



Robert Scheinfeld

Friday Q&As

The Importance Of **K**nowing And
Experiencing **T**he Truth About Life
Purpose, Mission And Destiny



Welcome to another episode of Friday Q&As. Robert Scheinfeld here. The question that I would like to answer this week came in from Ed. The reason I chose this particular question to answer over many, many other questions that have been submitted is because it points to some extremely important things that I really want to shine the light of Truth, to my bias, Truth with a capitol T, on, and that also relate to what I call Ultimate Freedom.

And he says:

Hi, Robert. When you say that when you finally know and understand your life's purpose, that things begin to take care of themselves.

Now by the way, he's quoting something that I've talked about in a lot of places – in blog posts and in videos, and in a lot of other places, and also discussed in detail in a free online training that I offer that I call the Layers training. If you have not already participated with that, all you need to do is just go to my website, robertscheinfeld.com.

At the top of the main page you will see two big, green buttons asking you to identify yourself as new to the teachings or experienced with the teachings that I share. Just click on one of those buttons that identifies you, and you'll then go to a page where you can register to take this free video training. Okay, having said that...

When you finally know and understand your life's purpose, that things begin to take care of themselves. Does that mean that things actually start getting better in all areas, or does it mean that you are so amused by your story that you are not worried or concerned about the outcome of the story?

As is so often the case with questions that I get, and dealing with Truth (with a capitol T), answers are not always so simple. They actually, to me anyway, become quite complex, with multiple layers to the answers. And so I will go through the various layers to the answer to this particular question here.

The first thing that I want to say is, for the benefit of people who may not be aware of the teachings that I share, is my bias, my experience, my Knowing (with a capitol K), meaning the truth of things, is that all of us come in with a specific life purpose or mission. There's something specific, if you will, that we came here—bear with that language—to experience.

It's not a perfect metaphor, but it's a metaphor that I really like, because deep down, even though it doesn't seem like this, I look at this Earth, if you will, as a gigantic amusement park that's filled with



billions of rides that enable us to have different experiences, and that everything that's going on in your life, everything that is going on in my life, everything that's going on in everybody's lives is us riding the unique rides that we came here to ride and have the unique experiences that we came here to have.

So to me, we all have a unique mission and purpose. To my bias, we don't common have the human experience, or participate in what I call the human story, and it's kind of like "Well, I'm just going to go there and wing it, and we'll see what the hell happens when I get there." My bias, my experience, my Knowing (with a capitol K) is there's something specific that drives all of our stories.

Deep down, there is something specific that we came here to be or do or experience, or however you want to language it. That said, there are two levels to the answer to "What is my mission and purpose?" The first layer is the general layer, which I just described.

The general mission and purpose for everybody, no matter what the specifics appear to be in their life, what they appear to be spending their time doing or focusing on, or whatever, is to have a unique set of experiences, which means to have experiences that give us the opportunity for unique thoughts and unique sensations and unique experiences of the world, with the five senses and everything that's part of having a body and being a human as part of the human experience, the human story.

There's a lot more that I have to share about that general life purpose and mission for all of us, and it's very, very important to be aware of that and to actually have an experience of it. The next layer, the next level to life purpose is what are the, let's call it practical, day-to-day specifics of it? "Okay, so in general, I came here to have unique experiences, but as a unique individual, what unique, specific kinds of experiences did I come here to have?"

And generally, when people talk about life purpose and mission, and it's out there in various forms of let's call it spiritual/personal development, spiritual development literature, that's what they mean, the day-to-day specifics. Now from my experience and my bias in my own life, and working with tens of thousands of people all over the world, while it is absolutely crucial, my bias, that you have a clear understanding and an experience of the general life purpose.

It is not necessary, and it does not always happen, that you become consciously aware of what the specifics are. Now, if you look at certain lives, and I'll use my own as an example, but this may be obvious to you from people that you know, or famous people in the media that you're aware of and such, sometimes if you look at how a life is unfolding, it's not brain surgery.



