

Life Is: The Journey Within

Introduction

Life! Life is simply the recognition of existing. It is a profound journey, beginning with the first intake of breath at birth and concluding with the final exhaling breath at death. On this journey, we encounter many experiences shaping our existence. There are moments of triumph, love, and unity where we conquer challenges, embrace affection, and forge bonds. On the other hand, there are also moments of failure, hatred, and discord, where insecurities arise, conflicts ensue, and divisions manifest. These shared experiences can bind us together despite our diverse backgrounds and perspectives. Yet, unexpectedly, these same experiences can also drive us apart.

Why is all this relevant? From birth, every individual embarks on a journey to discover their Life's purpose. This journey is marked by positive and negative situations, experiences, and outcomes that shape our character, values, and mindset over time. This journey resembles riding a roller coaster with a malfunctioning control panel in that we cannot regulate our pace or stop the ride. For survival, we cling on for dear life, hoping to maintain our composure and praying to avoid derailment.

Suppose we can endure this journey without succumbing to the harshness of the roller coaster ride. If so, we can build this resilience that fosters inner peace and fortitude. This resilience acts as a sturdy shield, granting us the protection needed for our control panel to be repaired by the refined tapestry of time. Once repaired, we gain control of the roller coaster, riding the ups and downs at our own pace until we find the right moment to get off the ride. When we gain control over the roller coaster, you know, the ups and downs, the pace, the direction, hell, even its design, that is when we find purpose in our individual lives.

Finding a purpose allows us to accept our past, enjoy our present, and prepare for our future. It equips us with the knowledge and wisdom to build a life beyond our circumstances, environment, and misfortunes. However, while pursuing purpose may seem straightforward, unearthing it proves to be exceedingly challenging. During my journey for my purpose in life, to witnessing the people who are close to me take the same journey, I have observed the following:

- The journey becomes an obsession, resonating constantly within the mind, driving a person to become unpredictable, losing focus, and causing uncertainty in their Life.
- It brings about destructive habits, allowing a person to fall victim to the deadly vices this world has to offer, bringing about negativity that destroys them from the inside out.
- A person gains this sense of peace in their life, allowing complacency to blind them from finding their true purpose, leaving this void they cannot fill.

- It forces people to keep pushing themselves nonstop, overachieving in everything they do, never quitting, and never satisfied. Before they know it, it is too late; they miss the importance of life.
- It becomes overwhelming, prompting individuals to give up and surrender to a false reality, becoming enslaved by it.
- It leaves a person questioning everything they have currently in life, pushing them to focus on whether the grass is greener on the other side of the fence.
- *A person realizes life is a journey built around the situations they encounter, the experiences they obtain from those situations, and the outcomes they must accept from them.*

Discovering purpose is a multi-faceted journey that connects with the fabric of our existence and shapes our perceptions of self and surroundings. As we navigate the labyrinth of self-discovery, we confront the contradictory nature of purpose-seeking. It can be both a beacon of hope, illuminating our path with clarity, or a maze of uncertainty, where each step forward reveals new layers of complexity. Despite its elusive nature, the pursuit of purpose is a testament to the resilience of the human spirit. It challenges us to confront our deepest fears, question our assumptions, and redefine our priorities. Yet, amidst the trials and tribulations, there lies an inherent beauty in the journey itself—a tapestry of experiences woven together to form the essence of our being. In this realization, we find solace, knowing that purpose is not merely a destination to be reached but a journey to be embraced—a journey that unfolds with each passing moment, guiding us toward a life of fulfillment and meaning.

The pursuit of finding a purpose in life can be daunting. Why? Because it forces us to confront the difference between our actual experiences and the idealized narratives we construct to shield ourselves from life's challenges and traumas. To confront this difference, we must first acknowledge and embrace our existence as we are created. Then, we must grasp the essence of our existence on our terms rather than conform to society's expectations. As William Cowper, an 18th-century English poet, expressed, "Existence, existence is a strange bargain. Life owes us little; we owe it everything. The only true happiness comes from squandering ourselves for a purpose." So, if uncovering a purpose in life is to find genuine happiness, why does it seem so elusive? Could we fail to understand that life is not just about us? Or maybe, it is because we look at life for what it can give us and not the opposite; what can we give to life? So, how do we answer that complicated question, what is the purpose of my own individual life? Let's start by trying to understand the definition of life.

The simple dictionary definition of life is "the condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity and continual change preceding death." The simple definition of life is "the existence of an individual human being or animal." Is this true? Is life just the concept of living and non-living, or does it exist preceding death? Is it the ability to grow and change? Confucius stated, "Life is really

simple, but we insist on making it complicated." This is by far the most relevant and accurate statement regarding life. In other words, life could be defined as being created, existing, and finally, not existing, simple right. Navigating life becomes challenging when we grapple with defining our purpose. As we journey through this complexity, we seek wisdom to guide us. Allow me to offer you a solid nugget that may aid you in discovering your purpose.

NUGGET # 1

Unveiling Life's Purpose: A Journey of Self-Reflection and Self-Correction

In pursuing a meaningful existence, many of us grapple with discovering our life's purpose. As we navigate, we inevitably encounter moments of uncertainty and confusion. However, amidst the complexity lies a fundamental question: How do we unearth our purpose amidst the chaos? The answer lies in a profound statement:

"SELF REFLECTION IS USELESS WITHOUT SELF CORRECTION."

The essence of this statement encapsulates the spirit of our journey towards self-discovery. While self-reflection serves as the compass guiding us through the depths of our being, it is merely the first step. Without the crucial element of self-correction, our reflections remain futile exercises in introspection.

Self-reflection is the introspective process through which we delve into the depths of our thoughts, emotions, and experiences. It enables us to gain clarity, understanding, and insight into our values, desires, and aspirations. Through self-reflection, we embark on a journey of self-awareness, unraveling the layers of our identity and purpose.

Self-correction is the transformative action that follows introspection. It allows us to align our thoughts, behaviors, and choices with our newfound understanding. It requires courage, humility, and a willingness to confront and amend our shortcomings, biases, and misconceptions. Through self-correction, we cultivate growth, resilience, and authenticity, paving the path toward realizing our true potential and purpose.

In essence, the pursuit of purpose necessitates a symbiotic relationship between self-reflection and self-correction. We can only unlock the true nature of our existence by engaging in both aspects of this transformative journey. As we navigate the complexities of life, let us remember that the key to discovering our purpose lies in introspection and action.

The End



Signature: *Randy Seid*

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