

# THE PURPOSE OF LIFE

## We don't learn from the easy stuff

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I was asked this morning by a dear friend what the purpose of life is. Why is it some people face more heartache than seems fair?

Life unfolds differently for each of us. I believe we are here to learn lessons for our own growth. We don't learn from the easy stuff, and great challenges often yield the deepest lessons.

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**Why, then, do some people go through life unscathed while others suffer greatly?**

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Sometimes we're the pupil meant to learn something from our own suffering. Sometimes we're the teacher imparting wisdom to those who witness our suffering.

When faced with great challenges, we have two options. One is to resist the change and stay outside immersed in the storm. Two is to surrender to something we can't change, and tend to our wound inside.

Once the storm has passed and the wound less raw, you can re-enter life using the wisdom you learned.

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You are the author of your own life story. Every sentence, paragraph, and page from cover to cover. What do you want to write what has yet to be written? You alone get to decide.

My answer to the question about the purpose of life is that it's a glorious yet mysterious classroom.

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**Sometimes we're the pupil and sometimes the teacher.**

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It's up to each of us what we teach and learn.