It doesn't take being a genius or whatever to know what somebody's mission and purpose was, or at least what a big chunk of it was. At the time of this recording, I am 58 years old, and I'll be 59 years old at the end of March. This is being recorded in early March 2016. So I'm 58 right now, but in a few weeks I will be 59.

If you had come up to me when I was 20, 30, 40, and asked me "Hey Robert. What do you think your life purpose and mission is?" I would have not had a good answer for you. I would have said "I really don't know."

If you look at my life now, in terms of what happened from my early 40s through where I am right now in my late 50s, if you will, it's now quite obvious to me, and I go into great detail about how all of this unfolded and the significance of it and everything else in The Ultimate Freedom Experience.

It's very obvious that my life was all about—the core mission and purpose was about going very deeply into a consistent and direct experience of Truth (with a capitol T) and to do it while in an ordinary, waking state of consciousness. Day-to-day functional state of consciousness, not that you have a near-death experience and you get a glimpse of truth, not under the influence of a drug or some sort of an altered—substance or in an altered state of consciousness.

But looking back, I can see that my story, even when I had no idea that's what was going on, was ultimately—the key of it was, the theme of it was the mission and purpose was about going as deeply as possible into a direct experience of Truth (with a capitol T) while in ordinary, functional, day-to-day consciousness.

Again, I'm not talking about some state of consciousness where you get a glimpse of truth in who you really are, but you're not functional. You couldn't drive. You couldn't go to work. You couldn't talk to somebody.

I'm talking about it's very clear that's what the mission and purpose for the Robert character was – to have that experience and then ultimately to teach it and share it, and support and facilitate other people having a similar kind of an experience of Truth (with a capitol T), which is what I call Ultimate Freedom. Again, Truth (with a capitol T), experiencing Truth (with a capitol T) is a synonym for what I call Ultimate Freedom.

And so if you look at my life, obviously that's the driving force, even when I wasn't aware of it. If you look at the lives of certain other people, again, people that you may know, people that you may see in the media or whatever, you can definitely say "Well, a big part of their life, a big part of their life or mission or purpose was..."



When you read biographies of famous or very successful people, whether it's a whole book or it's a bio statement as part of something, very often it's obvious. It isn't always. You may not feel that it is for you. If you and I were having a conversation right now, and I said "What do you think your life purpose is?" you might say "I don't know."

Like I said before, you might say "I don't know, but I suspect that it has something to do with..." You may say "I'm absolutely certain that the purpose and mission for my life is..." And you're incorrect. It's based on a logical analysis of things, but it isn't what life purpose and mission is, and very often, it gets very complex and detailed.

I mean I can say the ultimate driving force in the Robert story was what I just said, direct experience of Truth in ordinary waking consciousness. But that had so many other things that were part of it. But that was the general statement of what was being explored, was a journey into that and all of the things that happened with it.

Now, there's a lot of stuff, again, in spiritual literature, personal development, spiritual development, that acknowledges that we all have a mission and purpose, but also suggest that we can screw it up, that we can mess it up, that we can get off track, that we can fail to achieve our mission or purpose.

My bias, my experience, my Knowing (with a capitol K) is that does not ever happen. For reasons that go beyond the scope of this audio here, but that I go, again, into deep detail on in The Ultimate Freedom Experience. Whatever your mission and purpose is always gets fulfilled, and who you really are, which I now call True Creative Essence.

I have, in earlier teachings you may be aware of, referred to it as Consciousness, Expanded Self, Infinite Being. In the way early Phase 1 teachings that I offered, I called it Director or Inner CEO. It doesn't matter the label. Again, my current label is True Creative Essence.

But my bias, my Knowing (with a capitol K), my experience is who you really are has the creative power and desire to manifest anything that it wants, and once a mission and purpose, if you will, bear with the language, is chosen for your particular story, your unique journey, your unique human experience, it is always fulfilled.

