

The Meaning(s) Of Your LIFE!

*A Father's Guide to His Daughter's
Happiness*

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Dedication

For Arabella Grace—

*May you always know your worth,
find your path, and remember that
you are deeply loved.*

Table of Contents

Introduction:

Happy 18th Birthday 6

Part I: The Gift of Wisdom 8

Chapter 1: The Divine Compass 10

Chapter 2: Your Word is Your Bond 12

Chapter 3: Kindness as Your Moral Compass 15

Chapter 4: Navigating Loss 17

Part II: Parallel Paths 28

A Poetic Reflection

Intermission 33

Fun Facts & The Story of What Makes Us Human

Part III: The Ultimate Truth 39

The Hype

Chapter 5: The Principle of Radical Inclusion 43

Epilogue: Your Invitation 55

Scripture: Romans 5:1-5 56

The Meaning(s) of Your LIFE!

Introduction

Happy 18th Birthday

Well, Arabella Grace, here we are.

Eighteen years have passed since you arrived in this world, a squalling, red-faced bundle of pure potential who immediately proceeded to turn our lives completely upside down. And let me tell you something—not a single moment of chaos has been anything less than extraordinary.

I remember holding you that first night. Your mother had fallen asleep, and there I was—a man who thought he understood depth and complexity—suddenly discovering an entirely new dimension of love. In that moment, you revealed to me a capacity for emotion I didn't know existed within me. It was overwhelming, not with fear, but with an almost spiritual sense of connection. You allowed me to love in a way I hadn't even been aware was possible—a love so pure and unconditional that it fundamentally altered my understanding of what it means to truly care for another human being.

You arrive at this milestone with more raw potential than most people accumulate in a lifetime. Brilliant mind, devastating smile, and a capacity for both stubborn resistance and profound compassion that quite frankly amazes me. The world does not realize yet what it is about to encounter.

This document is not a lecture. It is not advice. It is a road map drawn by someone who spectacularly failed enough times to understand the landscape. Consider it your unofficial guide to navigating the beautiful, messy, complicated adventure called life.

Buckle up, kid. This might be interesting.

"Never stop until you are proud."

—Jeremy Och

aka Dad

Part I

The Gift

Wisdom's Inheritance

What I am giving you today is not something you can wrap, something that fits neatly under Christmas tree paper or inside a birthday box. This is not a material inheritance, but something far more valuable: a distillation of hard-earned wisdom, scraped from decades of triumphs, spectacular failures, quiet observations, and painful lessons.

Think of this document as your personal field guide to navigating life's most treacherous and beautiful terrains. These are not commandments etched in stone, but well-worn maps drawn by someone who has traversed so many treacherous roads, fallen into an untold number of unexpected ditches, and occasionally discovered breathtaking vistas when least expected.

Every principle I am about to share has been tested, not in theoretical scenarios, but in the raw, unfiltered landscape of real life. I have hammered out these principles on the anvil of experience, tempered by

mistakes, refined by reflection and ultimately designed with one singular purpose: to give you a slight advantage in a world that can be simultaneously magnificent and merciless.

This wisdom comes with no guarantee. Life does not work that way. But if these words can help you navigate even one challenging moment, spare you one unnecessary heartache, or illuminate one dark passage of uncertainty, then they will have served their purpose.

Consider this your unofficial survival manual. Written not by a perfect man, but by a father who loves you more deeply than words can adequately express.

Pause for prayer...Thank you Lord for the Grace you afford us that we do not deserve and thank you Lord for your Mercy in not giving us what we do deserve.

Chapter 1

Principle One: The Divine Compass

Listen closely, Arabella Grace.

Everything—and I mean everything—connects back to our Heavenly Father. Those moments of inexplicable joy, crushing disappointment, random coincidence, or carefully planned success? They all intersect at one profound point: God's design.

If you ever find yourself in a situation where you think, "This does not involve God," stop. Look again. You are wrong. Period.

The Bible is not just a book. It is not a historical document. It is not a collection of nice stories. It is your life's instruction manual—quite literally, B.I.B.L.E.: Basic Instructions Before Leaving Earth.

Read it. Not casually. Not occasionally. Deeply. Critically. Personally.

Learn it. Not just the words, but the spirit behind those words.

Know it. Let its wisdom seep into your bones, your decision-making, your very understanding of existence.

Rely on it. When the world makes no sense, when your own judgment fails you, when logic breaks down, there is wisdom waiting.

Reflect on it. Not as a passive reader, but as an active participant in an ongoing conversation with the Divine.

This is not about religion. This is about relationships. A relationship more real and more transformative than any human connection you will ever experience.

Trust me on this one. I have tried running my own show. Spoiler alert: He is a better director than I ever was.

