

Lesson 46: Purpose, the Intent of Life

There is an undeniable purpose everyone is here to fulfill, some greater than others in terms of accomplishments, nonetheless every accomplishment, no matter how small or how grand, counts as a meaningful contribution to the collective consciousness. Many of us veer off the intended paths of our lives for any number of reasons and some of us are never able to find our way back on the path. Some of us just wander through life aimlessly, never fulfilling any intended purpose believing it to be nothing more than our lot in life. Others seem to experience the dark side of life, encountering one difficulty after another. Then there are those of us who miss the boat entirely because we did not read the signposts correctly, thus we find ourselves never quite reaching our potential let alone to fulfill a life purpose. The lesson this week will explore some of the roadblocks and obstacles that so often compromise the fulfillment of the purpose for our existence, thereby, jeopardizing the intent of our lives.

If you believe in reincarnation then it would be easy to understand why you would have a specific purpose to be fulfilled at some point in your life; that you were not just born, you live and then you die without any significance to the real meaning of your life. If you believe that this negative mindset is what life is all about then you might not be quite so inclined to see the value of life itself let alone to consider finding or fulfilling a purpose. Many young people question the validity and the necessity of life because they do not yet see the relativity of their place in society and the role they will eventually play as adults as well as how they will affect the global consciousness. To them life has little or no meaning, especially to those who have been tarnished by their personal experiences at an early age. It can be difficult to see that anything worthwhile exists beyond the horizon of their early experiences. Many adults are faced with the same problems especially when it comes to how they weigh the value of their own self-worth. Sometimes the challenges and responsibilities of life becomes too heavy of a burden, making it difficult to discern where they fit into the picture as an individual having needs of their own that are often left unfulfilled.

Sometimes we have a tendency to mentally fence ourselves in through the action of our thoughts, feelings, beliefs and perceptions in which we narrow down the scope of possibilities of fulfilling our purpose. The narrower we fence ourselves in the less chance there is of realizing the intent for our life and the less we experience the blessings that come from the fulfillment of our life purpose. Such growth cannot occur without expanding our fences wider and wider, eventually taking them down all together so as to not limit ourselves to any possibilities. Personal and spiritual growth requires us to regroup and reassess our belief structures and our prevailing mental attitudes in order to allow our dormant potentials to rise up to the surface of our conscious awareness which in turn will afford us every opportunity to recognize and fulfill our life purpose.

But we cannot arrive at our destinations when we are bound to the disabling attitudes of disbelief and a lack of purpose.

Everyone has a path to follow on that is unique to their own personal journey through life. Our paths sometimes lead us down very strange roads of experience; sometimes they result in circumstances that are very undesirable. Nonetheless every experience has its place of value when we are able to see the silver lining in the cloud of our life experiences. These undesirable situations help us to learn and grow when we are willing to see them for what they really are, which is not necessarily the way we tend to perceive them. If we view every undesirable experience from a negative perspective we limit the possibility for personal growth. In this sense we can see how unnecessary it is to point fingers of blame but rather to count the whole of the experience as something we can learn valuable life lessons from. The lessons we learn from our life experiences become the catalyst that can get us back on the path that will eventually lead us to finding and fulfilling the purpose of our lives if we will but allow it too.

Sometimes the unfolding of our true life purpose does not materialize for years to come. There can be any number of reasons for the delay which will always be unique to our own individual experiences. We often get caught up in the need to meet the expectations of others and in doing so we delay arriving at our own pre-determined destinations. But the desire to become what we are intended to become continues to burn deep within us like a perpetual candle. If we ignore this inner desire of external expression we are likely to encounter some undesirable mental, emotional, spiritual and even physical affects throughout the course of our lives. This is because our higher mind, our twin flame, knows the real intention for our existence and yearns to manifest it on the physical plane. Attempting to ignore this inner yearning is not healthy for us on any level of our being. It is, after all, an affirmation of the purpose and intention for our existence at this particular time and place.

