

The Purpose of Life

Nina Holman

'One of the most asked questions, who has the answer? How many lives do we have to experience before finding the answer? Does the answer lie dormant within our souls as we incarnate into the physical? and only by working in balance with the physical and spiritual are we able to bring it to the surface, and once having achieved that are we then able to return to the source.'

Majestically like the Phoenix arising from the ashes, the soul reawakens to return once more on its journey of a lifetime, bringing with it the energy that is the essence of our being. As life is an eternal cycle, it can be lived out in various forms of energy, the physical being the most prolific. The soul knowing that is within when you incarnate is for the life you have chosen to live. It cannot dictate your life as you have the mind-energy filtering in. Even with the soul knowing you have the purpose of the mind that is on its learning path. The communication between the mind and the soul can often be in conflict, but once recognised can be neutralised. This is not done in one lifetime.

Our free will of existence enables us to choose, for without choice there would be no reason or understanding of our life's purpose. The attractions that are formed owe more to the agreements made before making the soul journey. The travelling of the clusters that are unique to their own group, will eventually meet up. It is not so imperative that they leave together although in many instances this may happen. It is more important that their knowing is channelled and shared. Thus making the mystery of the meaning of life redundant. Having the blueprint of our life before entering the body is not carved in stone. Allowances have to be made for choices and decisions made from all parties involved in the lifetime of living. Whatever agreements and contracts made before coming here are open to discussion and change. And as we open up more to our soul knowing, we can become more aware of our purpose in the life we are living. Agreements are not karma and can be broken. The choice is yours.

People believe there is a mystery shrouding the meaning of life. There is not. It is within us and beyond us. It is there for all to seek and find. Our beliefs change from one minute to the next. A belief can change in a heartbeat, our knowing expands. With each belief changing into a knowing, we gain more insight to who we are and why we are here. The solutions to our questions and answers are there for us to probe and sort out. No one has the answer to another's soul purpose. The energy that we exist around and that of which we left is one and the same. Helping someone to



awaken to that premise is what moves them on to soul realisation. By removing the mind thoughts, which are obstacles, will allow the mind energy the freedom to work in unison with the soul, but only after the emotional mind has rid itself of the clutter. This is not an easy task, as the mind relies on emotions that have become a comfort zone.

The mind energy may not realise it, but it has been seeking that freedom from pain, sorrow, etc. The balance of these energies is paramount to the healthy attitude of the body they are residing in. The karmic flow that is with us is not good or bad. It is a natural evolving of the soul. As the soul is unconditional energy, it has no need for good or bad, but just being.

Your awakening and enlightenment are in many forms and degrees. Conditioning, past and present, can hinder moving towards your spiritual development. These are issues that have to be addressed and the individuality of each soul will strive for its development in a way that suits. And the experience of reaching enlightenment goes through many levels, each one related to a certain degree of awareness.

Life is an exciting game of learning set up by the source energy for purposes of creativity and pure expression. The physical plane is a dimension of forgetfulness and separation. It is here that the soul is pretending not to know itself and its goal is to find oneness and enlightenment through its experiences and lifetimes, where the lessons are learned about the unconditional love energy and the acceptance of self and others. This adventure is progressed and developed through a series of

lifetimes, whilst keeping its own individuality, the soul fragment of the source is part of an entity and the consciousness that is comprised of several essences. The different stages that the soul goes through is an adventure as it opens up more to its knowing. It will also bide its time as the mind also has a journey of enlightenment to travel. Although burdened down by many emotional issues, it can be cleared by meditating so to help rid the clutter and debris. Once its fear is overcome, it can work in harmony with the soul essence and thereby making the pathway of spiritual enlightenment easier to obtain.

There is the freedom of the wings for birds, but still they travel by habits, groups and instincts. How often do we say, 'If only I had the wings of a bird I would fly away.' But would we? We would still be in our own world of convention and habit for where would we fly to and where would we rest. We all have spiritual wings and that is what we should be flying with, even though we have the physical body to carry around. When we open up to the essence of our being, it can feel like flying. There are many of us who have not learned to fly or have a fear of flying. By the awakening of our spiritual awareness and our own soul knowing, our wings will take us anywhere we wish to be. That is why we should not clip anyone else's wings, by dictating to or influencing them whilst they are seeking enlightenment.

The creation of balance within ourselves will reach out to the ether and to all points of the natural world. We have a responsibility to reach out with our unconditional love energy to each soul that we meet and pass on our journey. The conflicts in the world caused by economical greed, religious fundamentalists and ignorant intolerance have caused a great imbalance in the structure of the planet.

By using our awareness to benefit the earth, we are creating a balance and harmony for future peace. By eliminating our need for power and control, we will become one, with the same mission. Earthquakes, floods, pestilence, violence and draughts are all manifested and caused by the non passive energies that man has existed on and, in turn, mother earth has responded. We cannot kill off the earth, but we can affect the harmony and life balance of the planet. Action is needed along with meditation to open up to the responsibility that we have to accept regarding the earth.

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(For more details about Nina see her ad on page 11)