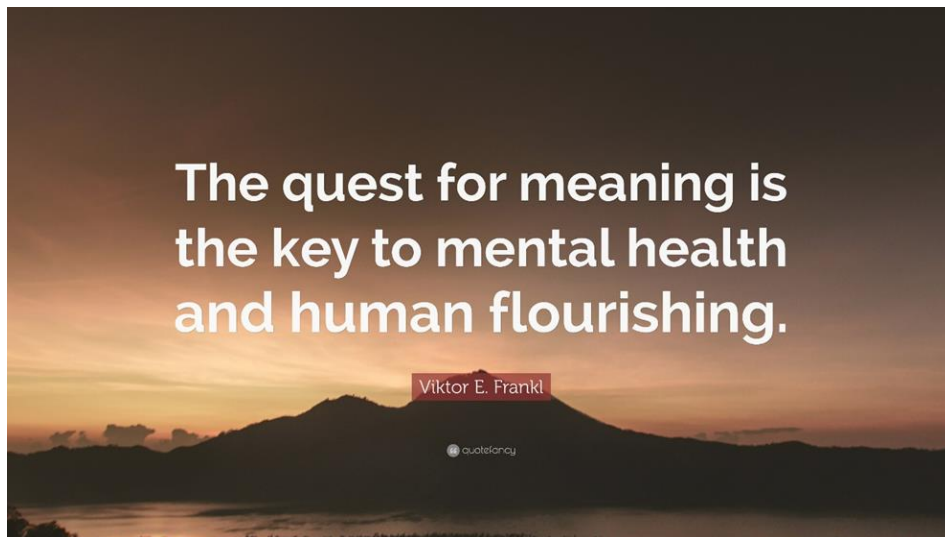


## Adventures with Viktor Frankl and Advances in Logotherapy (AEPP01)

### Lesson 7: Meaning is the Key to Mental Health and Human Flourishing

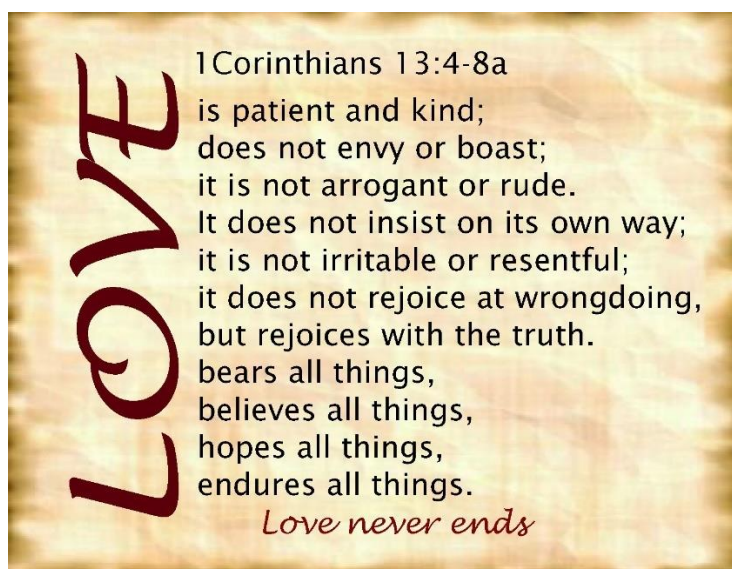
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#### Lesson 6 Recap

The last lesson focused on the How of meaning. Together, the general principles and special techniques encapsulate the essence of spiritual activation based on the power of love, faith, and meaning.

We need to activate the spiritual dimension of people in order to awaken their awareness of their need for change; we also need to nurture the soul and kindle their passion for living in order to help clients achieve healing and personal transformation.

