

How To Spend The Life We're Given

Is it about money; fame and fortune; or is it about big toys and success? People go at lengths trying to achieve all of these things. Yet, before the end of their lives, they may realize that these things are nothing but things - they do not deeply satisfy. How many years do humans spend on earth before they say goodbye and die? Life is fragile. There are so many diseases that may be contracted by humans - cancer, HIV/AIDS, and heart attack among others. There are a lot of accidents and happenstance that may occur during the span of life of a person. Life is a lot like the flame on a candle which can be snuffed out by a sudden gust of wind. Life is short. A person who reaches the age of 100 is exceptional because usually, the average number of years is anywhere between 60-80 years. During these years, a person can live out what he thinks is best for himself. Finding out what truly is the best for oneself, however, is a big challenge. There are a lot of questions - the answers to some of these are also equally tough to accept. A person's youth may be lived in debauchery and in seeking pleasure. Late in life, a person may come to discover his life purpose but then, it might be a little too late. Life is short and it should be lived effectively and efficiently. The number of years that a person spends on earth is just like a drop of water in a bucket full of years. The earth is more than 6 billion years old yet human life is but a very tiny fraction of this age. The shortness of life can be a little depressing but then that depends on the perspective. Even if life is short, it can be lived with a purpose. It is precisely because life is very short that it should be lived with a purpose. When you understand your purpose in this life, even a few decades may still be short but these few short years can be very meaningful. The challenge, however, is finding that purpose. A lot of people go through life without even giving thought on this. If you want a life lived fully, you better embark on a journey of discovery. This is an invitation and an initiation. If you seek it, you can find it.

About the Author

The One Question (<http://www.theonequestion.com>) is a website that helps people find the meaning of life. It provides a free life purpose test, articles and exercises to aid people discover their purpose in life.

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