

## Lesson 103: The Purpose & Meaning of Life

Many people are inclined toward the belief that this one life is all there is, that they live and die and consequently, there is no real purpose in life. This subjective frame of mind places many limitations on the experiences of life, not to mention that such a narrow-minded way of thinking actually distorts and even negates the true purpose and meaning of life. Thus, the motivation to pursue a meaningful purpose and fulfill that purpose is greatly diminished; some even give up on life. However, when one realizes that this is not the whole of reality, but that it is only one small, though very important layer of reality, things begin to change. Outlooks and perceptions change as meaning and purpose are factored into the equation, which gives rise to a new energy.

Understanding the purpose of life from the top down is the means of clearing out any distortions, as well as to eliminate any misconceptions, as opposed to trying to understand life from the bottom up, which is where most people tend to view life from and thereby fall into those mental ditches of error, not so much because of what they know, but because of what they don't know. The discussion in this lesson not only unfolds the meaning and purpose of life, it brings into perspective what may not be known about life on the physical plane.

As reality contains its own hierarchy, there is an Ultimate Reality from which objective manifested animate and inanimate reality springs forth, descends through the various spiritual and mental planes, and onto the physical plane, which is where the majority of the human experiences takes place. However, further into the discussion, it will become apparent that human reality also occurs on the mental and spiritual planes and that when these planes of reality are consciously pursued; the human experience is inevitably enhanced, as the result of spiritual growth and personal development.

Due to the current state of spiritual, mental, and emotional evolution, objective reality is interpreted by way of subjective experiences and here is where people fall into many ditches of cognitive and perceptual error. It is very easy to relate to animate or inanimate objects as an obvious mass object perceived by the five senses, however, it is not so easy relating to the same object in terms of how the object is personally experienced, thus, there is a gap in-between the layers of subjective and objective reality, which is where illusions about reality are formed. Consequently, objective reality is easily distorted as the result of erroneous thought forms, feelings and emotions, beliefs, perceptions and expectations, most of which has its roots buried deeply in the conventions of cultural influences that have been passed down from generation to generation and have also been carried along from one life time into another and here too exists a gap where illusions are so easily formed and accepted as objective truths.

As subjective reality does indeed affect purpose and meaning, the way you view life in general, as well as the way you view your own life can create a psychic gap that is not

easily bridged by your own thoughts and feelings, beliefs, perceptions and expectations. External influences are not necessarily adverse, however, that does not mean they do not have adverse affects in your reality. The adverse affects in your reality are the result of situations, circumstances, or events that either are misinterpreted by you or have been misinterpreted by others and accepted as bona-fide truths even though they may not contain a lick of truth, but are nothing more than misguided subjective observations or conclusions incorrectly reached. These observations and conclusions then become acceptable thought forms to the extent that they transmute into core beliefs and expectations, which in turn are passed along and that you may accept at face value, without question or without any further examination. Unfortunately, those who choose not to accept the status quo are often perceived as renegades because they are bold enough to take a stand against the grain of ancestral or social acceptance, as opposed to just going with the grain even though its dogma or doctrine is outdated and consequently, serves no good purpose.

Taking things at face value can lead you down many paths where you are likely to face all sorts of strife and difficulties and get caught up in dilemmas not of your own choosing. The means of escape is to take an entirely different road, not for the sake of circumventing experiences, as that is what life is all about, but to alleviate certain types of experiences that are unnecessary to the purpose and intent of your life. This is not to say that if there are lessons contained in these dilemmas that are intended for you to learn or work out in this lifetime; they will not be waiting for you somewhere down the path of your life, because they will. Regardless of whether you learn them in this lifetime or in another, eventually you will have no other alternative but to learn them, as they will keep jumping into your reality. The problem is that there is often a lapse of time between the causes and their affects, which makes it very difficult to connect the karmic dots when the effects finally manifest or materialize. Thus, the karmic affect from a cause may not show up for days, weeks, months, or years and may not even show up in this lifetime, which is why reincarnation is necessary, as it is the means of squaring up karmic causes created on the physical plane. But regardless of when the effects manifest, one thing is for certain, they will manifest in your reality and it may never occur to you that a perceived misfortune is the actual effect of a cause long forgotten that has indeed manifested.

