

this was your life meaning

this was your life meaning is a phrase that invites deep reflection on the significance and purpose of one's existence. It often appears in literature, music, philosophy, and everyday conversations as a prompt to consider what defines a meaningful life and how one's actions and experiences contribute to that meaning. Understanding this was your life meaning involves exploring various interpretations, including existential, psychological, and cultural perspectives. This article delves into the origins of the phrase, its philosophical implications, and how it can be applied in personal development and introspection. Additionally, it examines common misunderstandings and offers practical ways to embrace the concept for a more fulfilling life experience.

- Origins and Context of the Phrase
- Philosophical Interpretations
- Psychological Perspectives on Life Meaning
- Cultural and Literary Significance
- Applying the Concept in Personal Development
- Common Misunderstandings and Clarifications

Origins and Context of the Phrase

The phrase **this was your life meaning** is often encountered in reflective or retrospective contexts, where individuals or characters review their lives to understand the essence of their existence. It can be traced back through various forms of cultural expression, including religious texts, philosophical writings, and artistic works. The phrase encapsulates the human desire to find coherence and value in the totality of one's experiences. This search for meaning is a universal theme that transcends time and culture, highlighting the enduring human quest to comprehend what makes life worthwhile.

Historical Usage

Historically, the idea of summarizing or defining one's life has been present in many traditions. Ancient philosophers like Socrates emphasized the importance of examining one's life, famously stating that "the unexamined life is not worth living." The phrase resonates with this tradition by

encouraging a summary reflection on life's purpose. In literature, authors have used similar expressions to evoke critical moments of self-awareness or judgment, often at pivotal points in narratives.

Modern Contexts

In contemporary usage, **this was your life meaning** can appear in self-help literature, motivational speeches, and psychological counseling. It serves as a tool for individuals to assess their goals, values, and achievements, fostering a sense of clarity and direction. The phrase is also prevalent in media, such as song lyrics and films, where characters confront the reality of their choices and legacies.

Philosophical Interpretations

Philosophically, **this was your life meaning** addresses fundamental questions about human existence, purpose, and value. Various schools of thought provide distinct interpretations of what constitutes a meaningful life, reflecting diverse beliefs about morality, destiny, and personal fulfillment. Exploring these perspectives offers a richer understanding of how the phrase can be applied and understood in different contexts.

Existentialism and Life's Meaning

Existentialist philosophers such as Jean-Paul Sartre and Albert Camus argue that life inherently lacks predetermined meaning, and it is up to each individual to create their own purpose. Within this framework, **this was your life meaning** becomes a personal declaration rather than an objective truth. It challenges individuals to take responsibility for their choices and to find authenticity through self-defined values and actions.

Religious and Spiritual Views

Many religious traditions interpret life's meaning as linked to a divine plan or spiritual fulfillment. In these contexts, **this was your life meaning** may refer to aligning one's actions with spiritual teachings or seeking transcendence. The phrase thus embodies a call to live according to higher principles, often emphasizing compassion, service, and moral integrity.

Utilitarian and Ethical Perspectives

From an ethical standpoint, some philosophical approaches consider meaning in terms of the consequences of one's actions for oneself and others. Utilitarianism, for example, evaluates life meaning based on the amount of

happiness or utility generated. Here, **this was your life meaning** could be interpreted as the net positive impact an individual has had on the world.

Psychological Perspectives on Life Meaning

Psychology provides valuable insights into how individuals perceive and construct the meaning of their lives. Research in positive psychology and human development highlights the importance of meaning for mental health, motivation, and overall well-being. The phrase **this was your life meaning** is relevant in therapeutic and personal growth contexts, encouraging reflection and goal-setting.

Meaning-Making Processes

Meaning-making is a cognitive and emotional process through which people interpret events and experiences to form coherent life narratives. Psychologists emphasize that constructing a meaningful life story is essential for resilience and identity formation. Reflecting on **this was your life meaning** can help individuals integrate their past experiences with present goals and future aspirations.

Impact on Mental Health

Studies show that a strong sense of life meaning is associated with lower rates of depression and anxiety, as well as greater life satisfaction. Therapeutic approaches such as logotherapy specifically aim to help individuals discover meaning even in difficult circumstances. The phrase serves as a focal point for these interventions, prompting clients to explore what makes their existence significant.

