of watching a movie in black and white with mono sound to 3D High Definition color with surround sound. It may be the same movie, yet your experience of the movie is qualitatively different. The black and white movie or life experience

may be fun or entertaining, yet the depth may not be present due to the restrictions of the format. The High Definition movie with surround sound will give you a completely different experience than the black and white. Essentials, like you, have the High Definition capability and your choice is whether you turn this capability on or not. In my experience, denying or avoiding your Essential capability yields discontent, frustration and eventually medical problems. More on this later.

Both ways of experiencing the world are great and serve vital roles. This is not about being better than another. Everyone is born with inherent value; it is what we do or don't do with that value that tells the story. The Essential's path offers challenges that the other path does not experience. Sometimes being an Essential is difficult and you might feel disconnected from others or even judged. Still your path is uniquely yours and part of your mission is to live from a place of compassion and gratitude for all life, including yours. Let's embrace all paths. If you are an Essential or visionary, I am confident you will find yourself in these pages.

In this book you will find questions to ponder and places to write your notes. Be willing to go within and tune into your deeper self as this is necessary for your health and happiness. Sometimes you may feel as if you are in an archeological dig, unearthing inner structures that are outdated and must be transformed. You will find information designed to answer common questions that I have been asked about being an Essential and I will offer time-tested solutions to assist you during your quest. I have included some stories in certain areas to demonstrate the message. They are based on real people yet are not the actual real people by name or identifiers. When you resonate with one of the people mentioned, rest assured that you are not alone. After all, this book is being written at the request of someone close to me who is an Essential who is making some noise! By noise, I mean using your Essential gifts for the advancement of a compassionate, unified way of living.

This book is meant to introduce new language and concepts. Many times, over the years I found myself looking for language to describe or communicate my experience and understanding and there were no words that were accurate. Taking the word Essential and using it as a noun has offered a new way to express these powerful and unique roles and gifts. An Essential is awakening and growing on levels known and unknown. Essentials have many questions and experiences. Having a safe place to turn and people who understand is vital. In this world of turbulence as the up-leveling of conscious is happening, Essentials are playing a vital role while also requiring additional support, recharging of inner energies of

transformation, and a sense of being understood and connection. There is much more information than can be contained in this book. I am here to point out what has been happening around you your entire life and give it words and context. We all get to point out for each other what is already unfolding. We are like jumper cables for each other. This is part of the great awakening of which we are vital to the process. Start with Hope. Know that it is precisely in the deep dark that your new grace is born. From here, you experience a deep sense of knowing that words cannot describe.

You came here to create something powerful. You have the right to be here; to live and create from your inner vision.

Continue to learn, grow, and ask questions.

CHAPTER 1

WHAT DOES IT MEAN TO FIT IN ANYWAY?

*Why fit in when you were born to stand out!*

*~~Dr. Seuss*

The whole idea of fitting in has always been curious to me. Sometimes it seems that fitting in is desirable and other times not so much. What are the cultural rules? Do they apply to me? What if I have never really fit in even when others think I am?

I have come to realize that everyone fits in in their own unique and personal way. Fitting in with popular culture may not be your thing yet on the core-essence level, you fit in to the greater scheme of things.

For those of us who have a deep inner conviction or calling, and we are compelled from within to bring our vision forward; we are Essentials. Being an Essential can offer challenges that make life interesting. Chances are that the times you did not fit in or you thought no one understood you were the times your Essential gifts were shining brightly. Just because the masses may not understand you means nothing more than the masses don't understand. This is a statement about them, not you. You are fully equipped in your personal unique way to bring your Essential gifts into reality. You always have the free will choice to succumb to the energy a flow of the masses or to stand out and fit in in different ways.

Let's explore what an Essential is and some of the variations. Notice where you see yourself.

**What is an Essential?**

An Essential is a participant in the greater picture of Universal harmony. In general, Essentials are grounded in service and inspiration while also bringing in new ideas and creations that are ushering humankind forward. You may or may not understand the significance of your personal Essential gifts. Whether you are aware of not, your Essential gifts are within you and they are meant to emerge into the world and make noise in their personal and unique manner.

All Essentials have unique gifts that they must use to be an intentional presence in Universal harmony. Knowing that the Universe is always expanding in unity, diversity and complexity, Essentials are key players in this expanded consciousness. There are 5 types of variations of gifts; Essentials can have any combination and intensity of these variations.

The 5 variations include: Creators, Workers, Weavers, Harmonizers and Ballers. Each variation offers much needed energy and creative energy to our transforming world.

### **How to identify an Essential**

Essentials are often service or mentor leaders regardless of position or age. Essentials share a common vision of a better world that has more peace, harmony, and light. The road toward this vision varies with each person's talents and calling, yet the overarching goal is the same: elevating personal and thus global consciousness in a sustainable manner.

Some Essentials are in the forefront of social justice, health care, environmental issues and humanitarian efforts to name a few. Some Essentials has deep rooted passions in these areas and their calling is to serve others from behind the scenes. Whatever your Essential variation, you are a perfect, unique combination of Essential gifts here with the vision, motivation and energy to make a difference.

