

SIMPLICITY OF LIFE AND PURPOSE

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In life, some ask themselves at varying depths and times, what is my purpose? This question comes up in the mundane or earthly sense, as well as the esoteric or mystical sense. The answer can be very simple, but not necessarily easy. How does this align with true will or Divine Will? What about karma?

The answer can be very simple and possibly right in front of you. It is probably not a job, career, or some life's work. A significant key is love: love of yourself, of others, and of your life experiences. You may have realized by now that the experiences and lessons in life are memorable, unique, and timeless, where the jobs, tasks, or even goals come and go. All are simply a means to the experience and personal growth that will last lifetimes.

Knowing your purpose should be the foundation of your Great Work.

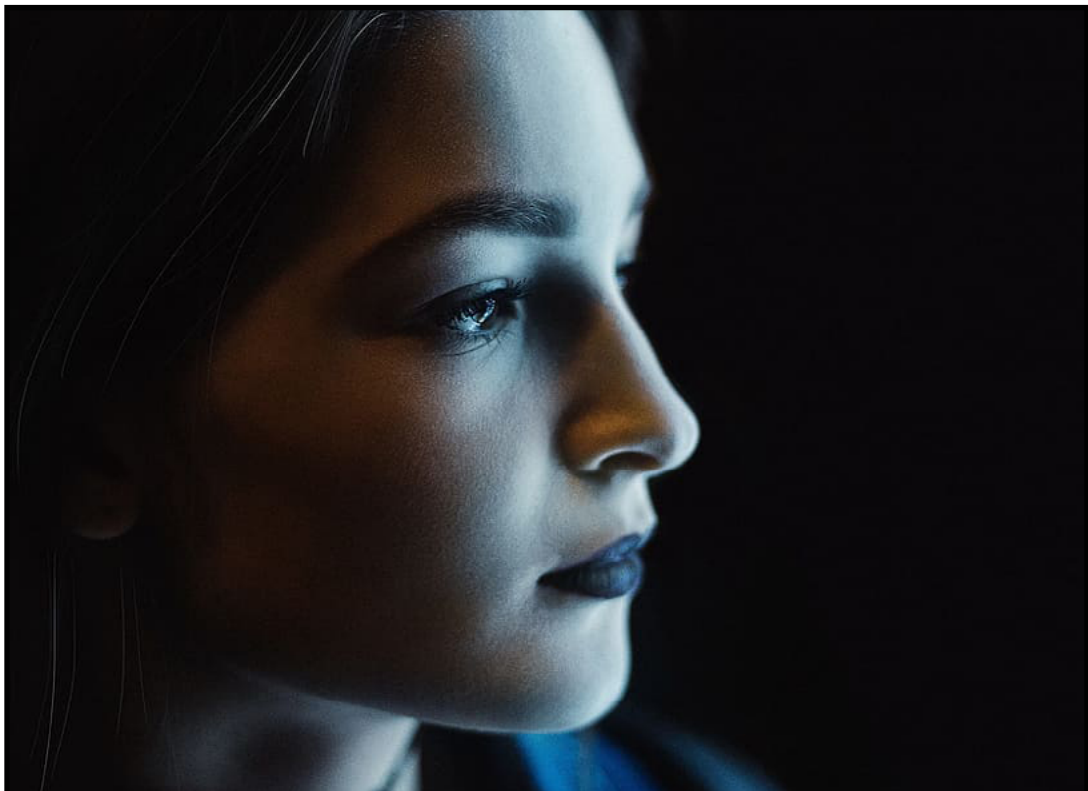
Life and purpose can be very simple if you are willing to look deep and make some fundamental choices of what is really important to you.

While life may not appear to be simple, if you focus on the simple things that are important to you, it will make life so much easier to enjoy and live life with true purpose.

While this article has much information, it presents more questions for you to answer within, rather than a simple answer, to one of the biggest questions in life: What is my purpose?

Lessons from [Rosicrucian Principles for the Home and Business](#)

One of the most relevant and profound statements relating to Rosicrucian philosophy and purpose comes from from the introduction to the book *Rosicrucian*





Principles for the Home and Business by H. Spencer Lewis.

In the introduction, the editors state:

Rosicrucianism, as presented by AMORC throughout the world today, is a practical philosophy, a science of demonstrable laws. And Rosicrucians have always been practical individuals, working with nature's laws for the sole purpose of improving their own and others' lives here on Earth, now.

According to the Rosicrucian ideal, each person should attempt, by every means ethical, moral, and cosmically approved, to succeed in life; to enjoy health, happiness, material comforts and the comforts of physical existence; and to attain spiritual peace and attunement. In fact, Rosicrucians have ever held that to truly fulfill the mission of our existence here on Earth, and thereby carry out the Divine Will, we should neither slight nor negate the material or worldly obligations that are incumbent upon all of us,

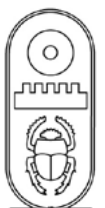
but should meet them, master them, and make an eminent success of our earthly life. This, say the Rosicrucians, will bring us more truly in contact with the universal laws of nature and attune us more consciously with the universal scheme of things, helping avoid living a life of speculative abstraction or spiritual monasticism.

