**Purposefully purposeless**

Goals always play a role when you start practising zazen. You meditate to change something for the better, and it helps to be fully aware of that.

Mastering our own mind is the basis for sensing, feeling and acting, and also for achieving our goals.

Without a clear notion of what we strive for, we basically do not really know what to do with our lives. As the Cat says in Alice in Wonderland: if it doesn’t matter where you’re going, it doesn’t matter in which direction you walk.

Generally speaking, people find it difficult to consciously set goals, for the very reason that we subconsciously have a lot of goals. It is difficult to make choices, because we want so much... If subconscious desires rule us, we lose control of our lives.

Zen is not a form of relaxation, it is a serious training of awareness. We do not flee from stress and unease, but practise our ability to stay with it and deal with it in a balanced way. Paradoxically, this brings relaxation...

The clearer our goals, the less time we have to spend thinking about why we do it or which way we want to go exactly. For we have completely internalized our goal and without really thinking about it further we stand a good chance to achieve what we want to achieve...To let go of our goals and let our smart subconscience do the work, that’s the principle of what we call purposeful purposelessness.

Each employee would do well to consider carefully what (s)he her/himself wants to achieve. Only then you can start to look for the optimal balance between organisational goals and your personal ones. When you do not do this, you easily become the slave of the boss’s targets. So, set your own goals, before someone else does it for you.

Even if you do not achieve your goal, or not completely, your practicing on it will have the effect that your condition and happiness improve significantly.

To know our goal is to know ourselves. (S)he who doesn’t know his/her goal doesn’t know her/himself.

If we really want to be happy, we must know very well what we want to do with our lives – whether in three weeks, three months, three years or thirty years. Only when we have this clear for the short and the long term can we fully enjoy this present moment. For then we do not have to worry about our goals anymore, because we have fully internalized them.

For next week: fill out the ‘goal-matrix’.