

# THE AMERICAN MONK

## LESSON 7

by  
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### *Finding Your Life Purpose*

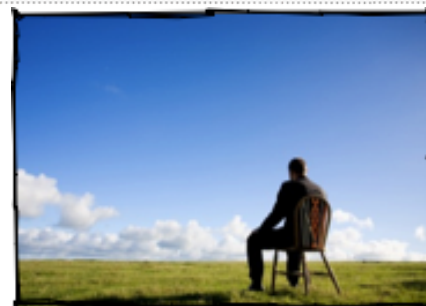
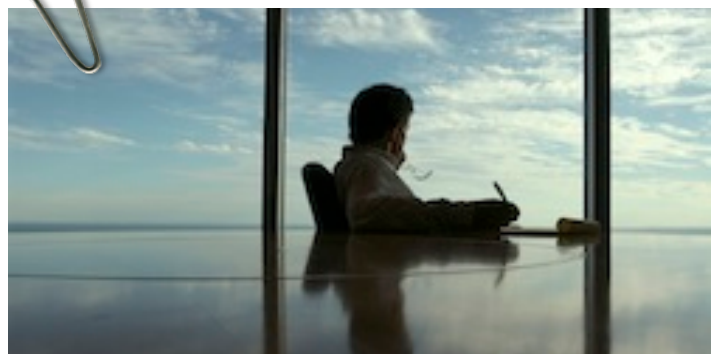
Over the last six lessons, we've covered quite a bit of ground, haven't we? And if you're putting these lessons into practice, you're likely seeing some exciting changes taking place in your life.

But all of this evolution and these states of awareness don't really mean anything without a purpose.

I mean, what's the point? Where is all of this taking us?

Ask one hundred different people and you'll get one hundred different answers.

But surely there must be an answer. One of the many religions has to have it right. Whether it's a heavenly choir or a host of angels or complete and total oblivion, one of our assumptions about



This is The Final Step  
Towards Living a Purpose  
Driven Life



the afterlife just has to be the right one.

Doesn't it?

Yes. And no. And I'm going to explain that in just a minute. But first, let's take a look at all of the possibilities.

## WHAT COMES NEXT?

The spiritual plane is one of the greatest mysteries of the universe. No one has ever come back from the spirit world with photos and documentaries to explain "what comes next."

To make up for this lack of clear-cut information, we have turned to other sources to provide us with hints, sources that range from ancient texts to sages and prophets.

But even the wisest of wise don't agree on everything.

Some say we live multiple lives while others say we live just one.

Some say we must earn our place in the afterlife through the good deeds we do now, while yet others believe we are paying for bad deeds that have already been done.

Talk to these sages, read their texts and it is easy to see how one could come to believe in a particular afterlife scenario.

The problem is, how can you choose the right one? Let's take a quick look at some of the more prevalent religions in our society:

In Eastern Religions like Hinduism and Buddhism, the concept is Karma, meaning that what you sow is what you reap. If this is true, then everything we do and everything we think is the result of a past action. But if that's the case, then there is no free will and given our ability to choose, I tend to believe that free will does exist.

And here's another dilemma with Karma—if everything we experience now is the result of a past action, at what point do we get to "sow" something new in order to "reap" something

better?

In Christianity and Islam, everything revolves around the Big Sin. When Adam and Eve ate from the forbidden apple, God punished them and all of their descendants throughout eternity for disobeying.

Now, remember that according to this story, Adam and Eve were innocents, like children with no knowledge of shame, embarrassment or suffering.

If this is true, then to place the apple in front of them would be akin to placing it in front of a three year old child.

“You can have anything on this table,” we’ll tell the child. “Except for this apple. Don’t touch the apple, I forbid it.”

Hmmm... now what do you suppose the three year old child is going to want the most? That’s right, the apple.

And what’s the worst that’s going to happen if they do decide to take that forbidden bite? The child doesn’t know. Because again, they have no concept of suffering.