Developmental Considerations

Life meaning evolves over time, influenced by age, life transitions, and cultural context. Adolescents and young adults often grapple with identity and purpose, while older adults may reflect more deeply on their life achievements and legacy. The phrase **this was your life meaning** is particularly poignant in late adulthood when individuals assess the entirety of their life's journey.

Cultural and Literary Significance

Culturally, the phrase **this was your life meaning** resonates as a motif that explores human experience and values. It appears in various artistic expressions, including literature, music, and film, often to dramatize

moments of reckoning or insight. Understanding its cultural significance helps contextualize how societies conceptualize life's purpose.

In Literature

Writers have used similar phrases to encapsulate the essence of characters' lives or to provoke readers' introspection. Such expressions often appear in narratives about redemption, regret, or fulfillment, serving as thematic devices that highlight the consequences of choices and the search for significance. The phrase functions as a literary lens to examine identity and morality.

In Music and Popular Culture

Songwriters and filmmakers employ the phrase or its variants to evoke emotional responses and to explore existential themes. It can symbolize a moment of clarity or judgment, inviting audiences to reflect on their own lives. The recurring use of this concept in popular culture demonstrates its universal appeal and relevance.

Societal Reflections

On a broader level, the phrase reflects societal attitudes toward success, happiness, and fulfillment. Different cultures may emphasize distinct values, such as community, achievement, or spiritual growth, shaping how life meaning is understood. Recognizing this diversity enriches the interpretation of **this was your life meaning** as a multifaceted concept.

Applying the Concept in Personal Development

Integrating the idea of **this was your life meaning** into personal development practices can enhance self-awareness and motivate purposeful living. By actively reflecting on what constitutes meaningfulness, individuals can align their goals and behaviors with their core values, leading to greater satisfaction and growth.

Reflective Exercises

Engaging in structured reflection can help uncover what gives life meaning. Common exercises include journaling about significant life events, identifying core values, and envisioning one's desired legacy. These activities promote intentionality and clarity in decision-making.

Goal Setting and Prioritization

Understanding life meaning assists in setting meaningful goals and prioritizing efforts accordingly. This ensures that time and resources are invested in activities that resonate deeply, fostering motivation and reducing feelings of aimlessness.

Mindfulness and Presence

Practicing mindfulness encourages living in the present moment, which can enhance appreciation and awareness of life's meaningful aspects. This approach supports a balanced perspective that values both achievements and everyday experiences.

Common Misunderstandings and Clarifications

Despite its importance, the concept of **this was your life meaning** is sometimes misunderstood or oversimplified. Clarifying these misconceptions ensures a more accurate and productive engagement with the idea.

Meaning Is Not Fixed

One common error is to view life meaning as static or predetermined. In reality, meaning is dynamic and subject to change based on experiences and personal growth. Recognizing this flexibility allows for ongoing exploration and adaptation.

Life Meaning Is Personal, Not Universal

Another misconception is that there is a single, universal life meaning applicable to everyone. However, meaning is highly individual and varies according to personal beliefs, culture, and circumstances. Respecting this diversity is crucial in conversations about life's significance.

Meaning Does Not Require Grand Achievements

Some believe that life meaning only arises from extraordinary accomplishments or fame. In contrast, many find profound meaning in everyday acts of kindness, relationships, and personal integrity. This broader understanding democratizes the concept and makes it accessible to all.

- Meaning evolves and is not fixed

- Life meaning is subjective and personal
- Meaning can be found in ordinary experiences

Frequently Asked Questions

What does the phrase 'this was your life' mean?

The phrase 'this was your life' typically reflects on a person's past experiences, emphasizing a retrospective view of how their life has unfolded.

In what contexts is 'this was your life' commonly used?

'This was your life' is often used in storytelling, memoirs, or reflective conversations to summarize or highlight the key moments and choices that defined someone's existence.

How can 'this was your life' be interpreted philosophically?

Philosophically, 'this was your life' can prompt introspection about the meaning, purpose, and impact of one's actions and decisions throughout their lifetime.

Is 'this was your life' a positive or negative statement?

The tone of 'this was your life' depends on context; it can be either positive, celebrating achievements, or negative, expressing regret or missed opportunities.

Can 'this was your life' be used in motivational contexts?

Yes, it can be used motivationally to encourage people to reflect on their past and inspire them to make meaningful changes for their future.

How does 'this was your life' relate to legacy and memory?