There is no need to compare one Essential to another as they are interwoven and each variation of gifts support and is synchronous with the others. This is the magnificent beauty that erupts when Essentials come together in their vision and actions. The noise that a group of Essential makes is much like an orchestra who has been playing together for years. The harmony, blending of instruments and the music itself are inspiring can move mountains or often even the hardest hearts.

Do not underestimate the palpable personal power emanating through you that is meant to be of service. The wonder thing, for me, is that we all will bring our gifts forward with our personal flair. The brilliant diversity transcends what any one human can dream! Let's look at the variations. *Where do you fit in?*

### **The 5 Variations of Essentials**

There are variations of Essentials. Each variation stands alone and simultaneously intermingles with the other variations. Each variation has a vital role and mission. Fitting in is an important task. How to fit in and where to fit in are valid considerations. In a world where taking the risk to stand up and express your powerful and authentic self can have daunting consequences, you must make noise in a way that serves the good of all, including yourself. If you feel you cannot be quiet anymore, or you have a burning push coming from deep within, you are an Essential.

Essentials come in every style imaginable. You always have the chance to bring your unique personality to your vision and mission. This is what is so exciting. When you are in a room of Essentials with similar gifts, you will be awed by the beauty of the varied expressions.

You could be a single variation of Essential or you may be a blending of multiple variations of Essential. Let's look at the 5 variations. Notice which ones resonate with you most profoundly. You may see yourself in more than one area.

**Creators** are connected to purpose and intention. Creators seek to know and understand the meaning of the manifest as well as the invisible world. They are often talking about purpose and having purpose. Creators use their power of intention as a navigating power for how they live their lives. Creators are asking the deeper questions and they become animated and more engaged when they connect with those who also care about these resonate on these deeper more philosophical levels.

Creators are often found in the metaphysical, theological or life's purpose professions. Creators become animated when talking about these more introspective yet purposeful topics. Creators often dislike small talk and they prefer intellectual conversations. Many Creators are well read and have vast interest in the meaning of life and how to create a satisfying and successful life from having a sense of purpose and living that purpose.

**Workers** are the stabilizers who identify goals and consistently move forward. Workers are great strategists and planners. You will find workers excelling when they can plan the strategy to get the job done and then do the job. Workers are always moving and working for them is not work at all. Workers enjoy reaching goals then strategizing the next goal. Workers are the grounding and stabilizing force in the world of Essentials. They often interact more easily with others because of their focus on organization, and getting things done. Their inner life is powerful, and they have the compelling desire to do good work. Don't be fooled by their worker exterior, this group possess and inner passionate vision and life. They can get things done! Workers are fueled largely by their inner passion and ability to see the goal and get moving to achieve the goal.

Workers are found wherever there is a great vision that is being brought into reality. Often, workers will align with other essentials and bring their strategy and work ethic to the project. When a project needs to get done, call on the workers. Some workers I know struggle at times with their Essential gift. I have heard the perception that being the worker is

somehow less than the others. Quite the contrary. Workers are necessary for any viable project to come together.

Workers have a drive to do the job and get it done well. Workers thrive when there is something to accomplish that is tangible and can be measured. Workers are the perfect complement for the other Essentials as they can bring solutions and practical ideas and action that may elude others at some points.

**Weavers** bridge ideas and concepts by being in the flow of creativity and spiritual essence. They bring ideas into existence. Weavers can be found often in a teaching type capacity whether formal or informal. Weavers have the ability to naturally distill complex concepts into manageable parts, while also taking pieces of concepts and synthesizing them. Weavers are vital to any enterprise or group because of their communication skills. They are the translators who understand various worldviews and orientations in order to achieve a universal understanding. Think of a beautiful tapestry: The threads and yarns are beautiful alone, but it is the Weaver who makes the collective beauty come alive.

Weavers have the natural ability to bring ideas and concepts together from the esoteric to the grounded in natural reality. When you listen to a public speaker who seems to resonate with the entire audience, you are listening to a weaver. Weavers can be found in ministry, public speaking, teaching, law and the sciences. The Weaver Essential gift is a variation that often amazes others. They are often hear comments like, “How did you take that enormous concept and make it manageable to understand?” Weavers tend to want to learn many varied viewpoints and they can easily move from view to view when engaged in a team. Weavers can bridge the visionaries with the workers and the strategists with the creators. Weavers can create a sense of beauty and wonder where it once was hidden by bringing together the raw essence.

Weavers are often graceful and can be seen as elegant and flowing in their demeanor. Much like the pliable yarn in the tapestry, Weavers naturally are comfortable examining and engaging in varied activities and dialogues. The Weavers’ translation and interpretation ability comes naturally. Weavers can offer perspective to a situation or project.