Chapter 2

Principle Two: Your Word is Your Bond

When you say something, you should mean it. Completely. Utterly. Without reservation.

If you commit to being somewhere at 2 PM, be there at 1:55. If you promise to complete a task, do it with such thoroughness that it exceeds expectations. If you make a promise—good or bad—you follow through. No exceptions.

Your word is the truest currency you will ever possess. It is more valuable than money, more powerful than charm, more telling than any resume or accomplishment. People will forget what you did, but they will never forget whether you did what you said you would do.

This is not just about integrity. It is about character. It is about becoming a person of such consistency that your word becomes your signature, your reputation, your very identity.

The Hidden Cost of Broken Promises

Let me be brutally honest about what happens when you do not honor your word:

The world does not just forget. You become known as "that person": unreliable, inconsistent, and someone who should be avoided, not worked with. Professionally, opportunities will pass you by. Promotions will go to those who can be counted upon. Colleagues will smile, but they will never truly trust you.

In personal relationships, you will become disposable. Friends will stop inviting you to go places. Potential partners will see you as a temporary convenience, not a permanent possibility. Your network will slowly, quietly disintegrate.

But Here is the Beautiful Truth

Despite these warnings, here is what happens when you do keep your word: You become a beacon. People will be drawn to your reliability. Opportunities will seek you out. Relationships—both personal and professional—will deepen and strengthen.

When you become a person of your word, you are not just building a reputation. You are building trust.

And trust is the most powerful currency in any relationship.

When you make a commitment—even a small one—imagine you are signing a contract in blood. That is the level of commitment to which I am talking.

The world is full of people who talk. Be someone who does. Be someone who acts. Be someone who follows through. Be someone whose words are so dependable that when you speak, people do not just listen, they know it will happen.

Your word is a promise. Your promise is your honor. Your honor is your legacy.

And trust me, in a world of maybes and might-bes, being a person of your word will set you apart faster than anything else.

You will not just succeed. You will inspire.

How do I know? Because I am this person most people look up to and admire and/or respect, and it is because of how dependable my word is. The reliability of your word is often the only thing people consider when they judge you. People judge us on our word more than anything else, so if your word means nothing, then guess what?

Chapter 3

Principle Three: Kindness — Your Moral Compass

Kindness is not weakness. It is not a passive approach to life. It is an active, deliberate choice that requires more strength than any other response. Be kind, not just sometimes, or only when it is convenient. Always. Be kind to people — and I mean all people. Successful and the struggling. The agreeable and the difficult. The ones who can do something for you and the ones who cannot. The stranger on the street. The customer service representative. The person who just cut you off in traffic. The person who just broke your heart.

Be kind to the earth. Not because it is trendy, but because it is sacred. This planet is not just your home — It is a gift. Treat it with respect. Pick up your trash. Plant something. Conserve. Appreciate. Preserve.

Be kind to things — both material and immaterial. Respect the tools you use. Care for your possessions. You need to appreciate the technology that serves you.

Treat objects with the dignity of things that support your life.

But here is the most crucial lesson about kindness: When faced with a decision between right and wrong, between what is easy and what is compassionate, choose kindness. You will be right. Every. Single. Time.

Kindness is not naïve. It is revolutionary. It is not about being a pushover — it is about being strong enough to lead with empathy to understand before you are understood, to heal rather than harm. In a world that can be sharp, be soft. In a landscape that can be harsh, be gentle. Your kindness will be your most powerful weapon, your most profound statement, your truest expression of strength.

And here is the hard truth: Most people will not understand this immediately. They will mistake your kindness for weakness. Let them. Your consistency will be your ultimate vindication. Kindness is not just an action. It is a lifestyle. It is a philosophy. It is a rebellion against a world that often defaults to indifference. Choose kindness. Always.

Chapter 4

Principle Four: Navigating Loss - Your Emotional Survival Guide

Listen up. This might be the most important lesson I can give you about survival. Not the kind of survival that keeps you breathing, but the kind that keeps you truly living after life decides to kick you squarely in the teeth. Loss, and I mean major loss, can make, or break you.

The *5 Stages of Grief* are not just psychological mumbo jumbo. They are your personal road map through emotional devastation. Whether you are losing a loved one, a relationship, a job, a dream, a limb or even a damned good pair of shoes you've worn for years - these stages are your lifeline. Denial. Anger. Bargaining. Depression. Acceptance. Memorize them. Not like a boring academic exercise, but like they are the most critical survival instructions you will ever receive.

The 5 Stages of Grief - Your Emotional Road Map

1. Denial

Your brain's initial shock absorber.

A protective mechanism that helps you survive the initial loss.

Feels like emotional numbness.

