

Pathwork on
Finding Purpose and Meaning in Life Through Service

This quote from Pathwork Lecture 98 *Wishful Daydreams*, begins with a beautiful summary of the purpose and meaning of life. The lecture also invites us to question ourselves about the purpose of everything we do and everything we want – that is, to make our intentions conscious and then examine them. The lecture invites us to look at our intent to serve others through our life and thereby find deeper meaning and joy in life.

04	<p>Each step forward on this path brings you closer to a powerful eternal current in the universe. You may call it the life force, an aspect of God, pure reason, pure love, or pure being. Each little victory may give you an occasional glimpse of the great freedom and indescribable happiness of being a part of this eternal current. Humanity is separated from this current by obstructions in the psyche, such as selfishness, egocentricity, fearfulness and cowardice. Every time even a particle of these obstructions is eliminated, if only by some momentary recognition, people experience freedom, renewal and meaningfulness in their lives in greater measure.</p>
05	<p>From our vantage point, we see you barricading yourselves behind a wall of separateness. This wall is a useless and illusory form of self-protection. In the last analysis it is simply a barricade against happiness and freedom. So, my friends, realize for all time that the goal of dissolving your obstructions is to enable you to enter the great flow of the eternal current. The ultimate reason for living is to make your life meaningful, but without being merged into this current this cannot happen.</p>
06	<p>Many people feel that life is meaningless, whether or not such thoughts are conscious. In addition to successful self-discovery, there is another approach that helps you reach the point where life takes on new meaning: Question yourself about the purpose of what you do or what you want. Does your purpose include other people, or is it for the satisfaction you get from the activity itself? If you wish to find meaning in your life, cultivate the thought: "I wish to serve not only my own shortsighted immediate goal but to bring others meaning, help and happiness as well." If such a thought is sincere, what better prayer could there be? What prayer of this sort would not be answered?</p>
07	<p>The inner person often cultivates such a desire without being consciously aware of it. Then things begin to happen. Conversely, the inner person may resist leaving the wall of separateness, even if there is some outer goodwill. Then nothing happens. Life continues to be meaningless. Real living is then constantly postponed. When this is the case, realize that you are unwilling to leave your inner isolation. You are too fearful and selfish, too self-centered in a negative sense, to break down the barriers between yourself and others, so you cannot experience life fully.</p>
08	<p>Such a new approach may be important for many of my friends. It may be</p>

	<p>a more direct way of dealing with some of your immediate life problems. If you cannot progress and gain sufficient new insight to relieve the dullness and meaninglessness of your existence, try this approach along with your usual way of working and searching within. If you can verify that you are disinclined to give to others, and even where you give you do so only out of duty, the awareness will bring about changes in you and prepare you to surrender your inner isolation.</p>
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