



A Life of Meaning!!

Have you ever asked yourself the questions: “Who am I”? Why am I here? How did I get here?

What is it all about? These questions are fundamental to leading and inspired and purposeful life. People all over the world are asking themselves these questions. People are searching for meaning in their lives and the way we currently define success no longer brings us fulfilment.

Is life about making as much money as we can and having the big house, the great car, kids in private schools, brand label clothes etc? The grip of materialism is stifling us. It promises fulfilment and yet it never delivers. We only have to look at people with millions of rands and see that even they are not happy.

I am of the opinion that success is measured by the wrong yardstick. Money does not buy happiness; my 5 year old twin daughters will offer this to you. Love and family is what brings happiness and fulfilment.

This is not an easy idea to accept when we need to live, we need money to pay for our bills. I am not suggesting we don't need money; what I am suggesting is that the focus on money and the material offerings consumes our lives and we forget what is important. In our core of being we are not satisfied and this is evident in the fact that we ask ourselves the questions. The result is we live a life of survival which lacks meaning and purpose.

I offer a view. We entered this world of FORM (physical form) from a world of SPIRIT, and we will one day return to this world of spirit. In the world of spirit we are all connected, we are all part of the same source, we are all one. In this world of Spirit we know that we are capable of being, doing, having anything we want.

We chose certain lessons we needed to learn and thus entered this world of form to learn them. Have you ever seen how at peace babies are? It is at this stage that we are closest to our world of spirit and we haven't forgotten. As we grow older we are given this little fellow who takes charge of our lives. His name is EGO! He has great dreams for us; in fact he has great dreams for himself. Ego says I am different, I am separate and I am better than you, and you, and you.

This is contrary to the world of spirit where we are all one in the same, connected and all pieces of source. Source is the universe, it is God, it is the greater power – whatever it means for you.

Ego gives you lists to chase and funny enough it is always focussed on materialism. Never once will your ego offer you the opportunity to connect and share with someone for the simple reason of making their life better. This is the role of source, the world of spirit and we have forgotten.

So to provide a view on why I am and why we are here, I have to delve into the world where ego plays no role. I believe we all have a God given purpose in this world. When you discover your purpose you will invariably discover it has to do with giving your life away, a life of servitude. This is contrary to what ego wants for us. A fact: You enter this world with nothing! You will leave this world with nothing! The only thing of meaning you can do with your life is give it away! It is truly here that you receive the life of meaning you strive for, that you are searching for.

We need to discover our PURPOSE! We need to do what we love and love what we do. Once we know this, a life of meaning and fulfilment awaits us. The question that burns in everyone's heart is HOW?

**Stephen Light**  
[stephen@peopleactiv.com](mailto:stephen@peopleactiv.com)  
[www.peopleactiv.com](http://www.peopleactiv.com)  
**+27825649024**