



Mindful Living for a Meaningful Life

Our western minds are set to search for understanding. The eastern mind is engaged in mystery and the mystical.

The western mind is productive, dedicated to improving living conditions through problem solving. The eastern mind is geared toward being aware and mindful of our inner most beings.

The western mind is oriented toward the material world. The eastern mind is committed to spiritual values.

We each have much to learn from the other. Such a move is underway. The eastern world is becoming increasingly materialistic. Think Dubai, Beijing and New Delhi.

While the western world continues its fascination with material things that promise to make life more convenient and pleasurable, our consciousness is nevertheless being

raised about life's becoming more meaningful. Convenience and pleasure are no longer enough to satisfy our deeper human needs. Life must have some more profound meaning. It is not to be spent only on good times and success, but must have a more meaningful underlying purpose.

Whenever we install tile on the floor of our homes we install a special board underlay first to give it support and keep the tile and grout from cracking. If that underlay is not used the tile and grout will lose their integrity and crack.

While there are many pleasures in life to enjoy, our lives need the underlying spiritual support to give them integrity.

At whatever point in life that pivotal awareness begins to register in our consciousness we begin asking the ultimate question: What is life all about? It is then we begin to raise ourselves above the fray of daily living and find ourselves gifted with a much broader perspective of life, the world and the human race.

We begin to jettison some old attitudes that have kept our focus on ourselves and recognize that global interconnection that we have with everything and everyone in the world. We become disturbingly aware that we have been living in a box we have constructed around ourselves, and for the first time begin developing a world view that includes mystery and spiritual values.

We also become cognizant that God is not only concerned about us as individuals, but is also concerned about everyone and everything. We are invited to do the same.

“The earth is the Lord's and all that is in it, the world and all who dwell therein.” (Psalm 24:1)



When we become mindful of that perspective our own lives become far more meaningful.