

What is Our Purpose in Living?

What is our purpose in life? Why are we living? Just to exist or is there something more?

These questions have haunted humans for a very long time. There is just something that drives us to ponder the deeper meaning of life, most often without coming up with very satisfactory answers.

These questions have haunted me for a very long time as well, and, as I near my 60th year on this earth, I am beginning to find some answers—at least for my own life. And I would like to share some thoughts with you so that we might begin a conversation around these big questions, and help each other find some additional insights.

I think that it is important to recognize that we are at a very special turning point in our evolutionary history as a species. We have reached a time when wisdom is growing in the human species at an awesome rate. It is still largely “under the radar screen” of mass media, but it is still happening. More and more people are searching for answers to these major questions, and finding meaning for themselves through this process.

I am starting this blog with the hope and intention of bringing this wisdom more to the surface so that other people can learn from our explorations and we can develop better methods of supporting each other on our respective journeys.

I have resisted doing this for many years, but I finally feel that I have the courage and strength of character to “expose” myself and my process in the hope that it will support someone else on their own journey. The resistance stems from my fear of being “rejected” by the mainstream as I speak my truth—a truth that is very different than the current way of thinking.

But age has its merit, and I have finally reached the point where I am ready—“prepared” really—to contribute what I can to this evolutionary—and even revolutionary—time in which we are living.

So what is our purpose in living? What are we really here to do between the time when we are born and the time when we die?

Conventional thinking would have us work hard, make as much money as possible, live as “comfortably” as we can with that money, and live as long as we can (and avoid all thoughts of death and dying for as long as possible). Which is why all of our “status symbols” are external objects: the kind of car we drive, the house we live in, the people we know, and how young we look.

Ironically—or maybe sadly—we have it completely backwards. The only thing that really matters is who we are on the inside. The external world—and all of its trappings—is practically irrelevant. Other than the fact that it is “easier” to live in some kind of shelter from the weather, have enough food to eat, and a way to travel more easily, the external world is just the place in which we find ourselves and the ground upon which we experience our daily life.

The real “purpose” of our existence is to discover and bring forth our unique gifts to the world.

That is the answer in a nutshell—learn who you really are, what your unique and special gifts are, and contribute them in service to the world.

And that purpose can be done with no money or anything else from the external world.

In fact, it is entirely an internal process. Things in the external world can support the process, but it is largely a very private and intimate journey—just between you and you (and God if you believe in a higher being).

I do believe that a higher power (call it God, divine being, or anything else you prefer) exists in our universe and I have learned to rely on it to guide my life. But that has been my experience—yours might be very different and, of course, should be honored as such.

What is our purpose in living? To bring forth our unique gifts to the world.

That's my answer to this huge question. What's yours? Let's start talking about it. And next we can talk about how to get it done—now that's another big question worth tackling.

In Peace,
Janet