



## **Born With One Purpose, by Marianne Williamson**

We spend so much time on unimportant things -- things with no ultimate meaning -- yet for reasons no one seems to fully understand, such nonessentials stand at the center of our worldly existence. They have no connection to our souls whatsoever, yet they have attached themselves to our material functioning. Like spiritual parasites, they eat away our life force and deny us our joy. The only way to rid ourselves of their pernicious effects is to walk away ... not from things that need to get done, but from thoughts that need to die. Crossing the bridge to a better world begins with crossing a bridge inside our minds, from the addictive mental patterns of fear and separation, to enlightened perceptions of unity and love. We're in the habit of thinking fearfully, and it takes spiritual discipline to turn that around in a world where love is more suspect than fear. To achieve a miraculous experience of life, we must embrace a more spiritual perspective. Otherwise, we will die one day without ever having known the real joy of living. That joy emerges from the experience of our true being -- when we detach from other people's projections onto us, when we allow ourselves permission to dream our greatest dreams, when we're willing to forgive ourselves and others, when we're willing to remember that we were born with one purpose: to love and be loved. Anyone who looks at the state of the world today is aware that something radically new is called for -- in who we are as a species and in our relationship to each other and our relationship to the earth itself. Yet the psychological fundamentals that hold this dysfunctional world in place are like sacred cows: we are afraid to touch them, for fear something bad will happen to us if we do. In fact, something bad will happen to us if we do not. It is time to change. It is time to do what we know in our hearts we were born to do. We are here to participate in a glorious subversion of the world's dominant, fear-based thought forms. There are only two core emotions: love and fear. And love is to fear as light is to darkness: in the presence of one, the other disappears. --Marianne Williamson