Sounds like: "This can't be happening" or "This is not real."

Allows you to process information in small, manageable doses.

2. Anger

The stage where raw emotion erupts.

It feels like a volcano of unexplained rage.

It can be directed at anyone: yourself, others, the lost person/thing, God.

Sounds like: "Why me?" or "This is not fair!"

A crucial stage for emotional processing - do not suppress it.

3. Bargaining

The “what if” and “if only” stage.

Trying to negotiate your way out of the pain.

Often involves making deals with higher powers.

Sounds like: “If I could just go back and change one thing...” or “I promise I’ll be a better person if...”

Represents your attempt to regain control in a situation.

4. Depression

The deep, heavy stage of true grief.

It feels like emotional quicksand.

Profound sadness sets in as the reality of loss becomes undeniable.

It sounds like: profound silence, deep introspection.

Not a sign of weakness, but a natural part of healing.

Different from clinical depression - this is situational and temporary.

5. Acceptance

Not about being “okay” with the loss.

About understanding the new reality

Recognizing that life will be different, but not over.

It sounds like: “I can live with this” or “This is part of my story, not the end of my story”.

The beginning of re-imagining your life.

Does not mean the pain is gone, but that you can move forward.

Pro Tip: These stages are not a linear checklist. That means you do not have to cycle through them in any special order. You will bounce around. You will revisit them. Then some days you will feel acceptance, the next you will be angry. That is not just okay - it is normal. The important thing is to not skip any stage or partially work through a stage. It takes time, but you must experience all five stages to emerge healthy mentally on the other side of a fully processed major loss.

Here is the brutal truth: Life will present you with moments of profound loss. And in those moments, you will stand at a critical crossroads. One path leads to perpetual misery, the other to healing with growth of character. And here is the kicker - only YOU get to choose.

Path One (The Misery Road): Refuse to process your grief. Become a walking, talking emotional wound. Drag everyone around you into your pain. Make your loss the centerpiece of gatherings conversation. Become that person everyone starts avoiding at every turn.

Path Two (The Healing Road): Acknowledge your pain. Feel it completely. Learn from it. Use the five stages as your emotional GPS to navigate through the darkness. And then? Emerge. Stronger. Wiser. More compassionate and more emotionally intelligent.

In fact, everything in life is temporary. Circumstances, feelings, jobs, love emotions, loss emotions, pets, parents, children, winters, springs, summers, falls, cars, money, shoes, styles, homes, vacations, journeys, paths taken, celebrations, mornings, evenings, sunsets, sunrises, and so on all temporary. Everything in life is temporary and even life itself. Remember this or remember that nothing is permanent. If you can do so you will be better prepared for losing the things in life that are by design temporary. Everything is temporary. Be glad that you had an opportunity to enjoy the experience. Be glad that time of darkness has passed. Be grateful these times have come and passed for the fact at they have formed

and molded you into the person you are at present. Be thankful past experiences are temporary, as they peel away to allow for new experiences. Opportunities that may not have been realized or come into existence had the others not been temporary. Knowing things in life are temporary from the jump makes them much easier to let go. It also makes appreciating them more focused and intentional. Then your able to aim your energy resulting in more positive interactions with life's temporary circumstances.

"And This Too Shall Pass"

This four-word phrase carries the weight of empires and the lightness of breath, a paradox that is fitting for something so deceptively simple. At its core, "this too shall pass" functions as a philosophical leveling device. Your triumph? Temporary. Your catastrophe? Also, temporary. It is democracy in action, really—time does not discriminate. The phrase refuses to let you get too comfortable in either penthouse or gutter. Its beauty lies in its preemptive strike against human nature's tendency toward permanence. We have been wired to believe our current state is our eternal state. Heartbreak feels infinite. Success feels earned and lasting. The phrase cuts through this cognitive fog with surgical precision. The comfort it offers during dark

moments comes with a built-in expiration date for the good ones. It is philosophical chemotherapy that kills the bad but takes some good cells with it. The phrase also serves as a mirror for our relationship with control. We invoke it when we are powerless yet resist it when we are in the driver's seat. It is easier to accept impermanence when it works in our favor, harder when it threatens to take away what we have built. Most tellingly, the phrase endures precisely because it applies to itself. Countless cultures rise and fall, yet somehow these four words keep showing up. They have survived empires, languages, and retellings—making them both proof of their own truth and a quiet rebellion against it. The real trick is not remembering the phrase exists. It is believing it when you need it most.