'This was your life' relates to legacy by encapsulating how a person's actions and experiences are remembered and valued by themselves and others.

after their lifetime.

Additional Resources

1. *Man's Search for Meaning*

This profound book by Viktor E. Frankl explores his experiences as a Holocaust survivor and the psychological approach known as logotherapy. Frankl argues that finding meaning in life is the primary motivational force in humans. Through his narrative, he demonstrates how purpose can be discovered even in the most harrowing circumstances.

2. *The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness*

Written by Emily Esfahani Smith, this book challenges the conventional pursuit of happiness and instead emphasizes the importance of meaning. Smith draws on psychology, philosophy, and personal stories to reveal four pillars of a meaningful life: belonging, purpose, storytelling, and transcendence. It offers practical insights for cultivating a deeper sense of fulfillment.

3. *The Art of Happiness*

Co-authored by the Dalai Lama and psychiatrist Howard Cutler, this book combines Buddhist teachings with modern psychology to explore the nature of happiness and meaning. It discusses how compassion, mindfulness, and mental discipline contribute to a purposeful life. The dialogues offer actionable advice for overcoming suffering and finding lasting joy.

4. *Flow: The Psychology of Optimal Experience*

Mihaly Csikszentmihalyi investigates the state of 'flow,' where individuals become fully immersed and engaged in activities. This experience is linked to increased satisfaction and a sense of meaning. The book explains how to achieve flow and why it is essential for a fulfilling and meaningful life.

5. *The Meaning of Life: A Very Short Introduction*

Philosopher Terry Eagleton presents a concise overview of the various perspectives on life's meaning throughout history. He examines religious, philosophical, and existential viewpoints, providing readers with a broad understanding of the question. The book is accessible and thought-provoking, encouraging personal reflection on what gives life significance.

6. *Awakening Your Ikigai: How the Japanese Wake Up to Joy and Purpose Every Day*

Ken Mogi explores the Japanese concept of ikigai, which refers to the reason for being or a sense of purpose that makes life worthwhile. The book outlines five pillars of ikigai and offers practical advice on discovering and nurturing one's own. It blends neuroscience, philosophy, and culture to inspire a meaningful daily life.

7. *Staring at the Sun: Overcoming the Terror of Death*

Irvin D. Yalom, a renowned existential psychiatrist, addresses the fear of death and how confronting mortality can lead to a more meaningful existence.

Through case studies and personal reflections, he shows that accepting death's inevitability can enhance life's value. The book encourages readers to live authentically and purposefully.

8. *The Book of Joy: Lasting Happiness in a Changing World*

This collaboration between the Dalai Lama and Archbishop Desmond Tutu explores how to find joy and meaning despite life's challenges. Through candid conversations and practical wisdom, they reveal the importance of compassion, gratitude, and resilience. The book serves as a guide to cultivating a joyful and meaningful life.

9. *Existentialism is a Humanism*

Jean-Paul Sartre's seminal work lays out the principles of existentialism, emphasizing individual freedom, responsibility, and the creation of meaning. Sartre argues that life has no predetermined purpose; instead, meaning is something we must define ourselves. This philosophical essay challenges readers to embrace their freedom and live authentically.

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this was your life meaning: Discovering Meaning in Your Life MD PhD Morris, 2017-11-28
Humans have always searched for ways to lead a meaningful and purposeful life filled with contentment, happiness, and a sense of flourishing. Today the hallmarks of our societies are drug and alcohol abuse, depression, anxiety, stress-related illnesses, suicide, terrorism, and racial conflicts. Something has gone wrong. This book reviews the history of philosophy from the pre-Socratic philosophers and early Eastern philosophies through existentialists and postmodern philosophers. There is a short but important review of Darwinian science and modern physics as it relates to our philosophy of life. The scientific fields of physics, chemistry, biology, and psychology show that there is increasing order, complexity, and consciousness in the universe. This has led to what has been called "the law of consciousness and complexity." Using this evidence, a new "evolutionary theory of meaning" shows us how a rational philosophy that reflects truths from science and spirituality can allow us to fully embrace a path that lets us discover our own meaning and purpose in life.

