

Finding Myself

At some point in life, be it early or late, people want to find themselves.

We do not like to look within as it is uncomfortable and unknown. For years most of us avoid the deep serious questions of what is life, why we are here, and what is our purpose. We deny the thought and do something quickly so we do not have to think of it.

Finally, we dwell on who we are, what we are, and why we are here. We read, we think, and we ask questions. Some do it at work and some go off to find themselves.

We cannot find ourselves in our mind. We cannot find ourselves thinking about ourselves. We cannot find ourselves by just asking questions.

The bible tells us to lose ourselves helping others to find ourselves. We find ourselves in the doing. It is the doing and the feelings created in the doing that leads us to whom and what we are.

Helping another with no expectations of compensation is rewarding. As we get out of our own way in helping others we can find ourselves. In helping others we find our value and our talent. We find joy, satisfaction and fulfillment in others. We get energy from doing for others.

When you reflect on your assets and good times it is never about a material asset. It is about people and times spent with people. It can be the look on the face of a child you helped learn to ride a bike. It can be the elderly person you helped across the street.

When we reflect we realize that our warmest feelings and emotions have come not with receiving a gift but with giving a gift. As Winston Churchill said, "We make a living by what we get, but we make a life by what we give."

Help someone and you will be helped.

When you lose yourself helping others you will also find a community. We all have skills and talents. Within a community we will all find where we can best serve the community and one another.

Finding ourselves is in the doing. We have to be in motion and doing. Then, we awaken and realize who we are, what we are, and why we are here.

We can be here to help one other person. If we help one person our life is a success and of great value. We do not have to be rich or famous to add value. We can live a worthy and worthwhile life by serving our community.

Fame and fortune is not the answer. We find ourselves in the doing. Are we making the world a better place? Have we added value and assisted at least one other person?