

# What is the purpose of your life?

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Some time back a client came to see me, and during the conversation when it came to the part of his career aspirations he mentioned that he wanted to be a coach and a trainer. I was fascinated and astounded by the fact that he wanted to idolize me and wanted my help to achieve it.

He was 32 years old and I strongly felt a need to help him, but I had to ascertain if his decisions were rational and logical. Hence, I asked him open ended questions and encouraged him to speak more about himself and eventually asked him what made him want to be a coach and a trainer, and what facts he could provide to support that decision. His reply was that he simply felt that he was good at it. During the next few minutes and in the subsequent dialog that followed I observed him closely, his speech as well as the words he uttered. On numerous occasions he used the word “feeling” and that is something great, but I am of the opinion that if a person has visual imprint, it is so much better. For to create an image in your mind speaks much more than mere words.

Therefore, I asked him about his career and what he had been doing in the past and found that he had been moving jobs regularly and also had many excuses for doing so. I felt he was not taking any responsibility for the changes and haphazard decisions he made. I felt that wanting to be a trainer was yet another of his trial and error episodes.

As a result, I wanted him to reach and seek into his unconscious mind. In NLP we call it to chunk up and chunk down where the trainers line of questioning is to seek out specific answers from a client. My first question to him was, “What is the purpose of your life? He looked at me and said that it was to be happy. It led me to continue my questioning further. I followed up with, “What is the purpose of being **happy**, to which

he said to be **Content** and after a few answers, he was lost for words. He would have assumed that it was the end of the line of questioning but I asked him again “ what was the purpose of being **loved ?**”, because that was his last answer. He replied, “This is all I can think of.” What is the purpose of being **loved?** I repeated with a deeper tone for him to understand the depth that he needed to reach to seek out his answer. He thought for a moment and came out with answers from his deep unconscious mind, and I could see the tears welling up in his eyes. His final purpose he found was to “**settle down**”. It was an eye-opener for him. He was moving from one job to another and training was just his escape route and yet another exit point, but he found deep in his unconscious mind that it was giving him a deeper purpose to fight back to regain his position and the purpose became clearer to him although a totally different one.

He understood that most of the setbacks were due to some fear from his past. It is very evident that if we fail to deal with our past experiences, the chances are that we may dwell in them and it can overpower us and the danger is that we may not even know the reason . Every time you try to pick yourself up you will feel that you are restrained and you will feel the weight pulling you down.

Neuro-Linguistic Training can help such people to find the true journey and focus on their destination. My client planned to get himself equipped and to be more empowered to face life. He overcame his past setbacks and understood that all of those experiences was a learning curve for him to face challenges and obstacles in life.

From the onset life hands out lessons to be learnt and that builds our character and who we become of one day.

I want to ask you, “What is the purpose of your life and what is the intention? Keep asking yourself until you run out of answers, and thereafter, push your mind further, until you find that true purpose which you will feel deep within you and it will become more distinct.

Another of my clients ‘once said, “My purpose is to live without any problems,” and at the end he found his true purpose was to “be successful”. It was an incredible revelation for him. He was actually focusing on the **heat** and not the **wood**. With that he decided that he needed to increase his earnings by 60% and to reach that he decided to start his second job during the weekend. What an amazing transformation.

Sometime in your life either in the corporate world or otherwise you would have inevitably encountered at least once a situation where you had to intervene on behalf of another. May be for someone who is going through that phase in life challenged with

fear, uncertainty or remorse As I aforementioned in the article chunking up and chunking down is a NLP tool used to help such persons reach and seek beyond the surface. The only rule is you have to ask the appropriate questions to help the person eventually find his own answers.

Let me ask you, **“What is the purpose of your life?”**