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### Celebration: The Animating Force Behind Life

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#### Abstract:

Over the years, men have lived in the darkness of the meaninglessness of existence. They ask questions that centre on the meaning of life. Hence, one hears questions like: Why life? Is there any reason to live? Is life enjoyable? Is there any reason to celebrate life? These questions came from frustrated minds that have been fed with the wrong information about human existence. Here, he is tutored that life is a game of completion and comparison! He is told that man is on earth just to seek for fame and power! He is taught that happiness lays on material acquisition! He is told that money is the end and not the means for life! Here, man is given the false impression that there is destination which everyone is striving to reach! Hence, man is alienated from himself which is the source of life from where he gets the purest of joy for existence and enters into endless struggle till death. Hence, in spite of all that man acquire, he never celebrates his life for he believed that there is a destination for life, where he will reach and starts showing off his ego, fame and power to the whole world; not knowing that life is a process, a verb and an action, it has no destination which is why it is called existence. Therefore, this work takes the reader to himself, to understand the core of human existence by giving a philosophical analysis on the following themes: Living for the moment, Giving thanks, Celebrate your meal table. Decorate your Eden, Celebrate your life, and Celebrate humanity.

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#### Introduction

The word “life” according to Merriam Webster Dictionary means vigour, vibrancy, alive, energetic,

buoyancy, animation, vitality. That you have vitality, vibrancy and vigour inside of you calls for celebration. The creator moulded you with life, meaning celebration and expected that each moment you must be in celebration mood if you are to live life to its fullness. If life means celebration, it then means that anytime you mourn it you are invariably destroying it (Okoroafor, 2021).

To keep your life moving, you must be celebrating it. Why, because celebration is the animating force behind life. According to the biblical concept of creation, the creator before creating man had put everything in place needed by man for celebration. The reason being that the creator knows that man can't shine without celebration. What does man lack on this planet earth! Look at the birds of the air, the beasts of the field and fish of the waters for his meat! Look at the plants of the forest for his Food! Take a look at the seasonal fruits for his nourishment! Can you see the clement weather (sun, moon, water, fire, cloud), all for man's enjoyment! What of the abundant natural resource both onshore and offshore (gold, diamond, silver, crude oil, tin, uranium, aluminium, etc.) at man's disposal! All these are for man life of celebration. Lest I forget, what of the marvels in space technology with which we can communicate with friends' distance away. This we call computer and internet but is simply man's manipulation of the resources the creator made available at the gaseous state of the universe.

Taking a look at the nature of man which is another area of celebration, will overwhelm you! Look at man's intricate power of thinking and imagination, all in the bid of the creator making sure man lives a life of celebration. Have you given it a thought a day, the powerful celebration act of celebration that man experiences during man's act of having sex? Wow, this one take man to the world of blessedness which left him with uncontrollable exclamation at the peak of orgasm. The creator having made all things beautiful and blissful, is there any reason for man to live his life mourning? Believe me if he decides to mourn, the mind has a way of providing him with thousand and one reasons why he should live all through life mourning and even reasons why he should commit suicide. Look at the brighter side of life and celebrate your life!

I charge you to be grateful to nature all the time for all you have no matter how little and the universe will give you more. Whoever does not have gratitude even the little he has will be taken away from him.... whoever has gratitude will be given more, and he will have abundance (Rhonda Byrne, 2012) Welcome to the world of abundance and celebrate your life! Hence, to celebrate your life the following practices are necessary:

### **Live For the Moment**

Success is not a destination but living for the moment with joy! Living for the moment according to Oprah Winfrey means letting go of the past and not waiting for the future. It means living your life consciously. Aware that each moment you breathe is a gift (Courtney E Ackerman, 2018). Celebrating your life is learning to appreciate living for the moment. Here you get the purest expression of joy. Life is an activity and not a destination! Therefore, learn to celebrate each of your activities every moment of your life. If life is an activity and not a destination, therefore, there shouldn't be any time when you will say, "I have arrived, I can now sit to enjoy!" Having the mind-set of trying to reach a destination will be equal to chasing wind. And the man said to himself: "'My soul make merry, you have ample good laid up for many years, relax, eat and drink..." but the Lord said: "you fool this very night your soul is required of thee (Luke 12: 20).'" With this quotation above, let us address this issue of living for the moment and not for a destination.

Living for the moment is living with the understanding that there are two facets of life, "Living for the means of life and living for the end of life." Living for the end of life is living for love and affection!

