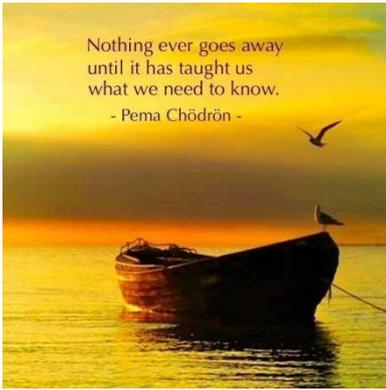


Experience and purpose



The most compelling (life) purpose, in a general sense, for all humanity is to serve. To help others; to leave the world a better place when it is time for you to leave.

How that manifests in practice is truly intriguing and fascinating. One of my closest friends, Jeff Moran, and I ran a workshop around 15 years ago called “Fulfil Your Destiny.”

There are several presuppositions behind this discussion. Do we have a purpose, why not just “do what thou wilt?” * And if we do have a purpose, who decides what it is? Ourselves and our soul group before we reincarnate?

Perhaps it’s uniquely down to ourselves when we are here, because we have free will? And for those of you of my generation has yours changed over time? Is the Pope a Catholic?

It’s pretty obvious and a noncontroversial statement to say that we move through life acquiring experiences. How do we choose those experiences, or are we at the mercy of fate? I have covered this point in some detail on video number two, **the subconscious mind**.

We all know the cliché about the two certainties in life, death and taxes. I remember a very sobering exercise a group of us were asked to complete on a personal development course in the early 80’s. We wrote our own obituaries. Sounds morbid? Nothing of the sort, it makes you think very deeply about what you are here (on earth) to do, to experience, people you want to meet (or avoid!), career choices; almost everything in fact.

So do you want to pass to the afterlife with a host of regrets, agonising over a non-existent or unfulfilled “bucket list”? Do you want to dictate who comes to your funeral? I remember a client 20 years ago who was so consumed by hatred for his stepdaughter that he banned her in advance. He had terminal cancer and I read his obituary a few weeks later. God knows whether his stepdaughter did attend, but his burning resentment was not the best recipe for recovery.

Here’s another interesting idea, source unknown. The definition of insanity is to continue to do the same thing over and over again and expect a different result.

I can’t recall ever having met anyone who doesn’t enjoy travel. Perhaps it’s a third universal truth, travel broadens the mind. Travelling to different places racks up a host of experiences you want to have other than by Zoom or the Internet. What about those celebrated individuals people most admire, sports “stars” and actors? For someone to become world-class in sport, I would suggest it takes at least 10 years, maybe 20 of dedication and persistence.

My late father excelled at sport, creative hobbies, crafts and DIY. And yet he spent 48 years doing the same repetitive tasks in a factory. He had a near lifetime of (to me) a hideously pointless and soul destroying job. If he were to value his life it is obvious (this is my inference, we never discussed it) it would be about his relationship with my mother, with me, with his friends and his leisure activities. His experience in the factory? You decide.

So I would maintain experience in and of itself has no value. It is the very nature of that experience, what you do with it and how you process it that matters. Someone who has driven a car for 10 years is probably more skilled than someone who has driven a car for 10 weeks. But we all know, and I’m a case study, that 40 years driving experience doesn’t prevent you from having accidents.

Your life purpose is your compass. If your goal is to serve and help others you are unlikely to waste your time as a troll, as someone who wants to bring down “the system” and as someone who hides from life. If your chosen life purpose is compelling, if you are “following your bliss” as the late great Joseph Campbell once said, chances are you will experience people and events that support your purpose. Here’s a fourth life

truth. If you live to “threescore years and 10” you have 613,200 hours to spend productively, enjoyably and satisfyingly, or you can fritter away your time, moving on with regrets, lost dreams and an unexamined life.

Leave aside obsessive “busyness”; forget rushing around like a headless chicken or a purposeful chicken locked into work mode, having no time to enjoy anything else. But if you follow your bliss how will you know what you would class as work?

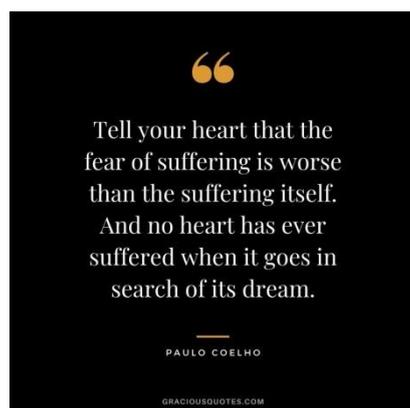
If you missed out on Jeff and my workshop all those years ago then how do you discover your life purpose or even your bliss? There are hundreds of books, courses and audio/video materials on the subject. Staying briefly on the subject of life lessons, and this will appear often in my rants, “bad” experiences, traumas, betrayals etc., rarely if ever “go away.” They stay with you in your mind, in your body and in all of your cells. Why is this relevant?

The biggest obstacles to a clearly accepted life purpose or “bliss” are subconscious, limiting beliefs or programmes. If you have a cluster of beliefs that suggest to you, and you believe them, that you are unworthy or incompetent or unattractive, you have to let them go. Yes I know that we all have the capacity to prove people wrong if they put us down, but I’m talking about deep, hidden blocks which no longer serve you.

Cliché time again. Have you ever read- I seem obsessed with death, forgive me -someone’s epitaph that says “I should have spent more time at the office”? You only get one chance at this particular incarnation; why not make the most of it?

Be here now. Live in the moment. A moment informed by a compelling, inspiring and massively satisfying life purpose. No, this is not a gift exclusively reserved for “high achievers” and those undeserving and vacuous people the media place on pedestals. It is your birthright. You are only condemned to a lifetime of drudgery if you accept it. Perhaps the greatest gift my father gave to me, after hugely encouraging my curiosity, was through his own “mistake” to find and pursue my bliss during daylight hours. We all have constraints and obligations and for many people they are so overwhelming that to even consider finding a rewarding purpose feels selfish and indulgent.

For those of you who have children I’m sure you know that they learn most from the example you set and the life you lead, as opposed to what you tell them or any act you may be putting on. I will close with a quote from one of my favourite authors Paulo Coelho, from one of my favourite books, The Alchemist:



You never have to grin and bear it, because nothing is for life.

A quote from the infamous Satanist, Alastair Crowley.