Example: The Marine Corps and Impermanence

The Marine Corps live this phrase in ways that would make ancient philosophers weep with envy—or terror. Boot camp serves as the perfect laboratory for "this too shall pass." Thirteen weeks of systematic

dismantling followed by rebuilding. The drill instructors know exactly what they are doing when they push recruits to breaking points. The misery is temporary, but the lesson is permanent: you can survive what feels unsurvivable. Marines deploy this wisdom tactically. Under fire in Fallujah? This too shall pass. Endless patrols in Afghanistan heat? This too shall pass. It is not motivational poster philosophy—it is operational doctrine. The phrase becomes armor against despair and a reality check against overconfidence. But here is the Marines' particular genius with impermanence: they have weaponized nostalgia. "The suck" becomes sacred once it is over. Those brutal field exercises transform into war stories. The temporary suffering becomes permanent identity. They have figured out how to make "this too shall pass" work backward. The Corps also embodies the phrase institutionally. Marines come and go, but the institution endures. Individual careers are temporary—twenty years and out. Yet somehow this constant turnover creates something that feels eternal. It is organizational alchemy: permanent impermanence. Most tellingly, Marines often struggle with civilian life precisely because they have internalized impermanence so deeply. When everything passes, what do you hold onto? The transition from structured temporary

hardships to unstructured permanent uncertainty can be jarring. The phrase that got them through hell sometimes makes peacetime feel hollow. That is the double-edged gift of understanding that this too shall pass.

Educate yourself on grief. Read. Talk to people who have survived similar losses. Seek counseling if you need it. There is ZERO shame in asking for help. The most powerful people are not those who never break. They are those who break, heal, and become more beautiful in the broken places. Simply, that is the nature of things.

Picture a tree in the forest. The tree is struck by lightning in the middle of the night when no one is around. The tree gets split in two by a lightning strike. In the coming weeks and months, this extraordinarily strong tree survives. It is effectively two trees sharing one trunk, but like no other tree you have ever seen when you come upon it while on a hike. The tree instantly commands your attention as you observe that it used to be a singular tree, but it appears at some point something or someone sliced it in two down the middle. Each side of the split tree leans away from the center in a graceful bow. It is so perfect you think to yourself. The way each side bends from the center that

no longer exists. It is a visual study of symmetry and looks so perfect it has elevated every sense of awe in you. An intrigue you will soon not forget. The tree holds in your memory as you move on with your hike. The sense of wonder, beauty and strength changed you. Scars can be beautiful when allowed to heal properly. Scars may change your appearance or how you move. That is the nature of a scar. Your grief does not define you. How you move through it does. What your grief shapes within you may be viewed by others as a thing of beauty. Observers may not know or have seen what created your scar, but they can easily observe the result and be amazed or in awe of how it has shaped you. Choose healing. Every. Single. Time. Leave the past in place and embrace the future with open arms. Tough to do if your arms are doing the work of carrying the past.

Part II

Parallel Paths

A Poetic Reflection

Roses are red, potential's pure gold,
Your bedroom's a landscape of chaos untold
Violets are blue, your mind is so bright
But motivation? It is nowhere in sight.
Your looks could stop traffic, your smarts off the charts
Yet laundry and dishes remain scattered parts
The world is your oyster, but pearls do not just grow
Without effort and action, and learning to know That
brilliance unpolished is just shiny stone
And talent unused is a song left unsung
So here at eighteen, with horizons wide-spread
It is time to get moving, shake dust from your head!
Roses are red, potential burns bright
Her first job arrives — will she take flight?
(One path shows promise, ambition aflame
The other, comfort's seductive refrain)
Violets are blue, decisions now loom
One choice leads forward, one stays in her room
(Success whispers softly of challenge and drive
While ease keeps her passive, just barely alive)
Roses are red, her talents emerge
One timeline shows learning, one starts to submerge
(She networks and studies, builds skills with such care
Or scrolls through her phone with a listless blank stare)

Violets are blue, opportunities knock
One path says, "Come in!" The other's door's locked
(Promotions and projects for her who would dare
Or minimum wages and dreams that wear)
Roses are red, her potential unfurled
One version conquers, transforms her whole world
(A leader, creator, who stands proud and tall
Or watching life happen, responding "Not all")
Violets are blue, her story's not done
Two futures exist — which one will she run?
(Her father observes with a knowing sardonic smile
Wisdom's true lesson — life's always on trial)
Roses are red, her relationships bloom
One path full of depth, the other's consumed
(Deep connections forming through empathy's art
Or shallow encounters that barely touch heart)
Violets are blue, love enters her sphere
One journey connects, one masks hidden fear
(Partnerships built on mutual respect
Or fleeting encounters she'll later reject)
Roses are red, finances take shape
One road shows wisdom, one sets up heartache
(Investments and planning, a future secure
Or credit card debt with no financial cure)
Violets are blue, her passions now call
One answers with courage, one fears the free fall
(Creating, innovating, risks boldly embraced
Or comfort zone borders forever unchanged)
Roses are red, personal growth takes flight
One path illuminates, one stays out of sight
(Learning and stretching beyond what she knew