Here, you are not living for the sole aim of accumulating wealth for the sake of self but for the sake of being a blessing to humanity. Here, living is an activity not a destination! Here, living is a verb, an action; you live every day for the sake of showing love and affection! Hence, there is no late coming in the affairs of life which is what leads to strife and jealousy. Therefore, living for the end (love and peace) produces calmness and peace of the soul, for you are not competing and comparing with anybody. Your reason for living ends in showing love and affection to people you encounter daily!

Living for the means of life is living solely for the sake of accumulation of wealth for self. Here, the only reason for living is for show-man-show. He wants to make wealth to let people know that he is the one on top! He builds earthly empires for himself; and will probably not enjoy the wealth because of the restlessness of wanting to reach at a destination! Here, living is to reach a destination which is nothing but chasing of wind. The Rich-fool, which the Christian scripture mentioned in Luke 12:2 is a vivid example of living for a destination. This Rich-fool has been living his life in pain and agony in the bid to accumulate material things for himself so that at the end he will then tell himself “you have arrived, sit down and brag, intimidate others and enjoy yourself” but that night his creator said, “This very night, your soul is required of thee.” All the while this man has not known the word “Rest, Peace, Joy, Celebration” for he has been in the race of accumulation. It is also possible that the whole-body organs and systems are now very weak and at the verge of collapsing. The actual word of the creator to this man is “You have struggled in vain and your organs and systems cannot carry you anymore, therefore, tonight your soul is required of you.” You can now see that life is not living for a destination but an activity. Living for a moment according to Macmillandictionary.com, means to enjoy the present time and not worry about the future; also, to enjoy something, or to enjoy yourself.

There is actually only one ingredient for celebrating your life. This is living for love and affection. Whatever you do at each moment, make it an activity for showing love and affection and you will be revitalizing your body, soul and spirit.

Living for a destination means living for the sole purpose of accumulating all material things for self, aiming to start its celebration at a particular point in time. Jesus calls it the activities of fools. Why? He knows that human wants are insatiably and there is no moment you will get enough. Without this understanding, you will definitely forget the real essence of living which is giving out love and affection to everyone you encounter in your daily living. This is the purest form of celebration. In living for a destination, you will continue in the business of grabbing and grabbing, waiting to get enough until death knocks on your door. For instance, some in trying to get one degree or the other are always in tension, no peace, sleepless night, ready to do anything to get it, thinking that once he got to the destination of getting the degree, he has arrived and can rest only to meet another heavier task at the end and the struggle continues. Learn to be at peace in whatever endeavour you are in for there is no destination in life. This is applicable to parents in their business of training their children. For some there is no eating of good food, wearing of good cloth, living in a good house until they finish training their children, only to die at the process of training them. Please, let experience be your best teacher! In this type of mind-set only their children matters, others’ children can go to hell, for their children are their investments.

This is not trying to stop you from setting goals that you will accomplish in future but to let you understand the foolishness of living for the means (selfish gratification) instead of living for the end (love and affection). Let your purpose in life be, “To celebrate the end of living (love and affection).”

Keep the means (material things) in their real position, which is servicing the end (love and affection). Whatever your actions, words, or material accumulations may be; let it be for the act of celebrating love and affection for yourself and for others each of the moment. This is what it means to live for the moment. This is what the life of man is meant for.

### **Giving Thanks!**

Everything man was, is and will be, he receives. Giving thanks for all you have is the basic ingredient for happy life. This means showing gratitude. Show gratitude for all you have and you will have more, give gratitude for whatever you don't have and it will be given to you. Show gratitude for what others have received and you will attract same to yourself. This is the law of the universe (Rhonda Byrne, 2012). Hence, show gratitude on the following areas of your life and you will see the magic of giving thanks.

#### **1. Give thanks for the food on your table**

- Some have food but they are not healthy to eat it.
- Some are healthy but have no food to eat.
- You are healthy and there is food on your table. Therefore, give thanks.

You who fall on the last stanza of the above short poem, why are you complaining that you don't have car? Why are you complaining that you are not putting on the reigning cloths? Why are you complaining that you are not living in the best mansion on earth? Why are you complaining that you are not beautiful, you are not handsome? You complain of this, you complain of that. You have been in this business of complaining that it has now turned into a habit (your second nature). This your complaining habit is the cause of your poverty and all series of illness that you are going through. The law of gratitude says: "Be grateful for what you have and more will be given to you; be ungrateful and the little you have will be taken away from you." Go to the hospitals and the pitiable condition of many will silence you! Go to prison yards and you will appreciate your freedom! Please, be grateful for the little on your table! According to Henry Ward Beecher, gratitude is the fairest blossom which springs from the soul (Shutterfly Community, 2020).

