



Make
visible
what,
without
you,
might
perhaps
never
have
been
seen.

Robert Bresson
(1901 - 1999)
Film Director

There are impulses that focus the action of our lives. These instincts can be physical – hunger, thirst, rest and they can be social – connection, belonging, integrity. The nature of these longings differ; from person to person they arise with various urgency.

Most of us yearn to experience meaning in our life.

We may find meaning in doing something needed. If what we do contributes to a cherished aim, we can find significance in our work. It is meaningful to support those we love, to attend to the vulnerabilities in others, or to further social change. Meaning might be shared as we collaborate to advance mutual hopes. Meaning can be created as we pursue goals that reflect our values.

We may find meaning in doing something that has longevity. If what we do will exist over time, we can find significance in our work. It is meaningful to build something that will remain or to plant something that will grow. We may find meaning when we inspire the deepening of another's curiosity or compassion, or when we leave gratitude in hearts we have touched.

We may find meaning in doing something that activates joy. We can find significance in self-expression. It is meaningful to find a distinctive way to share our talents or improve our craft. Beauty surrounds us in nature and when we manifest beauty in our work, we mirror creation's own meaningful activity. We raise our young, we act with humble kindness, we gravitate to gratifying work. Happiness often accompanies meaning.

Meaning can give our life a sense of depth and fulfilment.

What is something meaningful I will do today? Where do I most often find personal fulfilment?