Quality of Life Philosophy V. Seizing the Meaning of Life and Becoming Well Again

Søren Ventegodt, Niels Jørgen Andersen, and Joav Merrick

The quality of Life Research Center, Copenhagen, Denmark

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Abstract

This paper presents a positive philosophy of life developed to support and inspire patients to take more responsibility for their own lives and to draw more efficiently on their known or hidden resources. The idea is that everybody can become wiser, use themselves better, and thus improve quality of life, subjective health, and the ability to function. To be responsible means to see yourself as the cause of your own existence and state of being. To be the one who forms your own life to your liking, so that others do not shape it in the way they prefer to see you. Seen this way, taking responsibility in practice is one of the most difficult things to do. One of the greatest and most difficult things to do in this context is to be able to love. To be the one who loves, instead of being the one who demands love, care, awareness, respect, and acceptance from somebody else. Since almost all of us have had parents who maybe loved us too little and mostly conditionally, we all harbor a deep yearning to be loved as we are, unconditionally. A lot of our energy is spent trying to find recognition and acceptance, more or less as we did as children from our parents, who created the framework and defined the rules of the game. But today, reality is different. We have grown up and now life is about shaping our own existence. So we must be the ones who love. This is what responsibility is all about. Taking responsibility for life means that you are willing to see that the real barriers are not all these external ones, but something that can be found within yourself. Of course there is an outside world that cannot be easily shaped according to your dreams. But a responsible point of view is that although it is difficult, the problem is not impossible; it is your real challenge and task. If there is something you really want, you can achieve it, but whether it happens depends on your wholehearted, goal-oriented, and continuous attempts. This paper describes the philosophy about seizing the meaning of life and becoming well again, even when there is little time left.
Think scientists, philosophers, poets think about the meaning of life for millennia. And it seems to me that I understand the meaning of life. Of course, I understand it in my own way. And not by the mind, but by sensations. There is a feeling of life when you feel every cell: you live. Every minute you are acutely aware of the joy of life. Someone sees the meaning of life in the family warmth and the continuation of the family, and someone – religion, in philosophical ideas, in extreme, passion, power over others. But in fact, all these are just the ways by which a person comes to the desired feeling of the fullness of life. Personally for me, as for many other people, life is filled with meaning through the love of people dear to me. This is the most beautiful way, as I believe. What is the meaning of life? It is a question that has intrigued the great philosophers--and has been hilariously lampooned by Monty Python. Indeed, the whole idea strikes many of us as vaguely pompous and perhaps more than a little absurd. Best of all there is an intelligent bibliography with further reading for each of the topics in the book and a useful index. This book includes some of the most valuable 200 pages that I have encountered in some time.