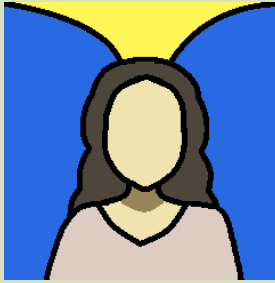


The Meaning of Life according to Alpha



by Alpha's editor and channel

According to Alpha, your life does have a meaning. Maybe you're not feeling it, and maybe you're not very happy about your life, but on a cosmological level, your life definitely has a meaning, which I will explain.

I understand that it might be a leap of faith for you to believe that your life has a meaning, especially if I start talking about God having a purpose for you. I don't expect you to believe what I say unless you have your own gut

feeling or experience which agrees with it. Alpha's philosophy is just something for you to consider until you know what you believe for yourself.



According to Alpha, your purpose in life has two layers. Your first purpose is simply to be alive. Just by being born and doing what comes naturally, you are helping the human species to evolve spiritually. Alpha says that the human species has a particular role in the universe. Our astral form (soul) has certain features which are unique to humans and which allow God to develop in various ways through us. As we live and breed, the human spirit continues to evolve and fulfill this spiritual destiny in the universe.

You don't have to do anything special to have this kind of purpose to your life. You can just live your life as you see fit. God does not

require anything more of you, and will accept whatever you do and whatever you believe. Unfortunately, though, you will not necessarily feel happy or fulfilled about having this first level of purpose in your life.

There is, however, also a second level of destiny which is possible for your life. It is completely optional. It involves tuning into your deepest desires and being open to inspiration every day of your life.



Basically, if you would like to have more meaning in your life, you can find it by allowing yourself to be more “inspired”. You don’t have to believe in God to have a sense of being inspired. If you relax, clear your mind as much as possible, and put yourself in the loveliest state of mind you can imagine, you are likely to feel more inspired about what to do, day to day. It is an

ongoing process. In a world where many things are out of your control, and many things change rapidly, it is important to draw on inspiration consistently and often.

You can't force inspiration. You just have to make the space for it and wait. Sometimes you need to let go of some emotions before you can reach that lovely state of mind where inspiration happens.

There is an art to noticing what you are inspired about. Often you have a preference for what to do, or you are attracted to learn about something, but you dismiss it because you don't see it as relevant. It's time to start paying attention to the little ideas and desires



which pop out from the rest.

What's happening when you seek inspiration? Well, firstly you are cultivating a lovely state of mind in yourself. You are learning to relax

more, clear your mind, and get yourself into a good mental place. That alone is going to improve your quality of life and improve your ability to make decisions.

Secondly, you are tuning into your own personality and expressing it more. This helps people to feel more alive, and to feel that there



is more of a flow to what they do.

Thirdly, you are allowing yourself to be inspired by God. Even if you don't believe in God, the art of being relaxed and open is exactly what allows you to become close to God. According to Alpha, an open and uplifted mind is all that God wants from you. This is enough for him to establish a relationship with you.

Now that you have become open to inspiration, your second level of destiny can unfold. While the seeds for your second level of destiny may already be deep within you, it only

unfolds because of your ongoing inspiration. To fulfill a particular destiny in the real world takes a lot of detailed ideas, and that's why you need lots of ongoing inspiration.

Being open to inspiration, you also have all the benefits of being closer to God. Your capacity for love will gradually grow. Your sense of morality and peace will also increase. Your thirst for emotional growth will also increase (and you'll probably need some inspiration just to deal with those emotions!). Over time, your life will seem to be more magical and more meaningful. When you look back, you will see how much was fulfilled (especially on a spiritual level), even if you didn't know what the purpose was at the time.

It can take years to gradually develop your art of inspiration, but it's well worth it. After all, what else were you going to do? Just live and leave your other inner yearnings unsatisfied?

