

ROY EUGENE DAVIS

Soulfully Answer This Question: *What Is Your Life For?*

When you know why you are in this world—and do your utmost to successfully accomplish your major purposes—you will live as you are meant to live and prepare yourself for what you are to do and experience for the rest of your immortal life. Your current incarnation is but a brief sojourn in this realm of time, space, and ever-changing circumstances. Assume a long-range view of possibilities that are yet to be discovered.

Go to the Core of Your Being and Ask Until
You Have a Clearly Defined Response

The kingdom (fullness) of God is within you. – *Luke 17:21*

At the innermost level of your being you know why you are in this world. When you are mentally and emotionally calm and your thinking is rational, acknowledge your spiritual essence and relationship with the Infinite. Examine your life, what you have done and experienced, and your current circumstances.

Have you been living up to your full potential to experience excellence in all aspects of your life? Do you sincerely want to be spiritually enlightened? Have you allowed your mind to be confused and your awareness to be clouded and fragmented because of being too concerned with or involved in situations that were superficial or purposeless? Have you allowed your moods, whims, or compliant acceptance of the nonuseful opinions or behaviors of others to determine your thoughts and actions?

Meditatively go the core of your being where all knowledge exists. Be still. Inquire: What is the highest and best for me to do? Wait patiently until insight dawns, as it will. Then choose the right course of action and adhere to it.

When you are purposeful—when you are certain about what to do, and why—your clear mental picture of ideal possibilities and your conviction that you will be successful in your right endeavors will attract supportive responses from Cosmic Mind of

which your mind is a part. Creative ideas will come into your awareness. Timely, unplanned events will occur. Resources in whatever form are needed will be provided. Your consciousness will expand. Your self-confidence will increase. Your functional skills will be greatly improved. It will be easy for you to think constructively and to perform intentional actions which will contribute to your total well-being.

Write What You Discover

These are the four aims of life to accomplish:

To live in harmony with spiritual, mental, and physical laws of cause and effect in accord with your ability to do it.

Have constructive desires easily fulfilled.

Have the necessary material resources to satisfy real needs.

Liberation of consciousness.

– *From an ancient Vedic text*

Writing what you discover about your major purposes is helpful because it will organize your thinking and enable you to choose your priorities: what is most important in comparison to what is unimportant or of minimal value. (If necessary, use a notebook or private journal to write a more detailed account.)

If insights do not immediately come into your awareness, or are incomplete, continue to inquire into the meaning of your life until your understanding is valid (well-reasoned) and complete. You will know that your understanding is accurate because of the inner joy that you experience along with a renewed zest for living.

Write What You Will Decisively Do

Are you in earnest? Seize this very minute.
What you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it.
Only engage and the mind grows heated.
Begin, and the work will be completed.

– *Johann Wolfgang von Goethe*

When you are certain that your major life-purposes are known to you, write what you will *decisively* do to accomplish them or have them actualized. If all of the necessary actions are not yet known to you, write what you know to do while being receptive to more learning as you proceed.

As you write practical, constructive action-plans, know that your thoughts and intentions interact with Cosmic Mind and your clarified awareness is one with the omnipresent Reality of which you are a pure-conscious unit.

Be optimistic. Avoid thoughts or feelings of incompetence or unworthiness. Believe that you can do what you want to do and have the results you want to have. Laws of cause and effect are universal and impersonal; they operate the same everywhere, for anyone who cooperates with them.

Acquire the Knowledge and Skills You Need

Wisdom is the principle thing; therefore get wisdom:
and with all thy getting, get understanding.

– *The Proverbs 4:7*

While efficiently using the knowledge and skills you now have, acquire more useful knowledge and skills that you need to have to accomplish purposes of value. Your intellectual and intuitive powers and ability to concentrate will improve. The regions of your brain that process subjective and objective perceptions,

thoughts, emotions, and refined states of consciousness will become more fully developed.

Perform Effective Actions

Perform your duty; [right] action is better than nonaction.

– *Bhagavad Gita* 3:8

Efficiently do things that produce the constructive results you want to have. For peace of mind and emotional stability, avoid having strong mental or emotional attachment to your actions or their results.

