

AN ANTIDOTE TO DESPAIR



An Antidote to Despair
From the Modern Intuitionist Channel

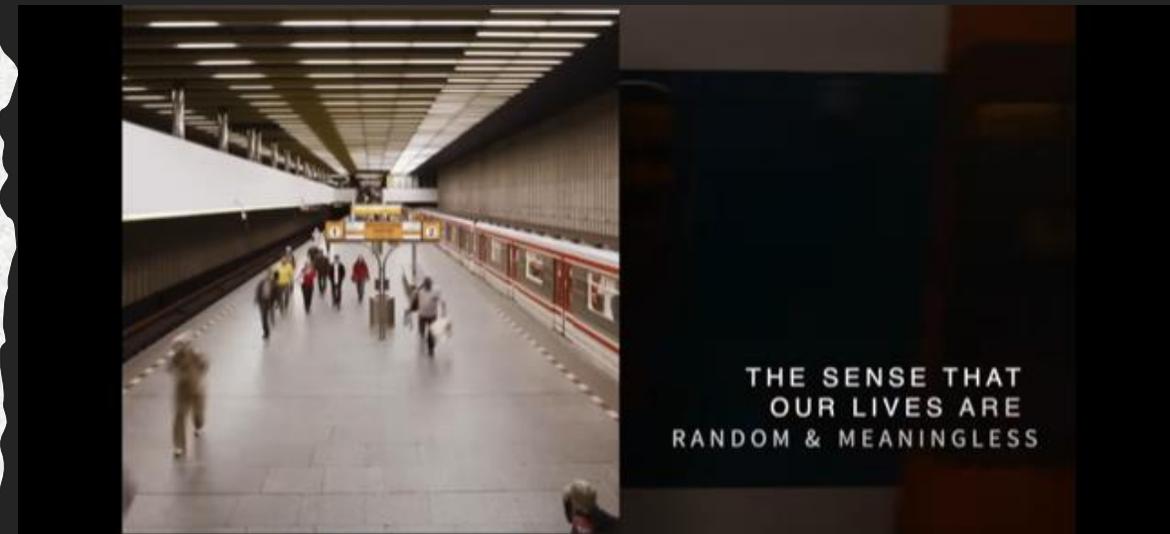
Jeffrey E. Hansen, Ph.D.
Center for Connected Living, LLC

Is life meaningless as some say?

In the words of Elson of the Modern Intuitionist Channel, “We live in a time when more and more people believe that life is random and meaningless. And that we’re passive victims of our biology and our environment. But is it true? And how can we find meaning and make sense of our lives? We explore those questions in this video.

One of the best answers I’ve ever seen to this is in the book “Man’s Search for Meaning” by Dr. Viktor E. Frankl. In it, he describes his own horrifying experiences as a Jewish survivor of the holocaust in the Second World War. One of his most powerful insights was that even in the most hopeless and horrific situations, life has meaning. It always has meaning, which continues until its very last moment.

Frankl developed his own approach to psychology called Logotherapy. The central claim is that the main driver of human motivation is the search for meaning. He described four main ways we can find meaning and purpose in our lives.”



THE BEST
ANSWER
I'VE SEEN
TO THIS

Viktor Frankl, through suffering and horrendous loss in WWII Concentration Camps found some of the best answers regarding meaning.

Please click link below to watch this most inspirational video by Elson:

https://www.youtube.com/watch?v=Ggf6QLdRvdY&ab_channel=ModeIntuitionist



After surviving the horrors of the concentration camp, Frankl developed his theory of Logotherapy which is based on healing ourselves by finding meaning.



LOGOTHERAPY

"LOGOS" = MEANING

"THERAPY" = HEALING

**HEAL OURSELVES BY
FINDING MEANING**

Synchronicity

As Jung described it, synchronicity occurs when an event in the outside world matches up with an inner state of the mind in a way that has meaning. This can inspire is to persevere.



...ST IS
ASYNCHRONICITY



Meaningful Work

Work gives us a sense of purpose and value.

THE SECOND IS
MEANINGFUL WORK



EVEN IF I'D HAD KNOWN THEN THAT MY WIFE HAD DIED, THE CONNECTION I HAD WITH HER IN MY HEART, WAS STILL JUST AS VIVID, AND JUST AS STRONG AS EVER
- VIKTOR FRANKL



FRANKL'S LOVE FOR HIS WIFE

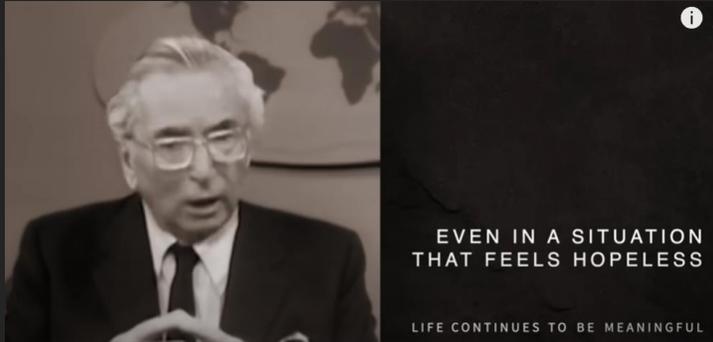
HELPED GIVE HIM THE STRENGTH TO CARRY ON

THE THIRD WAY TO

PEOPLE WE LOVE

People We Love

No force on earth is stronger than love and it can lead us through the darkest of times if we hold onto it.



THE FOURTH WAY IS BY **FACING SUFFERING**



As the Paul said in Romans 5, “Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. We have also obtained access through him by faith into this grace in which we stand, and we boast in the hope of the glory of God. And not only that, but we also boast in our afflictions, because we know that affliction produces **endurance**, endurance produces proven **character**, and proven character produces **hope**. This hope will not disappoint us, because God’s love has been poured out in our hearts through the Holy Spirit who was given to us (ESV).

So never give up dear friend. You always can choose hope. As Viktor said, “the last of all freedoms is choice and this can never be taken away (paraphrased).”



**"IT'S THIS LAST OF ALL OF HUMAN FREEDOMS
THAT CAN NEVER BE TAKEN AWAY."**

- VIKTOR FRANKL

