

Do you have enough time to Love and Serve?

If you are 40 years old now... and imagine that you will with full health and vitalized at 80, you have 14,600 days on this planet of creative work for humanity. If you imagine your productive life span lasting 20 more years, you have 7,300 days to use spiritual forces to lift and aid others.

With this in mind, let us pause for a moment and consider: Are we doing what we came here to do? How do we know what are we supposed to do? What is stopping us from doing what we do best?

I have searched for guidance myself and I would like to share with you my findings with the hope to aid you to find **your own truth**.

Why are we here?

I do believe that we are here as part of divine planning. I would like to have you consider this "divine planning" in five different steps.

1. To have experiences

Everyday we experience things that we take for granted. The smell of a rose, the taste of our food. The relaxing and warm feeling of our bath or shower, the touch of a loved one.... We enjoy this entire thing without second thoughts... Those experiences are only possible through our physical body

2. To develop wisdom

We learn new things every single day of our lives. From the day we are born until the day we die. The best way to develop wisdom is to teach what we learn. Every time you teach someone what you know you touch a life, you make a difference. One informal way, is talking over a cup of coffee, this might change a life. You might also teach by example. You leave your life, others see it and learn from you, and you are making a difference not even being aware of it.

3. To develop spiritual mastery

In my opinion, this is the most challenging one. It might be compared with a physical exercise to develop and master your physical body. Those of you dedicated to a body building program will certainly agree that it is very hard to keep up with the program. In spiritual mastery you are not developing your physical muscles but your spiritual strength. As a metaphor, think about it as a weight lifting program: Bell bar up meaning being in grace, in love, in peace. Bell bar down meaning being in stress, in anxiety, in fear. If we would lift the bell bar once and would hold it there, we would never build strength. Strength is acquired by repetition. This is why in life, we attract people and situations into our lives to cause the bar bell to fall down. Every

time we are able to forgive, to overcome difficulties and fear we are lifting the bar bell again. By repetition we build our strength and we are able to be in peace, in love, in harmony, for long periods of time. It is spiritual mastering.

4. To serve

We all are here to serve others. Services come in many, many forms. Everything we do, one way or another will serve others. By writing this article, I am serving others. Anything you do for living, the final product will be serving others. The best way to fulfill this purpose is to do what you love... You will serve others and make yourself happier in the process.

5. To live in joy.

We are so accustomed to expecting struggles that we often give less thought to the possibility of joy. Are the struggles really necessary? Or are they created by our reactions to the situations around us? We can not control the world around us, but we can control the world within us! If we feel fearful, sad, and angry, irritated or distrust by the actions of others, how we react to those feelings, people and situations is still our choice. It does not matter if we have 20 or 40 more years to live, what ever it is; it is way too short... We must learn quickly to control what goes on within, in order to joyfully love and serve.