this was your life meaning: Your Life Has Meaning Luke George Thompson, 2020-01-01
How do you find meaning in life? Culture and society often pressure you to chase after money, possessions, excelling in school, achieving at work, and living your best life, but at times, even when you achieve those things you're chasing after, life can still feel so empty and meaningless. What do you do then? How do you find meaning in your life? In *Your Life Has Meaning*, author Luke George Thompson focuses on themes and Bible verses primarily from the book of Ecclesiastes and the life of King Solomon to offer you a practical guide to finding meaning in your life. Thompson also walks you through the ideas from thought leaders of the past—Nietzsche, Kierkegaard, Camus, Sartre, and others—and the voices of the present found in countless self-help books, fantasy novels, and

entertainment to show how they poke holes in the false sources of meaning that so many people chase after. As a teacher of apologetics and a pastor who works regularly with college students, Thompson invites you to view the world from God's side of things instead of focusing so much on what culture and society deem worthy of meaning. As you read this book, you'll be reminded of your true purpose in life as a Christian.

this was your life meaning: Numerology: Discover The Meaning Behind The Numbers in Your life & Their Secrets to Success, Wealth, Relationships, Fortune Telling & Happiness

Sofia Visconti, How to Achieve More & Recognize The Secret Messages In Your Life Have you always been fascinated by numerology? Have you ever wondered why you so frequently meet people born on the same day of the month? Or why your lucky number turns up in the most unexpected places? The answers you seek are embedded within the mystical study of Numerology. And it is everywhere around us....even though we don't even realize it. Throughout history, numbers have played a key role in societies; they represented quantities and at the same time revealed our futures and who or what we connect the best with Each number holds a vibration or predictable characteristic around it...And the reason why certain numbers appear in your life may go much deeper than you could ever imagine. Which is why Numerology can be a great way to understand who you are and how to reach your true potential in life. Even if your just curious or sceptical. Here's just a tiny fraction of what you'll discover: The History of Numerology & Getting Started With Numerology Better Navigate Your Life's Path For Attainable & Sustainable Success Which Lottery Numbers You Should Choose Why Your Birth Date Reveals Your Natural Talents How The Address of Your Home Affects You Discover What You Are Naturally Good At With The Least Amount Of Effort If You're Single, How To Choose Your Best Partner...Or If You're In A Relationship, Learn What You Need For A Healthy Relationship. Discover If You Are In Your Best Profession, Or Focus Of Education Establish Your Business Based On Your Lucky Number Numerology & Its Connection to Astrology & Tarot ...and much, much more! Take a second to imagine how you'll feel once you can understand and predict why things happen the way they do for you. Or why you attract certain people and relationships. Don't wait another minute, discover the opportunities of a life lived in-tune with your numbers! All it takes to start uncovering the mystical properties of numbers are this book.

this was your life meaning: Give your life a meaning or enjoy... Rudi Zimmerer, 2019-03-14 Consider please: Nothing has a meaning until we give it a meaning. If we would enjoy our entire life, we don't need a meaning for our life. Most people can't enjoy their life even they can't enjoy their working time... I will help you in this book to enjoy your entire life! Still, we should give our life a meaning that will direct our life. So that we know why we do this and not waste our time for meaningless things... You find the answers in this book. Why can't we enjoy our life? Why are good relationships more important than wealth and success? Why should we care for our intimacy relationships? Why do we need to enjoy our Job? Why do we need a goal setting? Why can't we rely on our kids as the meaning of life? Why should we fulfill our heart desires? Why is it essential to have a mission? Why should we stop regretting instead to do it? Why should we learn to go beyond our desires? Why do we need to be connected with God/divine? Why can God/Divine give us a meaning of life?

this was your life meaning: Discover Victory In the Meaning of Your Life Larry A. Walther, 2023-04-21 Does this world have you stressed out right now? Are you looking for some answers, some peace in your life? Are you stuck in some bondage to your past or locked in addiction or destructive behavior? If you are an honest seeker and are open to finding victory and the pathway to the meaning of life, then take a chance on what I am offering you here. I am offering some truth you may not have heard before (i.e., a non-organized religion perspective of God) that is helping thousands gain significance and purpose and find victory in life over fear, despair, abuse, and addictions. It may surprise you to hear that Jesus hated religion. He spoke out against it and the powerful religious leaders, and they plotted to murder Him for it. He wants a relationship with you. This perspective is based on relationship rather than religion because they are vastly different. You may say you have faith. I would ask you, faith in what? Maybe you are religious or spiritual. You may

be a Christ follower but are frustrated by your inability to conquer stubborn areas of your life or overcome issues that keep you from experiencing the intimate relationship with God you desire. Come with me and follow me on my journey down this road to victory and freedom. It was for freedom that Christ has set us free.

