

The Why of Life

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Why are we here? Why are you here? What's the purpose of life?

We've all asked these questions sometime in our life. And did we come up with any answers? Perhaps we did and felt some kind of reassurance that we had some direction in life. Perhaps we felt even more discomfited as our questions led to more questions and greater confusion.

I'm sure most of us would like some understanding as to the point of our being. How much more centered and assured would we feel knowing we had a track to follow, a mission to fulfill? Some might see this is a sort of Holy Grail, others a motivational tool, and others a means for developing as a spiritual being.

Whatever our reason, many of us would like to know deep in our hearts that our lives have meaning in the larger picture. Each of us does so much throughout our life from raising families, jobs, and avocations to play, schooling, and personal development. Knowing that we aren't just cogs in some giant socio-cultural mechanism living to fulfill some job and role description would be a huge relief to many. Starting with that acknowledgment, we are then free to discover for ourselves why we're here. And there are a number of ways to do that.

There are a number of methods that can be practiced on one's own. Workshops, though, are a great way to interact with others to hear about their life journey and find similarities and commonalities with your own life. In this process, each of has the chance to take in another's story and perspectives, as well as be given insight in our own story. We're all in this life together, so why not help each other?

Some of the things you can learn in a workshop with others are how your present interests and affinities may be aligned with your purpose, how to turn stumbling blocks into stepping stones, and how to delve into Soul's deeper purpose in coming into this life. Through a workshop process, you can begin to see patterns in your life. You can also deal with some personal issues such as trust, fear, impatience, and compassion. All of these things can bring you to the core of your being and through that, you can develop clarity about your life purpose.

One thing about your life purpose is that it doesn't have to be earth shaking. You don't need to be the next Gandhi, Mother Teresa, or Nelson Mandela. What you might focus on is being part of a group that ends world hunger, helping your community to become more green oriented, or working in a day care center. Perhaps you're meant to be a teacher, an actuarial, or a farmer. Whatever it is that resonates with your Soul and that assists you in your spiritual growth is what you need to put your energies toward. No one is nudging you to be a leader or

saint. But you are being supported in accessing your authentic being and from that vantage point seeking out your life's purpose.

Having a clearer sense of your life's purpose can be incredibly freeing. Now you're in alignment with your heart's desire and your Soul's purity of intent. No longer will you need to question who you are and why you're here. You have direction and meaning in your life. You now have the answers within you and you're going with the flow of your innate energies and drive. What greater journey and reward could you envision than to discover your spiritual purpose in this lifetime?