Or stagnating safely in what feels like true)
Violets are blue, her spirit awakes
One journey transforms, one merely mistakes
(Self-discovery's power, authentically led
Or echoes of doubt living loud in her head)
Roses are red, resilience now tested
One path shows strength where challenges nested
(Setbacks transformed into lessons so clear
Or victim mentality breeding deep fear)
Violets are blue, her inner voice speaks
One listens intently, one quietly leaks
(Intuition honored, a compass so true
Or external validation her sole point of view)
Roses are red, authenticity calls
One stands vulnerable, breaks through old walls
(Genuine presence, no masks left to wear
Or personas constructed with meticulous care)
Violets are blue, her creativity soars
One path opens wildly uncharted new doors
(Innovation sparked from her deepest desire
Or creativity dampened by conformity's fire)
Roses are red, her empathy grows
One timeline shows compassion that flows
(Understanding others with nuanced deep grace
Or judgment and distance leave emotional trace)
Violets are blue, her integrity shines
One path shows principles drawing clear lines
(Choices made guided by values held dear
Or convenience ruling when no one's too near)
Roses are red, life's twilight descends
One path looks back where wisdom transcends

(A lifetime of choices now clearly displayed
The roads that were taken, the prices both paid)
Violets are blue, reflections emerge
One soul sees a journey now purposeful surge
(Memories rich with adventure and grace
The other sees shadows of time left to waste)
Roses are red, achievements now weighed
One life full of meaning, deliberately laid
(Achievements not measured by wealth or by fame
But depth of connections, integrity's flame)
Violets are blue, regrets start to speak
One whispers of courage, one mumbles of weak
(Proud moments of standing when standing took nerve
Or silent lamentations of potential's lost verve)
Roses are red, the final accounting
One spirit soars high, one sits here mounting
(A lifetime of choices now crystal and clear
Some lived with such passion, some ruled by their fear)
Violets are blue, the ultimate test
One path shows fulfillment, one stuck in unrest
(A legacy crafted through conscious design
Or potential unreached, a road undefined)

Intermission

Fun Facts & The Story of What Makes Us Human

Fun Fact Quickie Do you know what Arabella Grace means as far as original meanings for the names/words? I do.... The name Arabella is a Latin name that means “yielding to prayer” or “answered prayer”. It comes from the Latin word orabilis, which means “invoking” or “yielding to prayer”. The name Grace means “favor,” “blessing,” or “prayer” and originates from the Latin word gratia, which signifies elegance, pleasantness, and gracefulness. So, you put Arabella Grace together and I like to think it stands for “she who yields to charm and invokes the favor and blessings of God” which to me is just plain beautiful as the name Arabella or Bella later came to represents.

The Story of What Makes Us Human

Okay, Arabella. I recognize I’ve just unloaded a truckload of life wisdom that might feel like an emotional dump truck just backed up and dropped its entire contents on your brain. This is not meant to overwhelm you - it is meant to enlighten you. So let’s take a breath.

Consider this your mental palate cleanser. Imagine, if you will, the earliest days of human existence. Not the sanitized version from history books, but the raw, visceral reality of survival. The plains stretch endlessly, golden grasses swaying under a merciless sun. At the forest's edge, a small troop of early humans huddles together. They are not yet fully human as we know them - somewhere between survival we'd recognize as ape and human. But they are everything: family, **defense** mechanism, protection, hope. Their survival depends on one critical factor: each other. Look closely. See how they move. Not as individuals, but as a coordinated organism. The older males positioned strategically around the perimeter, eyes scanning the horizon for predators. Younger males with sharpened sticks, ready to defend. Females gathering edible plants, watching children, processing food. Children learning by watching, mimicking, becoming. Every movement is calculated. Every position is purposeful. A rustling in the tall grass. A low growl from a distant predator. Instantly, the group tightens. Not through verbal communication, but through an intrinsic, almost telepathic understanding. They are not just a group. They are a single living entity. One hunter signals. Another responds. A woman spots edible roots. A child warns of movement. Each contribution matters. Each

member is essential. This wasn't just cooperation. This was survival's most elegant dance. Those who couldn't belong died. Those who worked together survived. And over millennia, this imperative became encoded in our very DNA. Belonging is not just nice. It is how we survived. It is how we evolved. The need to belong. It is not a social nicety. It is a biological imperative as old as humanity itself.

Breathe. We'll continue in a moment. I mean quite literally breathe. You will need the clarity and mind-space that the next and final principle may require of you to fully absorb. Prepare your mind, body, and soul. It is a biggie.