this was your life meaning: Re-Designing Your Life Sheila Macdonald Macgregor, 2018-02-19
Re-Designing Your Life: A Practical Spirituality for the Second Half of Life is a timely and engaging book for living out the second half of your life with spiritual integrity. In this study you are invited to think about your life as a house undergoing renovations where, with God's grace, you get to design something new and life-giving. Through practical exercises, thought-provoking discussion topics and memorable anecdotes, Re-Designing Your Life will guide you through: Coping with endings, empty-nesting and retirement; Caring for self while caring for elderly parents and grandchildren; Letting go of the things that get in the way of becoming your true self; Creating a spiritual legacy; Strengthening relationships; and Finding your passion in your second half of life. Re-Designing Your Life is a must-read for pastors, congregations and individuals who want to discover God's calling in the second half of life. Video resources for group studies are also available.

this was your life meaning: How To Add 1000 Productive Hours A Year To Your Life Sanjay Kumar Agarwal, 2021-01-19 Sanjay Kumar Agarwal, popularly known as 'Time and Goal Guru' conducts workshops on 'Time Management', 'Goal Setting', to bring a positive change in the mindset of present and future generations. He has worked for more than 25 years for Government of India in Ministry of Finance. Working at C.S.I. Airport, Mumbai and as Senior Intelligence Officer in the Directorate General of Central Excise Intelligence gave him wide exposure to meet people from different walks of life and study their aspirations and problems in life. He felt that it is high time to work on the mindset of future generation, i.e. students. His website tripleyourchances.in/tyc His blog timeandgoalguru.wordpress.com His Facebook page www.facebook.com/timeandgoalguru and his Youtube Channel provide rich material on the techniques of effective time management and goal setting. How to Add 1000 Productive Hours A Year to Your Life : Sanjay Kumar Agarwal known as 'Time and Goal Guru' by Sanjay Kumar Agarwal: Unlock the secrets of time management and productivity with How to Add 1000 Productive Hours A Year to Your Life by Sanjay Kumar Agarwal, renowned as the 'Time and Goal Guru.' This book provides practical strategies to help you make the most of your time and achieve your goals. Key Aspects of the Book How to Add 1000 Productive Hours A Year to Your Life: Time Management: Sanjay Kumar Agarwal offers valuable insights and techniques to effectively manage your time and increase productivity. Goal Achievement: The book emphasizes the importance of setting and achieving goals and provides actionable steps to reach them. Productivity Hacks: How to Add 1000 Productive Hours A Year to Your Life is a practical guide filled with productivity hacks and strategies to optimize your daily routine. As the 'Time and Goal Guru,' Sanjay Kumar Agarwal shares his expertise in time management and goal setting through this book, helping readers transform their lives by maximizing productivity.

this was your life meaning: Life, Death, and Meaning David Benatar, 2010-01-16 Do our lives have meaning? Should we create more people? Is death bad? Should we commit suicide? Would it be better to be immortal? Should we be optimistic or pessimistic? Since *Life, Death, and Meaning: Key Philosophical Readings on the Big Questions* first appeared, David Benatar's distinctive anthology designed to introduce students to the key existential questions of philosophy has won a devoted following among users in a variety of upper-level and even introductory courses. While many philosophers in the continental tradition-those known as existentialists-have engaged these issues at length and often with great popular appeal, English-speaking philosophers have had relatively little to say on these important questions. Yet, the methodology they bring to philosophical questions can, and occasionally has, been applied usefully to existential questions. This volume draws together a representative sample of primarily English-speaking philosophers' reflections on life's big questions, divided into six sections, covering (1) the meaning of life, (2) creating people, (3) death, (4) suicide, (5) immortality, and (6) optimism and pessimism. These key readings are supplemented with helpful introductions, study questions, and suggestions for further reading, making the material accessible

and interesting for students. In short, the book provides a singular introduction to the way that philosophy has dealt with the big questions of life that we are all tempted to ask.

