

Life is meant to be happy

What is the purpose of life? This is a BIG question! I believe that life has no inherent purpose so that each one of us is able to imbue it with a purpose of our own. And in so doing we announce and become, create and define, express and fulfil Who We Really Are.

This game is never over. For as soon as we experience ourselves in our fullest glory, we will in that same moment imagine an ever greater glory to fulfil. As soon as we reach the top of one mountain, we see another peak to scale and another valley to cross.

Notice how children naturally strive to be more themselves. Once a baby can sit up, she has an impulse to try to stand, and once she can stand, at some point she wants to try to put one foot in front of another. And when she finds that she is actually able to walk is a moment of pure glory! I believe that this being more of who we are is our joy and our birthright.

As adults it seems much harder for us to reach out for the next grandest experience of ourselves. Have you ever wanted to leave the job or walk out of the relationship and stopped short? What if you believed that the purpose of life is to be joyful? That you have a right to be happy?

I am not suggesting that the way to peace is to be smiley and happy all the time. This isn't realistic. But I do believe that we can be in our joy each moment *whatever* emotional state we are experiencing. Like a tree sinking its roots deep into the earth and drawing up moisture from the soil, we can draw joy into ourselves even when everything around us seems to be falling apart.

Joy is a choice. We can choose to en-joy something, which is to say we can decide to place joy there. And the quickest way to do this? Release the joy inside another. Give them a smile, hold their hand, look deep into their eyes or make them a cup of tea. In the moment you decide to do this, you will know how.

Try this...

1. What makes your heart sing? It could be helping others, looking after children or excelling yourself physically.
2. How do you feel when you experience yourself at your very best? Exhilarated, elated, ecstatic or something else?
3. How can you turn the volume up on this feeling right here right now? Let the feeling flood you and notice where in your body you experience it
4. With this feeling pulsing through you, ask yourself, how can I experience more of this feeling in my life?