

What is the Meaning of Life? To Experience Joy!

Marie Manuchehri, RN

One of the most frequent questions I am asked during private sessions, workshops or while on the radio is “what is my life purpose?” I often feel that this question and the one I am answering here are divinely linked, creating a web of immeasurable possibilities. Typically, the energy behind either question, vibrating from the seeker, is an awkward fact-finding mission defined by worry and doubt.

Even though we as humans collectively try our hardest to make things difficult, finding the answers to these questions is usually simple. I believe with all my energy system that the meaning of life is to feel joy, and that learning to feel and follow your joy is a necessary life skill.

When we can perceive a joyful sensation and then choose to follow it, we will automatically discover meaning and purpose. The richness of any existence is through the infusion of normal earthly moments and multi-sensory experiences. When these unique landscapes merge, they can only birth joy.

Thirty years ago, pregnant with my first child, I experienced a surprising wave of joy for no apparent reason. I was fairly present that day, walking into a teaching hospital in a small town in Oregon for a routine blood draw. My childhood had been deeply rooted in holis-

tic medicine, so my senses were keenly aware. Instead of feeling the expected pang of anxiety as I cleared the revolving doors, I perceived joy. This spontaneous rush of bliss startled me at first, until I gave way to its curious nature and allowed my being to be enveloped by its warmth. As I did, a multi-sensory story unveiled itself to me, reminding me of a love for modern medicine—something to which I had little exposure.

As I followed my joy to nursing school, eventually specializing in oncology and ultimately leaving conventional medicine for the world of energy healing, I realized that joy is the constant messenger. Joy alerts all to the coming attractions of magic and meaning. To follow joy, you must remain present, open all senses and breathe in the magnificence of you.

Observing joy may not appear easy or for some, even possible. However, learning to recognize the ecstasy of energy moving through your body is similar to learning a new skill set. At first impression, the task at hand may seem awkward.

I clearly remember one of my first assignments in nursing school that sent my senses whirling in uncomfortable excitement—giving my first injection. Each student was to practice inserting needles into oranges at home over the weekend as the opportunity to give an injection into the deltoid muscle of a

hospitalized patient was probably going to begin the following Monday. In class, we had gone over muscle location of the deltoid in the upper arm, the length of needle required for this particular injection site, drawing medication into the syringe and so on. But it was the actual technique of inserting the needle quickly into the arm to reduce pain and end the treatment that seemed most challenging. Of course, I am talking about a skill. A skill that today I would have to practice a few times if I were to re-enter my first love in the world of healing. With a few practices, my cellular memory would instantaneously send messages to my muscles telling my body how to insert the syringe.

Once a skill is received into your cellular memory, it harnesses a permanent foundation of vibration. The vibrational pattern connects to the second chakra where the emotion of joy lives. The second chakra is also the entry point for Kundalini energy. Kundalini is a magnificent fountain of divine genius to which each person has access. The main requirement to experience its power is to identify and hold the feeling of joy in one's body.

By practicing this valuable life skill of feeling joy, you will be able to clearly know what steps are in your best interest and which ones are not. Life choices that are empty of joy are to be avoided. Alternative choices that feel joyful are to be followed. Typically the intellectual mind will argue with joy, ranting about the limited perception we all hold regarding destiny and the true meaning of happiness. But again, do those thoughts bring you joy, or misery? €



Author Marie Manuchehri can be found at
www.EnergyIntuitive.com