

Meaning Definition: What is meant by a word, text, concept, or action.

The meaning of your life is to help others find the meaning of theirs.

When we are no longer able to change a situation, we are challenged to change ourselves.

Meaning

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

The more one forgets himself—by giving himself to a cause to serve or another person to love—the more human he is and the more he actualizes himself.

Those who have a 'why' to live, can bear with almost any 'how'.  
The truth—that love is the highest goal to which man can aspire.

Love as depicted in the mass media is not what this level is about. What the world generally refers to as love is an intense emotional condition, combining physical attraction, possessiveness, control, addiction, eroticism, and novelty. It's usually fragile and fluctuating, waxing and waning with varying conditions. When frustrated, this emotion often reveals an underlying anger and dependency that it had masked.

The 500 level is characterized by the development of a Love that is unconditional, unchanging, and permanent. It doesn't fluctuate—its source isn't dependent on external factors. Loving is a state of being. It's a forgiving, nurturing, and supportive way of relating to the world.

This is the level of true happiness, but although the world is fascinated with the subject of Love, and all viable religions calibrate at 500 or over, it's interesting to note that only 0.4 percent of the world's population ever reaches this level of evolution of consciousness.

As Love becomes more and more unconditional, it begins to be experienced as inner Joy. This isn't the sudden joy of a pleasurable turn of events; it's a constant accompaniment to all activities. Joy arises from within each moment of existence, rather than from any other source. 540 is also the level of healing and of spiritually based self-help groups.

From level 540 up is the domain of saints, and advanced spiritual students and healers. A capacity for enormous patience and the persistence of a positive attitude in the face of prolonged adversity is characteristic of this energy field; the hallmark of this state is compassion.

This energy field is associated with the experience designated by such terms as transcendence, self-realization, and God-consciousness.

It's extremely rare, attained by only 1 in 10 million people. When this state is reached, the distinction between subject and object disappears, and there's no specific focal point of perception. Not uncommonly, individuals at this level remove themselves from the world, as the state of bliss that ensues precludes ordinary activity. Some become spiritual teachers; others work anonymously for the betterment of mankind. A few become great geniuses in their respective fields and make major contributions to society. These people are saintly and may eventually be officially designated as such, although at this level, formal religion is commonly transcended, to be replaced by the pure spirituality out of which all religion originates.

Energy Level 500: Love

Energy Level 540: Joy

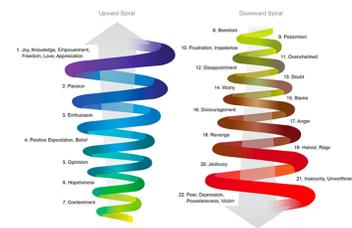
Energy Level 600: Peace

Levels of Human Consciousness (David R. Hawkins)

Your "why" and purpose

Man's Search For Meaning  
Viktor Frankl

Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.



Emotional Guidance Scale (Ask and It Is Given) by Jerry and Esther Hicks



The Dilts Logical Levels Model

Humor was another of the soul's weapons in the fight for self-preservation.

Lightheartedness

It is well known that humor, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.

Fear makes come true that which one is afraid of.

Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you.

Accelerated learning & Fear

The Six Basic Fears (Think and Grow Rich Napoleon Hill)

- The fear of POVERTY
- The fear of CRITICISM
- The fear of ILL HEALTH
- The fear of LOSS OF LOVE OR SOMEONE
- The fear of OLD AGE
- The fear of DEATH

Unlocking meaning with  
Gregory Bateson's Levels Of Learning

- Level 0 - Memorization
- Level 1 - Behavioural Change
- Level 2 - Transformational Change
- Level 3 - Evolutionary Change