Before you can contemplate the meaning and purpose of your life, you must first know that there is a purpose for life on the human plane, no different from that of any other plane of reality, all of which is for the ongoing evolution of the soul, which is always first and foremost. However, the means of advancement on the physical plane is by way of experience, regardless of whether any of them are perceived as positive or negative experiences. Although all experiences count, not all experiences are intended to occur in any one particular lifetime, but might be influences brought forward into the present reality from other lifetimes. In many respects, these influencing factors can actually

determine the course of your destiny. Because predetermined destiny is a subject that deserves its own space and time, it will not be discussed in detail in this lesson, except to say that any undesirable predetermined course of destiny can be altered, changed, or eliminated by choice, although its karmic influence may still play out in some other aspect of your life. The reason why you cannot recall the memories of prior life experiences is that they are not retained in the memory bank of human consciousness for the simple fact that no two brains are ever the same in any given incarnation. However, every memory is stored in the Akashic Records, which is the memory bank of Consciousness that exists outside of the plane of human consciousness, which can be accessed under the right conditions.

Keeping in mind that there is an ascended hierarchy of reality, the soul advances in steps and does so often over the course of many lifetimes. Each former lifetime leaves its own indelible mark retained in the memory of the Higher Mind, which never ceases to exist. There is a distinction between the Higher Mind and the lower mind, just as there is a distinction between the Ego and the human ego. Consequently, the human ego is subject to the directives of the mind on the human plane, which of course, is where physical reality is experienced. The Higher Mind is much more advanced, and though it does not engage in physical reality, it acts as a guide to the lower mind, just as the Ego acts as a guide to the human ego. The will, though it is essentially free to act on the choices made by the mind, nonetheless, is subject to the directives of any desires and character traits brought forth from other life experiences, which will act as an impetus, possibly steering you in the wrong direction. This condition becomes problematic because these desires and character traits are not easily traced back to their origins, which may have occurred many lifetimes ago. With this in mind, it is easy to see how you can be influenced by urges, impulses and desires, as well as character traits that trigger unexplained behaviors, actions and reactions, which over time become habitually ingrained in your psyche.

It is only by self-introspection that you can realistically discern their presence, as well as their influence in your day-to-day life even though you cannot adequately trace them back to their origins. Although there are psychotherapists, as well as other non-conventional practitioners trained to discern the presence of past life carryovers, as well as the imposition of non-physical attachments to humans, it is not necessary to trace them back, unless of course, they are wreaking havoc in your life. Otherwise, honest self-introspection affords you opportunities to not only discern the existence of these influences just as they are, but to make choices with respect to how you want or do not want these influences to affect your reality, bearing in mind that there are no free rides, that every choice carries with it its own set of consequences, thus the cost must be considered prior to making the choice.

As these influences are not easily traced back to any particular lifetime, it is enough just to know they are there, that they exist and are manifesting in your reality in desirable or undesirable ways. This awareness speaks to the power of now, which makes it possible for you to live in the now in every sense of the word, as opposed to living in the shadows of any past life experiences. Although it is becoming more popular to seek refuge from the bondage of past life experiences, there are no magic wands that are going to magically alleviate the cognitive burden of assimilation and integration that first begins with a dose of honest self-introspection. A physical or financial condition can be treated and may even appear to be permanent, but you can rest assured that the karmic value of the cause that first created the condition will show up somewhere else in your reality because that is how the law of cause and effect works. Moreover, as this spiritual law is no respecter of persons, it does not allow for any leniencies. The law is not inconsistent; it does not operate in one way for one person and then operates another way for someone else. It is an immutable universal law because it governs all of nature including the human plane of reality, thus it is a constant in all cases; there simply are no variables.

Now this does not mean that you are locked into the undesirable effects of any karmic causes, whether they were created in past lifetimes or in this lifetime. You can change the course of direction by acting on choices that empower you to circumvent the undesirable effects of any cause, assuming you have learned whatever you needed to learn about yourself and your reality, if not you will still have to settle the karmic score one way or another. Getting a grip on the causes you have created, whether in this lifetime or not, as well as the resulting effects, unpleasant as that might be, takes a fair amount of cognitive processing. It is an investment of time and energy resources for the sake of advancing the self, which few people are willing to make because the outcome is always uncertain. Therefore, it is perceived as a risk not really worth taking, as there are no guarantees that things will work out to your advantage in the end. However, you will never know one way or the other if you do not try. Any move in the right direction counts and even small moves makes for small improvements, which in turn begins to shed light on the purpose and meaning for your life, even if it is only to square up past karmic causes or learn a lesson not previously learned.

