

Example of essay on what is the meaning of life

[Life](#), [Love](#)



Life can be considered in two opposite ways: as a gift offered to you, or as a curse imposed on you. The two meaning entangle, like a growing stalk of beans, according to the maturity of your soul, the capacity of your mind, your life experience and the social and family environment that surrounded you while you were growing, like a seed in the womb of life, itself. So, nothing about life is linear. Nothing can be straightforward or clear. Like the two sides of a coin, life plays your fate according to the rhythm of a very subtle dance: gift or curse, curse or gift? Which step will lead to another step?

When can life be considered a curse? Thousands of people, millions maybe, live without ever realizing they « do» live. They wake up, they sleep, they feed, they procreate, they work and they die. Sometimes they die without realizing they had a life to live. They had opportunities to grab. They had the power to choose. When you live in this « anomie», this absence of purpose or direction, life, your life is a curse. People who live this way are usually alienated, selfish, and incapable of commitment, generosity, ultimately morality. The worst criminals are usually amoral, indifferent to the pain they may cause. They cannot even understand that the greatest pain lays inside their souls, hidden in vices, drugs, addictions, which try to compensate the lack of purpose, the lack of love. Even sex can be an addiction, when life is a curse.

Life, on the other hand, can be a blessing. And when it is a blessing you know it. Deep inside the core of your being, there is a light, a feeling that tells you there is a meaning in everything that surrounds you. There is a truthful and meaningful purpose for pains and joys. You are not a single,

isolated island in the landscape of life, but your life is like a precious, useful knot that ties to other knots and forms a strong chain of souls that is called humanity. When life is a blessing you are grateful for it. You appreciate every single day, as the best day of your life. You can feel, share and multiply love, because you feed from a universal kind of love that is the basis of the universe. When life is a blessing, you know you are a tiny piece of life itself, but one that matters, so you live your life to the fullest enjoying every single aspect of your existence. For life to be a blessing, you need to enroll in a quest that never ends: trying to figure out what is your mission and accomplish it, taking every single opportunity to grow inside. When life is a blessing it hurts more, but the scars that are left in you are like medals, telling you about the battles you had to fight until you achieved your goal. Life can be a blessing or a curse, or both of them at the same time. Or both of them alternatively. It is not easy to say in which stage you are: the blessed or the cursed one, because the process is not as simple as dividing life in two parts, as if it were an apple cut in the middle. Life is a unity made of two indivisible parts; you cannot tear it apart without destroying the whole. Like day and night, like light and darkness, like being born and dying, life is indeed a reality made of opposites. You can only acknowledge the joy of light if you meet the horror or darkness, you can only understand love and gratitude, if you suffer, are betrayed and feel ingratitude burning your guts. The blessing is also this acknowledgment, this capacity to accept that your opposites must be mastered, not with force, but humbly, that you are the master of your fate, but just as long as your free choices write the path of your destiny. You may need to die many times in one single life until you

enjoy life as a gift, until you are reborn to this enlightenment that whispers inside your heart: « I am blessed to be me; I am blessed to be alive! ». And, indeed, you are