

Why Should You Find Your Life's Purpose?

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Why Should You Find Your Life's Purpose?by Ineke Van Lint

Many spiritual traditions revolve around one central question: "Who am I ?" Even the business world ponders this crucial matter. According to business gurus, the first step on the road to success is asking yourself this very question:"What's my mission? What on Earth am I doing? Am I in the right place?"

Many spiritual traditions revolve around one central question: "Who am I ?" Even the business world ponders this crucial matter. According to business gurus, the first step on the road to success is asking yourself this very question:"What's my mission? What on Earth am I doing? Am I in the right place?"

If you can't answer these questions, then you are wasting 90% of your time and energy doing things that are neither your mission nor your business! You will feel an inner anxiety, urging you to search for the deeper meaning of your life.

If you consider living to be painful, if you feel dissatisfied, if you feel "there must be more than this", if you feel out of place in this world, then you have not yet found the purpose of your life.

If you are questioning the meaning of life, if you can't find inner peace, if you are not satisfied with choices you've made in life, if you don't know which way to turn, if you feel your life is stuffed with things that aren't of your choosing and that don't satisfy you, if you often feel burdened and bad-tempered, if you "have everything to feel happy" but don't, then it is time for you to discover your true self!

Human beings want to feel useful. We long to give our lives some deeper meaning. As long as you have not discovered this deeper meaning, you feel frustrated and on the wrong track.

We want our lives to be worthwhile. This does not mean we need to achieve 'great feats' or become world famous. We just need to feel in place and do the right thing surrounded by the right people. It's about finding out our mission. It's about finding 'inner peace'.

Our mission on Earth is twofold. The general aspect is that we are here to learn to bring more love into the world. The personal aspect is that everyone has its own peculiar, unique way of doing this.

Your mission represents the central piece of your life. The surrounding pieces represent your family, your relationship, your kids, your job, your home, your health, your friend, and so on. The centerpiece holds all of this together. That centerpiece, that's you. You are the most important person in your life, and you came to this world to do something important. Otherwise you simply would not be here!

As long as you haven't identified the centerpiece, you'll be wrestling with dissatisfaction,

powerlessness, frustrations and fatigue. Some people solve jigsaw puzzles by first fitting all the pieces on the borders, and then squeeze in the piece in the middle. That's putting the cart before the horse.

These people reason: "When I find the right partner, find the right job, get paid a good salary, have some kids, have my own house, meet some friends, stay healthy, then I will be happy!" But that's not the way things work.

As long as the centerpiece is missing from the puzzle, you too will feel empty inside. It is your responsibility to discover your mission and get things under way.

Even the cells of your body react to this lack of purpose, this feeling of emptiness. They suffer from spiritual malnutrition, feel useless and bored, resulting in a physical state of sluggishness and lethargy. This physical state will eventually cause several physical discomforts and complaints.

Occupying yourself with "your disease" and "feeding" yourself with medication or other such products is just another attempt at filling the void inside. This is because the status of "being ill" allows you to identify: "I am allergic to this or that, I am a cancer patient, I am an Alzheimer, I am..." Once you have started identifying yourself by your disease, it will certainly be on your mind day and night.

If you are not in touch with your own desires, you will easily fall prey to expectations projected upon you by your environment. If you are not following your own path, then you must be following someone else's! If you are not clear on your own life mission, you will find it hard to say "no" to what other people want you to do. This undecidedness makes you available for all who cross your path and want a piece of you, draining your energy.

As long as you are not clear on the shape of that centerpiece, you are submitted to others who may not care about what's best for you. Just like disease, these kinds of negative relationships are a manifestation of low-level energy, showing that you have lost focus and have strayed from your own golden brick road.

Your self-esteem is probably pretty low and you suffer from serious doubts and fears. The longer you put off the search, the more the feeling that something is missing will devour you. Your self-esteem will only decrease.

The best way to rebuild your fragile self and re-establish an inner sense of security is to make the search for your life mission your number one priority, and subsequently fully dedicate yourself to it.

Why is this so important? Because you can only find real joy in life by discovering and living according to the unique way of your personal evolution.

But, maybe you think, can't I just continue living life the way I have been all along? My life may not be all that exciting and rosy, but it's still doable. Can't I just try to hang in there and keep the status quo?

The answer is "yes". You can keep living your life in a monotonic, sad, senseless way. But don't expect any real satisfaction. The need to feel useful is so fundamental that you cannot feel happy as long as you have no clue what you are here for.

That's exactly the difference between humans and animals. For an animal it may suffice to just sleep,

hunt and eat, but humans look for the deeper meaning of life. Humans “know” that we are here on Earth for something more important than just eating, sleeping and working.

Your mission gives meaning to your life. Your mission IS your very reason for existence.

You are not alone in this search. This mission is also looking for you. It wants to be fulfilled by you and by nobody else. It is your personal mission. Nobody else is equipped to do it for you. Your mission will keep haunting you until you take it seriously and start implementing it.

Going against your mission is going against yourself. This is the same as ignoring the call of your soul, as ignoring your strongest desires, as signing a contract for eternal discontent...

You can't escape your mission. One day you will have to start dedicating yourself to it. Has this day come for you now? After all, you are reading these lines which shows your honest desire to start looking for the deeper meaning of your being.

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