

# The Search for Meaning

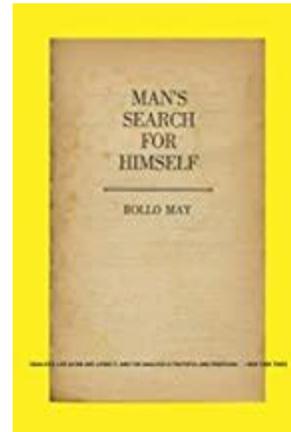
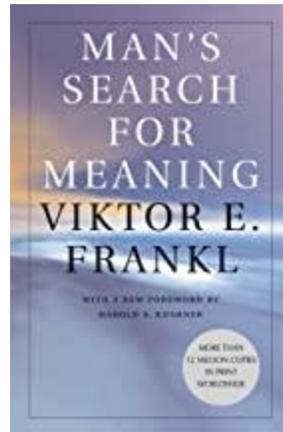
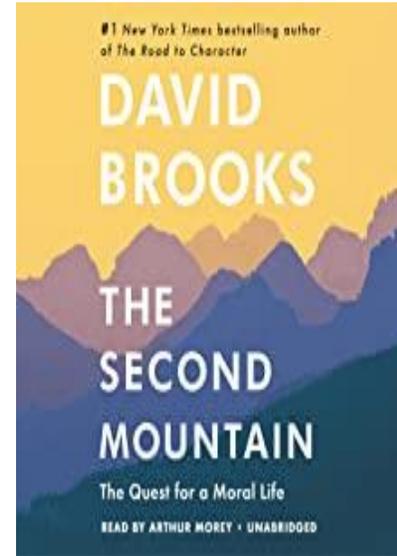
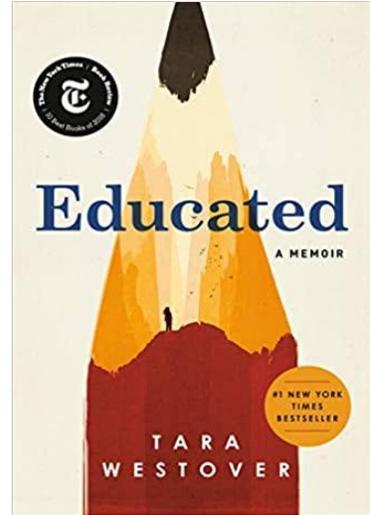
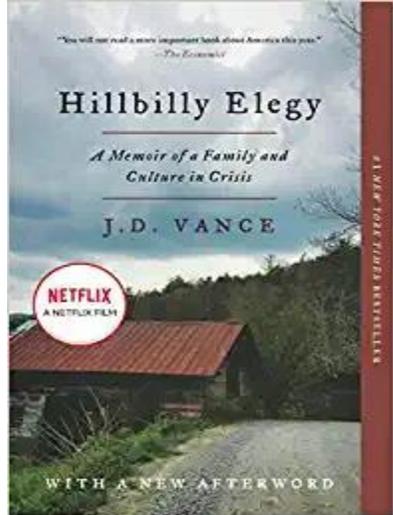
**Is Mysticism Where Science, Art and Religion Meet?**

**Introductory Lecture**

**13 October 2021**

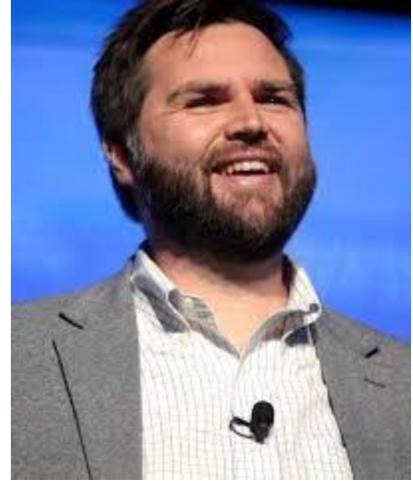
**Aleph Talks**

# Source Information



# Hillbilly Elegy by J.D.Vance

- Grandparents and family live in Jackson, Kentucky
- Parents moved to Middletown, Ohio for jobs
- Frequent (bimonthly) trips back and forth
- Accepted at Ohio State University
- Defers college, enlists in US Marine Corps, serves in Iraq
- Graduates in two years from Ohio State
- Graduates from Yale Law School
- Marries Yale classmate, practices law in Cincinnati Ohio
- Enters into Peter Thiel venture capital fund
- Source: Wikipedia

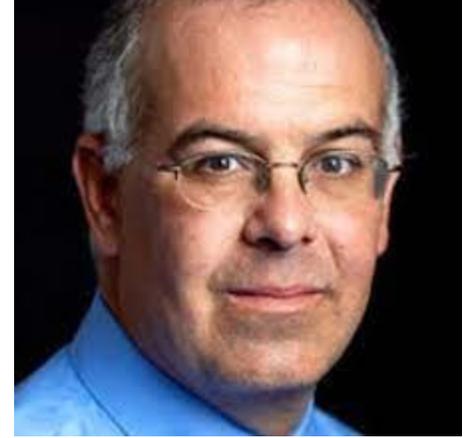


# Educated, A Memoir by Tara Westover



- Born 27 September 1986 on **the secluded yet picturesque Buck's Peak, a mountain in Clifton, Idaho.**
- Tara Westover's parents — Val and LaRee Westover — were radically religious and lived a survivalist lifestyle that they forced upon Tara and her six siblings.
- Home school, entered Brigham Young University with no high school diploma, graduated with honors
- Masters degree from Cambridge University, Gates Fellowship to Harvard
- Doctorate from Cambridge University
- Currently at Kennedy School at Harvard University
- Source: Wikipedia