#### **2. Give thanks that you are breathing!**

Do not take it for granted, this air that you are taking in and out freely! Have you given it a thought a day on the possibility of not being able to breath for just a minute? Get to know it that not all can breathe freely as you do. Many are now in the hospitals for not being able to be breathing normal and many are under oxygen control because they cannot breathe at all. Please, take time to enquire on how much they pay under that oxygen condition per hour and you will be force to kneel down in appreciation of this free air you have. Please, give thanks for this free gift of nature and be happy that you are alive!

#### **3. Give thanks that you can see!**

Have you taken time to interview the blind on what their lonely world is like? If you have, is it that you can imagine? If you cannot imagine living in a world where you cannot see anything; a world of loneliness, please, give thanks that you can see and celebrate!

#### **4. Give thanks that you can talk!**

Is like you have been taking it for guaranteed that by mere opening your mouth sound that makes

meaning to the listeners will come out! Just imagine shouting with all the strength you have and still no one can understand what you are trying to communicate! You tried to communicate your thoughts verbally but still the person or persons close to you cannot hear you nor understand you! This is the world of the dumb. From now on be grateful that you can speak and celebrate.

#### 5. Give thanks that you can hear!

Have you listened to a deaf man speak before? If you are not aware of his predicament you will definitely be annoyed with him for making fool of himself. Simple private discussion, he will be shouting on top of his voice, yet he is not aware. Staying in the mist of people, a deaf man will always feel cheated and will be wrapped in inferiority complex because he cannot hear what is being discussed. Imagine the world of a deaf man! My dear always give thanks that you can hear and celebrate.

#### 6. Give thanks that you are sane!

How do you feel seeing your childhood friend who always comes first in the class in those days picking rotten food in a dustbin as a mad man? What has led to his being mad? Do you think he is the cause of his madness? No, everybody is a potential madman, including you! Madness is just the inability not to think right again. Imagine the world that mad people are into, sleeping in the market, eating rotten food, moving naked and the worst of it all is that they don't have neighbours or friends. Please, always give thanks and celebrate that you are sane.

#### 7. Give thanks that your excretory system can pass out waste products freely!

I was in tears some years ago on stumbling into a hospital male ward only to see a man crying with pains because of his inability to pass out faeces. His abdomen is like that of a nine months pregnant woman, for he eats but cannot pass out excreta. It was from this day forward that I start to appreciate the grace that God has given me to be passing out faeces freely as a blessing. Please. Never take it for granted that you take in and take out freely! Be appreciative and celebrate!

There are many reasons to give thanks for your being alive. Celebrate your life, for you are a moving blessing! Live with the consciousness of giving thanks always for every event of your life and you will be given more the opportunity of giving more thanks. "For the one who has (who is grateful), more will be given, and he will have an abundance, but from the one who has not (who is not grateful), even what he has will be taken away (Matthew 13:12)."

### **Celebrate Your Meal Table**

One of the three basic needs of man is food and it is the most essential of all. This is to say that without food there is no existence. Before cloths and shelter it is food. Until you start giving food its rightful position in your life, you will continue gambling with your life until you eventually lose it against God's timing. A man living on healthy and balanced food has no business with hospital beds. In decorating your table with healthy and balanced food, consider the following:

1. Go natural: Never make the mistake of feeding your system with junks (artificial food). Junk foods are anti to your system. Your body is organic and only organic food can suit it. Anything inorganic is a dead sentence to your body. Your body will automatically reject it because it is a foreign agent. All manner of diseases we are experiencing today is as a result of eating inorganic food. As you feed your system with inorganic food, you are invariably waging war against yourself. The question that results

from this is, “How can organic system be able to digest inorganic material called food and make use of the products to build an organic body?” The possibility is zero, for this is against the law of nature.

2. **Live More on Fruits and Vegetables:** Fruits and vegetables do not go into man-made reformation before consumption. They are taking as nature made them. They are very close to nature because all their organic elements are intact. Make it your hobby to stop near the road side each day to pick fresh fruits and vegetables for your daily consumption. Watch as your cells, organs and systems will start to revitalize with this new habit!