Actions include adjustments of mental attitudes and states of consciousness, how you choose to think and feel, and physical actions. Cheerfully cultivate optimistic mental attitudes and clear states of consciousness. Think rationally while being calm, self-reliant, and self-confident.

Use imagination to mentally “see” and “feel” yourself as you choose to be and to clearly “see” and “feel” that what you want to accomplish is already *real* in your mind and consciousness. It will be easier to perform the necessary actions to have imagined conditions actualized and to be receptive to ideal events and circumstances that will support your actions.

One of the most beneficial things to do daily is to meditate until you are superconscious. When your awareness is clarified, you will think constructively, act productively, and be receptive to the good fortune that can be yours.

If your awareness is ordinary (clouded and fragmented), your good intentions and personal endeavors will not produce soul-satisfying results.

To live effectively, what is most needed is to always have a vivid awareness of being one with the larger Reality of which you are a unit. Without this awareness of oneness, you may be inclined to think and feel that you are alone in the universe or that there is no higher purpose for your life than to exist here for a few decades with only faint hope of a better future.

Persist in the Right Way Until Your Worthy Purposes are Accomplished

Striving, striving, until one day, behold!,
the divine goal [is accomplished].

– *Lahiri Mahasaya (September 30, 1828 – September 26, 1895)*

divine Word origin: Latin *divinus* < *divus*, god. 1. Being or having the nature of a deity. 2. Of, relating to, emanating from, or being the expression of a deity. 3. Inspired by or devoted to a deity.

All endeavors to accomplish meaningful purposes, whether of a mundane character or to nurture spiritual growth, should be undertaken with the consciousness of being in harmony with divine influences and having spiritually beneficial results. You will not then be inclined to think of what you do or experience as being either materialistic or spiritual, as though a difference between them existed. Everything that is done or experienced will be known to be spiritual.

Avoid preoccupation with memories of unpleasant events or mistakes you might have made. Be fully aware in present-time. Look forward with keen interest to what is yet to be. Decide on a practical course of action. Avoid situations that confuse your mind or distract your attention. Steadfastly persist in the right way until all of your worthy purposes are accomplished.

Assist Others to Learn How to Have Their Highest Good

Little deeds of kindness, / Little words of love, /
Help to make earth happy / Like the heaven above.

– *Julia A. Fletcher (1823 – 1908)*

While nurturing your total well-being, assist others to be more conscious and to live effectively. All souls have the same origin, innate qualities, capacities, potential to be spiritually awake, and ultimate destiny. Bless everyone with your compassionate thoughts and prayers and, when possible, with helpful actions that may enable them to realize (experience and know) their relationship with the Infinite.

Answers To Your Questions About the Spiritual Path

Readers are invited to send questions for possible use in future issues of this magazine. By letter, or e-mail csainc@csa-davis.org

How can I know that what I think (or feel) that I am to do in my current incarnation is right for me?

How does your heart (essence of being) respond to what you think or feel? Do you know and feel at the deepest level of your being that you are on the right course for your life? Do you feel “called” to do it? When you are certain of what you are to do is right for you, go forward. You will be inspired. Supportive events will occur. You will know how to respond to the many opportunities that are provided for you. The forces of nature and God’s grace will do for you what you cannot do.

It is difficult for me to describe in words what I feel regarding my sense of purpose. I also like to act spontaneously and follow my guidance rather than have definite plans. Is it really necessary to write my insights and specific plans?

When your feelings and plans are clearly defined, it will be easier to think rationally and act decisively. Act spontaneously when you are alert and have an intuition of “rightness” about what you are doing. Avoid allowing whims or wishful thinking to determine behaviors. You will know when your thoughts and actions are right or useful by seeing or experiencing the results that occur.

What is the best way to acquire knowledge and skills that are needed to live effectively and accomplish useful purposes?

Learn from others who have knowledge and skills that you want to have. Use what is learned to experience benefits that can be yours and to acquire more knowledge and skills. Go to a library, bookstore, Internet web site—wherever useful information can be found. Read more widely. Improve your vocabulary

by reading a dictionary. Being informed about how to do something is helpful; actually doing it provides knowledge.

While knowing what I should do, it is not always easy for me to stay focused and to persist in my endeavors to accomplish my purposes. I tend to allow my attention to be distracted and to waver in my resolve to succeed. What can I do about this?

