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Live Your Calling

By Thulani DeMarsay

There is a dimension of our being that wants to be more and yearns to be catapulted into a greater self expression. One of the most important yet fundamental philosophical questions we can ask ourselves is “why am I here”? The answer lies within, where each of us holds a calling, a purpose, and reason for being that is waiting to be discovered and fulfilled.

While our society has made extraordinary advances in various aspects of human life and many have achieved the trappings of success, I witness on a daily basis that underneath the materialism and external appearances is a void and lack of fulfillment in many people’s lives. Often, temporary forms of happiness and material wealth have been substituted for personal fulfillment. And although material assets are worth achieving, it is widely accepted that by themselves they do not guarantee happiness. Instead, the evidence suggests that happiness is the by-product of living a meaningful and purposeful life; one that recognizes and uses your gifts, talents and abilities.

As a life coach, I am particularly interested in helping individuals uncover the deeper meaning and purpose of their lives. As I guide people through a process of self discovery and inquiry, they uncover their strengths and talents, and become increasingly attuned with their inner voice. Through this process they gain a greater awareness of what is important to them. I believe this discovery and clarification process is essential to genuine happiness and personal fulfillment.

From a metaphysical and spiritual perspective, I believe that our primary purpose for existence is to discover ourselves, our gifts and abilities, and in doing so, share them with our communities, society and the world. I am convinced that despite differences in background, racial identity, social or economic status and even personal suffering, each of us has an immortal calling, purpose and reason for being that gives our life meaning and needs to be expressed. Therefore, it seems logical that the absence of meaning may be a source of much of the unhappiness and emotional distress we see in our society today.

When we do not give our lives meaning or purpose, we live in what the late Dr. Viktor Frankl called the “Existential Vacuum” —a state of inertia, boredom, and apathy characterized by loss of interest and lack



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of initiative. Without meaning, Dr. Frankl said, “we feel void, empty, hollow, vulnerable, and disconnected”. We attempt to fill this void with temporary forms of satisfaction but continue to feel unfulfilled. Thus, we are on a constant search to fill our void, not realizing that what we seek must come from within.

According to Dr. Frankl, “everyone, regardless of life’s circumstances and conditions has meaning, and therefore, it is always accessible to those who seek it”. He believed, and I do too, that finding meaning is truly the greatest endeavor we can embark on.

As you board this wondrous journey of personal discovery, I invite you to consider the possibility that now is the time to unleash your potential, talents and abilities. Your creativity and talents are worthy of self expression and should be released and utilized to their fullest potential... leading you to that elusive state we call “happiness”.

“Life, in principle never ceases to hold meaning for each and every person.”

-Dr. Viktor Frankl

In-Joy,

Thulani

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