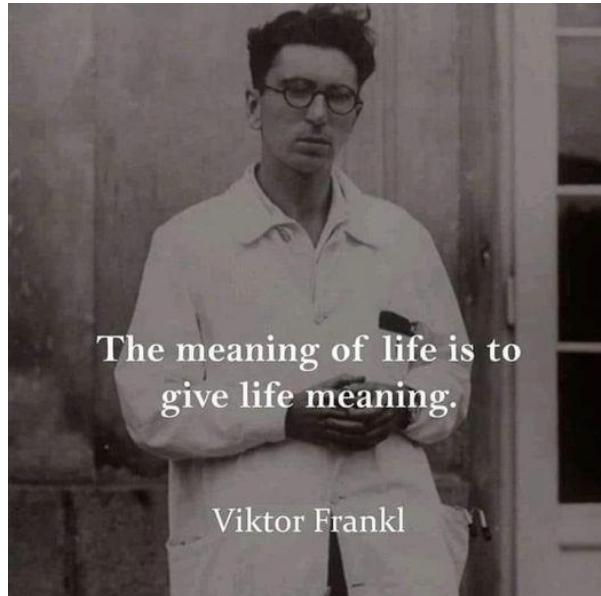


Adventures with Viktor Frankl and Advances in Logotherapy (AEPP01)

Lesson 3: What are the three values (pathways) for meaning in life?

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A Recap of Lesson 2

The 3 basic tenets of Logotherapy are the three cornerstones for the entire structure of a spiritually oriented therapy; they can also be considered the fountainhead from which all good things in life flows.

Lesson 3 focuses on the 3 pathways to finding meaning in life according to Viktor Frankl (please see [this video](#)).

These 3 pathways always work because they are based on the spiritual dimension within the parameters of the 3 basic tenets of Logotherapy.

Lesson 3 is a lesson of recovery, redemption, and renewal by finding how to endow your life with meaning by serving others and appreciating life with moral courage and faith in God. It can be a turning point in your life by taking a further step from the WHY of meaning to the HOW of meaning.

Introduction

According to Frankl (1946/1985) the three Basic Values or Pathways to Meaning are:

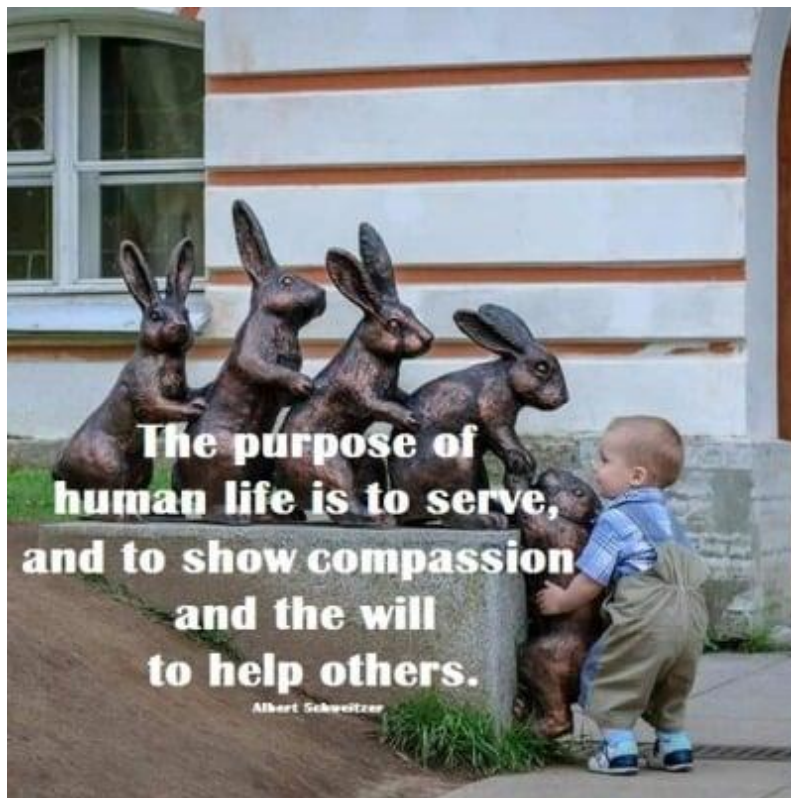
1. **Creative value:** giving something to the world through creative works.
2. **Experiential value:** receiving something from the world through appreciation and gratitude.
3. **Attitudinal value:** taking a heroic stand towards suffering and fate.

It is important to know that these three values are interrelated. You cannot embrace one without the others, because they are all essential aspects of a spiritually oriented, meaning-centered life.

The first important question I have for you is: ***What is the one verb to describe what the world needs the most today?***

May I suggest that the most important verb is "serving"? Yes, serving others or serving the greater good can make all the differences in your life – it can liberate you from all your inner demons and all the egotistic traps of money, fame, and power; it can also replace your self-handicapping attitudes and fill your heart and soul with peace, joy, and meaning.

This is not an empty promise. This lesson can indeed transform your life only if you put the wisdom and skills you have learned with your head into daily practice.



Here are more famous quotes on the relationship between serving and living a meaningful life.

- **Pablo Picasso:** "The meaning of life is to find your gift. The purpose of life is to give it away."
- **Mahatma Gandhi:** "The best way to find yourself is to lose yourself in the service of others."
- **Martin Luther King, Jr.:** "Everybody can be great because everybody can serve."
- **Mother Teresa:** "Give your hands to serve, and your hearts to love."
- **Earl Nightingale:** "Our rewards in life will always be in direct ratio to our service."
- **Leo Tolstoy:** "Joy can only be real if people look upon their life as a service and have a definite object in life outside themselves and their personal happiness."

I have no illusions that not everyone will nod their heads to the above inspirational statements. I can hear a chorus of dissenting voices to such idealism. Recently, one of my rich relatives told me bluntly: “The most powerful language is not love, but money. Everyone understands the power of money. People are willing to betray and kill each other for money. If you have lots of money, you can get anything you want to make yourself happy. You can even make the devil work for you.”

[END OF LESSON PREVIEW]