And that's the reason why you don't need to know what it is consciously, all of the details, because who you really are does know all of the details and is making sure, so to speak, again bear with the language. My bias is the more deeply you go into Truth (with a capitol T), the more likely it is that language fails miserably to describe what you want to describe accurately.



So you'll year me say, you may hear already, bear with the language a lot, just to kind of address that, that there can be disconnects and things that appear to contradict inaccuracies with language when we're talking about such things.

So having said these things by way of introduction, let's go back to your first question, the first part of your question. When you say that you finally know and understand your life's purpose, again, what I mean by that is you have to know the first part and have an experience of the truth of it.

Not a theory, not a speculation, not an idea, not a concept, although it may start that way, but to actually have again, what I call a Knowing (with a capitol K) and Experience (with a capitol E) of your mission and purpose, which includes who you really are, what you're really doing here, which I generally sketched out with broad strokes here in this audio.

You may also become aware of the details, or you may suspect them, and that may happen at a much younger age. It may happen at a much later age, like in my case. But again, it's not necessary. And in some cases, it actually would detract from what's going on at certain points if somebody knew.

Again, or it's just irrelevant. If I go back to my life and I look at what was going on when I was 30, it would not have been supportive. It would not have been helpful, so to speak, whatever word you want to use, if I knew that my mission and purpose was what I've defined it as here, when I was in my 20s and 30s and was heavily involved with business and learning marketing, and doing a variety of other things to be told "Hey, this is where you're going. This is what your life's really about."

It would have not have been useful, would not have been supportive. And so that's why I wasn't made aware of it. Now there are other stories, there are other people, that even if they were very busy for a long time doing something else, they did have awareness themselves, or a psychic or intuitive, or a channel, or somebody told them "This is where you're really going to end up" kind of a thing.

But it's not necessary. So when I said about knowing mission and purpose, and having clarity on that, it's going much more deeply into the general mission and purpose that I talked about before. Again, there is no need to know the specifics. If it's important to a story, if it's important to a journey, if it's important to a lifetime to know that at some point, it will somehow be revealed, again, at the information level or it will just be revealed, as I mentioned before, by looking at what's really going on.



Like in my life, you look at my life, you can see that was the driving force, the mission and purpose that I talked about. And if it's not important, somebody could theoretically, of an entire lifetime. I can use my father as an example. He died when he was 86 I believe. And mission and purpose, he wasn't aware of it.

He didn't know about any of this kind of stuff. He didn't care about any of this kind of stuff. If you had come up to him and said "Hey Jim, what do you think your mission and purpose was?" I don't know what he would have said, but whatever he would have said, it would have been something kind of warm and fuzzy, and colorful, that really didn't necessarily have anything to do with his life.

It would have been just a made up idean concept thing. It just wasn't part of his life to be focused on that kind of thing. And I can say the same thing about my mother, and I can say the same thing about a lot of other people that I know. Conscious awareness of any sort of detail of mission and purpose are not part of their story.

And yet, whatever the mission and purpose was, it was absolutely fulfilled. My mother's still alive. My father passed away many years ago, again, when I believe he was 86, might have been 84. I don't remember the exact number.

So now, having said this, let's go into the next piece. You asked, "When you finally know and understand your life's purpose, then things begin to take care of themselves. Does that mean that things actually start getting better in all areas?"

Well, this is a tricky one, Ed. Because when Ultimate Freedom is awake, and I'm sure that you or other people listening here have heard something like this before, or read something like this before in some sort of a spiritual, again, personal development/spiritual development teaching. You've heard something about the fact that there really is no good or bad. There really is no better or worse. There is just "what is" and "what is" is always perfect and amazing, and blah-blah-blah.

And that's true. So at what I call the Truth level, no, your life doesn't get better, because better is a story. Better is a made up idea and concept that's based on what's typically called polarity and judgement, that there's positive and negative. There's good and bad. There's pleasure and painful, and such.