Fundamental Rosicrucian Principles

There are some fundamental elements to living life in harmony and Peace Profound. Are you practicing or using the Rosicrucian principles you have learned over the years? Are you living in harmony with nature and its cycle of the year? Are you doing the work that you are fully committed to?

There are also some basic Rosicrucian principles that are very relevant and important.

- Everything is connected on all levels, be they divine, spiritual, astral, or physical. All is one.





- Spirit is everywhere. The energy or frequency of Spirit permeates everything, thus offering an infinite resource for understanding and action.
- There is your personal soul, which is a temporal perception of separateness from a Universal Soul, which we are all part of and, as individuals, is where we should work for that ideal of perfection in harmony with the All.
- The concept of reincarnation is important. It is not necessary to believe in it, but you should realize that nothing is destroyed and ended, only transformed into a new thing. Do you really believe the Cosmic would only give you one chance at getting everything harmonized or balanced in one incarnation?
- There is also the important concept of karma. This is not a good or bad thing; it could be described with the phrase “the Law of Compensation,” where

everything on all levels moves toward a state of balance without judgment, punishment, or reward. There is only balance.

Lessons from *Mansions of the Soul*

An excellent reference for much of this question relating to purpose is explored in *Mansions of the Soul*, another book by H. Spencer Lewis.

The author writes:

This book... is an attempt to explain in non-technical language, and without religious bias or prejudice, the reason for the incarnation of a divine soul in a physical body, and the purpose or mission of that soul in a physical body on this earthly plane....

In attempting to find an answer to the question: “Why are we here?” a person cannot subdue or cast out of their consciousness the idea that if they could determine what they are, they would know why they are. Therefore, along with humankind’s quest for knowledge concerning the purpose of its existence in an

earthly life is the desire for knowledge concerning ourselves and our relation to the universe.

Lessons from *Mental Alchemy*

There is another profound reference for the question we are examining here that specifically looks at why we may feel we need to have a purpose. In the book *Mental Alchemy* by Ralph M. Lewis, he addresses why we seek purpose.

The following are a few ideas extracted from the book:

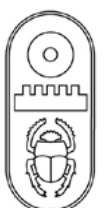
- One cannot imagine themselves consciously walking along a road, not knowing why they are there or where they are going.
- Never in a conscious, normal state do we act on our own volition without relating a motive, a purpose to our action.
- People are accustomed, in setting up conditions to comply with their

complex nature, to term such as purpose.

- A person's reason, their psychic and emotional selves, must be gratified. They must be stimulated and appeased. This can only be done by ideals, plausible reasons, or self-created purposes for living.
- A person can give purpose, which is a faculty of their intelligence, to their immediate life. They can establish ends which not only will gratify their inherent intellectual curiosity but will satisfy those higher psychic impulses and sentiments which people designate as moral and spiritual qualities.

Do You Know Your Purpose in Life?

The central question to this article has been asked in many forums and gotten many different answers. This question comes up in life at some of the darkest of times or even in the most spiritual or illuminated moments.



Sometimes it is simply a fundamental question relating to spirituality, family, love, and service, or in a more mundane sense, having enough money, or a career, or a job. Maybe the discussion comes up in meditation or spiritual initiation.

This is a conversation you should have regularly with your higher self and Master Within, to make sure you are in alignment with your true will and your higher purpose.

Nobody else can tell you what your true purpose is in life.

The question of purpose may have multiple explanations on multiple levels, but each can be reduced to some very simple and fundamental answers.

What Is Life All About?

There are a few common elements encapsulating what life is all about in a deeper sense: experience; love; knowledge; wisdom; spirituality; service and helping others; answers; karmic reconciliation or balance; exploration and adventure; accomplishments; and so on.

The list could go on to infinity, because everyone is in this incarnation for a different personal journey and soul purpose.

Spend a brief moment and reflect, making a mental note on what life in general means to you.

If you have no idea where to start with these fundamental, philosophical, and spiritual questions, then look at what is important to you in your current incarnate personality, as well as, what is important to your higher or spiritual self.

At the end of the day, it is you in all senses of the word, and as Rosicrucians, we strive to align both the physical and spiritual self as One. There are the higher or esoteric aspects in life that can seem very general but extremely important, such as: happiness, peace, harmony, and oneness. There are the physical or earthly aspects in life that we must live and deal with each day, such as: stability, health, friends and family, and enjoyment. Then there are the big-picture aspects that can be very important





to support our experiences and purpose in life, such as: goals, accomplishments, service, and prosperity. This list is far from complete, and I suggest you make your own personal list after some reflection and meditation.