Life is not so much about what we accomplish as it is about feeling fulfilled in our accomplishments. If you are fulfilled in being a parent, a grandparent, a spouse or whatever role you play along these lines then you are probably fulfilling your life's purpose in that capacity. We often get hung up on the idea that we are expected to leave some kind of a legacy on a grand scale but the truth is that not everyone is called to such a high level of accomplishment. Sometimes people move forward on a path that on the surface appears to be their "calling" only to find themselves on an alternate path which is where their true calling awaits their arrival. The initial path served to get them where they really needed to be and is that place they come to recognize as being their niche. When you arrive there it is just something that you know that you know because that knowing comes from a deeper place within you and it is a very satisfying and rewarding experience. Some people just seem to arrive at their destinations fully intact while others arrive bruised, metaphorically speaking, from the hurdles and obstacles they had

to overcome. There is no one explanation for these differences in experience except to say that each and every journey in life is unique to the paths we choose to travel on. The operative word in this respect is “choose” as the paths we travel on are the result of the choices and decisions we make along the way whether they are to our benefit or not. When they are not to our benefit we have only to learn from the experience and get ourselves back on track. When we fence ourselves in and close our minds to the lessons there to be learned we limit the possibility of arriving at our destinations, thereby, jeopardizing our happiness, peace and contentment.

People who recognize their life purpose and who set out to fulfill that purpose often find that many doors of opportunity open along the way which ultimately enhances their overall life experiences. American writer and mythologist, Joseph Campbell (c1904-1987) approached the business of fulfilling a life purpose through his own philosophical mantra which was to “follow your bliss.” He formulated his philosophy from the teaching of the Upanishads and incorporated the spiritual language of Sanskrit into the journey of life. Campbell’s philosophy on life was that: *“If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Wherever you are—if you are following your bliss, you are enjoying that refreshment, that life within you, all the time.”* And so it is in life that if you are indeed following your bliss you cannot miss fulfilling the intention of your life and then some no matter what that intention is. Plato said that a life which is not examined is not worth living. Thus it is in our best interest to honestly examine the quality of our life experiences to discern how and why we are missing the mark and what lessons we need to learn so that we can arrive at our destinations no matter what our destinations are.

Responding to your calling is to do so without restrictions placed upon you by anyone as no one has the right to steer the course of your life or to prevent you from fulfilling your life purpose unless you willingly empower them to do so. If this has been your experience then you owe it to yourself to rise above the adversity that has been placed before you and find from within what gives you that inner sense of satisfaction and fulfillment; what excites you and what speaks to you in your sleep. This is the path to finding your purpose which is the intent of your life, not what someone else thinks should be your path in life. People often speak from the level of their own experience which in many cases is limited at best and although they mean well it is not their place to direct your path based on their perception of who they think you really are and what your potentials might be. Whether you realize it or not you are empowered to make choices and decisions that are in your best interest regardless of your past experiences.

Many people find themselves employed in positions as a matter of economic survival or because it was expected of them and consequently lack energy and enthusiasm because they are not doing what they should really be doing. The word enthusiasm originally

meant to be inspired or divinely influenced. People who are not inspired or divinely influenced are often down-trodden as they attempt to make the best of a difficult situation when all the while something else is burning deep within them wanting only to surface because it is their natural calling but is in some way being repressed. The road out of these situations is not an easy one but there are many accounts told in which people miraculously found their way out of the pits of their disparity. The miracle did not lie in the hands of a Deity but rather the miracle occurred within them. In spite of their circumstances they found the strength to pursue a path that otherwise seemed bleak and hopeless only because they were able to pull themselves up just long enough to peer into the keyhole of their own potential. Through creative means they found a way to pursue their dreams and realize their goals even though the journey there was often chockfull of obstacles and challenges. There is something to be said about the nature of the human spirit and how it is capable of rising up and overcoming unimaginable adversities when the force of the energetic drive within them exceeds the conditions of their environment. In this sense the ability to succeed is really not an option but is a conscious choice a person chooses to make. The steps taken to fulfilling a life purpose are successive in that it only requires the need to put one foot in front of the other. The 12-step axiom, “just for today” rings very true in this regard because life is not about leaping tall buildings, it is about being empowered to living life in the moment; to follow your bliss. The doors of opportunity have a way of opening on their own, through the unfolding of synchronistic events.