And my Experience (with a capitol E), and the Experience (with a capitol E) of everyone who's journey I'm aware of that's had the Ultimate Freedom Experience, or knocked out a lot of cloud cover in some other way, is what I just said, that everything truly is—not as an idea or a concept, or a really sexy kind of a spiritual overlay, smear of cream cheese on an ugly bagel kind of a thing, a



moldy bagel covering up something, but an actual experience, that everything is in fact amazing and can be appreciated and is perfect, and all these kinds of things that, as I said, are part of many, many teachings.

That's the actual experience. So speaking at the Truth level (with a capital T), if you came up to me and you said "Hey Robert. Is your life better now that Ultimate Freedom is awake, that you're playing in the sunshine, that your story's a Phase 3 story?" Speaking from the Truth level, I would have to say "No, it's not better. It's just different."

And that's the truth. I also like to talk about what I call the story level, which is more kind of down and dirty, practical, your actual day-to-day experience in many ways. And so again, here's where words get tricky and it may seem like I'm contradicting myself, and I don't mean to be. There's just no way to language this in a way that doesn't have that potential side effect.

If you were to define better in a particular way, for example, if you were to define better as the absence of stress, the absence of negativity, things like fear, anxiety, depression, frustration, anger, if you were to define better as the presence of peace of mind, serenity, things appearing to flow more smoothly and effortlessly, if you were to define better in a specific way, then yes, it would be accurate to say that life gets better.

Not just when you have an experience and a knowing of your life mission and purpose, but when you knock out enough cloud cover that makes it possible to actually experience that. When Ultimate Freedom is actually awake. When you're actually playing in the sunshine, however you want to talk about this or language it.

It's not enough to just know what your mission and purpose is. There are other things that need to be included in that, in order for you then to experience the kinds of things that I talked about that yes, from a certain perspective, could be described as better. If I look at my life, again, and you were to say to me "Hey Robert. Is your life better now than it was before now that Ultimate Freedom is awake, that you're playing in the sunshine?"

If I were to go back, again, and we agreed on a definition. I could go back and say "Well, the old Robert," as I affectionately refer to him, "used to struggle with this and struggle with that, and this pattern used to repeat in relationships, and this pattern used to repeat in business and with money, and this pattern used to repeat with emotions and stuff."

And then I could say "And none of that stuff happens anymore." So there's been huge change, that to most people's definition, would be described better, yes. And if I were to take a look at the



journeys of other people all over the world that I'm aware of some of the details of, most of those people, from the story level perspective, again, forgetting the Truth level caveat that I gave before, would say, and they would know that they're not being accurate if Ultimate Freedom is awake and they're playing in the sunshine in Phase 3.

But they would say "Yes. From most perspectives, my life has in fact gotten better." Again, I just want to emphasize that's not how they actually experience it, which I'll get to in a minute, how they do actually experience it and how I do, which you suspected.

So that happens most of the time, but it's not guaranteed, depending on the unique mission and purpose. Again, there are stories that are about a particular character that struggles with something, and then stops struggling with something, that has some big problem and solves the big problem.

And then there are stories, if you look at novels, movies, TV shows, whatever, where the character, the actual details don't change, but their perception of it, their experience of it changes, which we'll get to in a minute. So anything's possible, depending on what the unique mission and purpose is.

But I can tell you from my perspective, the vast majority of the feedback that I get, taking into account what I said before, is that people would say "Yes. Looking at "better" with a specific definition, yes, in fact my life gets better." But again, it's not guaranteed.

What is guaranteed is the thing that you said at the end, although—of your statement, although I would word it differently myself and I do in the Ultimate Freedom Experience, but it's much more like what you said, when you said "Does it mean that you are so amused by your story that you are not worried or concerned about the outcome of the story?"

Yes, it's much more like that. And that's absolutely guaranteed. And again, here's the interesting thing that we go into great depth from a variety of different angles and perspectives, in mind-blowing, literally, ways, in the Ultimate Freedom Experience, is that if you look at the novels, if you read fiction.