Breathing Exercises

- **Diaphragmatic Breathing (Belly Breathing):**
 - Sit comfortably with your back straight, place one hand on your belly and the other on your chest.

- Inhale slowly through your nose, feeling your belly expand as you draw air deep into your diaphragm.
 - Hold your breath for a moment, then exhale slowly through your mouth, allowing your belly to gently contract.
 - Repeat for several breaths, focusing on the movement of your belly with each inhale and exhale.
- **Pursed Lip Breathing:**
 - Sit comfortably, inhale deeply through your nose.
 - Purse your lips as if you are about to whistle and exhale slowly through your mouth, making a soft “whoosh” sound.
 - Repeat this cycle for several breaths, focusing on the slow, controlled exhalation.

Stretches

- **Child's Pose:**

- Kneel on the floor with your knees hip-width apart, then sit with your knees on your heels.
- Fold forward, resting your forehead on the ground and extending your arms straight out in front of you.
- Relax your body into the stretch, holding for several deep breaths.

- **Shoulder Rolls:**

- Sit up straight, gently roll your shoulders back in a circular motion, then slowly roll them forward, repeating for several rounds.
- You can do this exercise in a clockwise and counterclockwise direction

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Part III

The Hype

Ladies and gentlemen, truth-seekers, philosophy fanatics, and cosmic curiosity collectors! Gather 'round for the moment you've been waiting for—the ultimate reveal, the grand unveiling, the mind-blowing, earth-shattering, paradigm-exploding FINAL PRINCIPLE! We have traversed philosophical landscapes, scaled intellectual mountains, dove into metaphysical oceans, and spelunked through the darkest caverns of human contemplation. We have collected whispers from sages, hints from mystics, fragments from dreamers, and breadcrumbs from madmen. And now— NOW—we stand at the precipice of revelation! Drum roll, please!

(Cue dramatic music)

Hold onto your neurons, because what's coming is not just an idea, not JUST a principle, but THE PRINCIPLE. The big kahuna. The cosmic key. The universal remote control of existence! We are talking about the MEANING OF LIFE itself—served up hot, fresh, and guaranteed to make your brain do back flips of existential excitement! Prepare yourself. Buckle up. Take a deep breath. This is not just another

philosophical bit of mumbo-jumbo. This is the money shot of meaning. The head honcho of human understanding. The grand prize of our collective intellectual lottery! Clears throat dramatically, taps the microphone with the tip of his finger... Are you ready? ARE YOU REALLY READY? Because what we are about to drop is more explosive than a philosophical nuclear bomb, more revolutionary than every paradigm shift combined, more mind-shattering than the most mind-bending plot twist in the history of human consciousness! This is not just another principle. Oh no. This is THE PRINCIPLE that the philosophers have been playing hide and seek with since the first human looked up at the stars and thought, “Wait... what?” This is the ultimate cheat code to existence. The Rosetta Stone for reality. The GPS coordinates to the meaning of EVERYTHING! We have collected cryptic clues from Plato’s cave, wrestled wisdom from Zen koans, decoded cosmic riddles from quantum mechanics, interrogated reality itself, and now—RIGHT NOW—we are about to pull back the cosmic curtain!

Imaginary drumroll intensifies

Imagine every great thinker in history—Socrates, Einstein, Confucius, your most profound drunk friend at 3 AM—all leaning in, holding their breath, waiting

for THIS moment. The moment when the universe stops playing hard to get and finally, FINALLY reveals its deepest, most intimate secret! Are your mental seat belts fastened? Is your existential parachute packed? Because we are about to BASE jump into the absolute CORE of human understanding!

Dramatic pause

PREPARE YOURSELVES! (Whispers) The final principle approaches... Crescendo of anticipation reaches fever pitch and now... (dramatic whisper) the moment of truth awaits! Ladies and gentlemen, philosophers and dreamers, prepare to have your cosmic minds BLOWN! The final principle emerges from the mists of mystery, ready to illuminate the grand tapestry of existence! The Jeremy present THE Answer Mic drop ... loud seconds feedback for a few seconds followed by some audible adjustment in seating position a foot or five shuffle on the floor as legs get crossed the other way as a random bout of singular coughs speckle the crowd in a fast-spreading manner until.....complete silence. Ten squealing lapse and this strange little man with a handlebar mustache peels the folds of the velvet curtains back to just pop his head out at first yet quickly followed by the rest of him as he wastes no time getting to his point.

The Meaning(s) of Your LIFE!

