
What Is Your True Purpose?

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by Kathleen Gage

How many people do we know who are searching for their purpose in life? Seeking desperately to find some meaning to their day-to-day existence, even when it appears as if they have it all together in their personal and professional life? So often, we look for our purpose in money, power, prestige or fame to validate our existence. Actually, our purpose is quite simple. So simple in fact we often overlook it. We get caught up in the day to day grind of what is outwardly distracting us and lose site of the simplicity of it all.

Many people search their entire life looking for meaning, purpose and fulfillment when the answer has been available to them all along. One of the primary reasons for so much chaos and unhappiness in the world today is that people may intuitively know what they are meant to do and yet, fear holds them back from fulfilling their truest destiny. Or, they think that the only way to express their purpose is on a grand scale.

In reality, each day we are in a position to live our purpose and in return live our passion. People who have truly tapped into their purpose don't find it necessary to buy into the media hype that to be truly successful you have to drive a certain type of car, live in a specific neighborhood, wear designer clothes, or eat at a particular restaurant. People who are in tune with their purpose understand it is about being the best they can be in all they do and living a life filled with giving, receiving, loving,

learning, sharing, teaching and most of all gratitude. Gratitude for what life will put in front of us and knowing that all of our experiences are what create the tapestry of our life.

Living our true purpose does not mean we shouldn't have dreams and goals. Our dreams and goals are often what help us to truly express our destiny. What can happen though is that we get caught up in what others tell us we should be doing with our life rather than honoring what is truly in our heart and soul to do. A key to our greatest happiness is to take what we have in our heart and soul and be willing to manifest it. In order to manifest in our life we must believe in our heart that this is our reality and we are deserving. It also helps to acknowledge that there may be experiences that will shape our destiny that we definitely did not plan. And yet, as we allow ourselves to step back and look at the big picture of life we can realize the situation happened in order to honor our path.

To really know what is going on in our heart we must still our mind. It is at the point of stillness that we can ask for guidance and courage to move toward our greatest good. In the silence we can more easily connect with our path. In the silence we can often get a sense of our next indicated step in achieving our dreams. It could be a simple thought of calling someone or stopping by a store we normally don't shop at. When we follow these "moments of inspiration" it is amazing what can happen.

Far too many people spend their time in noise and busyness in order to avoid the silence. It is as if they

fear the silence. And yet, it is in the silence we can actually hear. It is important to take time each day to get silent and ask for the guidance and the willingness to do all we are meant to do and then have the courage to take appropriate action. The reality is that when we are walking in our purpose we have nothing, absolutely nothing, to fear. That is not to say we will not have obstacles and challenges in front of us as we pursue our dreams. The obstacles and challenges are simply a part of the experience we call life.

The outcome most people are looking for in their life is to feel a level of happiness and success that allows them to make sense out of life. There are many ways to get to our outcome. It is like when you are going on a road trip and you have a destination in mind. Most often you can take many routes to get to your destination. Often though, one route will be more direct than another. A way to get the most direct route is to take time to know yourself. Truly know yourself.

It is in the silence that you can often get the message of what route to take to get to your own enlightenment. Without the silence though you may not recognize the messages when they come to you. There are different ways your intuition will give you the information. It could be from something that appears to be like a voice in your head, it could come from a feeling inside, or it could come as a message from another person.

If you are not used to taking quiet time for yourself, you may want to start with just a couple of minutes. In those couple of minutes, turn off the phone, turn off music, television, or anything that is a distraction. Simply count to 100 the first time around to get in the practice of spending time with yourself with no outside distractions. As you get more comfortable with this you can incorporate some concentrated breathing into your quiet time. It is amazing how powerful that can be.

For some people a couple of minutes may seem like very little time and yet, for someone who is accustomed to a lot of noise and confusion a couple of minute of quiet time can seem like an eternity. A person's beliefs about the meaning of something is relative to their experience.

The more you take time to simply be the easier it is to get some clarity in life. Clarity on issues that may be pressing in your life, clarity on what path you are taking, and clarity on the path you are truly intended to be taking.

Clarity can come in a moment, or it can take some time. The greatest gift you can give to yourself and others is to know your purpose and have the willingness, courage and trust to live that purpose.

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