

The Purposeful Life



a message from [Jennifer Hoffman](#)
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What is the purpose of life? What is the purpose of our presence on earth? What are we doing here and how can we know we are living our purpose? Is there a specific path we are supposed to follow and how can we know whether or not we are following it? What happens if we don't follow it? If our purpose is spiritual in nature, why do so many people appear to be living in the material world, with total ignorance of their spiritual purpose, and they seem to do well and even prospering? What is their purpose? How are we supposed to know our purpose and when will we know we have completed it?

There is a profound shift that occurs in us when we walk the spiritual path and begin to hear a quiet inner urging to consider other aspects of life. This inner voice awakens us to a sort of discontent, where we are no longer happy or satisfied with the life we have. We know there is something else that we need and it is not more money or stuff. There is something real and yet intangible that we long for. Once we begin to pay attention to that urging our life loses its purpose and we step into a place where we search for meaning, value and a new purpose. At this crossroads we can look within or without for the connection that will re-awaken us to our purpose and create joy and fulfillment. We can look for the purpose of life, figure out what it means to live a purposeful life or try to find our purpose. Each of these things is has a different context and depending on our purpose, will take us in different directions.

Many have pondered the purpose of life which, on its face seems to be rather purposeless. We are born, are here for a while and then we die. From a material perspective, our purpose is to occupy a physical presence, which we leave when we are finished with it. No matter what we accumulate during the course of our lifetime, when we die we leave it all behind. This is where we can begin to look at life from a spiritual perspective because from the material sense, there is no purpose to life other than to create a new generation that will experience another cycle of life. Now we can move on to the next issue, how can we live a purposeful life?

The purposeful life is one that is lived through the fulfillment of its greatest desires. These desires can be material or spiritual. On the material side, the person who wants to be successful tries to create as much success as possible. The one who wants to be rich accumulates as much material wealth as she can. The person who wants love seeks it above all else. Those who want wisdom spend years in its pursuit. This is the purposeful life from a material perspective and we have many examples of those who rise, and fall, in the pursuit of their purpose. But there is more to life than the accumulation of money, wisdom, success and love. And as we see, those who strive to rise above everyone else eventually fall—everyone who climbs a mountain eventually has to come back down.

From the spiritual perspective, a purposeful life is lived through spiritual fulfillment. And that can mean so many things. We can believe this means that we must renounce the material world and seek spirituality in all things. Or we can decide to accept the most challenging situations, people and circumstances in an effort to heal the world and ourselves in the process. All of these are worthy pursuits but they are not the real purpose each of us has come to live. There is a little more to the story that we need to learn before we can live our life purpose, because our life has no purpose at all. It is, in essence, nothing.

When we seek the purpose of life and try to live through what we find, we eventually discover that life has no purpose. In the Landmark Forum there is a section which discusses at the purpose of life, which is described as 'empty and meaningless'. And this is true. Life, by itself, has no meaning or purpose. It is our experience of life that creates the meaning we give it. The real purpose of life, from our spiritual perspective, is 'no thing', meaning that there is nothing in the material world that is relevant to our life purpose, unless we first seek and connect to the world within. There is nothing we can create or experience that will fulfill our purpose because nothing in the material plane is permanent or matters. Is there anything on earth that we can take with us when we die?

Before we see this as depressing and become disillusioned, we need to take this one step further. The purpose of our life, and each one of us has a distinct purpose, is to move energy from polarity to connection, to resolve lifetimes of karma, to turn fear into unconditional love and to blend heaven and earth. So our individual life purpose is to move enough fear, negativity and polarity out so we can make room for love. We do this by remembering that we are, first and foremost, spiritual beings having a human experience, not the other way around. In our spiritual aspect we are perfect love, within our purpose and always living according to our purpose in that moment.

Just as we live from one moment to the next, our purpose shifts as we move from one level of energy to another. Whatever we are experiencing in a single moment is our purpose. As soon as we are able to move that energy we move into another purpose. And so our life unfolds, from one moment to the next, going through the experiences we and our soul have called forward to help us recall our energies that have been scattered through fear, trauma and pain. As we release our cords that bind us to our karmic connections we allow more light to shine within us. This moves us to new levels of being and to new heights of purpose. Then we can move from a healing purpose to one that is centered on love, compassion, joy and fulfillment in all areas of our life. Our greatest purpose is to be, centered and grounded, light-filled and effortlessly re-membering ourselves to our divine connection, whole in body, mind, emotions and spirit so that we become the living embodiment of who we are, divine spiritual beings enjoying the game of life.