

## **A Born Giver**

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The first time I met Paul was at the 8th International Meaning Conference in 2014 in Vancouver, Canada. I went to this Mmeaning Conference to congratulate my mother, Dr. Chi-Yun Lin, who was awarded the INPM's Lifetime Achievement Award for her contribution in Life and Death Education in Taiwan. What I did not expect was the sprouting mentorship from Paul and Lilian.

As a growing mental health professional and a seeker in personal meaning, I started to work with both of them since September 2015 as a fellow Board member of the International Network on Personal Meaning. I was also fortunate to work closely with them on a five-week lecture tour in Taiwan in 2017. In this article, I have been invited to share my close observations of Paul and the life-changing gifts I received from him.

### **Self-Transcendence**

Self-transcendence is referred to as a way of life by becoming more selfless and giving our best in serving others (Wong, 2016). Paul teaches people self-transcendence not only through his writings and lectures, but also through his own actions. Over the years, Paul has offered his psychological measures free of charge to researchers and students.

During the 2017 Taiwan lecture tour, I witnessed how much Paul cared about the audience's needs rather than his own. Despite his physical limitations, he always gave his best in preparing and delivering every single speech. When other new and seasoned professionals advertised their books during lectures and workshops to get more sales, Paul solely talked about intended topics, never bragging about himself nor inserting any uninvited advertisement. At the end of the tour, I learned from the organizers that Paul and Lilian have never requested nor inquired about monetary reimbursements for their lectures. They simply received whatever was provided. Both of them were selfless, trusting, respectful, accommodating, and appreciative throughout the lecture tour. Their professionalism and self-sacrificing spirits are truly inspiring and make people around them humble.

### **A Role Model of Resilient Aging**

As a cancer survivor in his 80s, Paul has shown me that aging, illnesses, and pain cannot stop a person from fulfilling one's purpose of life and making contributions to society. In the face of life adversities, we can adapt and bounce back with our defiant spirits, never-give-up attitudes, and sense of responsibility toward ourselves. Paul and his work also remind me about the value of life itself, how fulfilling it is to contribute our strengths and talents to the needed communities, and how critical it is to face and accept our own limitations to live a meaningful life.

### **A Community Builder**

Paul is a legendary scholar not solely because of his wisdom, productivity, and influence in the field of psychology, but also because he founded the International Network on Personal Meaning, allowing professionals from different countries and diverse theoretical backgrounds to exchange and learn from one another. At the celebration banquet hosted at the 2018 Meaning

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Conference in Vancouver, Canada, numerous individuals from different phases of Paul's life came and shared their experience and life-altering gifts from Paul. As an attendee listening to all the heart-warming encounters, I was once again reminded how fortunate I have been to meet and work with Paul and Lilian. Paul has taught us that everyone can be the best version of himself or herself by bringing lovingkindness toward others and the world, and he has shown us how it can be done, by his writing, by his teaching, and last, but not least, by his doing.