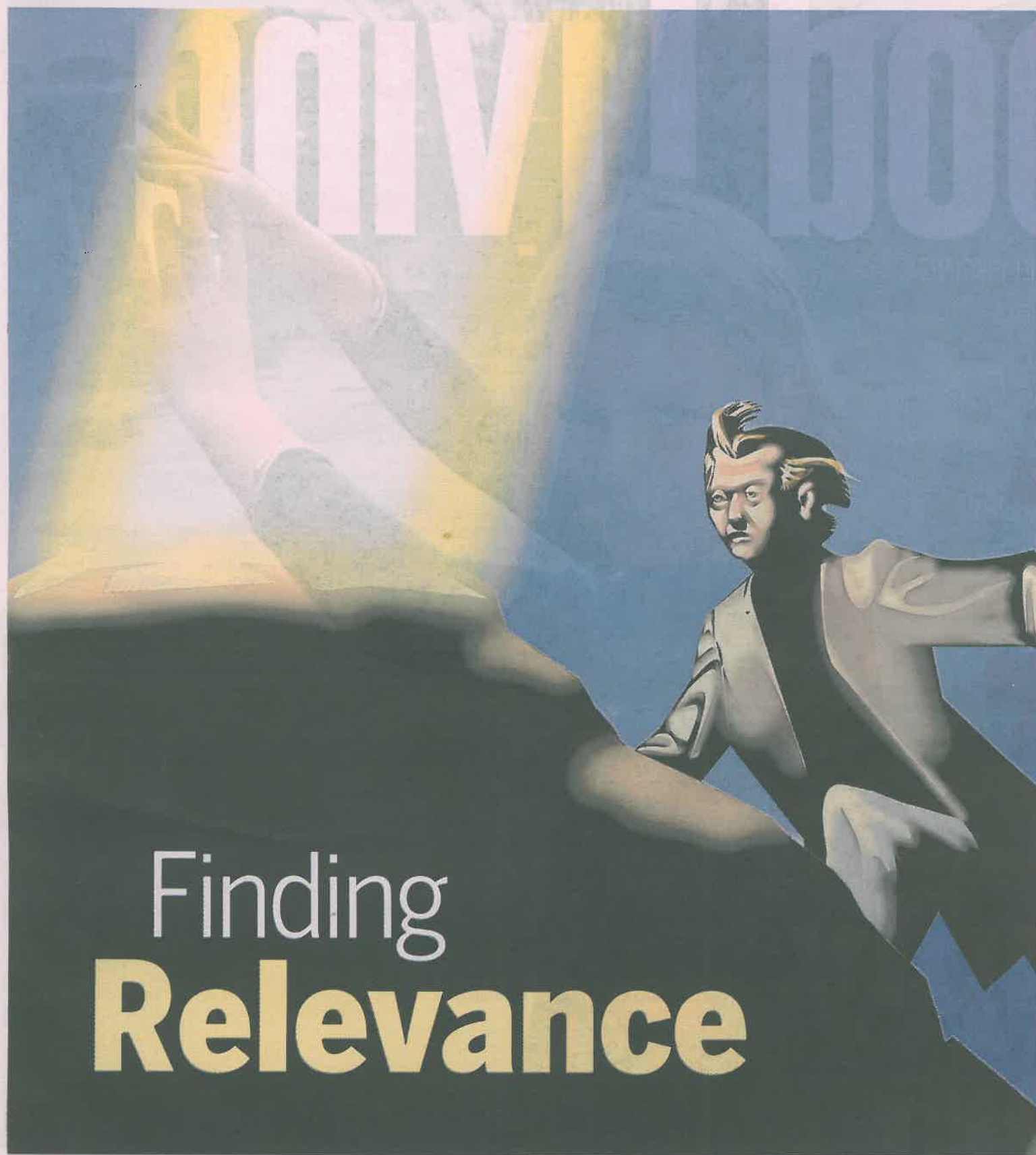


GOOD LIVING



Finding Relevance

**FIONA GRACE
ON GOOD FAITH**

How relevant do you feel your life is? I mean relevant in the fact that you get up every day and know that your contribution is important. You feel “true” about your life and you are connected into the bigger picture? Your life has meaning.

For me, this did not come early. I remember being 22 years old, working in my first job out of university, flatting with a boyfriend. All the things I believed I had been raised for, that society fed back to me were normal and right. I assumed my mum and dad were proud of me, but I was profoundly uneasy. If this was it, then what was the

point? I also distinctly remember feeling that “it had all been done/discovered/worked out already” and there was nothing I had to add. I was living a life, but I felt it had no real relevance. This made me anxious, as I felt I was meant to be happy!

For me, all this unease was healed by asking the big questions, seeking and then finding the answers. Why am I here? Is there a God? Am I meant to be happy? How does God fit into that? For most of my 20s, I was a seeker and the best teachers I had said, “You will find your own way, your own answers, rhythm and relevance” and to them I am profoundly grateful. They gave me the space to find my own answers.

Growing up with no religious training or exposure, I had no rules, no set moral or biblical commandments to follow. The

interesting thing is I have found through experience that most religious rules or commandments are natural law and still true. Some of them were relevant to the time that they were uttered, but many of them are timeless – expressing true internal, energetic law.

To find my own relevance and place in the world, I had to learn internally through feeling rather than the answers coming from external sources. My relevance was revealed to me when I gave myself space to hear the answers. The beautiful thing was the answers were no different to the dreams I had always had, to the love I knew was real from my childhood. The things that were out of place were societal expectations, what I felt I was supposed to have, rather than what I really wanted, or what I had been taught, rather than

what I knew was right internally.

Once I reconnected into my true feelings and priorities, my life began to shift and became more honest, calm and true and I felt there was a purpose and relevance to my life, giving it strength, and, although difficult at times, this feeling has never left, and only grows stronger.

So be brave; listen, follow leads, test things. Change things if you need to. You are here once, you have only this lifetime to express yourself and remarkably you have the whole universe behind you supporting you and wanting it too (you have no idea how much you are loved for just being you).

You are here for a reason. Find it. Know it. Feel it. Be it.

D Fiona Grace is an artist and writer in contemporary spirituality and religion.