



- *Let me start by aligning our definition of purpose. Purpose is the sense that everyone wants to give to their life. It is very personal. It is something that, for instance, when you are on your death bed and think about it, you could assess whether you came closer or not. It is something that when you think of, or make a decision, evaluate from the perspective how close it takes me to my life purpose?*

Authenticity, Our purpose in life, chapter 10, page 94

R2 – WHAT IS MY PURPOSE IN LIFE

Having clarity about our life purpose is anything but trivial and for most of us this is probably a concept pending realization. Once more, we do not have to look outside, we are not talking about finding out what is expected from us, but what we expect from ourselves.

To be AUTHENTIC we must be quite aware of who we are, what we want to do with our life. Because, make no mistake, each of us has a purpose in life, a higher illusion, a heartbeat that moves us above all. We only need to know what it is.

We learn and build from outside to inside. We are open to the world, we gain knowledge, messages, reflections, observations, doubts, we want to be and we are a reception antenna that is not missing a single millimeter of what is going on around us, near or distant.

But ... Do we know what is going on inside? What is originated in our core?

To find out our purpose, Tes recommends putting ourselves on our deathbed, see ourselves surrounded by our dear ones, peaceful and happy for the life we lived. It is just then when we have to wonder about what we did in life that fulfilled us, and what did not do that could have done.

You can try it, but do not forget to add to this technique tons of honesty and a self-critic sense that we so often send to fool's paradise.

And only when you find your purpose you could... *rest in peace* 😊.