You Ed, or other people listening, if you like reading fiction, if you like watching movies, if you like watching TV shows where there's a TV series and there's an episode every week, and maybe goes over multiple years and you get bonded to a particular character or group of characters and you like watching the twists and turns of their lives every week, if you look at the stories that we enjoy, whatever shape or form they take, their lives aren't perfect.



They're always struggling with things. There's always "bad news" that they have to deal with. There's always challenges that they have to overcome. There are always unexpected wrenches that get thrown into the best-laid plans. And we don't care. We just want to read a good story.

Now, there's certain elements to what's considered a good story, that good stories follow. But we just want to read a good story. But the interesting thing is, what so many of us would wish for is a perfect, smooth life where we just have nothing but good stuff happens, and there's no challenges and there's no obstacles, and there's no "bad stuff happening to good people."

It's all just good, good, good, good, good. But the reality is, movies and TV shows, and novels, and all kinds of things, you rarely see that because people would get bored, as would we if our lives were really like that. There are other things that again are part of the general mission and purpose that we want to experience as part of the human story, as part of the human experience.

And that's what we really want, even though the mind can what I call buzz and worry, make up a story. "No, no, no, no, no, I just really want my life to... Just nonstop good stuff happening. No problems. No issues. No challenges. No obstacles. No whatever."

So again, it's not just about understanding and knowing what your mission and purpose is, which is where your question started. That's part of it, and that opens the door. But there's a variety of other things that need to become, to drop down to the experiential level. You could language it, if you're aware of the earlier teachings that I shared, knocking out enough cloud cover so that enough sun is shining in and transforming everything that it shines on.

In order for the two things that you talked about, your life to appear better at the story level in the way that I described earlier, and to use your language, so that you are so amused by your story, no matter what's happening, no matter what's happening, that you're not worried or concerned about the outcome of the story.

And again, that piece is guaranteed, that you can experience absolutely everything, no matter what it is, very much like how you now experience great stories, whether you read them, whether you watch them, or whatever else it is, where you have a completely different relationship to everything that's happening, whether it's "good news," it's "bad news," it's something that appears "scary" from a certain perspective.

You can experience all of these things when you're experiencing stories, whether you're reading them or watching them, because you have a radically different relationship with everything that's



happening at the experiential level. It's not a technique. It's just what happens when you're reading or you're watching great stories.

That's guaranteed on this journey when Ultimate Freedom is awake. That you would specifically say that your life is better in the way that we talked about happens, most of the time, to my bias, but it's not guaranteed.

Now you, Ed, may already be aware of this. Other people listening may already be aware of this. I talked about it at the beginning, that to me, so many things are far more complex in the way that I see them. So I could talk for hours and hours and hours and hours about these various issues, and that's way beyond the scope of this particular audio.

So when I do audios like this, the intent is to plant seeds that can grow on their own later, to drop drops in the pond of your life, if you will, that can ripple out, to not dot every i, to cross every t, but to set certain things into motion in a much briefer way, in order to support you in response to your question, or to the questions that I get.

So based on that, this is what I felt motivated to share. I invite you, Ed, or anybody else listening to this, to please, wherever you are, if it's possible, leave me a comment. Love it. Hate it. Inspired by it. Lots of stuff churning, swirling around as a result of it. Whatever. I'd love to hear your comments and to see how this affected you, this particular audio, as is the case with anything that I share.

If you found value, and you found things that were supportive in this, my request to you for my sake, to help me out, so to speak, and to help other people out, I ask that you share this however you like to share things with other people, so that they can get the benefit of this audio as well.

And on that note, I will close in a way that I'm fond of closing, which is thank you very much, Ed. Thank the rest of you who are listening for your time, and participating in my sphere of influence. I'll look forward to our next form of contact, whatever shape that takes. Bye-bye for now.

[End of transcript]

For more information on the topic



discussed in this transcript, and/or
Robert Scheinfeld and The Ultimate
Freedom Teachings, visit:
<http://www.robertscheinfeld.com/>

Transcript provided by:
[TRANS²]
www.trans-2.com