**Harmonizers** are playful and lighthearted, living in the flow, smoothing out the rough edges of life. They are like instruments in an orchestra emanating the feeling of beauty and harmony that often transcends words. You can hear their inner calm in their voice, and you can sense their light

when around them. Somehow, we feel more peaceful and connected when they are around. Harmonizers are in the flow of eternal fluidity. This means that Harmonizers inherently move in the eternal flow of life with grace and ease. Harmonizers bring out the inner joy and sense of play in those around them. Harmonizers are like beautiful music that embraces your mind, body, and soul with its intricate melody. Harmonizers have the natural ability to dissipate tension and bring about consensus as they can connect deeply to the underlying intentions and bring about great transformation using lighthearted measures. This ability is most valuable in teamwork and situations where others express passionate ideas that, left alone, could derail a wonderful project.

Harmonizers are the lighthearted and spirited people who can break any tension with ease. They use humor and their playful mannerisms to add levity to the seriousness of the other Essentials, particularly the Ballers. Harmonizers gravitate toward meditation, yoga, Tai Chi and other harmonizing activities. Harmonizers are sensitive to strife and discord that they typically avoid or shift using their Essential gifts. Sometimes Harmonizers can get so lost in the flow that the Workers or Ballers are helpful in creating a plan and taking action. Harmonizers are great with the melody of life and they always bring this powerful perspective. They balance the energy of any situation easily.

**Ballers** are dialed into relentless sources of energy. They often possess raw, unadulterated power. Ballers are the risk-takers and creators of unlimited power. Many visionaries are sub-categories of Ballers. They are uncommon and know things beyond others. Often this group is misunderstood by most of those around them. When a Baller is connected to the unlimited power source of the Universe, it can be overwhelming for them as well as those around them.

Ballers are by nature go-getters and action-takers. They have tremendous energy and drive. Ballers can't stop this energy or drive without dire health consequences like hypertension, digestion problems and sleep issues. Without Ballers and their extreme action orientation, any progress and transformation would be at a slower pace.

Ballers are often misunderstood by those who only look at the outside persona. Often, their hearts are soft, and they love so deeply that taking action seems like the only way to fulfill this burning inner furnace. Ballers often have difficulty connecting with others or healing grief. Ballers are moving so fast that slowing down can be painful for them. This rapid inner speed shields them from some of the emotional intensity and healing that

may need to happen for their health. Ballers are all about taking massive action no matter what. It usually takes someone with several variations/gifts to actually understand and connect to a Baller. Yet, Ballers are the powerhouse and they bring great amounts of information, higher understanding and energy to any project or relationship.

You will find Ballers is high level business that requires, vision, action and a relentless amount of personal energy to champion the mission. Some Ballers burn out and end up struggling with anger, frustration, intolerance and self-centeredness. A healthy Baller who engages in appropriate self-care is a force that cannot be easily stopped. Ballers dislike long meetings and people who talk to hear themselves talking. Ballers get to the point, focus on action and results. They are valuable to any team. They also have a strong sense of service and the vision to bring about much needed transformation or change.

### **What to consider**

What is most important is for Essentials to delve within to be clear on their personal variation and then bring their essential nature into the light in a powerful manner. By bringing out your essential nature as an Essential, you make the powerful noise that changes things for the better. Always, you are living in your Essential gift when your vision, words and actions are for the highest good of all concerned. Most likely, you found yourself in more than one or maybe all 5 Essentials.

Notice where you resonated or were disconnected. The variations and expressions of each Essential variations are endless in diversity and complexity. These brief descriptions are designed to offer an overview of the general categories of Essentials.

In the following chapters, I will delve further into each variation of Essential in more detail.

WHERE DO YOU FIT IN?

**Questions to Ponder:**

With which Essential variation do you most identify?

Which Essential variation do you see in others in your life?

How does it benefit you to identify and step into your Essential variation?

**Journal your ideas and inspirations:**

# WHERE DO YOU FIT IN?

## DEFINE YOUR ESSENTIAL GIFTS & MAKE SOME NOISE

Are you asking, "What can I do to make the world better?" Do you have a deep desire to be a beneficial presence yet are unclear how to make your desire a reality?

**Where Do You Fit In?** is the perfect manual for you. You are essential in the greater scheme of the things or you wouldn't be asking these questions.

The Essentials presented in this book offer a structure for bringing your transformative gifts forward. The 5 Essentials are the Creator, the Weaver, the Worker, the Harmonizer and the Baller. Each have their unique and specialized purpose. You will find yourself with a unique blend that is yours alone.

In these pages, you will learn about these gifts in you and how to use them for your success and happiness. Bringing your Essential gifts into reality is an honor. Use this manual for your personal transformation or share it with your friends. You will be glad you did!

*In a time of conflicting priorities, of doubt and fear, Dianne A. Allen does it again by shifting the paradigm away from helplessness and hopelessness, and resurrecting language of essence and spiritual being in her new book Where Do You Fit In?*

~~ Susan Biszewski, MA

*Dianne A. Allen has done it again! Her new book, Where Do You Fit In? will take you on a fascinating journey of self-discovery, opening the door to new learning and self-awareness.*

*As a spiritual guide, coach and mentor, Dianne has a unique way of helping you tap into your own hidden potential, stretching the boundaries of your mind in order to recognize your true potential.*

~~ Carole R. Gill