We Are All in This Together

We must also remember and embrace the reality that we are all in this together with many others on their personal journey. There are some basic realities that are important to everyone's experience and purpose in life, even though they may not know it.

The Rosicrucian manifesto *Appellatio Fraternitatis Rosae Crucis* explores this idea more fully. Here is a brief summation of the three areas focused on in the 2014 manifesto:

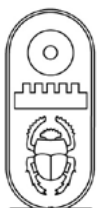
- Ecology: If we do not have a good environment and living conditions, we can never achieve a healthy or sustainable lifestyle. So, all our purposes in life should include

support for all living things and the ecology that support all of us.

- Humanism: We must understand and embrace the importance of each human, and for that matter all living beings, and their living conditions, health, and basic needs are important to all of us for many reasons including love, compassion, inclusion, freedom, and personal experience.
- Spirituality: While spirituality is important, without the previously mentioned concerns, spirituality would be the least of your worries. True spirituality allows and encourages each person to explore their inner spiritual connection with the Divine or Cosmic.

Simplicity of Purpose

Former Emperor Ralph M. Lewis wrote about his views on the "Simplicity of Purpose" in the *Rosicrucian Forum* from April 1953.



In his view, there are two “natural gratifying ends to pursue” as a purpose in life: health and peace of mind. In health, you should focus on the efficiency, coordination, and balance of your entire human organism or body. There should be a focus on harmony as experienced by a condition of well-being, of freedom from aggravation and distress. If you perceive suffering or discomfort, it is futile to establish any concept of idealism, unless there is a first concern for health and comfort. This purpose of health applies to both mind and body.

Then we have peace of mind, where you are in a state of inner peace, where you are harnessing or engaging the productive human power related to idealism. Some would say this could be as basic as Peace Profound, or this could be a state of mind where you feel free to be you. You may need to adjust the particulars of human

experience to conform to these two basic ideals, with a harmonious relationship between your health and peace of mind.

The Emperor’s message can be extrapolated into three fundamental, simplistic principles that can support every person’s higher purpose.

- Well-Being: This includes one having a habitat, or a place to live comfortably; enough food to keep you healthy and happy; and the health of your mind and body so that you can focus on your true purpose with clarity.
- Happiness: This can be rephrased as joy in your heart, whatever that means to you.
- Peace Profound: This can also be rephrased as peace in mind and heart that transcends temporal events or distractions.





Karma

Karma is a concept that is frequently misunderstood. Some simply see it as the universe's or nature's way of punishment for wrongdoings, but this cannot be further from the truth. It is really the Law of Compensation or cycles and rhythm in action.

Every action, thought, and word causes an action and reaction to varying degrees of multiplicity. Nothing is destroyed or created, but instead there is a transformation of something from before. At the end of the day or even the millennia, everything moves towards balance. There are swings to the polarities, to and fro. It is the law.

In this incarnation, you have some stuff to learn and some other stuff to deal with. What have you learned or do you still need to learn to be perfect? How does this fit into your purpose? Have you ever found yourself looping or repeating experiences in life? Simply ask yourself, what are you supposed to be doing, experiencing, learning, or adjusting within and without?

If you make no real changes, you will find yourself in the same experience over and over, but in different forms.

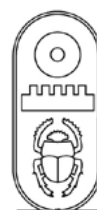
Karma is not necessarily mean, bad, or good; it is just what your personal soul must realize and adjust to in order to get closer to that point of harmony and balance. Wake up, see the message, meditate, make a plan, adjust, do, and be. After all, you are a being!

Motivation

Let's touch on life's passion, drive, or motivation. Are you consciously aware of what drives or motivates you and makes you want to get out of bed each day? What is the basis or foundation or purpose behind your drive? Is your passion or drive in alignment with Divine Will and natural law?

If you are not having fun or enjoying what you are doing you should consider focusing on a change.

Your personal motivation must be in alignment with your purpose.



Embrace the Experience

I cannot express how important embracing the experience is in life, in love, and in purpose. This aspect of experience will last many lifetimes, if you embrace the experience in your heart and conscious mind.

- Look for the message and lessons in life.
- Discuss with your Master Within.
- See every experience as an opportunity.
- Be present in the moment.
- Express your love for the people in your life.
- Love people, animals, plants, flowers, grass, trees, soil, water, oceans, rivers, nature, everything in its infinite diversity in infinite combinations (which the Vulcans in Star Trek call IDIC).
- Love yourself as you are inside and out.

Love

Love everything as it is and love what it may become through the opportunity of transformation. If your thought, action,

or word feels negative, then release it and move forward. When you think love and peace with every thought, action, and word, then your heart and mind will be free and life will automatically shift consciously and subconsciously. It doesn't require any special meditation or skill, it just takes practice, over and over and over until it becomes natural to you.