Chapter 5

The Principle of Radical Inclusion

The Grand Unification

Throughout our philosophical journey, I've been walking you unknowingly along the contours of a deeper truth - that life's meaning is not about individual achievement, but about connection, inclusion, and bringing all of God's children home. Let's revisit our previous principles and see how they have been whispering this ultimate message:

1. The Principle of Seeing God in Everything

- We discovered God threads through existence like oxygen through lungs—so fundamental that we forget to notice until we try breathing without it.
- In the mathematical precision of orbits and the chaotic beauty of storms, in the silence between heartbeats and the cacophony of rush hour traffic, divine presence operates as both the canvas and the paint.

- We search for God in churches and mountaintops while walking past miracles disguised as mundane Tuesday afternoons.
- The sacred is not separate from the secular—it is the substrate underneath everything we touch, think, and dream.
- Every conversation, every crisis, every small kindness becomes a form of prayer whether we recognize it or not.
- God is not visiting our world occasionally; God is the reason there is a world to visit in the first place.

2. The Principle of the Enormous Power Our Words Hold

- We learned your word becomes the architecture of trust— each promise kept builds a foundation, each broken commitment cracks the structure.
- When you say what you mean and do what you say, you create a predictable universe for those around you, a rare gift in a world drunk on uncertainty.

- This reliability ripples outward: friends know where they stand, colleagues can set their clock by you, and family members can plan accordingly; everyone sleeps easier.
- But the vertical dimension matters too—integrity with God is not about perfect performance but consistent honesty about your failures and intentions.
- Your word becomes your signature on the social contract of existence.
- Break it repeatedly, and you will find yourself living alone in a world that is learned not to believe you.
- Keep it consistently, and you discover that trustworthiness creates its own gravity, drawing people toward the stability you represent.
- In the end, your word is the only currency that appreciates with use rather than depleting—the more you honor it, the more valuable it becomes.

3. The Principle of being kind above all else

- We visited how kindness operates like compound interest—small deposits accumulate into wealth you never see coming.
- A held door, a patient explanation, a moment of genuine attention creates ripples that travel far beyond your sight lines.
- The person you help today becomes more likely to help someone tomorrow, creating chains of decency that stretch across time zones and generations.
- But kindness also works backward, transforming the giver as much as the receiver.
- Each act of grace rewrites your neural pathways, making compassion feel less like work and more like breathing.
- The cynics call it naive until they watch how quickly kindness disarms aggression,

how efficiently it dissolves the barriers we erect against each other.

- It is the only investment guaranteed to pay dividends to everyone involved—including people you will never meet.
- In a world obsessed with leverage and advantage, kindness remains stubbornly non-zero-sum: the more you give away, the more everyone has.
- That is not sentiment—that is mathematics wearing a disguise.

4. The Principle of dealing with grief and loss

- We discovered that resolving grief's stages are not a checklist to complete but a map through unmappable territory—and skipping steps is like trying to perform surgery with a butter knife.
- Each stage serves a purpose: denial provides shock absorption, anger burns away helplessness, bargaining maintains the illusion of control while control slips away, depression forces you to sit with the full weight of loss, and acceptance

does not mean you are "over it" but that you've learned to carry it differently.

- People who rush toward acceptance or get stuck in anger rob themselves of grief's transformative work.
- The stages are not linear, but often circular. You will revisit anger after touching acceptance, or cycle back to bargaining after months of progress.
- But each return trip teaches you something new about loss, about resilience, about the surprising capacity humans have to absorb grief as well as undergo devastating change while still functioning.
- Skipping stages is like trying to heal a broken bone without setting it first—you might walk again, but you will limp.
- The goal is not to graduate from it, but to let it reshape you into someone capable of loving again despite knowing how much it can cost.

Culminating Cosmic Inclusion

Our purpose transcends individual moments. We are participants in a divine plan of reunification. Every act of kindness, every moment of genuine connection, every time we make someone feel seen and valued, we are:

- Growing God's kingdom.
- Bringing souls closer to divine love.
- Healing the spiritual fabric that connects us all.
- Preparing for that ultimate homecoming where no one is left behind.

This is not just about the living, but about a spiritual reunion that spans time and divine. We are working to bring home not just those present, but those who have already transitioned, creating a tapestry of existence. A love that knows no boundaries of time, space, or individual experience. Our benchmark of success is no longer personal achievement, but how many hearts we have made feel truly, deeply included? How many souls have we helped find their way home?

This is our purpose. This is our calling. This is not just a philosophy. This is your road map. Your mission. Your divine calling.

