

Finding Life Video Series 1

Video 1 Title: The Most Important Journey

Hi, my name is Tim Spiess, and I'd like to guide you on what should be the most important journey of your life. No, it will not be a physical journey across a continent or an ocean. It will not be a journey up a mountain or across a desert. And no, it will not be a virtual journey across some fantasy computer landscape. Rather, it will be an internal journey – a journey of the heart, soul and mind. It will be a journey that addresses such important questions like – what is the purpose of my life? How am I supposed to live my life? How can I find inner peace? How can I find the strength to overcome my faults and weaknesses? What does it mean to be a good human being? Is there more to life than what I am experiencing?

For many watching, and those you know, these questions will also be addressed: Why am I in such inner turmoil? How can I escape this inner pain? Why am I so unhappy most of the time? Everything seems so dark. Is life worth living?

Please take note of that last question...about life worth living, for it has real meaning to tens of thousands of Americans who decide each year that it is not. Please listen to the following statistics, which statistics reveal something important about American people and American culture...

In 2010 there were 33,700 deaths from motor vehicle crashes and 38,400 deaths from suicide. Just recently, suicide has overtaken motor vehicles accidents as the leading cause of injury related death among Americans.

Please think about the implications for that a moment...

In regard to suicide, "It's vastly underreported...we know we're not counting all suicides," said Julie Phillips, an associate professor of sociology at Rutgers University who has published research on rising suicide rates. So, perhaps the real number is closer to 50,000 people per year are killing themselves in the US. That's about 136 people per day are choosing to end their lives in this world.

Here are some more important facts: "Drug use is highest among people in their late teens and early twenties. In 2012, 24 percent of 18- to 20-year-olds reported using an illicit drug in the past month." That amounts to over 3 million young people **reporting their use**...how many unreported?

More facts: Over 20 percent of people 12 years old and older are **addicted to prescription drugs** attained through legally proper channels...strong drugs called “Psychotherapeutics” – drugs which alter both the brain chemistry of the user and how they perceive reality. That is over 50 million people!

There is a serious and growing problem with the people of the United States, and to a lesser extent with the rest of the earth’s people. And yet, who has answers to the ‘why’ question about the fact that tens of thousands of people are killing themselves and tens of millions of others in the US alone are using drugs or alcohol to numb the internal pain or hopelessness they feel. When the ‘why’ question is asked, the so called experts answers are almost always some form of this answer...’it is complicated and thus difficult to know why’.

That, dear viewer, is a non- answer.

What is it that the experts are unwilling to consider in order to provide answers? Is there some aspect to reality that the vast majority of experts-so-called are blind to? Is it possible the answers are simple and uncomplicated but very unpopular? Perhaps this journey will provide those answers and those answers will be meaningful, real and life-changing for

you?

So I ask again, are the answers provided by the 'experts' so called and published by the mass media of "we just don't really know' or 'it is complicated' which is another way of saying 'we don't know'; satisfying to you? A slightly more clever answer is, 'well, there is no general commonalities with these things, it all needs to be understood on an individual basis', but it is still a non-answer. That is to say it does not provide any reasons why people are killing and numbing themselves, and is rather just reiterating it is impossible to know why.

I say again, perhaps the answer is really quite simple, but to know the answer requires that one have an understanding of reality that is lacking with most people? Perhaps a particular road or journey so to speak, needs to be ventured before one can gain the understanding and see the plain solution? Perhaps there is very much a universal problem that is driving people to kill themselves or dull or alter their human experience with drugs or alcohol in the US? Perhaps while it is true that each person is an individual and each person's experiences are unique, yet **a person is a person – a human is a human -and the nature of a human being is the same for all people.** Perhaps whatever is causing human

beings to destroy themselves or escape their inner pain is a cause that can be identified and does have a solution, not just for particular individuals, but rather a solution that can work for all people who sincerely adopt the solution? This journey I am going to guide you on will provide the solution to this most important problem that people face.

An important part of this journey, dear viewer, is that you personally listen to what I am saying and that you personally consider what is being said and thus look at **yourself** and apply what is said to **you and your life**. If you are afraid to truly evaluate yourself and the reality you find yourself in, then you cannot take this journey. If you must stand back and keep a layer of protection between yourself and what needs to be evaluated, then you cannot take the journey. This journey is only for those people who are willing to be completely real and honest with themselves. This journey is only for people who have some measure of courage...it takes courage to overcome the fear or uneasiness that you might experience as you consider looking at yourself and your life at a level you may never yet have considered. Dear viewer, reacting to fear, or having fear as your motivation, will seldom bring you to the place of finding a true answer or properly understanding something.

