The purpose of this study is to deepen the understanding of the living human being, his life and his essence. Focus is on the human being on an ontological level. Caring science and its’ view of man and his life constitutes the foundation to which philosophical, theological, pedagogical and psychological knowledge of man, his life and his essence is brought.

The fundamental line of inquiry underlying the study is: what a truly living human being is? As a basis for the study there is also a hypothesis: the essence of man drives him towards fulfilling his mission in life, i.e. that which usually is perceived as a calling.

The general methodology of the study is hermeneutic. The method that has been used to draw conclusions from the collected material is hypothetic-deductive.

The results of the study indicate that the soul and spirit of man, his immaterial dimension, contains an active core of the person’s unique truth that strives to be expressed. In the unique essence of every human being there is a calling, a yearning of the soul. To live in accordance with one’s calling requires a commitment. The calling is both the mysterious secret of each individual’s life and the opportunity for us to reach our own potential. To develop as a human being is in essence to undergo a spiritual process, to mature into a conscious entity of body, soul and spirit. Man is part of a bigger whole, the purpose of life is firstly to find one’s true self and secondly to connect oneself to the universe. To experience health is to be a part of a flow and a community with other people, God and the universe. To be truly alive is to experience one’s existence in a personal way by being open to the inner and the surrounding world.