

Why Are You Here?

As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being.

—Carl Jung

Contrary to what today's commercialized society may say, spirituality says that you are *not* here on earth just to be a consumer of more and more material goods. Rather, your spiritual calling is to look beneath the surface of worldly life to find a spiritual journey that is filled with extraordinary blessings and insights.

Exploring your soul's journey is like having a front-row ticket to the grandest production of all — the story of your life. As you watch all the plot twists and turns, you also come to realize that you are playing the starring role in your movie. If you're funny, it's a comedy; if you're evil, it's a horror show. If you're romantic, it's a chick flick.

Spirituality in Action

Finding your role

One of the greatest blessings is to catch a glimpse of your role and mission. Although your personal goals may shift as you grow and change during the seasons of your life, you can still find great benefit in contemplating and becoming familiar with what your skills are, what your deeper aspirations are, what you like, what you're good at doing, and what comes naturally to you. When these observations about your nature come together to create a vision of your role in life, then you find it easier to act in ways that are harmonious with your greater nature.

Take a few moments and write down the answer to these questions: What is my purpose in life? What do I bring to the party? What can I contribute to this potluck dinner of life?

To help discover your mission in life, look back to your childhood. What were your natural interests and abilities? What kinds of things were you good at doing? What did you choose to do in your spare time? What do you choose to do in your free time now? What kinds of efforts seem to flow naturally through you? What brings a smile of contentment to your spirit? Even if quick and final answers don't pop up right away, the very act of exploring these questions can open doors to discovering more about what you really love to do, so you can follow that bliss into a greater awareness of your role.

Don't Forget

Regardless of the genre of your current life story, the spiritual key is to understand that you are the actor behind the roles, as well as ultimately the director, screenwriter, and audience. (See Chapter 14 for a description of how you are one with the divine consciousness that plays all roles.)

Why are you here? Have you ever asked yourself this question? Certainly, it's an essential query, worthy of deep consideration. After all, if you don't even have an inkling of why you're here, how can you expect to achieve your task?

Imagine a classroom where neither the teacher nor the children have any idea why they are there. What will they do with their time? Maybe they'll spend the semester playing or enjoying cookies and juice. A setup like this may make for a fun time; however, the children wouldn't be prepared for the next grade. They would probably have to return and take the same class all over again next year.

If the teacher still didn't know the purpose of that class, the children again wouldn't learn their lessons, and would perhaps spend their entire lives repeating the same class over and over again.

This scenario is similar to what some spiritual teachers say can happen with the process of reincarnation and soul evolution. If you come to this world with no idea of why you are here, it may take a very long time for you to graduate from your current life lessons into higher and greater spiritual realms.

Spiritual Wisdom

The entire field of relative existence has a single purpose: the attainment of supreme reality, and the consequent liberation of the questing soul.

—Swami Nirmalananda Giri

Your life lessons may include:

- Remembering who you really are
- Experiencing the flavors of human experience
- Discovering how to respond to the events of your life
- Learning from everything that comes your way
- Staying true to your higher nature at all times
- Remembering to look at your life as a play and to enjoy the show.