Be more intentional. When you know what is best for you to do, do it. Keep your attention focused on your goals. Ignore all events and situations which are not relevant to your purposes. Avoid superficial social interactions. Decide what is important for you to do, anticipate the positive results of your endeavors, and progressively proceed. Daily do something that will more quickly produce the results you want to have. Also decide what you will first do the following day that will be productive.

When what you do is interesting, enjoyable, enhances your life, and benefits others who are influenced by your deeds, you will be enthusiastic about doing it.

You perhaps already know the following story:

A tourist visiting a large European city observed several men carving large pieces of stone. Approaching one of them, he casually asked, "What are you doing?" The man replied, "I'm just doing my job." When he asked another man what he was doing, the response was, "I'm earning money to pay my bills." A few minutes later the tourist inquired of a third stone cutter what he was doing. The man looked up, smiled broadly, and exclaimed, "I'm building a cathedral that will inspire and uplift everyone who sees it and goes into it to pray!"

It is often necessary to have a job and work to earn money that is needed. It is more satisfying when what we do also serves a higher purpose.

If you want to save money for investment purposes, save a specific amount on a regular schedule, then wisely invest it.

If you want to learn a new skill, practice it every day.

If you want to be a proficient meditator, meditate daily.

If you want knowledge of your true nature and of higher Realities, regularly read about these matters and contemplate what you have read until your understanding is flawless.

When I write articles for *Truth Journal* or write *Studies in Truth* lessons, *Radiance* magazine, our newsletters, or books, I don't wait until I feel like writing or for an interlude of time to be available. I sit at my computer and write several pages each day (usually seven days a week) because what I produce has to be edited, sent to the printer, and mailed within a designated period of time. I am fortunate because writing about spiritual principles expands and clarifies my consciousness, allows me to more insightfully examine higher realities, and enables me to regularly communicate positive information with spiritual aspirants throughout the world.

I am not always able to meditate successfully. How can I learn to be superconscious? How can I know when I am experiencing a superconscious state?

Meditate 20 to 30 minutes daily until you are relaxed and your mind is calm. Then contemplate your pure essence of being until your awareness is clear. Rest there for a while. You will be superconscious when you are conscious of being peacefully Self-aware, detached from thoughts and emotions. As you regularly practice meditation in this way, you will eventually be superconscious while engaged in everyday activities.

Although knowing meaningful purposes for my life and being Self-realized appeals to me, I haven't been able to adopt mental attitudes, states of consciousness, and behaviors that are necessary if I am to live effectively and experience satisfying spiritual growth—which I want to do.

Affirm (declare what you sincerely want to be true for you) with conviction:

It is easy for me to assume mental attitudes and states of consciousness that enable me to live effectively and experience satisfying spiritual growth.

Affirm audibly, then mentally, then sustain the conviction of knowing that what is affirmed is true about you. Notice the positive changes in your mental outlook and consciousness, and sustain them. Then, optimistic and self-confident, you will be

naturally inclined to choose the behaviors that are constructively productive.

Why is it easy for some people to accomplish purposes that are of real value, and difficult for others?

Purposes of real value are easily accomplished by those who want to do it and know how to do it. Those who have difficulty may not want to succeed or don't know how to do it. They need to be inspired, educated, and self-motivated.

Laws of cause and effect can be used by anyone, anywhere. The only differences between people are their mental attitudes, states of consciousness, and degree of will to prevail. Positive mental attitudes and feelings, and clear states of consciousness, can be assumed. Constructive, choices, decisions, and actions can be chosen that will make a positive difference.

Besides honoring the innate divine nature of others and praying for them, what else can I do to beneficially assist them?

When possible, help them in practical ways without overly identifying with their problems. Don't confuse sympathetic concern that may interfere with rational thinking with soul-felt compassion that is wisely and appropriately demonstrated.

If they are receptive to learning how to help themselves, teach them, encourage them, and let your exemplary life inspire them. If they are sincerely interested in being spiritually aware, teach them, recommend someone who can teach them, or give them a helpful book or other literature. Encourage them to rise above states of mind and consciousness that limit them and to be responsible for their circumstances.

An enlivening Power is continuously nurturing our universe and we can learn to cooperate with It.