this was your life meaning: God and the Meanings of Life T. J. Mawson, 2016-10-20 Some philosophers have thought that life could only be meaningful if there is no God. For Sartre and Nagel, for example, a God of the traditional classical theistic sort would constrain our powers of self-creative autonomy in ways that would severely detract from the meaning of our lives, possibly even evacuate our lives of all meaning. Some philosophers, by contrast, have thought that life could only be meaningful if there is a God. *God and the Meanings of Life* is interested in exploring the truth in both these schools of thought, seeking to discover what God could and couldn't do to make life meaningful (as well as what he would and wouldn't do). Mawson espouses a version of the 'amalgam' or 'pluralism' thesis about the issue of life's meaning – in essence, that there are a number of different legitimate meanings of 'meaning' (and indeed 'life') in the question of life's meaning. According to Mawson, God, were he to exist, would help make life meaningful in some of these senses and hinder in some others. He argues that whilst there could be meaning in a Godless universe, there could be other sorts of meaning in a Godly one and that these would be deeper.

this was your life meaning: What is this thing called The Meaning of Life? Stewart Goetz, Joshua W. Seachris, 2020-04-06 What are we asking when we ask, What is the meaning of life?? Can there be meaning without God? Is a happy life a meaningful life? Can an immoral life be meaningful? Does our suffering have meaning? Does death threaten meaning? What is this thing called The Meaning of Life? provides an engaging and stimulating introduction to philosophical thinking about life's meaning. Goetz and Seachris provide the reader with accessible examples, before looking at the main theoretical approaches to meaning and key philosophers associated with them. Topics covered include: What does the question, What is the meaning of life?, even mean? Does life have a purpose? What is valuable? Do we matter? Does life (or my life) make any sense? Is there any meaning in suffering? Does death threaten meaning? Would immortality be good or bad news for us? With boxed summaries of key concepts and noteworthy examples, discussion questions, and suggestions for further reading included within each chapter, this book is the ideal introduction to life's meaning for philosophy students coming to the subject for the first time.

this was your life meaning: The Light Within Us All: Life Lessons Through Self-Discovery Tyrone M. Robinson III, 2016-06-29 Proven through years of religious, philosophical and psychological studies along with the longitudinal analysis of past and present subscribers of those willing to take heed to the lessons and precepts taught and communicated by Robinson - *The Light Within Us All, Life Lessons Through Self-Discovery*, an easy to read handbook, summarizes a program designed to help you achieve life goals, unconditional happiness, meaning, purpose, and total freedom. This book is broken-up into a 3-part series in order to promote the application and deliberation of its principles. At the end of this first installment you will have learned how and why to appreciate your origin, invest in yourself, discover and follow your passion, find your purpose, make bold changes, apply new life skills, and so much more. If you have ever wanted an opportunity to be the person you always wanted to be or do the things, you have always wanted to do. Here is your opportunity to get started.

this was your life meaning: Meaning in Life Joel Vos, 2018-06-15 This inspiring, insightful new text provides a practical guide to helping clients live a meaningful and satisfying life despite the challenges they may be facing. Divided into three parts, it starts by drawing on empirical research to demonstrate the effectiveness of meaning-oriented practice and reviews a large body of literature on meaning in a wide-range of psychological and philosophical approaches, translating this into specific recommendations for practitioners. It continues by exploring the basic skill set required for working effectively in this area – from how to assess clients' needs and address issues of meaning, to specific existential, phenomenological and mindfulness skills. Finally, it provides a step guide to applying the skills to clinical practice with the support of examples and case studies from a range of professions. In what is still an emerging area of practice, this text stands alone as a comprehensive source of reference for both students and practitioners across the full range of people professions.

this was your life meaning: Spirituality and Your Life Story Bradley Hanson, 2014-04-29 Each of us has come to our current life stance through a journey of unique experiences being born at this time, growing up in this particular social setting and culture, experiencing these specific successes and losses, and having these significant relationships. Whether we are in the early, middle, or latter part of our personal faith story, the ending is still ahead of us and reviewing our own faith story helps us chart our course into the future. Using psychologist Dan McAdams's idea that we make sense of life by composing our own life story, author Bradley Hanson explores how our personal identity and spirituality are influenced by the meaning and values embedded in our childhood family life and major story lines promoted by our culture. In our most basic quest to make sense of life, he considers sharply contrasting answers to five fundamental questions. With reflection and suggested group discussion questions at the end of each chapter, this study explores the idea that spirituality and one's life story are intimately connected. Praise for Spirituality and Your Life Story Real people tell their stories of success, love, friendship, forgiveness, and loss. Brad Hanson helps us ponder our own deepest commitments and the paths we follow to realize them. A fine book for individual reflection or group discussion. H. George Anderson, former presiding bishop, Evangelical Lutheran Church in America