# Second Mountain by David Brooks



- **David Brooks** (born August 11, 1961) is a conservative political and cultural commentator who writes for [\*The New York Times\*](#).
- Film critic for [\*The Washington Times\*](#), a reporter and later [op-ed](#) editor for [\*The Wall Street Journal\*](#), a senior editor at [\*The Weekly Standard\*](#) from its inception, a contributing editor at [\*Newsweek\*](#), and [\*The Atlantic Monthly\*](#), and a commentator on [NPR](#) and the [\*PBS NewsHour\*](#).
- Four pillars: Family and friends, vocation, faith or philosophy, community
- TED Talk: The Lies Our Culture Tells Us About What Matters – And a Better Way to Live
- Source: Wikipedia

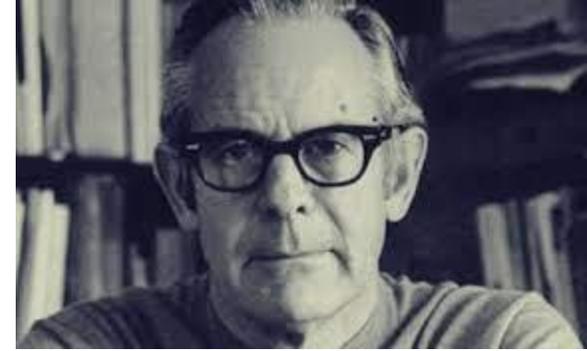
# Man's Search for Meaning by Viktor Frankl



- **Viktor Emil Frankl** (26 March 1905 – 2 September 1997) was an Austrian [neurologist](#), [psychiatrist](#), [philosopher](#), author, and [Holocaust survivor](#).
- Founder of [logotherapy](#), a school of psychotherapy which describes a search for a life meaning as the central human motivational force. Logotherapy is part of [existential](#) and [humanistic psychology](#) theories.
- Logotherapy was recognized as the third school of Viennese Psychotherapy; the first school was created by Sigmund Freud, and the second by Alfred Adler.
- Frankl published 39 books. Doctoral dissertation, **Unconscious God**, examined relationship of psychology and religion
- The primary techniques offered by logotherapy and existential analysis are:
  - [Paradoxical intention](#): clients learn to overcome obsessions or anxieties by self-distancing and humorous exaggeration.
  - Dereflection: drawing the client's attention away from their symptoms
  - Socratic dialogue: asking questions designed to help a client find self-defined meaning in their life.
- His acknowledgement of meaning as a central motivational force and factor in mental health provided the foundational principles for the emerging field of [positive psychology](#).
- Source: wikipedia

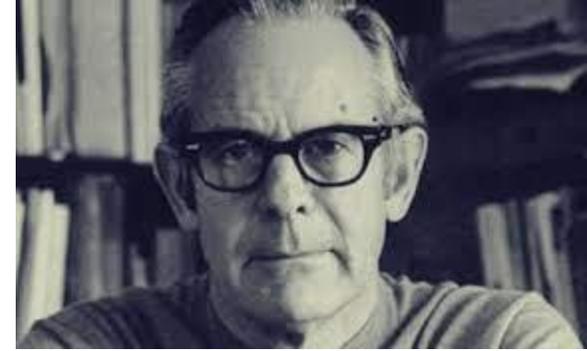
# Man's Search for Himself

## by Rollo May



- **Rollo Reece May** (April 21, 1909 – October 22, 1994) was an American [existential psychologist](#) and author of the influential book [Love and Will](#) (1969)
- Associated with [humanistic psychology](#) and [existentialist philosophy](#), and alongside [Viktor Frankl](#), was a major proponent of [existential psychotherapy](#). The philosopher and theologian [Paul Tillich](#) was a close friend who had a significant influence on his work
- **Man's Search for Himself (1953)**: his experience with his patients and the recurring problems they had in common such as loneliness and emptiness. May discusses how humans have an innate need for a sense of value and also how life can often present an overwhelming sense of anxiety. As the cover suggests, May also gives signposts on how to act during these periods.
- Source: Wikipedia

# Rollo May Quotations



- It is an ironic habit of human beings to run faster when they have lost their way
- Many people suffer from the fear of finding oneself alone, and so they don't find themselves at all
- In order to be open to creativity, one must have the capacity for constructive use of solitude. One must overcome the fear of being alone
- The opposite of courage in our society is not cowardice, it is conformity
- Intimacy requires courage because risk is inescapable. We cannot know at the outset how the relationship will affect us. Like a chemical mixture, if one of us is changed, both of us will be. Will we grow in self-actualization, or will it destroy us? The one thing we can be certain of is that if we let ourselves fully into the relationship for good or evil, we will not come out unaffected
- Every human being must have a point at which he stands against the culture, where he says, this is me and the damned world can go to hell
- Finding the center of strength within ourselves is in the long run the best contribution we can make to our fellow men. This is what society needs, not new ideas and inventions, important as these are, and not geniuses and supermen, but persons who can be, that is persons who have a center of strength within themselves