3. **Feed More on Fish:** According to world health organization (WHO) as one approaches the age of forty and above, you are advised to feed more on fish than meat. The reason being that at this time your body does not need more cholesterol which is the fatty substance in meat. Too much cholesterol in your body will lead to the blockage of your arteries and veins, hence, hindering the normal flow of blood. This is the cause of high blood pressure that will in turn lead to stroke and cardiac arrest (heart failure). On the health benefits of fish, according to Washington state department of health (<https://doh.wa.gov/community-and-environmental/food/fish/health-benefits>), fish is a low-fat high-quality protein. It is filled with omega-3 fatty acid and vitamins such as D and B2 (riboflavin). Fish is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium. With these natural minerals and vitamins in your body, sickness has no business with you.

4. **Depend on Water:** according to Wikipedia (<https://en.m.wikipedia.org/wiki/Water>), water is a colourless and odourless substance found all over the Earth and it is made up of billions of molecules. Water contains hydrogen and oxygen and exists in gaseous, liquid and solid state (From the health dictionary, water is defined as the solvent that helps in the circulation of blood from the heart to the arteries and veins, then to all parts of the body. It is also the digester and the transporter of all the food nutrients to all parts of the body. With these few definitions of water, it is rational to say that water is life. Hence, you are advised to go for good drinking water all the time. Drink as much as you can, it has no over dose. Have you heard that somebody went to the hospital and he/she was diagnosed that his problem is caused by over drinking of water and hence, that he should stop drinking water. Such is not possible! Water does the work of digestion and circulation of food nutrients to all parts of your body and also does the cleaning and washing away of all the toxins in your systems. Please, decorate your table with enough good drinking water. Water is life!

5. **Remove Alcohol (spirit) from your Table!** We have natural drinks though they may contain little quantity of alcohol. This is not the ones we are addressing here. The ones called spirit are those artificial dry gins such as ethanol and whisky used in breweries. You may argue that they are not artificial because they are gotten from fermented local wine. Yes, they are gotten from natural local wine but look at the word “fermented” meaning it has gone out of the natural and is being denatured by man’s action and that of organisms. Frequent and excess consumption of them is not good for your body because they contain giant hydrocarbons that when in excess in your body inhibits the proper functioning of your body cells, organs and systems. To substantiate the above assertion, arkbh.com (<https://www.arkbh.com/alcohol/type/liquor/gin/drinking-gin-straight/>), has this to say, “Consuming gin frequently and in large amount can have long term effects on the brain and body. Alcohol misuse increases the risk of health problems, alcohol poisoning and brain damage.” Alcohol attacks your vital organs like liver, heart, kidney etc. please, don’t go there; run for your dear life!

6. Go for Balance: Excess of anything is bad. Moderation they say is life. Looking at the functioning of the body, there is one mystery beyond human imagination and that is the orderliness in body mechanisms. What is sickness, is it not the disorder in the body system. Therefore, for there to be no sickness, what we eat must be in a balance proportion. We have six classes of food which we all know. They are carbohydrate, protein, vitamins, minerals, fat and oil, and water. Make sure that these classes of food are in good proportion in any of your diet. In our primary school days we call it eating balance diet. Excess of any of these classes of food in your body is sickness. Next is over feeding. Please, do not create unnecessary load for your organs and systems. A time will come when they can't bear this overloading anymore and they will break down, which is death. For instance, when you over fed your system, the digestive organs will be over laboured. Sometimes when they have managed to scale through this over workload, you will immediately supply them with another more tasking work. They will continue in this day to day over labouring until they got weak and break down. Over feeding is just a waste of food and a death sentence to your body. According to the University of Texas MD Anderson Cancer centre (February 2018), eating too much require your organs to work harder. They secret extra hormone and enzymes to break the food down. The hydrochloric acid that will break the food will then back up into the oesophagus resulting heartburn (<https://www.mdanderson.org/publications/focused-on-health/What=happens-when-you-overeat.h23Z1592202.html>).

7. Eat with Friends and Families: Celebration as the title of this work bears has to do with get-together. I don't know, but to me eating alone is boring. You won't get the psychological freshness derived from eating together when you eat alone. If you live alone, make it a duty to call friends to come and din with you from time to time. The joy and peace you get from this gathering no delicious food will give it. Get-together is the joy of delicious food. Try it!