Life's Balancing Act

How do we balance the higher and lower? The inner and outer? The fun, as well as the responsibilities and commitments? Purpose and self-mastery should be the driving foundation for this balancing act. Pursue both, with balancing alignment, with your true purpose and everything that supports that.

Let's start off with the essentials for achieving this balance. I call this the grand balancing act of spirit, fire, water, air, and earth. If any are neglected, it will cause an imbalance and thus a distraction or discomfort in life. Here is what each of the essential elements involve:

- Spirit, where we should empower our inner and spiritual journey, as well as our oneness.





- Fire, where motivation, drive, passion, and enjoyment empower us to move forward.
- Water, where our heart is nourished with love in our social setting and community, with our friends, family, lovers, and partners.
- Air, where a healthy growth and focus on our mental state, mindfulness, awareness, and learning give us the growth we should seek.
- Earth, which is probably the most important for our balance because it is where the caring for the health of our body happens, and it includes diet, fitness, and sleep.

All of these are essential elements for balancing our life and purpose.

Now we will examine the balancing polarities in life:

- Adventure versus stability.
- Opportunity versus risks.
- Management versus control.
- Need versus want.
- Purpose versus passion.

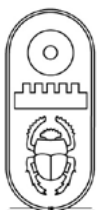
All of these polarities are relevant, but, while you are navigating them, it is better to avoid the extremes. Finding that balance or sweet spot in your life is very important to finding and living your true purpose.

There is no perfect answer, but this is where your contemplative work must begin. Reflect, meditate, consult your Master Within, and be willing to adjust each day.

Dharmic Groove

To find your purpose you must find and live in your “Dharmic Groove.” You will know when you find or are in that sweet spot.

The word *dharma* comes from the Proto-Indo-European root *dher*, meaning “to support,” and the Sanskrit word for “law” or “justice.” The word has different meanings in Hinduism, Buddhism, Sikhism, and Jainism. For this article, we are focusing on one of the Hindu meanings of the word, which describes dharma as a kind of moral law for personal conduct. Dharma is one of the four goals of a human life in Hinduism, and it consists of “truthfulness, non-injury, and generosity, among other virtues,” according to



Encyclopedia Britannica. Following this could help sustain a positive order in your life. This concept correlates to the ancient Egyptian concept of Ma'at, which is balance, harmony, truth, and justice.

Living in your Dharmic Groove is where you experience or find yourself living in a place where synchronicity happens with serendipitous experiences, as if by some seemingly divine or magical guidance; where visions and messages come from within so easily; where your vision is clear at all levels; where your heart is free, without restriction; where your focus is relentless and time seems irrelevant; and where you find yourself naturally moving and being in alignment with natural laws and Cosmic Will.

While traveling throughout Thailand, I learned about the idea of everyone experiencing their personal dharma and karma without judgment. This idea extends to there being no judgment of where people are at a particular moment in their life, nor of who may be right or wrong. What a person may need to be

experiencing or even projecting at any time may involve you not taking things personally.

This concept was very difficult for me to accept, and it is just as relevant to not judging ourselves for whatever is happening, as long as we are learning and growing. We should be continuously moving towards a state of Peace Profound regardless of how many incarnations we may have experienced.

At the Beginning and End of the Day

Keep your focus on your purpose through some basic principles:

- Health, joy, peace, harmony, and happiness.
- Love yourself and your oneness with the All.
- Know, acknowledge, and embrace your drive, passion, or whatever motivates you.
- Make sure you are in harmony with Cosmic laws.





- Live life daily in alignment with your purpose, which should be in alignment with Divine Will.
- Live and be in your Dharmic Groove.

Purpose Going Forward

Make your purpose simple. Don't get distracted with the "hows," the details, or the temporal obstacles and distractions. Just focus on the higher purpose or anything that supports that higher purpose.

If you are not healthy, happy and at peace within, nothing else matters until you get there and you are allowed to focus on your Great Work.

The autumn time is a great time for appreciation of what you have, assessing your harvest in life, in full appreciation, regardless of how much or how little you have.

The winter will be the time for going inward and establishing or reestablishing your new light or new seed for the next year, and, in life going forward, to be ready for the spring and fulfillment within yourself and your purpose in life.

Live your purpose. Don't spend too much time looking back on the "couldas" and "shouldas," but instead harness the focus and concentration of the magus towards your true purpose and the experiences in life that await you.

Use your basic Rosicrucian practices of reflection, meditation, alignment with cosmic laws, commitment to you, your purpose, and personal transformation, and, most importantly, love yourself, love nature, love the All.

Live long and prosper in love, peace, health, wealth, harmony, hope, happiness, joy, purpose, and Peace Profound.

So Mote It Be!