this was your life meaning: Exploring the Meaning of Life Joshua W. Seachris, 2012-09-04 Much more than just an anthology, this survey of humanity's search for the meaning of life includes the latest contributions to the debate, a judicious selection of key canonical essays, and insightful commentary by internationally respected philosophers. Cutting-edge viewpoint features the most recent contributions to the debate Extensive general introduction offers unprecedented context Leading contemporary philosophers provide insightful introductions to each section

this was your life meaning: Creating Eartheaven in Your Life Profound Transformation of Your Soul David H. Fastiggi, 2014-05-17 Creating Eartheaven in Your Life is unique and it is innate in all human beings. Humanity's quest for a wholesome peaceful life goes unabated. Our search for our better self that identifies with the reality of the world we live in all too often filled with grief and stress is juxtaposed with faith and hope for change or a miracle. Do we just have faith expecting God will deliver humanity from the ills we have caused? Should we just buckle down and be practical seeking solution with our rational self? What kind of God do we actually know or are we seeking a relationship with an image of God taught to us. What is the divine matrix and does a personal God speak to us? Science stands for one view of creation and faith stands for another? Is there a joining point of the two? Has our species Homo sapiens stalled out in evolutionary development? Is the world becoming a village of cooperation and mutual peace seeking? Can we continue the way we have been and survive our own arrogance? What is the future of faith, religion and spirituality? The author in a comprehensive way takes us on a journey to explore answers to these questions and much more. Eartheaven is a paradigm of integration between the soul's development and our biological body and by extension all creation. He delves into scientific reality while preserving in the beginning God created. Creating Eartheaven in Your life is a deep exploratory of the soul's life in the experience of hurt and suffering and the potential for there to be personal divine human embodiment and therefore earth peace. Through ten fundamental teachings combining Jesus words of two thousand years ago, an Aramaic understanding, the author's revelatory experience in an apparition of Jesus, his 44 years life experience, psychology and science, your reading and learning experience will be a challenge and liberation of the soul. Profound transformation is needed and this codex offers the leverage needed to shift our life course towards personal awakening and transformation as well as providing a blue print for future generations. Creating Eartheaven in Your Life brings us into universal principles of life, a meeting for humanity without walls. This volume of two, addresses specifically transformation of the soul, heaven unfolding. Volume two addresses transformation of the body representing the earth and thus eartheaven. Granted this book is not an easy read but proves to be a strong mirror reflecting back to us our lives and what we can become fulfilling humanity's evolutionary life potential and perhaps vital to our survival as a people.

this was your life meaning: 10000 Days: The Rest of Your Life, the Best of Your Life ,

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accurately your own natural meaning, your natural meaning is easily hijacked, and everything is done on purpose, to harm and exploit you. In this manner, you end up fulfilling consensually implemented meanings throughout life, on behalf of the rich and the powerful of this world, since they are the ones controlling ideologies and therefore consensual meanings in this world. Not much that you do now counts for Life and for the Divine, despite of what ideologies tell and promise, and when you look back, now you may see the kind of world that you create. And do not blame the rich and the powerful of this world, since you are the one doing everything, for them. Many times, it is for your children that you struggle throughout life, to make them happy, to make them worthy, and to make everything count, because this is exactly your meaning in your family. Yet can't it be the same in your community and in society? Does it ever make a difference to have or not to have a specifically defined meaning in life and in this world? Yes, it certainly makes a difference, because all meanings count, even the slightest ones, since they are connected. And it is always a matter of identifying your meanings instead of fulfilling them unknowingly, otherwise you end up working your entire life in vain. While through your consensually induced meanings, you end up working against the meanings of others, deliberately or not, living your life against your loved ones. While they can certainly feel, and this ruins entire relationships. This is your consensual meaning in your family, in society, in life, and in this world. And so you end up living your life against yourself, against your own natural meaning. Throughout this book, we follow, identify, define, understand, and model the human meaning, genuine and consensual, from all perspectives and in all contexts. You learn about your meaning in life, in this world, in society, within your family and genetic line, within your own cognitive system, within higher worlds, and within everything that exists.

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