To end this section, internalize the following:

- Live this life to its fullness for after this you won't come back again.
- When you celebrate your meal table, you become whole and hearty to live for God and humanity.
- A healthy body runs vision, not a sick body, so be wise!

### **Decorate Your Eden (House)**

According to Merriam Webster dictionary, Eden means:

1. A very beautiful natural place.
2. A place that is perfect for a Particular activity or for a person who enjoys that activity.
3. A place of pristine or abundant natural beauty.

“And God saw everything that He had made and behold it was good (Genesis 1:31). The lord God took the man and put him in the Garden of Eden to work it and take care of it (Genesis 2:15).” From the above Christian biblical quote, it is evident that at the root of creation, house was not just a building but all that has to do with environment. Environment means all that beautifies the dwelling of a man and makes living conducive. Giving a glance at this Christian biblical account of creation (Genesis 2:15), one sees that at the root of creation, the creator's intention was that man should live in a state of abundance, conduciveness, peace, and love. The proof of this is that when the creator had perfectly

designed the place of man's dwelling, after looking at it He exclaimed "behold all I created was good! (Genesis 1:31)," Hence, he created man and place him inside it and called it "Garden of Eden" meaning Garden full of life.

The creator proposed that man's dwelling will be beauty in abundance. This can be seen in the inherent beauty of the universe. Take a look at the colourful design of the flowers of the field; History recorded that Solomon in all his regalia none can compete with the beauty of the lilies of the field. Give a glance upon the colours of rainbow, stars, moon, and sun at the sky and how radiant they are! What of the whitish and bluish beauty of the cloud, this is really masterpiece! Look at how beautiful the seas, oceans and lakes are, the dwelling place of fish and all aquatic animals! These are full of wonders! Man, these are natural proofs of beauty that designer of the universe placed over you, indicating how He wants man's dwelling to look like. Dear reader, please, takes your time and provides a place of dwelling befitting the creator's intent for you.

It is the will of the Infinite Intelligence that your dwelling must be in a Garden of Abundance. Meaning a place where you can flourish. Don't confuse Garden of Abundance as a state of no lack rather it means living in a state where you can flourish. Your creator wants you to make your abode to be in a place where you can have the opportunity and capacity to be at peace and flourish. To flourish, your dwelling must have the following:

### **Rainbow of Love:**

No matter how magnificent your house is, if it is devoid of love it will not come close to anything called garden or home; it will only end up as a building. Build it with cedar of Lebanon, paint it with myrrh, perfume it with frankincense and then decorate it with the highest karat of gold, if you do not decorate it with rainbow of love, you are still outside the Garden of Eden. Love is not a place but a state, dwell in this state all the time and its aroma will fill your house and turn it into a home, a garden. Let your heart be saturated with love and your house will change from being an ordinary building to a home. One day as I was teaching my students in the class, I asked them the question, "What is love?" One of them stood up and answered it thus: "Love is absence of all forms of bitterness in the heart." I then ask the class how possible is this and another student stood up and said: "In this world there bound to be situations all around that will cause one to be bitter but one can take the decision of not allowing that to cause bitterness in his heart."

The final analysis of this means that love is a conscious decision one must take not to harbour any form of bitterness. Love is not an emotional feeling but a conscious decision. For Aristotle love means acting for the sake of another and not for the sake of oneself (Corinne A. Gartner, 2017). Live in this consciousness and your house will be a Garden of Eden.

### **Rainbow of Neatness:**

A batcher or thatched house can be a Garden of Eden while a skyscraper with glasses all over can only end up as an erected block. Why, it depends on how tidy or untidy the buildings are. To make your house to become a garden does not cause you much. What you need is simple broom, water, mobbing stick and detergent. No matter the cost of a building, no sane person will willingly prefer to pass a night in a smelling castle to a well tidied thatched house.

Please, arrange your house well; make it look clean so that even a blind man while passing across your house will exclaim: "Here lives a neat man!"



### **Rainbow of Vegetation:**

According to the Stoicism maxims “Be close to nature” is the rule of life. This is also true for Christian religion. This can be seen in the book of Genesis 2:9 for it says: “And the Lord God made all kinds of trees grow out of the ground--- trees that were pleasing to the eyes and good for food. In the middle of the garden was the tree of life.”

