# LIFE -PURPOSE AND MEANING

It is important to realise that our existence on earth is temporary and is a transient stop or phase.

We take form by physical/ biological birth & go/ die when the body that we are in or reside in dies.

Is there more? Yes I like to believe there is another high dimension or what may be called eternity/ spirit & soul / universal form/ God or Shabad or whatever you call it.

The spirit or soul is our life – it enters our physical body around the time of our birth and leaves around the time of our death.

It has been shown by scientists or quantum physicists like Stuart Hameroff [Do we have a quantum soul?] and Robert Lanza [Biocentrism] that consciousness or soul has quantum properties and enters the mind/ body through micro-tubules at the rear of he brain when the body or the brain dies, consciousness with the accompanying soul departs. This also explains the reincarnation and out of body experiences that many believe exist.

We come with nothing and we depart with nothing physical or material, but we have a record or memory of our deeds and value added – it is partly left behind for others to remember & record & partly stored with the Almighty eternal power or eternal consciousness.

It is be better to focus on our deeds – good instead of bad, charity, kindness, love, giving and adding value in life; adding value and contributing to others in humanity or in science, utility or industry.

Material and physical things are necessary during our existence on earth and our phase here but they are left behind when we die.

Fortunately, and as a coincidence adding value is rewarded physically, emotionally and monetarily [usually].

By the laws of nature one needs to survive, be secure, safe and exist comfortably by gathering and accumulating; one tries to excel in life and the existence of rewards promotes this. As an example the value added by someone like Bill Gates is grand in that he made modern day computing much easier – his reward is in monetary wealth; as a contrast Warren Buffet invested in people or companies that he thought would grow and add value.

A wife adds value via the contribution to her family and other value adding activities in society.

A Priest, Pandit, Rabbi, Guru or Maulvi adds value in directing people – directing people to lead good moral lives, good deeds, generosity, love, etc through the ancient religious teachings in the various religious books – codes of conduct to follow. A code of life that meets the requirements of having a good record with the Almighty eternal power to which we are all connected through our consciousness & spirit.

Unfortunately, some religious teachings and systems are divisive, aggressive or politically competitive and expansionistic.

Connecting to the eternal universal consciousness or God is important and should be encouraged and taught, but is ignored by most people. Connecting to God is recognised in some religions, cultures and spiritual circles as an ultimate aim in life – so when one dies the soul is already partly connected with the eternal consciousness/ God. It can be learned and involves meditation, spiritual advancement through charity, good deeds, prayer, meditative chanting, etc.

Our purpose on earth is transient & to advance ourselves and the human race. Breeding to propagate the human race is built into our biological bodies and minds; same way as hunger ensures we eat, thirst ensures we drink, pain ensure we treat cure or heal ourselves and so on. Our senses are attracted to good versus bad objects, smells, tastes, etc.

What is the collective or grand aim [if there is one] of this propagation, advancement, adding value, etc? Is it to provide a better life for our future generations, our children and grandchildren? Or will it be all revealed one day by our own efforts in advancements in quantum physics, spirituality, etc. Advances in research grow exponentially and perhaps will also reveal our purpose one day.

One is left with an inclination to believe there could be a grander goal – other than the credits held in our record or account with other people and the eternal power/ almighty/ God by our actions, deeds, value added, etc – also known as Karma in some cultures/ religions.

Whatever the grand plan or goal for humanity, a focus on attaining good credits or Karma should be a foremost aim. Fear not a lack of comfort or possessions if you have to sell short your principles, soul or give up good Karma.

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