Again, life on any plane is for the advancement of the soul, which does indeed advance by way of its experiences and the knowledge it collects about its experiences along the way, which incidentally, is not the same as intellectual knowledge. You can know a host of things intellectually speaking and not experience one iota of change in your internal reality because your scope of intellectual knowledge has little or nothing to do with what is going on internally, as its manifestation are all external. Intellectual knowledge is an effect from a cause – the education is the cause that provided the effect, which is the scope of intellectual knowledge you gained. As acquiring knowledge does not begin and end at the doorstep of intellect only, there has to be another layer of knowledge that

manifest internally and consequently manifests externally that adds to intellectual knowledge and even enhances intellectual knowledge. This is a level of knowledge that is attained by self-introspection, as well as from outside sources, which mostly comes from the experiences of others who have already traveled the path of life, who were enlightened and now serve as beacons of light. These enlightened masters, sages and teachers are known throughout the world in their human identities as Jesus, the Buddha, Paramahansa Yogananda, the Dalai Lama, Mahatma Gandhi and Maharishi Mahesh Yogi, as well as a host of others far too numerous to mention from all walks of life, all of whom lead not just by the measure of their intellect, but who lead by example and who follow the middle way.

As spiritual growth is paramount to personal development, it is also relative to the ability to make good choices. Everyone can make choices, but not everyone can make choices that will enhance their life experiences, thus not only is there a karmic price to pay in the way of consequences, there is also a lesson embedded in the experience. It is also by way of spiritual growth and personal development that the meaning and purpose of life rises into conscious awareness with perfect clarity. That's not to say that you cannot begin to fulfill your purpose in life from an early age, because you can, but that is not a chance occurrence nor is it always attributed to genetics or even genius. It is also attributed to the experience of multiple past lives in which many talents, skills and abilities were developed and carried forth, each lifetime consisting of one or more talents, skills and abilities enhanced on more so than others. Thus, the same karmic cause carries forth certain character traits that too either enhances or hinders the experiences in this lifetime. When all these aspects of your reality are taken into consideration it becomes obvious that the whole of your experiences are not central to only this or that one thing, but are central to many causes and their subsequent effects, some that have found their way into your reality by way of parental, cultural, social, religious, etc. external influences. Added to this collective mix are the internal influences at work within you that in spite of any external influences, including those carried over into this lifetime, is where you are most empowered to make significant changes in your reality.

The path to bringing about these changes is not a onetime event, but can occur over a period of months or years and might occur in stages along the way, which gives you time to assimilate the knowledge acquired, as it does no good to acquire knowledge that is not assimilated, let alone the ability to integrate the knowledge. The assimilation and integration process is just that. It is a process during which time you learn something new about your reality that, hopefully, is objective and not subjective, as the illusions of subjectivity will only lead you farther out into stormy seas. This new awareness must then be assimilated before it can be integrated, which means that it must first be absorbed, cognized in a way that makes sense so that it is not only fully understood, but that it is fully integrated. The integration of a new awareness becomes one with you. It

is woven into the fabric of your day-to-day life. The evidence will speak for itself because in time, it will manifest its presence externally where others will see the obvious change in some aspect of your personal self. It may be that you might develop the ability to empathize, to love deeper than you have ever loved before or to feel compassion for those you have not felt compassion for previously, all dependent on what aspect of your reality most needed improvement. So even though you may witness someone going through a very difficult time, it may just mean that Karma, i.e. the Law of Cause and Effect or the Law of Consequences was put into action as the result of certain external or internal impulses that have steered that person in the wrong direction, whether from this lifetime or from another. And as Karma is a fundamental law that does indeed govern all actions, not just some, but all, it is a law that also acts as an equalizer. It restores harmony and balances disturbances in the psyche that adversely affects your personal reality.