In Eastern Religions, everything is the Will of God. I believe that is true as well.

But that means that everything is the will of God.

So, when one group of people act in a way that goes against the beliefs of another group of

people, that was the will of God. But then, who is righteous in that scenario?

And if everything is the will of God, then writing this also falls into that category. That means, that despite your beliefs, what I am writing now is the Will of God. But aren’t your beliefs also the Will of God?

You see where I’m going with this. With hundreds of thousands of beliefs with respect to “what comes next,” it’s easy to find merit in each and every one. But look closer, and you’ll also see that it’s just as easy to poke a few holes in those theories.

Now, this is not to say that I don’t respect others’ beliefs. I most certainly do and I would never presume to tell an individual that their beliefs were “wrong.”

What I am suggesting here is that before you follow a particular line of thinking, you remove your emotion and attachment and examine the idea for what it is:

An opinion substantiated only by your belief.

## WHO IS GOD?

Let’s think about that for a second, shall we?

Who is GOD?

If this is true (and we can probably agree that it is), then God cannot be male or female—he must in fact, be both and yet he’d also have to be neither. God cannot depend upon food or oxygen for his survival because that would suggest a need and God “needs” nothing

# “Try not to experience and you’ll see what I mean. It simply can’t be done.”

because God is All.

So, perhaps instead of asking Who Is God, we should be asking What Is God.

Of course, only God can say for sure, but going on our original assumption—that God is All, there is one common thread in the “all” that God is. That thread is experience. This would make sense, because everything is experience, right down to the protons and neurons that spin around in an atom. Everything, from the smallest of organisms to the largest forms of life are made up of experiences.

**Experience is how we relate.** It is a constant that cannot be removed from any form of life. Want to test this theory? Try doing nothing. In a sense, you can’t because you are still experiencing the “nothingness” that you are trying not to do. Granted, the more profound the experience, the more influence it has on our lives, but that doesn’t mean that experience is limited to only the most incredible events.

Quite the contrary, **everything is an experience.** When you breathe, you are experiencing breathing. When you walk outside, you experience a variety of stimuli, from the sunshine on your face to the grass beneath your feet. Right now, right this very minute, you are experiencing something, regardless of what it is.

Try not to experience and you’ll see what I mean. It simply can’t be done.

Interesting, isn’t it?

With so many concepts and so many beliefs, there is, after all, a common thread among all living things. And how perfect that it would be something as simple as experience.

## THE PURPOSE OF CHOICE

If our life can be defined through experience, then what determines which experiences we are to have? Aha... there’s that free will again, isn’t it? The very thing that makes us self-aware—our ability to choose—is also the thing that defines life itself. Now there’s a concept worth pondering.

Is it possible then, that experience is the whole point? Could it be that instead of seeking obedience and conformity, God’s purpose is experience?

Now, there are some who might wonder if God even has a purpose. Being that he is All That Is and everything, it’s hard to imagine God having any purpose other than to just be God. After all, if God is everything, what could he possibly be seeking?

And I’ll say it again:



## EXPERIENCE

You cannot experience happiness without sadness as a comparison. You cannot have ups if you don't know what it feels like to have downs.

Think of the most joyous moments in your life. How did you know they were joyous? Would they still be the milestones they are if every day felt just like that?

Of course not. You wouldn't be able to experience joy because "joy" would be considered normal. But luckily, that is not the case. Instead, we all have the ability to experience whatever we choose.

Think about that for a moment: whatever we choose. I myself chose a variety of experiences, all important to me at the time I was doing them. Business, art, music, healing, teaching, sailing, writing, yoga, golf, fishing, singing, scuba diving, cooking, traveling, investing and hypnosis just to name a few.

Why so many experiences? Because that is what life is all about! Where is it written that we can only do one thing?

