

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
FOR
TODAY

Steven Warren

Second Edition

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Introduction

London February 2012.

This book 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 every day 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 this book I have taken 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' making 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 they read this book '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 short book at many levels as you make the necessary changes to step forward to the next unfolding stages of your future.

It is now over a year since the first edition of Life's Meaning for Today appeared and I wish to share a few thoughts and observations gained from my many readers.

I will admit that it came as a pleasant surprise when I was told of one gentleman, retired in his early nineties who consulted the book every morning on waking and like many people he would simply think of a question and then open a page at random. So many people have reported how, when they open a page at random, the statement or 'quote' exactly mirrors their thoughts, feelings or aspirations at that moment in time.

The response to Life's Meaning for Today has created untold ideas within me and on more than one occasion brought a broad smile to my face as readers told me of both their thoughts and related experiences on reading the first printing of my book.

Since the second publication, with additional material as quotes the idea of a journal where people could write their own thoughts and reflections came into being and so an accompanying 'Life's Meaning Journal' is now available.

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. Note: You will notice that throughout the book of quotes 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

28th February 2012

With thanks

To all of those I have worked with in my thirty year career. You reflected your wisdom so I might discover and express my own wisdom.

**If you find me as I wait for you then stand close
so I may know you**

If you find me when I am lost in life then hold me
close until I am sure again

If you find me when I am no longer with you here in
this life then hold me close until you are sure again

If I find you then our hearts will know

If you find me make me yours so I may be sure we
are real

If you find me then I shall stand with you in life
through the passing days till we meet again on
another shore

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 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.

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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