As balance in your reality is restored, that is, if you are willing to endure the restoration and equalizing process, which the enlightened know can amount to a few too many dark nights of the soul and can take you down a few too many bumpy roads, it is a trip that is well worth its weight in gold because the end result is not only inner peace and tranquility, it brings to the surface meaning and purpose for your life. Not only does the purpose of your life become meaningful, it's how the doors of opportunity open wide that adds even greater dimension to the purpose of your life. Many people, having experienced an awakening sufficient to their cause, discover that a new world of incredible experiences awaits their arrival, it is a world of new experiences they never saw coming or could have ever predicted. This is the reward for patience, persistence, and diligence, which unlike most experiences on the material plane are not fleeting or temporary, but are ever changing and ever evolving into something even more meaningful and purposeful. However, in as much as life is all about evolution, no experience is karmically undetected nor is every experience invalid. Every experience counts as each layer of experience molds and shapes you into something more or less than you were before each of those experiences. The question you must ask yourself is who and what you are becoming or not becoming, as the case may be, is really who and what you want to become. Just because there is some passion or desire that burns within you that drives you in a certain direction, it does not mean it is good for you anymore than it might be bad for you. The proof, however, is always in the pudding.

However, trouble arises in your reality when you act on whatever forces or influences, external or internal are driving you in a certain direction within the framework of your lower mind, which is where all sorts of distortions are created by way of your thoughts, feelings, emotions and of course your perceptions and even your expectations. In so doing it is, unfortunate, that you are likely to make a choice that really is not in your best interest after all. And although the proof will certainly be in the pudding if and when your house of cards comes crashing down around you in some manner of speaking, it is

not always just about you, it is also about the others who may be involved and who may get hurt in the process. This is no laughing matter because not only do you incur the wrath of your own karmic debts by way of the consequences, you also incur a karmic debt attached to the person you hurt as the result of the choice you made from your lower mind, as opposed to making the choice from the guidance of your Higher Mind, which may not have steered you in the same direction. So rather than take chances and foolish risks, it is wise to rely on the guidance of your own intuition which comes from your Higher Mind and leave your lower mind out of the decision-making process until further notice or at the very least – meditate on the issue first. Because mindfulness speaks for itself, after-thoughts should not follow choices, but should precede choices. Nevertheless, the appropriate lesson will be there to learn, as will the unpleasant consequence also be there to pay.

Leaving your lower mind out of the decision-making process until further notice is not only practical, it gives you time to examine the contents of your lower mind as well as to develop it. However, the developing process is not instantaneous, but rather it is relative to the stages of your spiritual growth. The more you become aware, the more knowledge there is to assimilate and integrate, and as no one is pushing buttons and pulling strings, it just takes time and patience. It is not uncommon to be confronted with knowledge that contradicts your normal way of thinking and the range of feelings you are habitually accustomed to expressing through your emotions, which too, is all relative to how and why you act and react as you do. All these layers of internal reality must be examined with immense honesty; otherwise you do yourself a disservice. The idea is for the truth to rise up to the surface of your awareness, which in most cases has more to do with dysfunctional thought patterns, established core beliefs - many of which are not only outdated but were founded on erroneous dogmas - cultural and religious, distorted perceptions and unrealistic expectations. This is a gambit of contributing influences that run deep, in fact, they may run so deep as to practically be unidentifiable, which in of itself takes time.

Thus, if you truly want to mentally, emotionally, and spiritually evolve and stop the wheel of birth and rebirth, as the Buddha taught, stop incarnating on the physical plane, and begin ascending the mental and spiritual planes. You might want to take the matter of your own personal evolution into serious consideration, lest you have no alternative but to go another round of strife and seemingly unpredicted difficulties, which too is a deception because those future difficulties are more predictable than you realize, given the degree of karmic causes and effects that will carry over into your next lifetime along with any you have not already worked out. This is a different time and age, where such information is bountiful and awareness's are on the rise. You don't want to be left in the fray!

In closing we hope that we have indeed triggered some new awareness. One: is that life is not what it appears to be on the surface, but that it is composed of many contributing seen and unseen impulses, drives and other forces, both internal and external that reach well beyond the borders of your current reality. Two: is that in spite of these influences from the past and the present, harmony, and balance can always be restored in your life. Three: is that there is purpose and meaning to life, if for no other reason than the fact that life exists beyond the human plane, which all by itself, is an acknowledgement that gives purpose and meaning to life, not to mention it concretely answers all three ontological questions: why do I exist, why am I here and what is the purpose and meaning of my life. As always, please feel free to share your thoughts, comments, and personal experiences or ask questions.

Many Blessings,

Linda, Z and the Collective We