### **What prevents us from experiencing everything that we can get our hands on?**

The answer of course, is nothing. There's no reason that you can't be a doctor and a swimming instructor. You don't have to choose between becoming a volunteer and being a popular singer on stage. Quite the contrary, you can choose them all!

And here's the beauty of this entire plan:

## **THE MORE YOU CHOOSE, THE RICHER YOUR LIFE BECOMES.**

Ever wonder why so many people fall into a rut? Because life isn't meant to stand still. But when we create a life that simply repeats itself day after day, that's exactly what we've done.

We've caused our life to stand still. Yes, time will still pass right on by, but we're no longer moving with it. We'll age of course, and we'll have some surprises and bumps along the way but for the most part, each day is the same as the one before and the same as the one to follow.

And there's your rut. When you fall into this kind of life, your Spirit gets a little antsy. It longs for new experiences. It desires to branch out and grow. Deny it this desire, and the result is depression. You've lost your lust for life and no longer find joy in the things you used to love.

And yet, we're surprised that depression continues to rise in our society. We're bewildered that so many anti-depressants are needed just to keep going. How could this be? What's causing such an epidemic? The answer is simple: **lack of experience.**

If you follow the thinking of parallel dimensions, then you can also see how God is immersed in experience. An infinite number of universes with an infinite number of possibilities—talk about living to the fullest! So if our own universe is designed to be an eternity of experiences, why would we think that we should just choose one thing?

Everything about life suggests change.

In fact, there is nothing on this planet that isn't changing at any given moment and yet, our primary goal seems to be to find a way to make things as stationary as possible.

We look for stability and security, creating little metaphorical bubbles that can house our corner of the world.

We want everything to stay just as it is, don't make any waves and don't upset the balance.

We shy away from change if given the chance because we see it as "unsafe" and "uncertain".

Ironic isn't it, that the thing we fear most—**CHANGE**—would be the fuel needed to keep life going?

## DISCOVERING YOUR PURPOSE

So, where does all this lead us? How can we find the purpose to our lives?

If you've followed me this far, then you know by now that the purpose of life is experience. Hopefully, tons of experiences that will make you a wiser and richer person for having had them. Which experiences you choose to have will follow your interests and your desires. You can choose as many as you want or as few as you want, the choice is up to you.

And that's the important thing to remember:

It's always **YOUR** choice.

But as for the bigger purpose, well... that brings us full circle, doesn't it? With all of our self-discovery, all of our science and meditation, we still don't have an answer to the question

everyone wants to know: what happens when we die?

At the beginning of this lesson, I suggested that one of the religions did have it right. And then again, they didn't. Let me explain that now.

In this life, what we believe is what will become. We've established that several times during the course of these lessons. So, my thinking is that this fundamental principle doesn't change, even in the afterlife. It's not the physical body after all, that creates our reality. Quite the opposite, it's the power of the mind and spirit, our Higher Consciousness that we've come to know and love.

This Higher Consciousness doesn't leave us when we die—it's the physical body that stays behind. So if our Higher Consciousness can create our reality here, then what makes us think that it can't do it there?

If anything, I would think that the Higher Consciousness has more freedom to create because it is no longer has to battle all the inaccurate programming we've received here. Instead of having to overcome long-standing beliefs of depravity and suffering, Spirit can create and recreate without the human brain trying to second guess its work.

So, assuming this is true, then I think that all of the religions have it right. And none of them are correct.

See, if you believe that you'll be met by that choir of angels, then I think that's exactly what you'll see. If you believe in reincarnation, then

reincarnate you will. If you believe that you're doomed to an eternity of fire and brimstone, then "doomed" you will be... until you choose to create something else.

And that's the real wonder  
behind our whole existence.  
*That's the secret to our purpose.*  
Life, whether its here  
in a physical body or  
on the spiritual plane as pure energy,  
is an infinite series of  
**EXPERIENCES.**  
And we can choose  
a new experience at any time.

**Lesson 7: Download & Listen To The Consciousness Ladder Exercise [here](#).**