Analysing the quotation above, one will observe that at the beginning the creator made trees to grow out of the ground which were pleasing to the eyes and good for food. Moving further, it says: “in the middle of the garden was the tree of life.” Wow, why the emphasis on the noun ‘tree?’ It is because tree is life. According to the scientific findings by Byjus.com, (<https://byjus.com/biology/mutualism/>), trees produce oxygen which is the air human beings breath to be alive and we produce carbon dioxide (Co2) that trees take in to produce food which we eat to be alive through the process of photosynthesis. For botanists, there is a symbiotic relationship between man and tree.

Going through this analysis, you can now see how indispensable it is for you to decorate your house with trees. I suggest that you should not only decorate your environment with flowers which are only pleasing to the eyes but do well to decorate it too with those that are pleasing to the eyes and also go as fruits.

Our western brothers really understood this very well. This was made evident to me few years ago when I travelled to Jos, the capital city of Plateau State in Nigeria to visit a friend. I got amazed, wrapped with attention when my friend took me to an ancient vicinity decorated with green edible plants only to be told that this area was the Whiteman’s’ quarters during the days of colonialism. Please be close to nature for it is life!

### **Rainbow of Friendship:**

What is it that makes a building a house and a house a home if not human beings? According to Aristotle, he who is so self-sufficient that he needs not the association of his fellow men is either a god or a beast. Hence, Aristotle has it that man by nature is a social animal. No matter how neat your environment is, no matter the kind of ornamental trees, gold and silver is decorated with, if there is no breathing being to admire it, it will only remain an abandoned structure which will soon go down into dilapidation. Therefore, consciously make good friends who will enjoy your environment with you and participate in your paradise of love.

Finally, decorate your house with the four rainbows: rainbows of love, neatness, vegetation and friendship, you will start to experience the Garden of Eden you have been fantasizing all the while.

### **Celebrate Your Life**

Live in the consciousness of celebration! Hence, there must be a moment of putting off the old built mind-set which says that the world is a place of suffering, agony and pain; a place of mourning all the time. Yes, this has taken root inside our subconscious mind, but it can still be uprooted for the right tree to be replanted which will help us to bear fruit, fruit that will last.

Let us take a look at nature to see whether we are meant to mourn or celebrate our life. Using our resource book “The Christian Scripture,” will help us to see nature clearly. According to the book of Genesis 1:33 it says: “And God saw everything that He made and behold it was good.” This means that none was bad; every creation calls for celebration. It is possible that one may still doubt the

possibility that all that God created is good? Hence, let us look at creation! Very early in the morning, watch the sky and you will in great amazement raise a voice of acclamation! Move to the shores of the river every evening as Jesus normally do and you must celebrate creation! Give a thought to the seasonal production of fruits; you will see the marvellous creative work of the creator in action! Move to the vegetative evergreen hills around your country; wow, you will notice the wonders of nature! Stroll to the husbandry farm of a well-established farmer and take your time to watch at the amazing nature and beauty of animals; you must come out with the affirmation: "There is God!" Move to any rocky site around you and see to your astonishment how rocks stand on each other; my brother, you will celebrate the maker! Okay take a look at the abundance of natural resources in the universe, the marvels is beyond imagination!

Coming to the human nature which is the masterpiece of them all; you see nothing but glory. Have you taken time to have a closer look at your naked body before, your physiological framework? I am not talking about your anatomy which is the climax of it all; you will see really that you are the glory of creation. When you savour the taste of good food before your table, does it not call for celebration? when having sex with your partner, starting from the romancing phase to orgasm, does it not qualify to be called "The Game of celebration?" when you put on good shirt; live in a good house; in the company of good friends and with good delicious food on your table, can't you perceive an aroma of celebration? All about life is celebration. Therefore, if you want life, celebrate and if you want death, mourn!

Having seen that life is nothing but celebration, let us start now to destroy the works of the old mind-set that life is nothing but mourning. Build a new mind-set of celebrating your life even when it seems that the situation is ugly. Yes, I have notice one mystery about life, when you celebrate bad situation, it turns to be good but when you mourn bad situation it becomes worst. To put it very clear, there is no bad situation in life. What you called bad situation is really a recipe that God is preparing for your celebration. The only difference is how you understood the recipe. Take for instance you want to prepare good bitter leave soup and you have your ingredients before you. Imagine you start chewing them one after the other, if you chew the bitter leave and pepper, you will throw them away; then if you chew the smoked fish and taste the salt you will nod your head, they are very sweet and swallow them. This is how life is. The bitter leave, pepper, smoked fish and salt are meant to prepare the good soup of life. What you called evil and good in life are all recipes for the celebration of your life. All you need is wisdom.