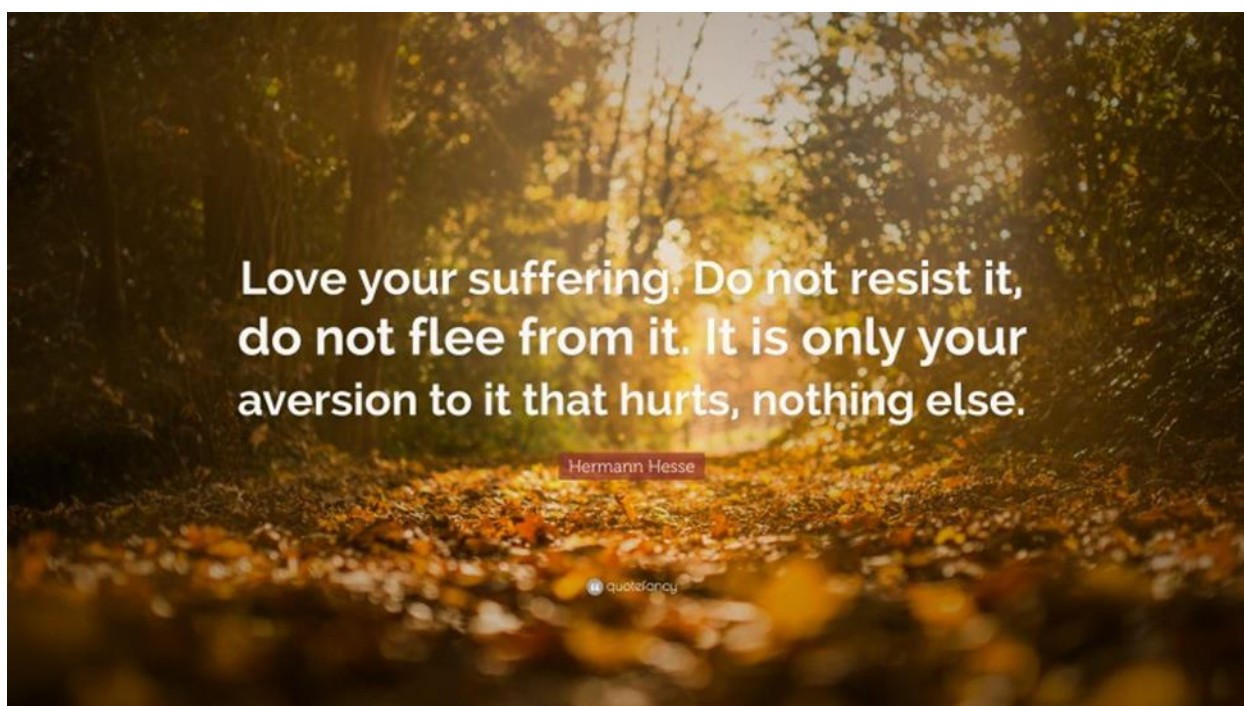


## Abstract

We have arrived at the end of our adventure with Viktor Frankl (see this [video from Frankl](#)). We can now step back and look at the big picture of Frankl's teachings in the larger context of the human need for mental health and flourishing.

Throughout this adventure, the recurrent theme is that an adventure would not be exciting and worthwhile if it does not include risks, obstacles, and struggles. A ship is not made for staying in the safe harbour; it is made for sailing in the open sea and risking the dangers of storms and capsizing.

Once we understand that suffering is essential for healing and growth, we will stop running away from inescapable suffering and start embracing it. That is the only way to make your life a meaningful and exciting adventure.



I plan to frame today's lesson from the broad issues about mental illness: (1) Let's talk about mental illness, (2) Let's understand the meaning of mental illness, and (3) Let's do something about mental illness.

Within the context of our urgent need for mental health, this lesson proposes that a faith-based and meaning-centered approach provides the most promising way to achieve mental health and human flourishing.

Let's discover why positive mental health needs to be based on understanding the meaning of life, meaning of suffering, and meaning of love with four mindsets essential for personal growth: Mindfulness Mindset, Meaningfulness Mindset, Dialectical Mindset and Resilient Mindset.

**[END OF LESSON PREVIEW]**