



NSEO "KAZAKH-RUSSIAN MEDICAL UNIVERSITY"

The meaning of like

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PLAN

- The meaning of life and human goals.
- Concepts of the meaning of life.

The meaning of life and human goals

- The meaning of life is a person's desire for something that goes beyond his life. it does not give direct returns and often does not correspond to the concept of "egoistic interest". The meaning of life is connected with the assessment of the entire life of a person, or with what will happen after his death . At the same time ,the goal that a person strives for should be perceived by them as something super-valuable , which fills their life with meaning.



The meaning of life and human goals

- The meaning of life, the meaning of being is a philosophical and spiritual problem related to the definition of the ultimate goal of existence, the purpose of humanity, man as a biological species, one of the main worldview concepts that is of great importance for the formation of the spiritual and moral image of the individual.

THE MEANING OF LIFE

according to different philosophers



learn more
Platonism



be good
Aristotelianism



be self-sufficient
Cynicism



have pleasure now
Hedonism



free yourself from pain
Epicureanism



be logical,
don't suffer
Stoicism



defend individual
liberty
Classical Liberalism



do as you'd have
others do (your duty)
Kantianism



do anything (life has
no meaning)
Nihilism



bring the most good
to humans
Pragmatism



follow
God's will
Theism



make decisions and
be positive
Existentialism



stop making sense
of life. just live
Absurdism



act in self-interest
and common good
Humanism



life has no meaning,
until you give it one
Logical Positivism



care for nature
Natural Pantheism

IN ASIA



love people impartially
Mohism



live an ordinary life
Confucianism



learn practical things
Legalism

by Anna Vital

Concepts of the meaning of life

- The meaning of life can be viewed in three time dimensions: **the past(retrospection), the present(actualization), and the future (prospect)**. The realization of the meaning of life depends on the existence of many conditions in society, the most important of which are the existence of democratic freedoms, humane goals and appropriate means. To determine the meaning of life, there are various approaches that underlie a particular concept.

Concepts of the meaning of life

- **Hedonism**-to live is to enjoy.
- **Eudemonism**-life is the pursuit of happiness as the true purpose of man.
- **Asceticism**-life is renunciation of the world, mortification of the flesh for the sake of atonement for sins.
- **Ethics of duty**- life is self-sacrifice, altruism in the name of serving the ideal.
- **Utilitarianism**-to live is to benefit from everything.
- **Pragmatism** - the goal of life will justify any means of achieving it.

USE Mindfulness practice to:

- do construct negatives
- strengthen positives
- also need:
 - guidelines
 - feedback
 - accountability, support, vendor-oriented

WORKING WITH QUESTIONS ?

The ways:

- we try to figure out the answer
- consider the need to know the answer

The Meaning of Life

a 3D Model for Spiritual GROWTH

SHINZEN YOUNG

Affect - our basic emotions

Behaviors

Cognition

Be a Mensch

Admirable by human standards

natural instinct to improve self and others

Self + world



without all 3 there is imbalance

new reality you can see in each moment

appreciate

if caring is pleasure

Radical

radical experience of

Form

extraordinary experience of FORMLESS

emptiness

comes from Full appreciation of somethingness

Empire will not be your destination

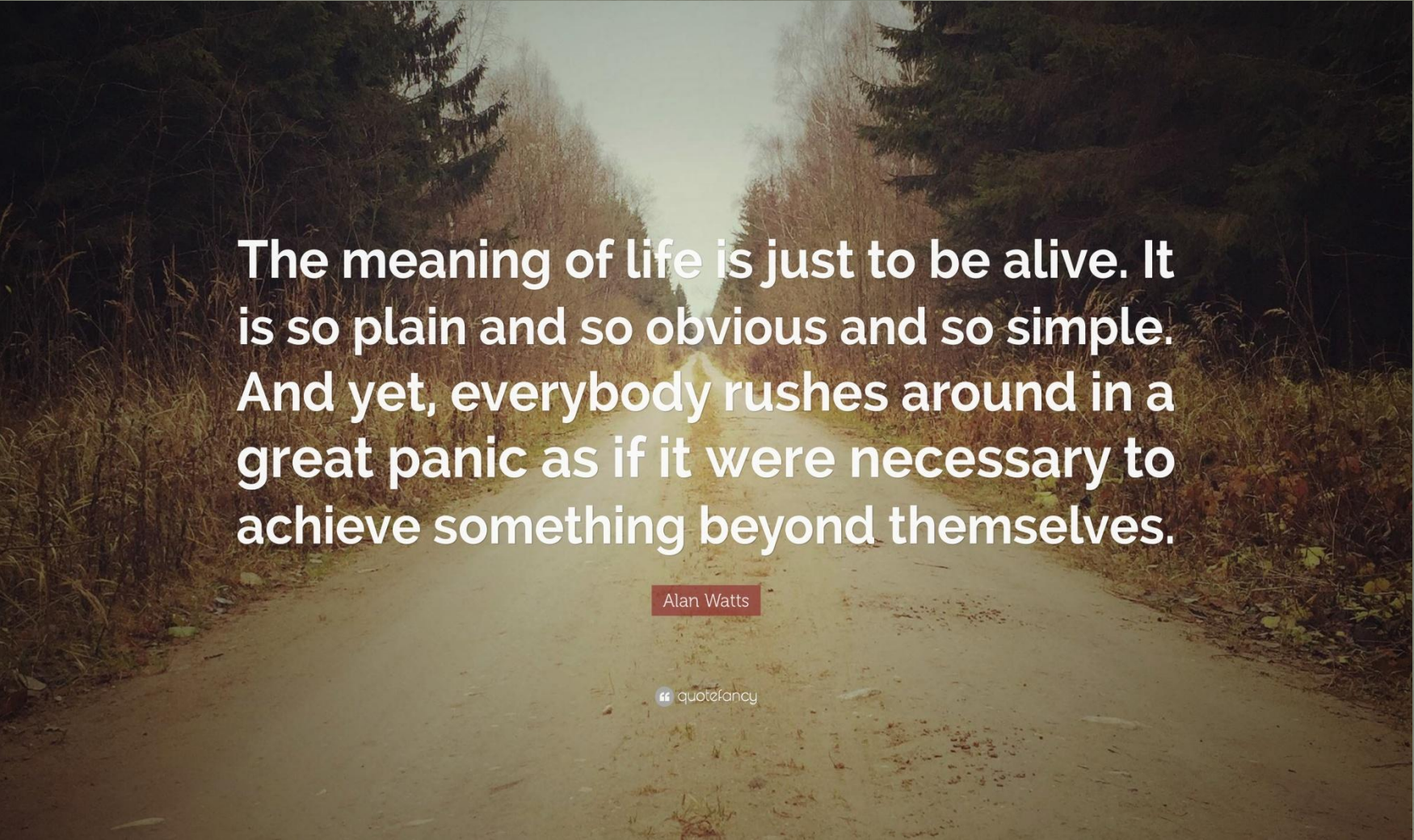
Source of consciousness

experience 1ness

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The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves.

Alan Watts

“ quote fancy