Please, celebrate your table with good food! Celebrate your body with good and neat cloths! Celebrate your environment with good house, flowers and trees! Celebrate your whole life with good wife, children, siblings, parents and friends! My dear, Life is worth celebrating for!

### **Celebrate Humanity**

Here comes the real essence of life! There is always a yearning in my soul for the full understanding of this realty "the real essence of life." Yes, is like my soul is about to come closer to this real essence of life to mean "Celebrating humanity, Blessing others." Let us then open this powerful phrase "Celebrating humanity."

The Jewish patriarch, Abraham will serve best in x-raying this topic, "Celebrating humanity." According to the Christian Scripture (Genesis 12:2), the Lord told Abraham "And I will make of you a great nation, blessing you and making your name great and you will be a blessing. Another translation has it thus: Lord says: "And I will make of you a great nation, and I will bless you with abundant

increase of favour and make your name famous and distinguished, and you will be a blessing (dispensing good to others).

This biblical quote tells you the reason for your being alive. Your creator has vowed to bless you with abundant increase of favour and to make your name famous and distinguished. On the side of God, it is a settled issue, but the problem is on man's side where He said, "And you will be a blessing" meaning you should understand the reason of your being blessed, which is dispensing good to others, celebrating humanity. The last phase (and you will be a blessing) of the verse above is the reason for man's existence. This is the purpose of your existence!

Wake up to the main reason of your living, which is dispensing good to others, celebrating humanity (Fagothey, 1959)! Find the angle you are called and start your work of celebrating humanity! This is the peak in decorating your life and it is your glory in celebrating your life! The enthusiasm of becoming broken bread for your brothers in all your actions is a must if you must savour the joy of living! You don't need to be conscious of the litanies of your good acts; to know how, where and when to and when not to perform your good deeds. All you need is to be a dispenser of good. Let your life be a mobile blessing as you go around and a stationary blessing wherever you are!

Having read some of my works on how to locate your place or your vision (your work to humanity), this work is out to advise you on the reason for the vision; to let you know that the vision is giving to you so that you will serve as a fountain for blessing humanity. Were you called to become a medical doctor, an artist, a singer, a teacher, a lawyer, a politician, etc., make sure it becomes your fountain of being a blessing to humanity. Celebrating humanity is celebrating your life!

## Conclusion

Humanity has alienated herself from the real essence of life which is celebration. Everybody is now on the fast lane of reaching endless destination. No one cares for himself or herself neither care for another because he/she wants to catch up with the fast train that is moving to his endless destination. These entire illusions have led to all manner of evil practices in high places. In order to catch up, our political system is now a dungeon of thieves; our education, a place of extortion and manipulation; our religious houses a sanctuary for disguised thieves, and our market a place of manipulation and survival of the fittest. This work has open us up to the reality of life; hence, we are to stop all these cat race of chasing the wind and take time to celebrate our lives with the abundant resources that the creator of the universe has endowed us with. We have all we need to celebrate our lives, let us shun all manner of competition and comparison and live in peace!

## Recommendations

1. Wars among households, communities, regions and nations are what make news in our national broadcast today. I, therefore, recommend that this work after its publication in one of our reputable journals should be made available to our national libraries so that it becomes a consulting material in teaching about peace and conflicts resolutions in all spheres of lives.
2. Ignorance of the main essence of life is the main disease bedevilling our world today. This work, therefore, recommend that what it means to live life to its fullest should be the main focus of our academic curriculum in both our secondary and tertiary institutions.

3. The mastery of the essential food for human health and the importance of living in a hygienic environment is a must if we are to live well in our society. Hence, this work calls for massive awareness on this area to the whole populace.
4. Life has no replica; we are here on a short time journey and once we are gone there is no coming back. Hence, according to Aristotle, happiness is the only thing that is your own in this world. Therefore, this work, recommend that you enjoy your life while you are alive by eating good food, living in a nice environment, dress on a nice and neat outfit, have a positive mind-set by giving thanks always and finally bless others.
5. What is life if not living for others! This work is of the view that everyone on this planet earth came here on a purpose, meaning that there must be an area where you should be a blessing to others. Therefore, this work has it that the government of every nation should make it her duty to be organising frequent seminars of self-discovery and development.

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