Every day, you have the power to grow God's kingdom - one heart at a time. When you see the lonely, the marginalized, the one sitting alone, you have a choice. Include them. See them. Make them feel they belong. Your life is not about your achievements, but about the souls you touch. Not about the goals you accomplish, but about the connections you create. You can be a bridge builder, a heart mender, a kingdom-grower. To do so one must be aligned with God first and foremost. To grasp and live under the precept that God knowingly has his spirit in all things, times, and people. Further, the way we interact with those things, times, and people are all guided by our words and the way we carry ourselves with respect to them. Kindness has to be at the core of our words and actions that ring true as we hold to them with the understanding that they are guided by God. The temporary nature of life then allows us to enjoy the good and release the bad ensuring our existence does not place grief before God. And all this culminates into a preparedness to carry out God's greatest purpose for us. He gives us meaning to our life and existence even though by design it is temporary because to understand its comings and

goings does not mean ours is without impact or lasting effect. In fact it is quite the opposite. When we emit a frequency of divine direction where we hold our word as our bond to Him that reflects kindness in all of our acts even from within our darkest moments, we ensure no one lives feeling left out or without the presence of God that includes us in His kingdom. We all belong and no existence is complete or thrives without knowing that we belong. No one can survive without belonging or being a part of the whole. If we do not belong, we have no existence. We do not survive.

Remember: No one should ever feel less than. No one should ever feel excluded. Inclusion has the divine power to make someone's entire world shift with a simple act of genuine kindness or interest. It is up to you. Your purpose can be beautiful. Your mission sacred. Bring people home - both in this world and in preparation for the next. Love boldly. Include radically. Connect deeply. This is your calling, Arabella, because God laid this on my heart about 9 months ago. I didn't have it all sorted out and not able to put into words yet until the knowledge I had kept leading me to you and your struggles and what I want and hope for you. Especially now becoming 18 it is your make it or break it time in life. A very critical age to make a lot of good decisions. Shed the horrible in past and if I could give

you anything in the world it would be to erase all hurt from you. You my joy, my love, and my daughter. To gift you a direct path through life and it's setbacks. To guide you in a life that is full of content fulfilled happiness, God has led me to understand how all these principles are interrelated so that I may pass on to you an answer to the oldest most asked philosophical question ever posed. This book represents the answer, so you do not have to seek it. The answer has found you in this book written for you and written to you! The Meaning(s) of Your Life!

Epilogue:

Your Invitation

What lies before you is not just a document, but a legacy. A divine blueprint that has been carefully crafted, not by random chance, but through your father's profound spiritual journey and revelation.

I invite you to step into a calling that is uniquely, undeniably yours. These principles are your inheritance. They have been distilled through prayer, reflection, and a deep listening to God's whispers. I know I have walked this path, uncovering these truths so that you might not just understand them, but live them. This is your invitation to an extraordinary life. Will you accept?

The path I offer is not easy, but it is profound. If you choose to embrace these principles - to live with vulnerability, empathy, redemptive perspective, collaborative spirit, gratitude, and radical inclusion - you will unlock a life experience most only dream about. This is not a suggestion. This is a sacred trust. I have seen this path. I have wrestled with these truths. And now, I extend them to you not as a burden, but as a key. A key that, when turned with intention and love,

opens doors to connection, purpose, and divine alignment.

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It has been an honor crafting this profound philosophical and spiritual journey for you, my daughter. What I have created is far more than a document - it is a living testament of my love, my wisdom put to good use, and divine purpose, carefully distilled and lovingly presented to you Arabella in honor of your 18th birthday. This work transcends typical advice; it is a spiritual compass, a blueprint for living, and a profound expression of a father's deepest hopes for his daughter's well-adjusted happiness.

Thank you for being my outlet and my muse for this concept that has been brewing in my soul evidently for years. This writing represents my deepest realizations through many situations seemingly all unrelated until they all found purpose together and have formed this truth. Just so you know, I know, that this is all absolutely 100% dead-on because all of the moments, thoughts, and realizations that have led me to present this to you in this form...well let us just say I am really close with the most powerful guy in the eternity, so I know.

In finality let me boil down everything you have just read into this single statement: Our purpose, Radical Inclusion, is not a single action but the inevitable outcome of a life lived in divine alignment: when the stability of your Divine Compass (Principle 1) grounds your Word as Your Bond (Principle 2), manifesting as unwavering Kindness (Principle 3), and your resulting resilience to Loss (Principle 4) frees your heart from self-pity, you are fully prepared to embody the final purpose—to Create God's Kingdom by Radically Including everyone, one soul at a time. To do so you must embrace life and it's inherent meaning.

Happy 18th! I love you more than you could ever understand.

Romans 5:1-5

New King James Version

Faith Triumphs in Trouble

5 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, ² through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. ³ And not only *that*, but we also glory in tribulations, ⁴ knowing that tribulation produces perseverance; and perseverance, character; and character, hope. ⁵ Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.