

EXCERPT

Manual For Living: Reality, A User's Guide to the Meaning of Life

CARETAKING THE UNIVERSE

"We are merely caretakers in this life, with only time at our disposal. At the moment of our birth, we have absolutely nothing, except our soul, our mind, and the body we have been given--in truth, the most valuable assets of our estate. We slowly amass items of a physical nature to which we attribute considerable value and protection. We acquire "things," man items that are designated with a perceived value far beyond their actual worth. We move through life with a constant fear of losing the physical things we have worked so hard to obtain, things that didn't even exist when we began this journey. The irony is that the items of greatest value--our body, mind and soul--are often valued less as demonstrated by how we care for them. In reality, nothing "belongs" to us, for everything is a part of this world."

TOXIC LIVING

"Toxicity occurs not merely in what we eat or drink; it is appears where and how we live, whom we involve ourselves with, and in how we handle the world presented before us. Just as there are toxic chemicals, there are toxic relationships, lethal belief systems, and noxious people. In finding balance, we must look honestly at every area of our lives in order to cleanup, weed out, and empower the clarity and cleanliness we seek. Seeing our lives for what they truly are requires an honest look at every area of our reality. Only then can we make the appropriate, albeit difficult, decisions for the betterment of our soul and contribute to the evolution of our world. We deserve more and we deserve better, for our life purpose requires us not only to act as caretakers of our environment, but to care of each other and ourselves."

CHOOSING LIFE

"Choosing life surely doesn't mean that we will always be happy with the consequences or the surrounding realities. Nobody said that we would receive everything we desired without effort, but by the nature of the commitment or contract to which we agreed, we have come to share and contribute in a manner that results in the betterment of all humankind. It almost seems impossible, or at the very least implausible, to make a personal contribution that has a lasting global impact, especially when the world looks as if it is at an all time low. There is civil unrest, poverty, disparity between the wealthy and the poor, destruction of the environment, threats of nuclear war, terrorism, oppression, overcrowding, and most importantly, a lack of faith and belief in the greater good of humankind and in ourselves."

BALANCE

“At its most basic level, a balanced life is simply an organization of priorities. At its most advanced and obscure, it is affecting change in space and time to contribute to and positively affect every moment. It is exercising kindness of heart in every communication and peace of mind in every thought. It is the unification of integrity, morals, and values into every decision and the sovereignty of the soul in every prayer. Most importantly, and at the core of everything, finding balance involves merging the realities of the present with the spirituality and love of our core. It is the entirety of ourselves invoked with every thought and in every moment throughout the day. It is the fullness of spirit within every breath, the vision we see through every blink of our eyes, and the love we feel through every beat of our heart. It is living for the moment and the accompanying lessons and glory within each one of them. It is simply who we are as human beings and why we are here.”

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