Furthermore, having fear as a filter for what you are willing to consider or as a regular motivation in your decisions, is no way to live the life you have been given...please consider that.

OK, so where does the journey begin? As I have said, it begins with you - by you looking in the mirror, into your own eyes, and honestly answering these questions, 'what is the purpose to my life?'; 'who am I, really?'; 'what am I living for?'; 'Am I the best person I can be?'

'what is the best standard to know what a good human being is?'

For many, these questions are also very important - 'Is there more to the human experience than I am experiencing?'; 'Is there a way out of the pain or loneliness I feel?'; 'how do I find true peace and meaning for myself and my life?'

If you have not been able to find answers to those questions, then the journey I am going to guide you through will provide the opportunity for you to get sure answers to those questions...the opportunity for freedom, peace and understanding will be revealed to you.

In the same way you cannot climb Mt. Everest without the right mindset, you cannot make this journey if you don't have the right mind or heart set. There are a few things in particular that will prevent or greatly hinder

your taking this journey. Here are a few short stories or illustrations to help you understand an important **human dynamic** that I referred to a few minutes ago, that will affect your ability to make this journey.

Once, there was a woman who started to sense that she had some serious medical problem. She could feel something that was not right. Her family had a history of cancer and she was at an age where it likely could be cancer. She knew she ought to go have it checked out, but she really didn't want to hear that diagnosis or that news...she was afraid to hear an answer she did not want to hear, so she stayed away from the doctor.

Once there was a 10 year old boy who stole some candy from a local grocery store. The last time he did so, he was pretty sure one of the workers saw him. When his mom would bring him to that store, the boy would avoid going near the candy stand in case that person recognized him. The boy stayed away from where he did not want to go.

Can you see the point? Fear will cause us to avoid things, whether it be someone we have wronged that we don't want to face; or something about ourselves we don't want to face; or a person who is different than us in some way and thus causes us to fear or dislike that person; or even what we are willing to think about or consider. Fear is one of the primary

attributes that causes us to fail to consider things or to reject things – beliefs or perspectives – that are different from our current understanding.

You, dear viewer, will have to overcome fear if you are to go on the journey with me. You see, you will hear things that you will have to make a decision with if you are honest with yourself. You will hear things you may not like and like the woman or the boy, you will be tempted to ‘not go there’...you will be afraid to face the facts about **yourself or about others you have or had relationships with or about aspects of the world we live in.** Many will stop there and go no further...sadly for them, fear will have won over truth. Unfortunately, if you choose this – *if you allow fear to dominate you and prevent you from asking, exploring and answering the important questions of life - you will not get the answers you need to make sense of things in your life or to bring the relief you need to your internal turmoil, confusion or pain.* Please let me repeat that...

It is a fact that truly valuable things in the human experience are usually difficult to attain...this journey is no different, it will be difficult...not in the sense of climbing Mt. Everest, but in an internal sense – self

evaluation, being truly honest with ourselves, acknowledging wrong beliefs that we hold or wrong behavior we engage in, and **being willing to change to become what we were meant to be**. For the journey to be successful, we must be willing to change both our behavior as well as what we have come to believe about ourselves, our existence, people around us, and the world we live in. Sometimes we must pay a cost in order to gain the freedom we need.

OK, so, let's wrap up this introduction video.

The purpose of this video series is to guide you on a life changing journey that very few people are willing to venture on due to the fear and a few other human attributes we will look at next time. This journey is very difficult – harder than any physical feat you will ever undertake in your life. Overcoming our fear is one of the most difficult things a human being can try to accomplish. Yet it is also the most potentially rewarding journey any person can ever take. If you stick with it...if you are real and true with yourself...if you evaluate yourself and your life in the light of honesty and truth...if you are willing to change how you perceive your life and accept beliefs, perspectives, or viewpoints that pass the test of reason and thus are true and right...you will be rewarded at the end of the

journey.

So, what do you have to lose, and what might you gain? Perhaps what you have to lose is a pretentious and shallow life or bondage to something or even yourself; and perhaps what you have to gain is true life and a form of freedom you have not yet experienced. While you might not be thinking about killing yourself, you might well be trying to alleviate your inner pain with drugs and alcohol. Perhaps you just know you are living an empty, shallow or pretentious life. Or, you might simply be adrift in your life, not having a clue as to why you exist and the purpose of your life. Whatever the case – wherever you are - this journey is meant to be traveled by all people and is the most important journey we will ever take. Please join me for the next video where we will identify the other two primary obstacles – in addition to fear – which prevents us from seeing ourselves and our lives clearly.

Until next time, be real, get past the shallowness and pretentiousness of American life and look deeper to find what you really need.