

*By the same author*

Life's Meaning for Today

Dynamic Cognition – The DC Effect in Your Life

The Power of Caring and Your Field of Perception

LIFE'S  
MEANING  
JOURNAL

With

Steven Warren

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# Introduction

**London February 2012.**

The book *Life's Meaning for Today* which compose this journals quotes first appeared not in print but on the internet in the form of a daily quote for me to use for life's meaning for today. By meaning I refer to the fact that as every day of our life unfolds another aspect or element of True Self emerges if only we stop and take the time to recognise what it is that is being reflected back to us to show who we really are and another facet of our being.

In creating *Life's Meaning for Today* I took each of the various days 'life's meaning' as well as additional quotes from my book *'The Power of Caring and Your Field of Perception'* to make it possible to select a page at random and read a statement which reflects back an important element of your True Self in your life.

The question will emerge for many as you read these quotes 'how do I respond to the events as I see them from a new and different perspective?' My answer is to allow yourself time to reflect on what you are now experiencing from an expansive way of thinking about and relating to your daily waking life.

Enjoy using this journal at many levels as you make the necessary changes to step forward to the next unfolding stages of your future.

As you read the various quotes for some there will be terms such as True Self, parallel life expressions and soul expression which you may not have encountered before. Or, perhaps you have but in outline only. So then not to confuse or misdirect your feeling as you read and respond let me explain how they are a part of my philosophy.

My philosophy came into being, was created or emerged from my career in working with the dying, the bereaved and people who were facing loss, transition and change in their lives or the lives of those around them.

Then early in 2001 I formulated Dynamic Cognition as an accessible model of understanding the complex, multifaceted exploration of our connection with True Self which I had shared with the many people I had worked with over the years. I chose the term Dynamic Cognition because thought and reflection through our conversation with True Self connects us with the multifaceted person we really are.

The question is whether we are consciously or remain consciously aware of these key elements which result from our connection with True Self.

You will notice that throughout this journal there are no page numbers. This has been designed on purpose so that you manipulate the illusion of so called structure and reality composing our lives.

Steven Warren  
London

**28<sup>th</sup> February 2012**

## **It is with words you speak and communicate with your heart**

but your mind is not receptive to your hearts words save for periods when circumstance dictates that your conscious mind should become quiet.

## **Commanding your own life takes courage.**

The courage to realise and overcome the blocks we put in place to recognising how we are in control of our present and future life.

## **Other people and circumstances in the world outside ourselves**

are put forward as the reasons for problems and obstacles to, what we really feel in our heart, the life we truly want.

The problem for most people is how they put their hearts desires last in life and so don't know how to communicate with their True Self.

## **In our modern world how often do we hear the hearts rule**

being blamed for problems in a person's life when, in reality, our conscious mind made false promises that it didn't know how to keep.

## **Fear is something we create**

when we don't fully understand either a situation or ourselves.

When we have gone against our true values be they honesty, truthfulness, clarity, to other people or ourselves so then the only feeling is fear.

## **Our fear guides us to leave or make changes**

so that we need never feel the fear of the situation we currently face ever again.

As an example, for many to fall in love creates fear but the time when they fell in love was not true love for true love is beyond fear, death and life itself.

**Soul weary is when we have walked a path which doesn't fully represent who we really are.**

It may be that we have moved into the next phase of our life and the world outside us hasn't appeared to catch up with the fundamental shift.

Or, and more importantly, it may be we haven't appeared to catch up with such a fundamental shift within ourselves and instead are holding on to the old, familiar and outdated ways of being.

**Every person we will meet in our lives**

no matter how marked our difference in race, culture, sex, age or beliefs then there will be one thing in life we agree upon.

For we all share one common purpose in life and how we interpret and live our life in the journey shows diversity, truth and above all meaning.

Playtime is our creative space to put in action the next stages **of our lives.**

Learning, understandings, feelings, thoughts all come from play.

To play with life results in our inner wisdom creating a truthful and therefore meaningful life.

### **Children create far greater wisdom**

through simple honesty allowing access to our timeless, boundless wisdom within.

We all know and understand everything about our lives when the conscious chatter of the adult mind is calmed and made quiet.

### **Clearing our lives to engage in the next phase of our life is where we invite the adult self into our world.**

The wise inner voice watches as the practical parts of life are changed around us.

Patience, more patience dispels the growing boredom and finally gives way to our boundless enthusiasm as we play out and explore our future.

## **Reflection upon what has gone before.**

Reflection from others and who they see we are.

Reflection on the future we may or may not see from our present.

Reflections on our mind from our heart life reveal the multifaceted diamond our soul really is here, in the future from the past of our life.

## **Journeying through our lives provides diverse paths.**

Some we appear to detour down with others and some journeys we explore with purposeful steps.

We mingle and match our pathways through life with many others. We knew of our purpose but are enlightened by the journey with all the twists and turns which we could never have imagined.

Such is the richness of every life lived no matter how short or long.

**If in work we express what we achieve for ourselves and then for others**

then our expression is complete so we can fully receive from others. It is important to judge how far we have limited ourselves in order to break free of the bonds we have imposed upon ourselves.

**Life in this world is full of limitless**

expression,  
understanding,  
opportunities  
and people to meet.

When we realise the expansion of our thoughts we may need to anchor our days and our days within weeks and our weeks within months.

Why - because to discover our limitless potential brings a time of being overwhelmed in our thinking and subsequent action.

It takes most of us time to adjust our daily action to contain our realisation of our real life.

## **All About Your Life**

Have you asked questions in your life to find out who you can be?

You read, you ask, you listen.

Who am I how can I express what I know and feel?

I want to tell you about how you can live your life, how your life can be and then I'll ask you one question.

Which of your lives do you want to choose?

Think about it.

## **All About Your Life**

The life that is half fulfilled or the one that is filled with all your aspirations of who you know how to be.

Your life, your destiny going forward and understanding all that you can be.

By finding a meaning in life and expressing it to the full.

Ideals and dreams and knowing what you can achieve.

Loving to the full following your passion.

Bringing life into full focus and expressing all you need.

Beginning now living all the life you have before you die.

### **Serenity Found**

How by your inner knowing.

Being real.

Knowing what your life is and who you are now.

Who is this person and what do they say?

How do you express that which is within your heart?

When you find your voice empty of anger, empty of pain but full of love for who you really are.

Greet your heart and express, in what you say, how you are to those around you.

Honesty in how you listen to what their heart is telling you about them.

### **For this is my complete work**

To witness another's understanding

To witness another's passion

To witness another's creativity

To witness another's love

To witness another

**To travel far in our lives is a journey which began before we were born.**

Our birth was to engage on such a journey and never will we falter with each step we take throughout life.

**To support another,**

**To,**

Express their creativity

Express their passion

Express their unique knowing

Express their care

Express their understanding

**The reflections of our futures are often seen from our past**

but not of our own thoughts but rather what others saw and reflected to us then.

Examine what they saw and told you now in your present and from this you will know your future.

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