Maintaining an emotional balance is the key to fulfilling your life’s purpose. Without a state of emotional balance it is unlikely that you will be successful in fulfilling your intended purpose because the pursuit of a life purpose requires a degree of stability in every sense of the word. Emotions such as fear, feelings of inadequacy, inferiority and anxiety do not equate to attaining success but do indeed hinder and in some cases even block the possibility of such a fulfillment. When creative imagination is blocked through the imbalance of emotions it opens the door wide for an array of other negative emotions to flow in that is not the least bit conducive to fulfilling any purpose in life. These negative emotions have a way of sneaking in just under the surface of our conscious awareness and manifest themselves externally as self-hatred, self-condemnation, jealousy and even grief and regret. They threaten and undermine our feelings of self-worth which often sends us looking for our self-worth in all the wrong places and typically in the company of the wrong people – like does attract like. Thus we encounter some very undesirable life experiences that we all too quickly point fingers of blame at, perceiving them as being the cause of our dilemmas which is far from the truth. Emotional balance allows us to pursue our purpose with an attitude of right thinking, confidence and courage that ultimately enhances our life experiences which opens many unexpected doors of opportunity. Resiliency is founded on self-

empowerment and choice, not on what others think of us or what they think is best for us.

To criticize or to be criticized is not the least bit enabling nor does it promote or support self-empowerment, personal and spiritual growth. Criticism that occurs outside of being constructive, even that is questionable, is a debilitating form of judgment, whether it comes by way of self-critique or by way of others who see fit to judge our performance in life. When we internalize negative criticism we are in a sense accepting the criticism as if it were an unbendable truth which becomes embedded in every level of our being. We cast unnecessary negative dispersions upon ourselves and basically stunt our own growth. The only way to overcome the devastating effects to our psyche is to rise above these untruths and realize the validity of our self-worth which is not measured by the standards of others. It is something we have to find within us and sometimes it requires some serious self-examination for the sake of exposing any negative influences that are blocking the path from reaching our full potential.

The pursuit of perfectionism is a path of destruction all unto itself and when left unchecked will block our attempts to reach the finish line when it comes to fulfilling our purpose. Perfectionism is like a cancer that spreads silently within us. It causes us to believe that whatever endeavors we pursue is never going to be good enough or right enough or ever completed for that matter. It is also the gauge we use to measure the performance of others who, incidentally, will never reach such unrealistic standards. The need for perfectionism knows no boundaries because enough is never enough and there always has to be more. While a small dose of perfectionism isn't necessarily harmful, left out of control it becomes our worst enemy. Consequently, attempting to fulfill a life purpose becomes an exercise of futility because a sense of satisfaction or completion is seldom ever achieved as nothing ever reaches a state of being perfect enough. It is an unhealthy and unbalanced state of mind that borders on being neurotic, indicative of something more going on under the surface. If this is a condition that plagues you it is in your best interest to examine it closely for the sake of discerning what lies beneath the surface that needs to be exposed to the light of truth. Without such an examination a perpetual state of perfectionism becomes nothing more than a psychological roadblock, a mental refusal to approve of your own creativity, to consider the job done and give yourself permission to move forward. Standards that are just too high to live up to often lead to depression and with depression comes a whole array of negative and very destructive emotions.

It is our hope that we have provided you with enough content in this lesson to help you understand the many aspects of finding and fulfilling your life purpose and how that purpose is truly the intent of your life. That your life has meaning and significance and that the mark you leave behind someday will in some way contribute toward the greater

good of humanity regardless of what that purpose is. If you have any questions or wish to share your own thoughts or comments please feel free to do so.

Many Blessings,
Linda, Z and the Collective We

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Ask and It Is Given by Ester and Jerry Hicks and the Teachings of Abraham

The Nature of Personal Reality, a Seth Book, by Jane Roberts

The Artist's Way, A Spiritual Path to Higher Creativity, by Julia Cameron

You Can Heal Yourself by Louise L. Hay