

# LIFE PURPOSE

**Rise like a phoenix from your past and  
create a positive future for yourself.**



**CLAIRE H PERKINS**

# **Life Purpose – How To Find Your Reason For Living**

By Claire H Perkins

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**LIFE PURPOSE - HOW TO FIND YOUR REASON FOR LIVING**

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## **Dedication**

Thank you God for my life. Every bit of it, the great, the beautiful and the downright awful.  
Every bit is perfection.

This book is dedicated to Melville Perkins, my husband and my inspiration. I love you.

## Foreward

At the age of eight, when my mother said to me “What do you want to be?” I should have said “I already Am”

I have known for a long time what my Life Purpose is....from the age of eight, or maybe even earlier I knew. I was here to help people, help them see what they cannot. That they are magnificent beings on an amazing journey and that their lives are meant to be joyous and fun.

I'm sitting here on a gloriously sunny autumn day whilst writing this foreward. I look back and see how my Life Purpose has progressed up until now. Well, it has been three steps forward and two steps back. I must admit to sabotaging my own progress from fear. Fear of what people would say, fear of what people would think of me, doubts, fears of financial insecurity, the list goes on. It wasn't until I felt so uncomfortable and was suffering from severe anxiety attacks that I decided ENOUGH! It was at that point I decided I wanted to really live my life and commit to doing it. Amazingly enough, the fears and doubts disappeared from whence they came, as did the anxiety attacks.

As I started writing this book, all the things and information I needed to self-publish became part of my awareness. I am excited as I know I have so many more books in me and am already working on my next one *We've Got It All Wrong – Why Manifesting With Just Words Won't Work*.

I hope you enjoy *Life Purpose – How To Find Your Reason For Living* and it encourages you to find yours and live it.

## Chapter One

### Life Purpose

You are an amazing being made of pure energy, Before you came into this reality, you were light and joy, everything you wanted you only needed to think about and there it was in your awareness. Every being in this place or reality was also able to have everything they could possibly want and you all co-existed totally harmoniously, well how could you do anything else in a place filled with love, joy and total acceptance.

And then what did you decide to do? You decided that you needed some real contrast from the beautiful reality that you resided in and what better contrast than to be born on earth, with all of its wonders, all its horrors and its magnificence; a cornucopia of craziness! You came in wearing this restrictive flesh suit that at first you had no control over whatsoever. You were physically helpless to do anything for yourself and spent most of your early days on earth exercising your new lungs and waking your poor sleep deprived parents from their slumber as you had wet and cold sensations next to your skin.

So, many years later here you are standing in a slightly more worn, slightly baggier flesh suit having fearsome doubts about life, your life in particular and its purpose. Don't worry, you're not alone in your fears and worries, nor are you alone wondering what are you supposed to be doing in your life as there has to be more to it than this! Dear reader in your lined, scarred and baggier flesh suit, read on and the answers will be revealed to you!

You are not alone in wondering about your Life Purpose. There are millions of people on this planet wandering around asking themselves this question, "What is my life purpose?" What am I here for? why am I having this life?". It doesn't matter whether they are the poorest of the poor, the richest of the rich, sooner or later this question (if it hasn't already) is going to hit you. So, what is your answer? Do you know why you're here? Why you are living in this time and that place where you are right now? What's been happening in your life so far? Can you say you are fulfilled or are you 'marking time'? Are you living your life according to you or someone else's idea of what your life should be?

Life Purpose - What is it about these two words when placed together cause such a problem to people? What is it that is blocking you from knowing your life purpose? Have you ever known what it is? Did someone heap scorn upon you when you stated it out loud? Were your hopes and dreams squashed underfoot by perceived responsibility and the dreaded 'shoulds'? You wanted to do something but felt it was too silly, too impractical. You wanted to do something that felt too outlandish and that wouldn't earn you a 'living wage'. Your life purpose was felt too impractical by parents/peers so actually you have never followed your hopes and dreams but have just lived a life that has either been fairly comfortable or felt downright wrong.

You are an amazing person, you came here from love and you are love. There is really nothing you 'need to do'. Don't struggle or make your life miserable trying to live out what other people expect of you, it's not worth it. That was then, this is now, this is your life now. Do you want to be present in your life and create a beautiful painting entitled 'My Life', or do you want to spend

more minutes, hours, days, weeks, years; in fact a whole life time living out someone else's idea of what your life should be. Don't let another artist paint your life canvas, you must paint your own.

If you are a painter, then paint, if you are a cook, then cook, if you love arranging flowers then be a florist and so on. It's your passion and when you feel your passion for the things you love doing then you have found your purpose in life – your life purpose.

It has taken me until I'm fifty three years old to summon up the courage to write this book. I have played at it, I have dabbled at it, I have then deleted various versions of it for the fear of being laughed at. "How can you write a book?", "Who are you that you can write a book?" "What do you know about life that makes you think you can write a book telling other people how to live?" These are just some of the fear thoughts that have held me back over the years. My answer now is "Well I'm writing it and am enjoying writing it and if nothing happens with it, at least I know I have written it!" My life purpose I know is to help people wake up from the illusion and drama of their lives and to see that they are truly magnificent spiritual beings. If this book reaches only a few people and makes a difference to them, then I am glad. If it doesn't, well then, I'll try some other way to live out my life purpose.

Some people live their entire lives pretending to be something they're not, or pretending to love something they don't, only to wake up one day and realise they haven't really lived. In Tolstoy's *The Death of Ivan Ilyich*, Ivan is dying and he asks his wife "What if my whole life has been wrong?". That is certainly a wake-up call, who wants their whole life to be wrong? What a sad waste of a life. Do something now to find out your life purpose and work towards it before you're on your deathbed asking Ivan's question.

We come into this world for a reason, a promise to fulfil that we made to ourselves before we are born and for the first few months of our lives, that promise is remembered, then we forget it! Why do we forget it? I really believe it is squashed out of us by well-meaning parents and teachers and by the time we get round to choosing the subjects at school that will lead us on to university and then onto a 'good job', the life purpose that we chose before we were born has been totally forgotten.

Have you got to the point in your life that makes you feel like you are living someone else's life? The point where you feel you have been living a lie? Read on to find out how we find our life purpose.

## **About the Author**

Claire lives in St Albans, Hertfordshire in the UK with her beloved husband Melville and gorgeous Henry (an adorable Cocker Spaniel)

She has spent over twenty five years studying the areas of human spiritual growth, new thought and self help. Claire is a Reiki Master with certification in professional stress management.

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